



Central Coast  
Local Health District

## Healthy Bites Episode 1 – What changes with balance as we age?

Hello, I'm Dr Tomiko Barrett, a geriatrician from Wyong Hospital.

I see a lot of people with falls or balance problems. After 50, most people's balance starts to deteriorate. Sometimes people are not aware of this until they fall. Other people stop doing activities that make them feel unsteady or insecure.

If you have a problem balancing, talk with your doctor because your balance can be improved by looking at the parts in your body needed to keep your balance. This includes your eyes, your inner ears, sensation from your feet and knees, plus the strength of your muscles.

Remember, your balance can be improved!