

Medications can impact our falls risk – review your medications, both those prescribed and the ones you purchase over the counter, with your doctor/pharmacist annually or when they are changed.

HOW MEDICATIONS CAN LEAD TO FALLS:

- Changes in the body caused by medication either, by design or as side effects, can lead to increased risk of falls in older adults.
- Medications can affect the brain and cause drowsiness, dizziness, forgetfulness, confusion, and blurred vision
- Medications can affect the cardiovascular system and cause changes in heart rate or rhythm and changes in blood pressure. The result can be Orthostatic Hypotension, a sudden drop in blood pressure when standing up from a seated or lying down position leading to dizziness and fainting.
- Medications can affect the muscles and nerves by causing weakness and loss of sensation, particularly in the feet.
- Medications can lower blood sugar. Blood sugar that falls below normal can result in dizziness, fainting, and blurred vision.
- Medications can affect the inner ear
 - The inner ear oversees maintaining your sense of balance. If this is disturbed it can result in dizziness, blurred vision, and disorientation

HOW DO I STAY SAFE?

- Have an annual medication review with your pharmacist to go over medication types, timing of medications and doses.
 - Make sure to include any over the counter medications and supplements and vitamins.
- Utilize tools to track medication - blister/ bubbled pack, dosette, or medication log (see sample attached).
- Drink at least 8 glasses of fluid throughout the 24 hours of the day. Dehydration can impair the blood flow to the brain resulting in dizziness and confusion.

