NUTRIENTS AND FALLS / INJURIES

Protein-calorie under- nutrition

associated with decreased muscle mass, weakness, and gait abnormalities which leads to increased propensity to fall and decreased ability to right oneself.

Vitamins A, C and E

Related to vision

Vitamin B12 deficiency

Can cause proprioceptive loss
Possibly a cause of orthostatic hypotension

Vitamins B6 and B12

Rats deficient in Vit B6 and Vit B12 have been shown to have subtle gait abnormalities

Folic acid deficiency

mental confusion

Potassium deficiency

muscle weakness

Calcium and Vitamin D deficiency

decreased bone mineral density

Multivitamin supplements might prevent these