

SAFE STEPS

FALLS PREVENTION FOR SENIORS



MEDICATION... FINDING THE HEALTHY BALANCE

Do you ever feel dizzy or lightheaded? If this happens to you often, it could be a sign of a balance problem—and if you have a loss of balance, you're not alone. Balance problems are among the most common reasons that older adults seek help from a doctor. There are several possible reasons for balance loss. One of the main causes of balance problems among older adults can be medications.

Using multiple medications (4 or more) or using medications incorrectly may lead to dizziness, weakness, and other side effects. Some medicines, such as certain sedatives and anti-depressants and those that help lower blood pressure, can also make a person feel dizzy. You should check with your health care provider if you notice a problem while taking a medication. Ask if your medications need to be adjusted or reduced. Your doctor or pharmacist should be able to get you the medication you need while trying to reduce unwanted side effects. In fact, each year you should gather up all your medications and take them to your doctor or pharmacist to review.



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MEDICATION TRACKER

Keep this weekly medication tracker handy! Make copies, and put one on your refrigerator each week, so you can keep track of all your medications. It will serve as a daily reminder for you as well to take your pills.

TIMES TO TAKE

MEDICATION	DOSAGE	TAKEN (X) TIMES A DAY	AM/PM	AM/PM	AM/PM	AM/PM
<input type="text"/>	<input type="text"/>	TAKEN ___ TIMES A DAY	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

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