Falling is NOT a normal part of aging

WHAT CAUSES IMBALANCE
- Decreased vision
- Decreased strength
- Aging balance system

TOO MANY FALLS
Falls are the leading cause of accidental death and injury in people 65 and older. 33% of older adults fall annually and only 1/2 talk to their doctor about it.

FIND THE CAUSE
1. Talk to your doctor
2. Get screened for BPPV: Crystals in your inner ear can get dislodged, but this can be corrected!

FALLS PREVENTION
- MEDICAL: Visit your doctor for a checkup, have your eyes examined, make diet & lifestyle changes
- BALANCE: Exercise, such as yoga or tai chi, physical therapy
- SAFETY: Use proper support, such as a cane, walker or handrails, use proper lighting, use proper eyewear and footwear

WHAT SHOULD I DO?
For more information, visit: vestibular.org/aging