

WHAT YOU SHOULD KNOW ABOUT FALLS

In the Clinic
Annals of Internal Medicine

Am I at Risk for Falls?

Getting older can increase your risk for falling.

Even a minor fall can cause serious injury. You might be at higher risk for a fall if you:

- Have eye problems, like glaucoma or cataracts
- Have heart disease
- Have Parkinson disease or dementia
- Can't hold your urine (called incontinence)
- Are not getting enough sleep
- Have arthritis or chronic pain
- Use certain medicines, like sedatives or opiates

How Can I Prevent Falls?

- If you are over 65, talk with your doctor about how you can prevent falling.
- Exercise has been shown to help prevent falls. It helps you stay strong and keep your balance. Ask your doctor what exercise is safe for you.
- If you take medicines, ask your doctor if they increase your risk for falls.
- Talk with your doctor about your risk for osteoporosis.
- Check your home for safety. If you have stairs, make sure the banisters are sturdy. Make sure



there are no slippery surfaces or throw rugs that could trip you.

Questions for My Doctor

- Am I at risk for falling?
- How can I prevent falls?
- Do I need to be tested for osteoporosis?
- Do any of my health conditions put me at risk for a fall?

For More Information



National Institutes of Health

www.bones.nih.gov/health-info/bone/osteoporosis/fracture/prevent-falls-ff

National Institute on Aging

www.nia.nih.gov/health/prevent-falls-and-fractures
www.nia.nih.gov/health/prevenga-caidas-fracturas