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## Six Tips To Help Prevent Falls

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The risk of falling increases with age. Falls can be especially dangerous for older adults, often causing fractures, hospitalization, and disability. The good news is that many falls are avoidable.

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## Six Tips To Help Prevent Falls

**More than one in four people age 65 years or older fall each year, yet many falls can be prevented.**



Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



### You may also be interested in

- Reading more about [causes and prevention of falls and fractures in older adults](#)
- Exploring [room-by-room prevention of falls at home](#)
- Learning about [older adults and balance problems](#)

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