



Falls and Fractures

Falls are the leading cause of injuries for older Americans. 1 in 4 adults age 65 or older fall every year.¹ Some injuries can be serious and make it tough to stay independent, but if you take the right actions, you can help keep falls from happening.

Factors that may increase the risk of a fall¹

- 1 Vision issues**
Having problems seeing can throw off your balance.
- 2 Hearing loss**
Hearing issues can lead to unawareness of what's around you, causing you to trip.²
- 3 Medication**
Some medications can affect your balance, strength or vision.
- 4 Inactivity**
Not living an active lifestyle can affect muscle strength and joint flexibility, making it hard to walk.
- 5 Medical conditions**
Conditions like diabetes, glaucoma, cataracts, arthritis, blocked arteries and Alzheimer's can affect your ability to get around.
- 6 Osteoporosis**
Bones may become weaker as you age and thin bones break more easily — especially the hip, spine and wrist. Even a minor fall can cause a break and can be disabling.

Did you know you can help prevent falls?

- Always clean up spills right away.
- Keep floors clutter free.
- Make sure carpets are secure.
- Have stair handrails installed.
- Put nonskid mats in the shower and bath.
- Use nightlights to make sure walkways are well lit.



Talk to your doctor today about ways to prevent falls.

Lifestyle tips to help avoid falls and broken bones



Stay active

Regular physical activity helps build muscle and strength. Talk with your doctor before you increase your activity level.



Dress for safety

Wear low-heeled shoes with rubber soles for good traction. Generally, don't wear slippers, shoes with leather soles or high heels.



Make sure you can see and hear well

Get your vision and hearing checked regularly and ask your doctor if you could benefit from some vision or hearing aids.



Get enough sleep

Being tired can affect balance, making it easier to fall.



Limit alcohol

If you choose to drink, do it in moderation.



Use walking assistance devices when necessary

Use a cane, walker or crutches to help make walking easier.



Know your bone strength

Talk to your doctor about getting a bone density screening. If you have weaker bones, your doctor can advise you on how to take steps to make them stronger.



Check your medications

Any time you get a new prescription, ask your doctor about side effects that can affect your balance.

¹“6 Steps for Preventing Falls Among Your Older Loved Ones.” National Council on Aging, 2019.

²“Hearing Loss and the Increased Risk of Falls.” American Speech-Language-Hearing Association, 2019.

This information does not substitute for the medical advice, diagnosis or treatment of your physician. Always talk to your physician or a qualified health care provider about any questions you may have regarding your medical condition.

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