

Healthy Living

What YOU Can Do To Prevent Falls



FCMH 775-3333
RMC 775-3153
CMC 779-4049

fcmh@fcphd.org

Falls are not just the result of getting older. Many falls can be prevented. Falls are usually caused by a number of things. By changing some of these things, you can lower your chances of falling.

You can reduce your chances of falling by doing these things:

1. Begin a regular exercise program
Exercise is one of the most important ways to reduce your chances of falling. It makes you stronger and helps you feel better. Exercises that improve balance and coordination (like Tai Chi) are the most helpful. Lack of exercise leads to weakness and increases your chances of falling. Ask your doctor or health care worker about the best type of exercise program for you.

2. Make your home safer

About half of all falls happen at home. To make your home safer:

- Remove things you can trip over (such as papers, books, clothes and shoes) from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
- Keep items you use often in cabinets you can reach easily without using a step stool.
- Have grab bars put in next to your toilet and the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home. As you get older, you need brighter lights to see well. Lamp shades or frosted bulbs can reduce glare.
- Have handrails and lights put in on all staircases.
- Wear shoes that give good support and have non-slip soles. Avoid wearing slippers and athletic shoes with deep treads.

3. Have your health care provider review your medicines

Have your doctor or pharmacist look at all the medicines you take (including ones that don't need prescriptions such as cold medicines). As you get older, the way some medicines work in your body can change. Some medicines, or combinations of medicines, can make you drowsy or light-headed, which can lead to a fall.

4. Have your vision checked

Have your eyes checked by an eye doctor. You may be wearing the wrong glasses or have a condition such as glaucoma or cataracts that limits your vision. Poor vision can increase your chances of falling.

For more information, contact:
Centers for Disease Control and Prevention
National Center for Injury Prevention and
Control (NCIPC)
4770 Buford Highway, NE, MS K-65
Atlanta, GA 30341-3717

1(800) CDC-INFO (232-4636)

<http://www.cdc.gov/ncipc>
E-mail: cdcinfo@cdc.gov

Information distributed by
Washington State Department of Health



Ferry County Public Hospital District

Count on us to care • www.fcphd.org

Family practice in two locations:

Republic Medical Clinic 775-3153

Curlew Medical Clinic 779-4049

Physical Therapy 775-8400

**Ferry County Public Hospital District
conveniently provides:**

- **Laboratory-extended hours for your convenience and available 2 days a week in the Curlew Medical Clinic.**
- **Bone Density**
- **High Tech imaging – CT, x-ray**
- **Colonoscopy and EGD**
- **Physical Therapy**
- **Acupuncture**
- **Community Wellness**
- **Long Term Care**
- **Assisted Living Facility**

Call 775-3333 for more information.