



Talk *to Your* Doctor

Follow these guidelines and consult your doctor regularly.



Fall prevention

- Report falls to your doctor.
- Report any problems with balance and dizziness.
- Review your medication with your doctor.



Bladder control

- Report any urine leakage problem to your doctor.
- Treatment options are available; your doctor can advise the best one for you.



Bone health

- Ask your doctor if bone density testing is right for you (especially if you had a fracture in the past six months).
- Calcium and vitamin D intake is recommended for improved bone health.
- Discuss an exercise program with your doctor.



Eye health

- Report any vision problems to your doctor.
- An annual eye exam is one of the best things you can do to protect your sight, especially if you are diabetic.
- Untreated eye conditions can cause blindness.



Prevention screening

- Remember to talk to your doctor about flu and pneumonia vaccines.
- It is also important to get screened for breast and colorectal cancer.

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