Hi I’m Vivien Williams with a Mayo Clinic News Network Headline.

As we age our joints wear out, medication may cause dizziness and environmental hazards like simple area rugs can be a real problem. Mayo Clinic physical medicine and rehabilitation expert, Dr. Allen Brown says the most common place for older adults to fall is within the home. He says the key is prevention.

“IN: it’s really focusing
OUT: ( risk for falling

Dr. Brown says get rid of throw rugs, keep bathroom floors dry and add grab bars to help move from room to room. and, go ahead -use a cane or walker - it’s really okay to do that. As they say, better safe than sorry.

With today’s Mayo Clinic News Network Headline, I’m Vivien Williams.