ARTHRITIS: KEEP IT AT BAY!

Hosted by Dr. Jeff Danielson

1. Arthritis: Painful Inflammation of the _____
2. Types of Arthritis: Rheumatoid, Psoriatic, Gout, Lupus, & _____

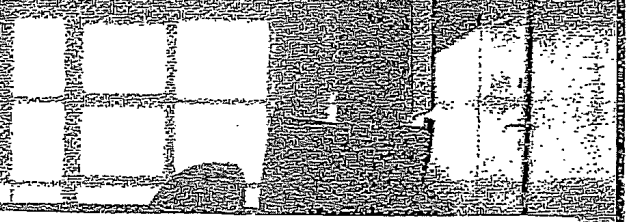
1. Another name for osteoarthritis: Degenerative _____ Disease.
2. How many joints comprise the spine? _____
3. What % of your organs are controlled by the nerves that come off your spine? _____
4. What is the average life expectancy of someone older than 70 after falling & breaking a hip? _____ days
5. Medical options for Arthritis are anti-inflammatories, pain killers, and _____ _____
6. Chiropractic help for arthritis should be both comfortable and _____
7. Cost to you to get an exam & x-ray=$ _____
8. True or False. Most Medicare plans cover chiropractic AND physical therapy at Northern Life Wellness?

Northern Life Wellness Chiropractic & Physical Therapy
northernlifewellness.com | (952) 890-0804 |13955 W Preserve Blvd. #200, Burnsville

STAR TRIBUNE EXCLUSIVE ★ ONLY IN YOUR SUNDAY PAPER

DEADLY FALLS

More than 100 Minnesotans die each year after suffering falls in nursing homes. Few deaths are fully investigated by the state, and serious penalties for violations are rare.



A CLOSER LOOK AT DEATHS RELATED TO NURSING HOME FALLS 2002-2008

TYPES OF INJURIES

Injury	Number	Percent
Hip	583	55.2
Head/neck/spine	236	22.3
Femur	80	7.6
Multiple fractures/injuries	39	3.7
Other fractures/injuries	119	11.3
Total deaths	1,057	

AVERAGE NUMBER OF DAYS TO DEATH

Type of injury	Days until death
Head/neck/spine →	10 days
Multiple fractures	11 days
Other fractures	15 days
Hip fractures →	19 days
Femur fractures	19 days

WHERE THEY FALL

How	Number	Percent
Bathroom	47	18.6
Bed	52	20.6
Chair	8	3.2
Lift device	13	5.1
Transfer	14	5.5
Walking	46	18.2
Wheelchair	73	28.9
Total*	253	

Source: Star Tribune analysis of Minnesota death certificates

*Note: Does not equal total deaths because not all death certificates indicated fall location

TWO WHO FELL

Robert Swanson moved into Crest View Lutheran Home in Columbia Heights after Parkinson's disease tightened its grip on his life. One night he fell and broke his hip. He died three days later.

The Rev. **Tim Valoc**, a Roman Catholic priest and Army chaplain, suffered a devastating head injury from a roadside bomb in Iraq. While at St. Therese Home in New Hope last spring, he was dropped while being moved from a wheelchair to bed. He died a few hours later.

StarTribune.com

Read the state investigative reports on the nursing homes mentioned here at www.startribune.com.

By GLENN HOWATT and PAM LOUWAGIE • Star Tribune staff writers

FIRST OF THREE PARTS

Even into his 70s, Robert Swanson showed the toughness of an ex-Marine. He walked 12 to 15 miles each day, endured dental work without Novocaine, ate and slept on a rigid schedule. ¶ But at 74, he found his well-ordered life invaded by Parkinson's disease. His limbs trembled and dementia left him wandering and frostbitten. Worried for his safety, Swanson's family made the difficult decision thousands of Minnesota families make each year: He needed to be in a nursing home. In 2005, they moved him to Crest View Lutheran Home in Columbia Heights. ¶ There the staff observed "dangerous" behavior by Swanson, noting it in his chart. One night a nurse found him standing on his bed. Another night, he was discovered crawling around on the mattress. Nine days after that, a nurse found him on the floor by his bed. Swanson had fallen and his hip was broken. ¶ Three days later, he died.

Swanson is among more than 1,000 Minnesotans whose deaths were related to falls in nursing homes from 2002 through 2008, according to a Star Tribune analysis of death certificates. On average, one nursing home resident in the state dies every two days in circumstances stemming from a fall. The nursing home industry has tried to remedy the problem, but so far there are no signs that its efforts or any state actions are significantly reducing the number of deaths.

Less than 10 percent of fall-related deaths in nursing homes are fully investigated by the Minnesota Department of Health, which is charged with monitoring nursing home care. Usually nursing homes themselves are left to privately probe the cause of fatal falls on their premises. State regulators review those findings, but sometimes don't do more. Even when regulators discover that a mistake led to a resident's death, they often do not cite nursing homes for violations of state and federal regulations.

Minnesotans in nursing homes fell after aides left them alone on toilets and went to tend to other residents. They fell while being transferred — such as from a bed to a wheelchair — by one aide when two were needed. They fell when aides misused equipment for moving them and dropped them in the process.

Some died quickly, their fragile neck bones snapped or their aging bodies overwhelmed by internal bleeding caused by the fall and compounded by blood-thinning drugs. Others — often still enjoying some quality of life — were suddenly bed-ridden in excruciating pain from broken bones.

Falls continues on A18 ➤

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1. Arthritis: Painful Inflammation of the joints
2. Types of Arthritis: Rheumatoid, Psoriatic, Gout, Lupus, & osteoarthritis

1. Another name for osteoarthritis: Degenerative joint Disease.
2. How many joints comprise the spine? 53
3. What % of your organs are controlled by the nerves that come off your spine? 100
4. What is the average life expectancy of someone older than 70 after falling & breaking a hip? 19 days
5. Medical options for Arthritis are anti-inflammatories, pain killers, and spinal fusion
6. Chiropractic help for arthritis should be both comfortable and effective
7. Cost to you to get an exam & x-ray=$ 0
8. True or False. Most Medicare plans cover chiropractic AND physical therapy at Northern Life Wellness?

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