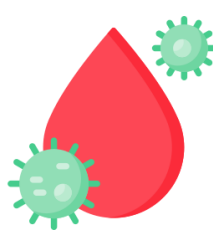





Chronic Conditions and Falls Risk: **HIV**

Learn the link between HIV and falls, and which falls prevention program is right for you.

Types of HIV		<ul style="list-style-type: none">• HIV-1• HIV-2
Falls Risk Factors		<ul style="list-style-type: none">• Low bone density• Low body weight• Loss of sensation in feet• Low blood sugar• Types of medication
Solutions		<ul style="list-style-type: none">• Exercise to maintain bone density and muscle volume• Balance training• Discuss medicine changes with your doctor
Falls Prevention Program Options		
Contact Information		