



Ask the Right Questions

I am falling more often and am worried about my balance

Most fragility fractures occur after a fall. Identifying the causes of falls and improving balance and strength can significantly reduce your fracture risk.



Questions to Ask Your Doctor

☐ Why might I be falling more often? Your Notes:

☐ Could the medications that I am on for my other medical conditions be contributing? Your Notes:

☐ Should my vision or hearing be checked? Your Notes:

☐ Would physiotherapy or balance training help? Your Notes:

☐ Can I be referred to a falls prevention programme? Your Notes:



ADDITIONAL NOTES