

# 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