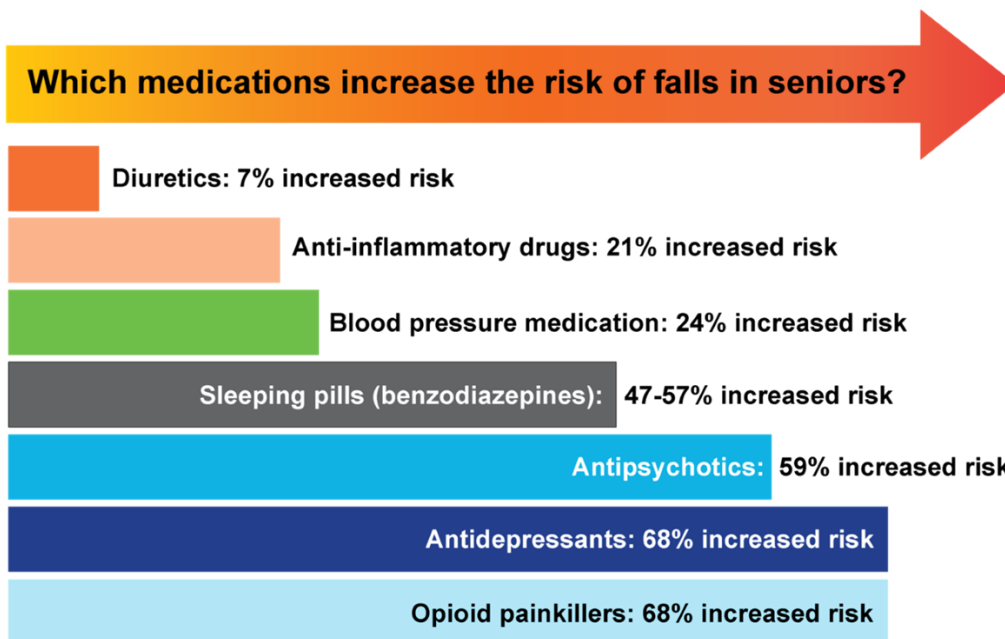


Falls Prevention

Medication: What You Need to Know to Prevent Falls

There are many risk factors that may increase the occurrence of slips, trips and falls. One of these potential causes that is often overlooked, is medication use. Medications that affect concentration, produce balance problems, drowsiness, dizziness, or low blood pressure can increase your risk of falls. These side effects can result from the use of a single medication, or the combination of several medications. Current research indicates that Older Adults who take more than 3 to 4 medications are at higher risk for a fall to occur.

Here is a list of commonly used medications that have the potential to put you at risk for falls.



The information above was collected from the Canadian Deprescribing network and is available at www.deprescribingnetwork.ca/medications-and-falls

As an Older Adult taking medications, your best defence against falls is becoming educated. Ask your Doctor or Pharmacist about the possible side effects of prescriptions or over the counter medications.

If the medications you're taking affect your balance and stability, adjust your activities accordingly to reduce your risk of falls. Read labels carefully, so you are aware of the potential reactions to other medications you may be taking. Finally, don't mix alcohol with medications.

It is important to remember, in most cases prescribed medications serve a necessary health purpose. Never stop taking medications without the approval of your Doctor, a Registered Nurse or Pharmacist.