

[Date]

[Patient Name]

[Patient Address]

[City, State, Zip Code]

Dear [Patient Name],

Your health and safety are our top priorities. As part of our commitment to preventative care, we are reaching out to discuss fall prevention and overall wellness strategies.

Falls are a leading cause of injury, but many can be prevented by managing health risks and making small changes to your environment. To help stay safe, please consider the following:

- **Medication Review:** Some medications can cause dizziness or drowsiness. Please bring a full list of your current prescriptions to your next appointment.
- **Vision and Hearing:** Ensure your vision and hearing prescriptions are up to date, as these senses are vital for balance.
- **Physical Activity:** Engaging in gentle exercises like walking or tai chi can improve leg strength and coordination.
- **Home Safety:** Remove tripping hazards such as loose rugs, improve lighting in hallways, and install grab bars in bathrooms if necessary.

We recommend scheduling a preventative care visit to perform a formal balance screening and to discuss any concerns you may have regarding your mobility.

Please contact our office at [Phone Number] to schedule an appointment or if you have any questions.

Sincerely,

[Provider Name/Signature]

[Practice Name]