**FALL PREVENTION ARTICLE - SHORT FORM**

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**Are you at risk for falls?**

Everyone experiences a fall now and then. While most falls do not cause serious injury, occasionally we are reminded of how even a simple fall from standing can be catastrophic. Falls are especially devastating among older adults causing over 90% of hip fractures and 60% of head injuries. In fact, on average, every 10 minutes a senior is hospitalized because of a fall.

Some people believe that falls are a normal part of aging and can’t be prevented, or that it won’t happen to them. The truth is: There are many things you can do to prevent falls. Many risk factors are within our control to change.

**What can you do to help prevent falls?**

* **Keep your body active:** You are less likely to fall if you have strong muscles and good balance.
* **Have your eyes checked by an optometrist once a year:** Good vision can reduce your risk of falling.
* **Have your doctor or pharmacist review your medications:** Some medications can make you fell drowsy, dizzy, or unsteady on your feet.
* **Make your home safer:** Falls are often due to home hazards that are easy to overlook but easy to fix

For more information about falls prevention go to [www.findingbalancebc.ca](http://www.findingbalancebc.ca)

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