



Three ways to guard against falls

Unfortunately, falls become more common as people age. And they can lead to serious, life-changing injuries. Many falls can be prevented, though.

Take these simple steps to reduce your risk of falling:

1 Visit your doctor

Have you fallen before? Share the details with your doctor, including when, where and how you fell. He or she can review your medications for side effects that may increase your risk of falling. Also, tell your doctor if you have joint pain, numbness in your feet and legs or shortness of breath when you walk.

2 Keep moving

Physical activity can go a long way toward preventing a fall. Improving strength, balance and flexibility are critical to keeping you steady on your feet. If you avoid exercise because you're afraid it will make you fall, talk to your doctor. He or she may recommend carefully monitored exercise programs or refer you to a physical therapist.

3 Wear sensible shoes

High heels, floppy slippers and shoes with slick soles can make you slip, stumble and fall. So can walking in your stocking feet. Instead, wear properly fitting, sturdy shoes with nonskid soles. Sensible shoes may also reduce joint pain.

Source: Mayo Clinic



Remember, it's important to have an open and honest conversation with your doctor at every visit. Nothing is too small or too embarrassing to mention.

Questions? Get in touch!

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