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Health & Wellness

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NSMC opens new fall prevention, balance clinic

COMMUNITY HOSPITAL TAKES COMPREHENSIVE EVIDENCE-BASED APPROACH TO ASSESS AND TREAT BALANCE DISORDERS TO PREVENT FALLS.

North Shore Medical Center is proud to announce the opening of a new Vestibular and Balance Rehabilitation Center. The specialized center will offer evidence-based assessments and treatments to improve vestibular and balance disorders, in addition to identifying early risk for falls. Vestibular and balance disorders are serious medical conditions that can lead to falls resulting in injuries that can be fatal.

"At North Shore Medical Center, we pride ourselves in offering patients the best care possible," said Manny Linares, chief executive officer. "The new Vestibular and Balance Rehabilitation Center at North Shore Medical Center can help us reduce the prevalence of falls and their associated injuries. This will be a tremendous service to help improve the health and



Pictured: Alex Fernandez, Chief Financial Officer of North Shore Medical Center, Carol Lawrence, Director of Rehabilitation Services at North Shore Medical Center, Patricia Sechi, Chief Operating Officer of North Shore Medical Center and Manny Linares, CEO of North Shore Medical Center.

quality of life of our patients."

Preventing falls is a critical community health issue. Among older adults 65 or older, falls are the leading cause of injury death. They are also the most common cause of nonfatal injuries and hospital admissions for trauma. Furthermore, falls are one of the top ten causes of death in the world.

The center aims to prevent falls and their associated injuries by treating dizziness and balance disorders, which can be caused by hearing and vision problems, ear infections, muscle weakness, and loss of sensation in the feet or joints. The Vestibular and Balance Rehabilitation Center's multidisciplinary healthcare team is trained specifically in balance disorders that often occur in patients that

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New clinic addresses balance

NSMC

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have or experience acoustic neuroma; migraine associated dizziness; stroke and other neurological disorders; multiple sclerosis; leg and ankle fractures; trauma; cranial radiation; vestibular neuritis; parkinson's disease; vertigo; alcoholic degeneration; syncope; and unsteady gait with a history of falls.

The outpatient Vestibular and Balance Rehabilitation Center at North Shore has a unique model consisting of three service components: 1) Vestibular Disorders involving vertigo, dizziness, pre-syncope and disequilibrium; 2) Balance Disorders resulting from neurological, orthopedic, muscular-skeletal diagnosis or cancer related

disorders; and 3) Fall Risk Assessment.

Each component as appropriate offers a comprehensive evaluation of the patient's condition followed by establishment of specific goals with patient and/or family involvement and a Plan of Care designed to achieve goals.

The overall goal of the program is to ensure patient safety. This involves improving balance and stability, injury prevention, providing recommendations for functioning safely at home, work and in the community, patient and family education, providing home instruction materials, etc.

For more information about the Vestibular and Balance Rehabilitation Center at North Shore Medical Center please call 305-835-6155.