

## Steps to Prevent Falls

1. **Talk to your doctor about fall risks**
2. **Review your medicine list with your doctor or pharmacist**
3. **Get your vision and hearing checked Annually**
4. **Sign up for classes and programs offering fall prevention material and education**
5. **Find an exercise program that focuses on balance, flexibility, and strength**
6. **Make sure you have enough light in your home, remove tripping hazards, and install grab bars and handrails**
7. **Talk to your family and friends for support**

**Take  
Action  
Now!**



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**STEADY STRIDES** FALL PREVENTION &  
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### References

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*Vitamins and Pills.*  
*Doctors.*



**Falls Free®**

Maryland Falls Free Coalition

## Medicines & Fall Risk

**Stopping falls...one step at a time:**  
fall prevention tips for older adults



# Some medicines have side effects that cause **dizziness** or **sleepiness**

Many medicines can increase your risk for falls. They may have side effects such as dizziness or sleepiness. They could also interact with your health conditions and increase your risk of falling.

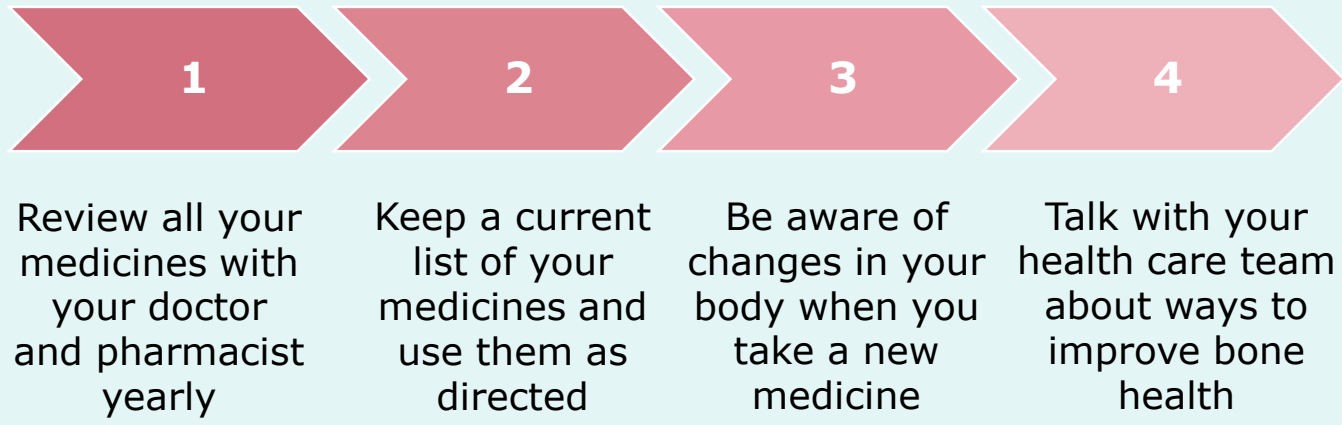
## Some medicines that may increase fall risk include:

- ✓ Medicines for sleep
- ✓ Painkillers
- ✓ Medicines affecting mood
- ✓ Medicines that lower blood pressure

**Talk to your healthcare team on how to safely dispose your expired medicines.**



# How you can use medicines safely to lower fall risk



# Healthy bones reduce your risk for falls

Diet & lifestyle changes	Get Active!	Nutritional supplements	Prescribed medicines, like
<ul style="list-style-type: none"> <li>• Lower the number of alcoholic drinks to no more than 2 per day</li> <li>• Quit smoking</li> <li>• Have a well balanced diet with plenty of Calcium rich foods and vegetables.</li> </ul>	<ul style="list-style-type: none"> <li>• Start walking!</li> <li>• Tai Ji Quan: Moving for Better Balance</li> <li>• Stepping On</li> <li>• Matter of Balance</li> </ul>	<ul style="list-style-type: none"> <li>• Calcium</li> <li>• Vitamin D (cholecalciferol)</li> <li>• Vitamin A</li> <li>• Vitamin B12</li> <li>• Vitamin C</li> <li>• Vitamin K</li> </ul>	<ul style="list-style-type: none"> <li>• ibandronate (Boniva) or</li> <li>• alendronate (Fosamax) or</li> <li>• raloxifene (Evista)</li> <li>• Talk with your doctor about other medicines that improve bone health.</li> </ul>