

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.

Visit www.apma.org/findapodiatrist.