

# Know Your Risk for a Fall



## Did you know?

- Falls are the **leading cause of injury** and **fifth leading cause of death** among older Americans.
- As many as **50 percent of elderly adults** will sustain a fall this year.

## Are you at risk?

- Did you fall in the last year?
- Are you taking medications that make you sleepy, confused, or lightheaded?
- Do you have impaired vision?
- Do you have a recent history of foot or ankle injury or surgery?
- Do you have loss of feeling or weakness in your lower extremities?
- Do you have balance problems?

If you answered yes to any of those questions, you may have an increased risk of falls.



## A podiatrist can help!

Your podiatrist can conduct a falls risk evaluation and recommend changes that can help decrease your risk of falling. Simple changes may include different footwear or exercises that can help strengthen your feet and ankles.



# Talk to a podiatrist today.

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