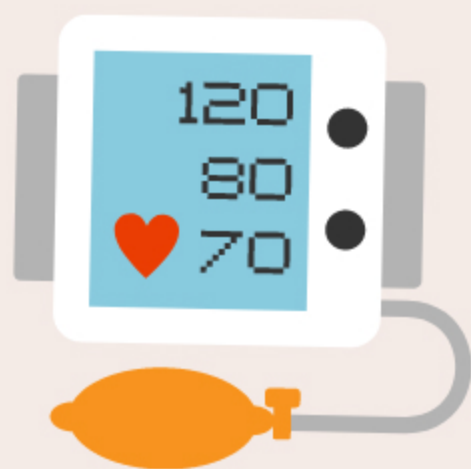


Falls & Dementia Shared Protective Factors*

Keep your blood pressure as close to normal as possible.



Keep your sugar levels as close to normal as possible.



Having **hearing loss without a hearing aid** is one of the biggest risk factors for cognitive impairment and dementia. **Hearing aids may help keep your brain healthy and reduce your risk of falls and dementia.**



Move more! Our brains and our bodies thrive when we are active. Talk to your provider about a free balance, Tai Chi or exercise class. Exercising regularly can make us feel happier and stronger and can make falls less likely.



Some medicines cause side effects when taken with other medicines. If you have **very low blood pressure, feel like you can't control your muscles or have fainting, dizziness or confusion**, ask your doctor or pharmacist to check your medicines to see if they are the problem. Those symptoms increase your risk of a fall which can cause brain injury which, in turn, increases your risk of dementia.

*Shared protective factors are things you can do that may help protect you against more than one illness or condition. Falls are the #1 cause of injury death in North Carolinians 65 and older and the most common cause of traumatic brain injury (TBI). TBI is one of the leading risk factors for dementia. For more information and resources, go to [ncfallsprevention.org](https://www.ncfallsprevention.org).

Sources: National Institute on Aging at nia.nih.gov/health/prevent-falls-and-fractures and "Dementia prevention, intervention, and care: 2020 report of the Lancet Commission"