

Fall Safety

Each year, >2.5 million older Americans are treated for falls. 1 in 5 falls cause serious injury.

Risk Factors

- ◊ Lower body weakness
- ◊ Vitamin D deficiency
- ◊ Walking & balance difficulties
- ◊ Some medications
- ◊ Vision problems
- ◊ Foot pain or poor footwear
- ◊ Home hazards such as steps, throw rugs, clutter or lack of handrails on stairs and in bathroom.

Prevention

- ◊ Ask your PCP to review your medications and assess your risk for falls.
- ◊ Do exercises that make your legs stronger and improve your balance.
- ◊ Get your eyes checked.
- ◊ Make your home safer by getting rid of things you may trip over, adding grab bars, and making sure your home is well lit.

**Your safety is
important to us!**



HH

Hermes Healthcare

Providing primary
care services in
Wichita, Kansas
and professional
foot care clinics
throughout Kansas.



1900 N. Amidon
Suite 210
Wichita, Kansas

(316) 260-4110