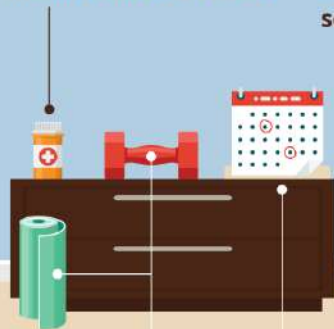


# Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects



Do strength and balance exercises

Get your vision and hearing checked regularly

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors



Stand up slowly to avoid dizziness



Use a cane or walker if you need more stability



Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).