

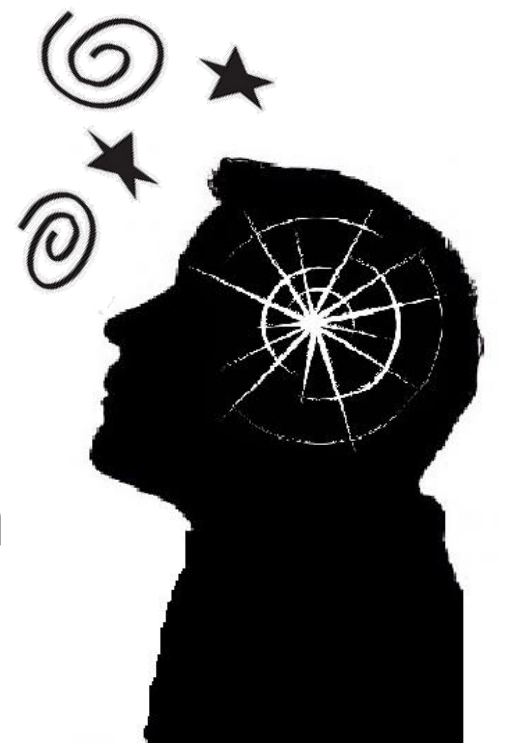
How your *health problems* reflect your risk of **FALLS**



Stroke, arthritis and **Parkinson's disease** can affect your *movement and balance*. This will cause difficulties in getting up from a fall.

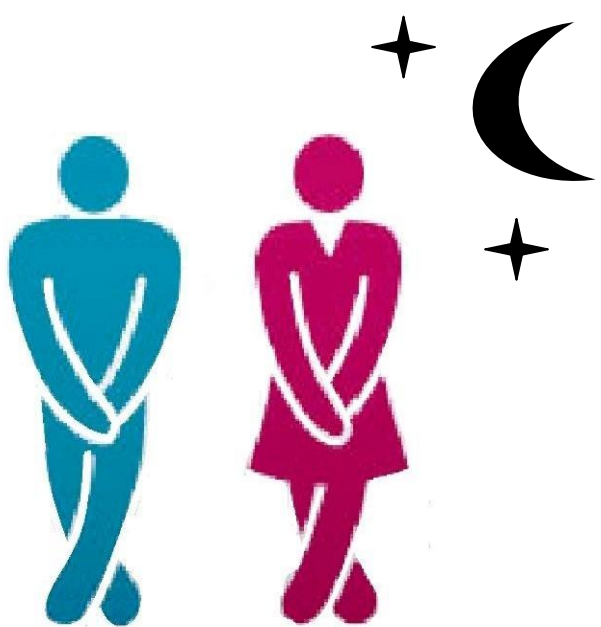
Dizziness can result from an **ear imbalance problem**.

A sudden drop in **blood pressure** when you stand up quickly can also cause lightheadedness, sometimes even a *blackout*.



Some of the **sleeping medications** result in *drowsiness* and *confusion*, which makes you *less attentive* to your surroundings. This will increase the chance of bumping into something and falling.

The feeling of **numbness** in your feet (especially for *diabetic* patients) makes it difficult to walk on uneven ground as there is difficulty in feeling the surface of the ground, causing you to trip easily.



If you have **urinary incontinence**, *rushing to the toilet* especially at night can increase the chances of falling.