

# Avoid a second fracture

Look after yourself internally as well as externally



## Turn on the light

Make sure your home is well illuminated to avoid accidents, especially at night.



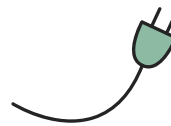
## Standing up with calm

Remain seated for a moment to avoid dizziness.



## Footwear with good support for your feet

Rubber soles are better as they ensure a good grip.



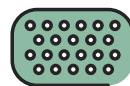
## Remove cumbersome objects

For example, plant pots, cables for lights or electrical devices in areas of transit.



## Place strips inside the bath

To avoid slipping when getting out of the shower or bath.



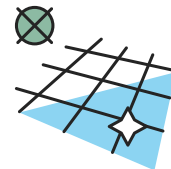
## Take care to avoid falling over

Select nonslip rugs or fitted carpets without any folds.



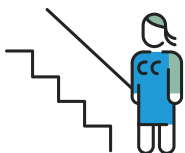
## Correct visual changes

Have your eyesight examined regularly.



## Dry floors

They should not be excessively polished and waxed.



## Get a good grip

If climbing stairs, grip the rail, and if there is a lift, use it.



## Have a phone near to you

Save 112, and other numbers you may call in the case of a fall, in the contacts.

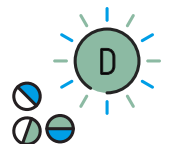
## The basic pillars

**Move yourself.** Improve your balance and increase your muscle mass.

**Vitamin D.** This is essential for absorbing calcium.

**Wat well.** Follow a calcium-rich diet.

**Follow your anti-osteoporotic treatment.** Whenever it is required.



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