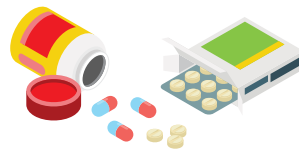


Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.


MEDICATION USE IS ONE OF MANY **RISK FACTORS** FOR **FALLS** IN OLDER ADULTS

CERTAIN DRUGS CAN ALSO **INCREASE** YOUR **RISK OF FALLING**




The **more** medications you are on, the **higher** your **risk** of falling.

Taking more than 5 drugs can **increase** your risk of a fall by **75%**

Risk of Falling	Type of Medication	Potential Side Effects
 Lower Risk	<ul style="list-style-type: none"> » Blood Pressure Medications » Anti-inflammatory Medications 	<ul style="list-style-type: none"> » Low blood pressure medications can make you feel dizzy, weak, or confused. » Anti-inflammatory medications can make you feel sleepy and dizzy.
	<ul style="list-style-type: none"> » Water pills » Diabetes Medications 	<ul style="list-style-type: none"> » Water pills make you go to the washroom more, and make you feel dizzy. » Low blood sugar medications can make you feel dizzy, weak, or confused.
	<ul style="list-style-type: none"> » Sleeping Pills » Antidepressants » Anti-anxiety Medications » Seizure Medications » Opioid Painkillers (e.g.: Tylenol 3, morphine) 	<ul style="list-style-type: none"> » Medications that affect your brain can make you feel more sleepy, dizzy, confused, or reduce your balance.
Higher Risk 		

 **DO NOT** stop taking your medications without talking to your healthcare provider.

 **DO** talk to your doctor or pharmacist about your medications, symptoms, and potential to experience falls. They can assess you and your medications and determine the best plan of action.

As we age, our body's ability to remove medications decreases.

This can lead to more side effects.



Important questions to consider:

- Is this medication **needed**?
- Does it align with my **goals**?
- Is there a **better option**?

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LOCAL CONTACT INFORMATION: