

Greetings,

Thank you for choosing Valley Medical Center for your medical care. You are receiving this packet because you may be at a higher risk for slips, trips, stumbles or falls at home. It is never too early to start planning how to prevent falls. Begin your fall-prevention plan by making an appointment with your primary care doctor. Be prepared to answer questions such as:

- **What medications are you taking?** Make a list of your prescriptions, over-the-counter medications, and supplements to bring to your primary doctor appointment. Your doctor can review your medications for side effects and interactions that may increase your risk of falling.
- **Have you fallen before?** Write down the details, including when, where and how you fell. Be prepared to discuss instances when you slipped, tripped or stumbled but did not fall. Detailing events like these may help your doctor identify specific fall-prevention strategies.
- **Could your health conditions cause a fall?** Certain eye and ear disorders may increase your risk of falls. Be prepared to discuss your health conditions and how comfortable you are when you walk. For example, do you feel any dizziness, joint pain, shortness of breath, or numbness in your feet and legs when you walk?

Remember, falling is not a normal part of aging. The enclosed documents have helpful prevention tips, information, and home check-off sheets for you to use. I encourage you to review the enclosed information with a friend or family member. Please feel free to reach out to your primary care doctor or myself with any questions or comments.

Thank you,

Katherine Bendickson BSN, RN
Trauma Program Manager | Valley Medical Center
Katherine_Bendickson@valleymed.org
Office: 425.690.3034

