





Chronic Conditions and Falls Risk: **Arthritis**

Learn the link between arthritis and falls, and which falls prevention program is right for you.

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| Types of Arthritis |  | <ul style="list-style-type: none">• Osteoarthritis• Rheumatoid Arthritis• Fibromyalgia• Lupus• Gout |
| Falls Risk Factors |  | <ul style="list-style-type: none">• Joint pain• Stiff joints• Limited lower body mobility• Fatigue |
| Solutions |  | <ul style="list-style-type: none">• Strengthen muscles to support joints & decrease pain• Be active to improve balance, mobility, & flexibility |
| Falls Prevention Program Options |  | |
| Contact Information | | |

Learn more at <https://health.mo.gov/seniors/showmefallsfreemissouri/>

Stay independent. Stay falls free.

Chronic Conditions and Falls Risk: **Diabetes**

Learn the link between diabetes and falls, and which falls prevention program is right for you.

Types of Diabetes



- Type 1 diabetes – body depends on insulin
- Type 2 diabetes – body resists insulin

Falls Risk Factors



- Low vision clarity
- Loss of sensation in the feet
- Imbalance
- Low blood sugar

Solutions



- Annual eye examination
- Strengthen muscles to support bones
- Control of blood sugar levels
- Discuss medication/lifestyle changes with your doctor





Falls Prevention Program Options



Contact Information

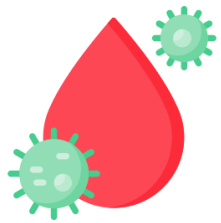



Chronic Conditions and Falls Risk: Heart Disease

Learn the link between heart disease and falls, and which falls prevention program is right for you.

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| Common Types |  | <ul style="list-style-type: none">• Arrhythmia• Atrial Fibrillation• Coronary Heart Disease• Health Failure• Myocardial Infarction |
| Falls Risk Factors |  | <ul style="list-style-type: none">• Low body weight & muscle strength• Dizziness or fainting from low blood pressure• Low vision & hard of hearing |
| Solutions |  | <ul style="list-style-type: none">• Exercise to maintain muscle volume• Discuss medicine changes with your doctor• Make sure home is clutter-free |
| Falls Prevention Program Options |  | |
| Contact Information | | |

Chronic Conditions and Falls Risk: **HIV**

Learn the link between HIV and falls, and which falls prevention program is right for you.

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|---|---|--|
| Types of HIV |  | <ul style="list-style-type: none">• HIV-1• HIV-2 |
| Falls Risk Factors |  | <ul style="list-style-type: none">• Low bone density• Low body weight• Loss of sensation in feet• Low blood sugar• Types of medication |
| Solutions |  | <ul style="list-style-type: none">• Exercise to maintain bone density and muscle volume• Balance training• Discuss medicine changes with your doctor |
| Falls Prevention Program Options |  | |
| Contact Information | | |