

Mayo Clinic Medical Edge

Smart Houses

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	YOUR HOME IS YOUR CASTLE. IT'S THE ONE PLACE YOU'RE SUPPOSED TO FEEL SAFE. RIGHT? WELL ACCORDING TO THE HOME SAFETY COUNCIL, 20-THOUSAND PEOPLE DIE EVERY YEAR IN THE UNITED STATES DUE TO INJURIES SUFFERED AT HOME. MILLIONS MORE REQUIRE MEDICAL TREATMENT. ADULTS OVER AGE 70 ARE AMONG THE MOST AT RISK.
Eric Tangelos, M.D. Track 2 (5:01)	"I WANT TO KEEP THEM IN THEIR OWN HOMES FOR AS LONG AS POSSIBLE. ONE OF THE BEST WAYS TO DO THIS IS TO SMARTEN

	UP THE HOUSE.”
	MAYO CLINIC DR. ERIC TANGALOS SAYS THAT CAN BE AS SIMPLE AS PUTTING MOTION DETECTORS ON SOME WALL SWITCHES. IF YOU HAVE TO GET UP AT NIGHT, A LIGHT AUTOMATICALLY COMES ON, HELPING YOU AVOID THINGS THAT COULD CAUSE A FALL. OR APPLIANCES THAT ARE EASY TO USE, EVEN FOR SOMEONE WITH SEVERE ARTHRITIS.
Dr. Tangalos Track 2 (6:22)	”THESE ARE THE SMART KINDS OF THINGS THAT WE WANT TO PUT INTO HOMES FOR PEOPLE TO AGE IN PLACE AND BE SUCCESSFUL IN THEIR ENVIRONMENT.”
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I’M VIVIEN WILLIAMS.

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