



LIVESMART Preventing Falls

People with cirrhosis who fall are **2x more likely**
to have brain bleeding and major fractures

Falls may cause broken bones, head trauma, loss of independence or even death



Speak Up

Talk openly with your healthcare provider about fall risks and prevention

- Tell your healthcare provider if you have fallen, are worried about falling, or feel unsteady
- Keep an updated list of your medications including over-the-counter medications and supplements
- Show your medication list to your healthcare provider or pharmacist, discuss any side effects, like feeling dizzy or sleepy



Keep Moving

Activities that strengthen legs and improve balance (like Tai Chi) can prevent falls

- Exercise and movement can help you feel better and more confident
- Check with your healthcare provider about the best type of exercise program for you



Make the Home Safe

Most falls happen at home

- Keep floors clutter free
- Remove small throw rugs or use double sided tape to keep the rugs from slipping
- Add grab bars in the bathroom—next to and inside the tub, and next to the toilet
- Have handrails installed on all staircases
- Make sure your home has lots of light



Get Eyes and Feet Checked

Being able to see and walk comfortably can prevent falls

- Have your eyes checked by an eye doctor at least once a year
- Replace eyeglasses
- Have your healthcare provider check your feet once a year
- Discuss proper footwear, and ask if you should see a foot specialist

Learn More:

[NCOA.org](https://www.ncoa.org)

go.usa.gov/xN9XA

cdc.gov/steady/patient.html

cdc.gov/homeandrecreationalafety/falls/adultfalls.html