



FOR IMMEDIATE RELEASE

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Learn Not to Fall at Brain and Spine Injury Prevention Seminar for Seniors Talk at Greenwich Hospital Presented by Neurosurgeon Scott Simon, MD

GREENWICH, CT - Falls are the leading cause of injury to seniors in the United States. Each year more than 11,000,000 Americans over age 65 are injured from a fall. Many suffer a life-changing traumatic brain or spinal cord injury. In an effort to raise awareness of this issue, the ONS Foundation for Clinical Research and Education will present ***Brain and Spine Injury Prevention for Seniors***, a free seminar on **November 1, 2011 at 6 p.m.** at the Greenwich Hospital Noble Conference Center. Neurosurgeon Dr. Scott Simon of the ONS Foundation will talk about how to avoid accidents that can lead to a life-changing injury. Admission is free. Registration is required. To register, call 203-863-4277 or 888-305-9253.

Falls can happen during normal everyday activities like climbing stairs, getting out of the bathtub or walking the dog. Most occur at home. For someone over 65, a bad fall can mean a lengthy hospital stay, stressful rehabilitation, a loss of independence, or worse. Fortunately, there are things that seniors and their family members can do to lower the risk of falling. Research shows that simple modifications can substantially cut risks. Becoming aware of the most common causes is key to prevention. Some causes are more obvious than others, like tripping on electric cords, small pets under foot, or a displaced rug. Other factors may be more subtle, such as the use of certain medications, alcohol use, and vision or hearing loss. Medical conditions including arthritis, high blood pressure, diabetes or depression can contribute to a fall. People who experience changes in balance and coordination should also be aware of their increased risk.

At *Brain and Spine Injury Prevention for Seniors* on November 1, Dr. Simon will discuss the importance of understanding your medications, making your home safe from tripping hazards and maintaining your health in order to lower your risk for a serious or potentially catastrophic fall. "The statistics on the impact of falls for seniors are staggering. The purpose of this talk is to

help people preserve their health and their independence well into their senior years,” said Dr. Simon. “It is vital that people understand the major risks of injuries both in and out of the home.”

Orthopedic surgeons, neurosurgeons and sports medicine specialists of the ONS Foundation for Clinical Research and Education present free community health seminars and workshops throughout the year on injury prevention. For further details, or to register go to www.ons-foundation.org.

Coming Up:

December 6, 6:30 p.m. registration, 7 p.m. program - Ski Injury Prevention Seminar

Orthopedic and sports medicine physicians Dr. Steven Hindman and Dr. Tim Greene, and physical therapist Chalon Lefebvre, PT will present a free seminar on ski and snowboard injury prevention. Learn about the causes of common skiing injuries and how they can be avoided. The seminar includes safe skiing tips, and information on the latest treatments for injuries such as a ruptured ACL. Chalon Lefebvre, will review ski conditioning and strengthening exercises. The seminar takes place at ONS, 10 Valley Drive, building #6. Registration is requested. Please call 203-869-3131 to register.

ONS Foundation for Clinical Research and Education, Inc. is a registered not-for-profit, 501(c)3 organization devoted to understanding the causes and optimal treatments of orthopedic injuries and musculoskeletal conditions. The ONS Foundation, in alliance with Greenwich Hospital, strives to improve standards of excellence for the treatment of musculoskeletal disorders through clinical research, physician and patient education, and community outreach programs. The Foundation sponsors injury prevention and other seminars throughout the year. The office is located at 6 Greenwich Office Park, 10 Valley Drive, Greenwich, CT. For further information about the ONS Foundation, visit www.ons-foundation.org or call (203) 869-3131.

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