

Dustin Maddox: You can keep from falling.

Hey, be careful. You may think you will never fall, but anyone can fall. Remember when your friend John got hurt, when he tripped and fell? Next time, it could be you. The good news is that there are things you can do to keep from falling. Start with these six easy steps.

First, find an exercise program to help you stay strong and healthy. Join an exercise class, take yoga or Tai Chi. Walk with a friend. Do something fun. Ask your doctor about things that put you at risk of falling. Talk about what you can do to stay safe. Review your medications. Discuss your medications with your doctor. Find out if any of them have side effects that might increase your risk of falling. Get your vision and hearing checked. Get new glasses when you need them. Your eyes and ears help keep you on your feet.

Make your home safe. Check your home for things that might cause you to fall. Make changes like clearing your floors of clutter that you might trip on. Making sure your home is well lit. Using bathmats in your shower. Installing grab bars in the bathroom. Talk with people who support you. Get their help.

If you have a fall, make sure you tell someone. You may need to see your doctor. Fall should not be a part of anyone's life, but every day, lots of people fall. Don't be one of them.

Taking these simple steps will help keep you from falling. Find an exercise program. Talk to your doctor. Review your medications. Get your vision and hearing checked. Make your home safe. Talk with the people who support you. Start today.