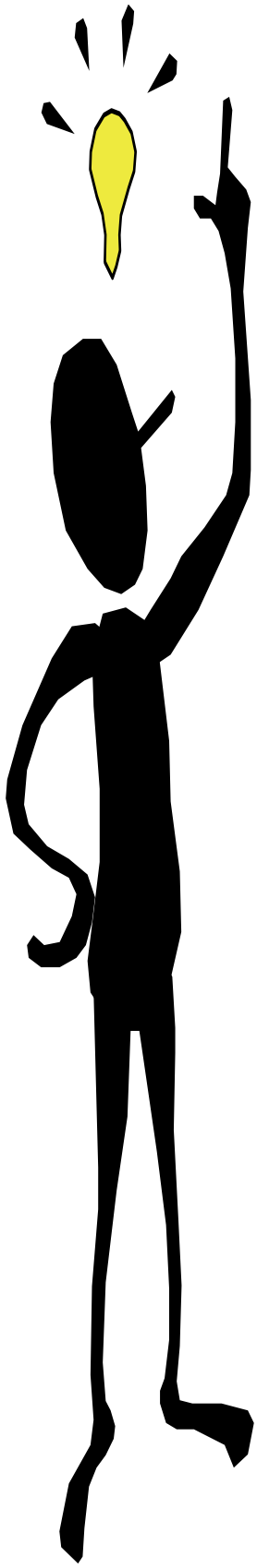

General Fall Prevention Strategies:

- Undergo a physical and eye exam each year
- Check with your Doctor or Pharmacist about the side effects and drug interactions of all the prescription and over the counter medications that you take.
- Take only those medications and herbal remedies that your Doctor considers essential to maintaining good health.
- Avoid excessive alcohol intake.
- Stop smoking and avoid second hand smoke.
- Sit on the edge of bed upon wakening to sure you are not dizzy before getting out of bed.
- Eat breakfast every morning (skipping a meal may result in dizziness).
- Wear your glasses, but remove reading glasses before walking.
- Wear clothes that fit properly (example: an oversized robe with trailing edges or ties can trip).
- Replace rubber tips on canes and walkers as they become worn.
- Consider carrying a portable phone or get an Personal Emergency Response System (PERS).
- Tell your physician about all falls. Have an examination to evaluate for a new medical condition or progression of a chronic illness.
- Avoid using loose throw rugs (if you must use, install non-slip backing).
- Mount a liquid soap dispenser on the bathtub and/or shower wall.
- Install night lights along the route from bedroom to the bathroom.
- Install light switches at entrances to all rooms.
- Discard and replace wobbly chairs, ladders and tables.
- Use a stool only when absolutely necessary and be sure that it has and attached handle.
- Keep a telephone near the bed.