

In A Nutshell  
May 2023  
Falls

I have had several falls lately. They happen when I transfer from my wheelchair to the bed, a regular chair, commode, etc. In all of these cases my husband has been in the home and he was able to get me up. I wear a medical alert necklace for the occasions that he is not around.

How do we all prevent these falls?

More than one in four adults age 65 and older report experiencing at least one fall each year, frequently due to incorrect shifting of body weight. Having a condition such as multiple sclerosis (MS) will make a person more prone to falls and vision problems.

A system call NeurOpTrek (from Sensoria Health) is designed to assess a person's fall risk and lessen it through improved vision and walking ability. The system features Sensoria smart socks that have textile pressure sensors and microelectronics to provide real-time balance and gait data. The socks are connected to a dedicated Android tablet with proprietary NeurOpTrek software and state-of-the-art, **AI**-driven algorithms. The algorithms provide automatic detection and monitoring of specific center of mass and gait activity, in conjunction with real-time assessments of foot landing and pressure. The cumulative data can help clinicians gauge deviances between the centers of mass and pressure.

The new NeurOpTrek system provides a groundbreaking way to contribute to and address the challenging problem of falls.

[New optometric technology may help reduce fall risk | Multiple Sclerosis News Today](#)

Just for Fun

I am going to read and re-read this link and hope that It will help me avoid another fall.

[Six Tips To Help Prevent Falls \(nih.gov\)](#)