

# 5 ways to reduce falls

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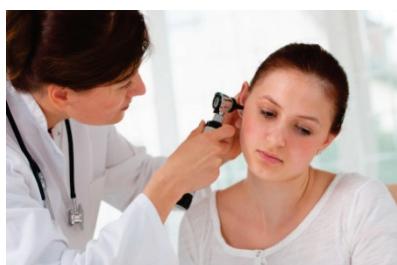
Wear comfortable and supportive shoes.



Visit your doctor if you are in pain, feel dizzy or keep having falls.



Keep yourself fit and eat healthily.



Get your eyes and ears checked by your doctor.



Keep your home well-lit and free from clutter.

# Need help?



**Our Patient Advice and Liaison Service (PALS) can help you.**

You can ask a question or tell them if you are unhappy about something.



**Phone:** 0800 030 4550

The team can phone you back.

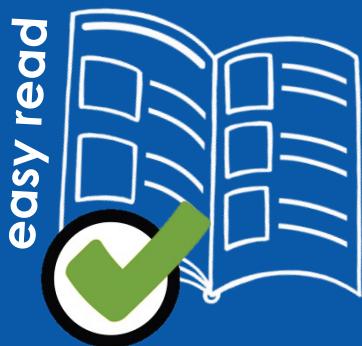


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