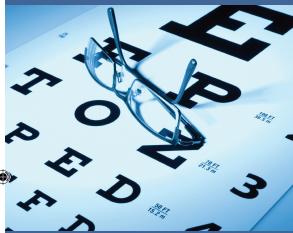
FALLS CAN BE PREVENTED



EXERCISE

Strength, balance and movement are important in reducing falls. Ask your doctor if it's OK to start walking or exercising. **Keep active.**



MEDICATION

Ask your doctor or

pharmacist to review your

medications, including

prescription, over-the-

counter, vitamins and

herbal supplements.

REVIEW

VISION

Have your vision checked every year.



SAFE BEHAVIORS

Take your time and wear well-fitted, flat, thin-soled shoes with non-skid soles.

HOME SAFETY

Make simple home modifications

- install grab bars and stair railings
- remove throw rugs and clutter
- increase lighting in your home.

DON'T LET A FALL CHANGE YOUR LIFE.
TALK TO YOUR DOCTOR ABOUT YOUR FALL RISK.

www.smcfallprevention.org 650-573-3728



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Fall Prevention Figer v10.indd 1 6/15/09 1:14:44 P