

# Medical Evaluation of Falls

## ***Causes of Falls***

Falls are no accident. As you get older, changes in your senses, reflexes, and strength affect your walking and balance. These changes due to aging and chronic disease can cause you to fall from things that would have only caused a stumble when you were young. Also, diseases of your heart and brain can cause “spells” that make you fall.

## ***The Importance of a Medical Evaluation***

Your doctor can help you prevent falls and injuries from falls. Getting the whole story of your falls and the conditions that can affect your balance is the first step. Then, with just a simple physical, the doctor can look for diseases causing changes in your body that can be treated to reduce your fall risk. The doctor can stop medications that are making you less steady on your feet. The doctor can prescribe equipment such as canes and walkers. Therapy and exercise will help you get stronger and become safer when you walk.

Tell your doctor if you fall. Falls are no accident. Non-intentional injury is the ninth leading cause of death in seniors, and falls account for most of these.