

The Most Common Conditions in Seniors that Can Cause Emergency Room Visits:

1. **Strokes**—any interruption in blood flow can cause brain cells to die because they cannot get oxygen. Strokes can prevent long-term damage if not treated immediately. Some seniors have smaller strokes (TIAs) that are not easily recognized.
2. **Heart Conditions**—there are many kinds of heart disease, such as Atrial Fibrillation and Coronary Artery Disease, and the risk of suffering from heart disease grow if you have high blood pressure, high cholesterol or smoke.
3. **Urinary Tract Infections**—many seniors do not drink enough fluids throughout the day and dehydration can result. Using the restroom more frequently and maintaining proper hygiene will help stave off recurring Urinary Tract Infections (UTIs).
4. **Pneumonia**—while this diagnosis can affect all ages, those over the age of 65 are very susceptible to acquiring this disease. Pneumonia is an upper respiratory infection that is often accompanied by coughing, fever and difficulty breathing.
5. **Falls**—loss of balance, dizziness, clutter, adverse medication effects are all things that can lead to a fall. Seniors who exercise, maintain a proper medication regimen and keep their homes free of clutter have a better chance of avoiding a fall.
6. **Pain**—most seniors experience some degree of pain on a regular basis, be it from arthritis, back or neck pain, neuropathy, etc. Some find relief with medications, exercise, warm baths or other in-home treatment.
7. **Difficulty Breathing**—there are many reasons why seniors may suffer from breathing difficulties—asthma, Chronic Obstructive Pulmonary Disease (COPD), anxiety, emphysema, etc. People who are prone to difficulty should refrain from smoking, strenuous activity and food/medications they are allergic to.



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