Fall prevention

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| **Across****4.** Must have adequate amount to prevent daytime drowsiness **5.** Type of socks that protects against falls **7.** A side rail provides assistance when going up **8.** Loose objects around the house that may cause falls **10.** Falls may lead to loss of  | **Down****1.** Keep by bed for getting up in the middle of the night **2.** Always know when to ask for this **3.** May cause lightheadedness. Talk to your Doctor about the side effects **6.** Lifestyle change that increases muscle strength **9.** An emotion people may feel after experiencing a fall  |