

## **Title: "Don't Fall: How Undiagnosed Depth Perception Problems Cause Falls and the Steps You Can Take"**

### **Presentation Overview:**

Falls can drastically alter the quality of life for seniors, often due to an unexpected culprit: depth perception issues. These issues may not be detected during your regular eye exam. Our presentation, "Don't Fall: How Undiagnosed Depth Perception Problems Cause Falls and the Steps You Can Take," sheds light on this critical yet frequently overlooked issue. Here's what you'll learn:

- **The Hidden Risk:** Explore how depth perception problems, often missed in standard eye exams, significantly increase fall risk.
- **The Eyewear Effect:** Understand how your glasses may influence your fall risk and what changes can make a difference.
- **Post-Cataract Surgery Challenges:** Learn about the surprising ways cataract surgery can impact your balance and contribute to falls.
- **Beyond Falling:** Discover how issues with depth perception can lead to dizziness, night driving difficulties, and more.
- **Prevention and Treatment:** Gain insights on advocating for thorough testing and the right treatment to protect your mobility and independence.