

Falls can happen to anyone—from a toddler learning to walk, to an expectant mother, to an older adult.

Even if a fall seems minor, it is important to talk about it with your provider. This is the first step to prevent another fall.

Starting the conversation early can prevent serious injuries.

6 TIMES TO TALK TO YOUR DOCTOR ABOUT FALLS



If you've fallen in the past year

Even one fall increases the risk that you will fall again. Your provider can help identify why you fell, including

- An issue with your vision
- A side effect of medication
- Hazards in your home or environment



If you take more than 1 medication

Some medications can cause dizziness or affect your coordination. These include medicines that manage your blood pressure, relieve pain, or help you sleep.

- Take a list of your medications to any appointments.



If you have a new medical condition or have had surgery

Medical conditions and surgery recovery can increase your risk of falling due to tiredness or changes in how you move. Ask your provider if any of these options would help prevent falls.

- Physical therapy
- Changes to make home safer
- Supportive devices like a cane, walker, or other option



If your child trips or tumbles often

Children are naturally active and an occasional tumble is normal. Frequent or severe falls can be a sign of something else. Your provider may discuss

- An eye or hearing exam
- Checking play areas for safety
- Developmental concerns



If you are pregnant or just gave birth

Pregnancy and childbirth can impact balance, energy and hormone levels. Your provider can give you ways to move safely and make changes to your home. They can also tell you about the right shoes to reduce the risk of falling.



If your vision or hearing changes

Your sight and hearing help you stay alert and avoid hazards. Tell your provider if you notice a change in your sight or hearing. They can help you get your eyes and ears checked.



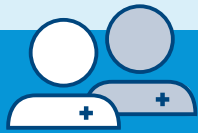
Talk to your provider. They can help you find resources and make changes to avoid falls in the future.

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What to Expect During the Visit

Your provider is a partner in keeping you or your loved one safe. They will likely

- Ask about recent activities, falls, or near falls
- Review all medications
- Check blood pressure, balance, and mobility
- Refer you to specialists like physical or occupational therapists
- Recommend community programs or a home safety assessment



We are here to help with therapy and wellness services

Ochsner Medical Center offers therapy and wellness services to help you. Ask your primary care provider if therapy is right for you.

You can also visit an Ochsner Therapy & Wellness center for more information. Learn more at ochsner.org/therapy-wellness or scan this code with your phone's camera.



Take Charge of Your Safety

Open communication helps your care team provide the best support. **Don't wait for a serious injury to talk to your provider. Speak up for yourself or your loved one early and often.** This can help empower you to stay safe and independent.



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