



Falls break bones

You can prevent most falls.

Falls are not just the result of getting older. But as you age, falls become more dangerous. Most falls can be prevented. By changing some of the things listed here, you can lower the chances of falling for you or someone you love.

1. Begin a regular exercise program.

Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination, like dancing and Tai Chi, are the most helpful. Consider joining an organized program at your local community center or gym.

2. Make your home safer.

- Remove things you can trip over from stairs and places where you walk.
- Remove all small rugs.
- Don't use step stools. Keep items you need within easy reach.
- Have grab bars put in next to your toilet and in the bathtub or shower.
- Use non-slip mats in the bathtub and shower.
- Use brighter light bulbs in your home.
- Add handrails and light in all staircases.
- Wear shoes that give good support and have non-slip soles.

3. Ask a health care professional to review your medicines.

Ask your doctor, nurse, pharmacist, or other health care professional to review all the medicines you are taking. Make sure to mention over-the-counter medicine, such as cold medicine. As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed, which can lead to a fall.

4. Have your vision checked.

Poor vision increases your risk of falling. You could be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision.



**You are never too old or too young to
improve your bone health.**

