

**LEARN ABOUT**

# PREVENTING FALLS AND HIP FRACTURES



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider



## Talk to Your Doctor

- Ask your doctor to check if you're at risk for falling
- Talk to them about what you can do to stay safe
- Ask your doctor or pharmacist to look at all your medicines, even ones you buy at the store, to see if any of them might make you feel dizzy or sleepy
- Ask if you should take vitamin D to help keep your bones strong

## Get Checked for Osteoporosis

- Ask your doctor to check your bones for osteoporosis, a disease that makes the bones weak
- If you have it, you can get treatment to help protect your bones

## Exercises for Strength and Balance

- Do exercises that make your legs stronger and help with balance
- Tai Chi is a fun kind of exercise that helps you stay steady on your feet

## Get Your Eyes Checked

- See your eye doctor at least once a year
- Make sure your glasses are the right ones for you
- If you wear bifocals or progressive lenses, you might want a second pair of glasses just for walking outside
- Sometimes those kinds of lenses can make things look like they're closer or farther away than they really are

## Make Your Home Safer

- Pick up anything on the floor that you could trip over
- Add grab bars near the toilet and in the shower or tub
- Put railings on both sides of the stairs
- Make sure your house is bright, add lights or use brighter bulbs