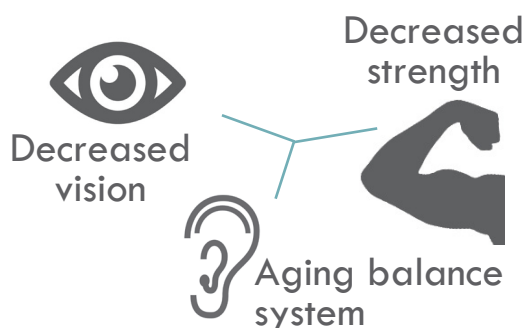


STEADY AS YOU GO

Falling is NOT a normal part of aging

What causes imbalance?



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



Determine 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



VESTIBULAR
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