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Preventing Falls as You Get Older

Overview

As you get older, your body loses strength and durability. Your muscles begin to weaken. You may not be as steady on your feet. And you may develop vision problems or other medical conditions. These raise your risk of falling. Falls sometimes lead to serious injuries. But fortunately, there are some easy ways to prevent falls.

Talk to your doctor

First, see your doctor regularly. Ask about your risk for falls. If you take medications that raise your risk, find out how to use them safely. Ask if you should be tested for "osteoporosis." That's a weakening of your bones that most often affects older women. If you have osteoporosis, your doctor can treat it. And don't forget to have your vision checked regularly.

Make your home safe

Next, make your home a safer place. Have safety rails installed on both sides of any stairs inside and outside your home. Have grab bars installed in your bathroom, and use non-slip mats. Tape down or remove small rugs. Clear away any clutter that could trip you. Make sure your home is well lit. And always wear non-slip shoes around the house.

Get active

Finally, focus on fitness. You can strengthen your legs with weights or resistance bands. Do exercises that improve your balance. These will help keep you steady on your feet. By taking these simple precautions, you can minimize your risk of falling.

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