

## Introducing the CAPS™ the new, patented screening test that helps determine your risk of falling

The CAPS™ 60 second screening is simple and easy. All you do is:

- Step on the platform
- Close your eyes
- Stand quietly with arms at your sides

The attending staff member will tell you when the test is finished, then immediately provide you with your test results, which will have been automatically compared to normative data scientifically established for persons of your age.

If your balance score is abnormal, you're not alone. A large percentage of older persons have abnormal scores and balance problems. In many instances those problems are caused by something as simple and obvious as a lack of sleep, the flu, the effects of medication, etc.

But if your score is abnormal and the reason is not obvious, your physician will want to find out what is causing your problem. That can usually be accomplished by some simple, non-invasive, inexpensive tests and a thorough evaluation.

Please keep in mind that balance disorders are almost always caused by some benign condition that usually responds well to therapy.

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We are pleased to  
provide this brochure  
as a service to patients  
and their families

self  
confident  
assured  
independent  
balanced

This brochure is not meant to provide you with  
medical advice. Only a licensed physician is qualified  
to provide you with medical advice.

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[www.preventfalls.com](http://www.preventfalls.com)

All persons  
age 55 and over  
should be  
regularly screened  
for risk of falling

(AGS, BGS and AAOS guideline)



Ask your doctor for the  
**FREE** one-minute screening  
that can help prevent falls!



V E S T I B U L A R  
t e c h n o l o g i e s

HELPING PEOPLE REGAIN THEIR BALANCE ... FOR LIFE®

## *I know balance problems cause falls. Just how serious are falls?*

Very serious. Falls are the number one reason for injury-related visits to an emergency room, the number one cause of unintentional injury death, the number one reason for admission to a hospital and the number one reason for admission to a nursing home for persons age 65 and over.

The mortality rate for falls increases dramatically with age in both sexes and in all racial and ethnic groups, with falls accounting for 70 percent of accidental deaths in persons 75 years of age and older.

There are now about 1,000 hip fractures per day in the U.S., 95 percent of which are caused by falls. Half of the older adults who suffer a hip fracture never regain their previous level of functioning, and many are unable to live independently again.

One-third of community-dwelling elderly persons, and 60 percent of nursing home residents, fall each year. Many do so repeatedly.

[From:

- American Academy of Orthopedic Surgeons, *Don't let a fall be your last trip*, 1998;

- CDC, National Center for Injury Prevention and Control, *Preventing Injuries Among Older Adults*, 2001-2002.]

## *Wouldn't I know it if I had a problem with my balance?*

Probably not. Most people, particularly young to middle age people, are totally unaware that they have a balance disorder.

The human balance system has built-in "back-ups", so when sensory input from one source is inadequate, the brain automatically turns to another source for orientation. In other words, a fully functioning part of the balance system helps do the work of a part of the system that is not fully functional.

The problem comes when people get older and have more than one part of their balance system that's not 100% functional, and/or when they encounter an unusual situation and the working parts of their balance system are unable to compensate and overcome the unexpected "obstacle."

For example, an older person may have had a vestibular disorder (the great majority of balance problems are vestibular in nature) for many years but may have unconsciously compensated for that problem by relying on their keen eyesight to maintain their balance.

But eyesight gets worse with age, and when coupled with dim lighting, often causes falls. That's why many falls occur at night, when there may be little or no light available.

## *If I do have a balance problem, what can be done about it?*

A lot. As mentioned earlier, most balance disorders are caused by some benign, easily treatable condition. In fact, one of the most common forms of balance disorder, benign paroxysmal positional vertigo (BPPV) can almost always be completely cured in 1 or 2 short therapy sessions (BPPV simply means that a person sometimes gets dizzy when their head is in a certain position.).

About 80-85% of all balance problems respond well to specific therapeutic maneuvers and exercises. If your physician determines that you would benefit from balance or gait therapy, he or she will order it, and a therapy regimen will then be custom-tailored to your specific problem.

The therapy for your balance problem may involve, for example, eye-tracking exercises in which a card is held in front of you and you move the card and your head rapidly from side to side in opposite directions, while keeping the words on the card in focus. Other exercises involve such simple movements as getting in and out of a chair several times in succession each day.

And many balance therapy programs include exercises done at home, several times each day for several weeks.