



# There are easy ways to reduce the risk of falling



by Robert Vander Kraats, Sport Physiotherapist, Bachelor of Physiotherapy, Master of Sports Physiotherapy, Certificate Integrative Medicine.

UNFORTUNATELY falls are very common. Last year one in three people over 65 had a fall resulting in a fracture to the hip or an injury to the head.

The Western Australian Falls Report found the leading cause of an individual presenting to hospital in 2019 was due to a falls-related incident caused by a slip, trip or stumble and the average time spent in hospital was 7.1 days per admission.

Falls can also lead to internal bleeding, traumatic pain syndrome, functional limitations, dislocations, soft tissue injuries, healthcare costs and increased mortality. One of the greatest fears after an individual presenting to hospital is the fear of future falls.

People with a decreased bone mineral density, such as people with osteopenia or osteoporosis, have a greater risk of a fracture resulting from a fall.

Risk factors can both modifiable and non-modifiable. Both can be used to assess the risk of future falls, however only modifiable risk factors can be addressed by preventative strategies to reduce falls from happening.

There are various well researched environmental modifications and physiotherapy interventions that can be implemented.

Environmental factors that could increase the

risk of falling includes things like: rugs, cords, pets, slippery floors, inadequate lighting, and poor footwear. These risks can be addressed.

Other factors that can lead to a fall occurring include: poor eyesight, decreased balance, not steady when walking, and uncontrolled blood pressure. An eye examination can address poor vision, a walking aid and a medication review may assist in reducing poor balance and unsteadiness.

A physiotherapist can assist in a number of ways. Beginning with a complete assessment which includes standing balance on one or both legs with eyes opened and closed. Strength is also important, particularly in the legs, as several studies have found a correlation between poor strength and an increase in the risk of falling.

The two most important components to include in a falls prevention program are balance and muscle strength training.

When assessed, Robert and Jeff will design a specific and targeted exercise program tailored to your individual needs to minimise the risk of you falling. They will assess the areas of deficiency

and this will inform the recommended exercise program. It is important that any program is reviewed and progressed to always challenge the patient.

Balance and strengthening exercises that can be given, include:

- Double leg balance +/- eyes closed
- Single leg balance +/- eyes closed
- Carrying out the above by standing on something, such as a towel or pillow. This adds another variable to the exercise, which research has shown to be very effective.
- Chair squats
- Riding a stationary bike
- Swimming
- Being involved in a balance and/or strengthening class

It is very important that all exercises are completed in a safe manner. The balance exercises for example, should be completed with a sturdy bench or table in front and a stable chair behind.

*These exercises are just a guide and have not been individually recommended for you. Phone 9203 7771 or visit [www.ngp.net.au](http://www.ngp.net.au) to make an appointment with Robert and Jeff today for your individualised falls prevention exercise program.*

# Finding the right skincare...



Eniko Nehez says ageing skin can change rapidly

by Allen Newton

NATUROPATH Eniko Nehez says menopause can impact suddenly on a woman's skin, but too often the solutions people turn to are skincare products full of harmful chemicals.

In October she officially launched the range of ENIKO skincare products which have been on the market since 2019. The botanicals and vitamins which they contain are particularly relevant to women who notice sudden changes in their skin.

"As we age, skin changes and needs more nutrients such as protein to boost collagen production. It also needs help with hydration. Both topical and internal support is important," she says.

"For the over 40s it is beneficial to ensure hydration in order to get skin to glow by changing its complexity, so it looks fresher."

"Internally we need to balance hormones because as the estrogen and progesterone ratio changes the skin becomes taught. At the same time, external skin care containing ingredients that enhance hydration and plumpness is useful.

Eniko says the nutrients that go into her skin care products include botanicals and vitamins but without water and other fillers that skin doesn't need.

The botanicals include a lot of native plants, fruits, flowers, roots and resins which aid with hydration and help internally with collagen production build up connective tissue.

"Topical skin care using botanicals is amazing because they are high in an-

ti-oxidants which protect the skin from environmental damage and also help increase collagen production, firmness and hydration."

Eniko says the impact of skin treatments can be remarkably fast.

"If you have a lot of dehydration, dryness and flakiness and then use my Enzymatic Micro Peel, you will see an instant smoothness of the skin. In two to three weeks you will see a difference in fine lines and wrinkles. Pigmentation and scarring might take longer.

"As we get older our skin changes a lot slower."

Eniko says her skin care products are different to others. The first ingredient in most skin care products is water, unlike her products where you'll find organic aloe vera gel or jojoba oil.

In addition to the retail range, Eniko formulates personalised serums, creams and masks specific to the client's needs including exfoliating, firming, hydrating, problematic and anti-aging. She calls these her White Label VIP range.

Masks include ingredients found to be particularly effective including lactic acid, fermented paw paw, vitamins A, C and E, mud, clay, zeolite, seaweed, quandong, kakadu plum, gotu kola, calendula, fermented kelp, lecithin and MSM.

Eniko's naturopathy journey began after she migrated to Australia from the village where she was born in Hungary's Carpathian Mountains after meeting her now husband, who was visiting relatives in the same village.

After a year of English classes in between cleaning, ironing and any other work she could do, Eniko pursued a career in the beauty industry, studying at the Australian College of Beauty Therapy.

In 2009 she began a Bachelor of Health Science majoring in Naturopathy, studying part time in between clients. She graduated in 2016 and was further acknowledged by BioCeuticals for 'Excellence in Clinical Research'.

Since then, she has built herself a successful boutique business as a skin therapist in Perth's western suburbs. Heartwood Spa Cottesloe and Limon Spa Leederville are both stockists and treatments will be available at both in the near future.

Eniko has been successfully treating patients while also pursuing further education in IPL therapy, skin needling and skin microbiology specialising in rosacea and comedotherapy.

To find out more go to [www.eniko.com.au](http://www.eniko.com.au)

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