

SPEAK UP ABOUT DIZZINESS

Stay Independent. 
Prevent Falls.

Every year, 1 in 3 Alberta seniors will fall. The good news is that there are actions you can take to prevent falls.



Dizziness can increase your risk of falling by making you unsteady or off balance.

Dizziness may feel like you are:

- » Light-headed
- » Spinning or have vertigo
- » Rocking or swaying
- » Feeling “weak in the knees”

Causes of dizziness include:

- » Medications
- » Postural hypotension
- » Dehydration
- » Low blood sugar
- » Vision problems
- » Inner ear problems
- » Anxiety

MANAGE YOUR DIZZINESS

- ☑ **Talk** with your doctor or pharmacist about medications.
- ☑ **Move** your arms and tighten your thigh muscles to get your blood flowing before getting up from a chair or lying in bed. Stand up slowly. Have your blood pressure tested lying down and standing up.
- ☑ **Avoid** dehydration. Drink 6 – 8 glasses of fluids including water each day, or as directed by your healthcare provider.
- ☑ **Rest** in a cool place and drink water or a sports drink if your dizziness is caused by overheating.
- ☑ **Eat** a healthy diet, keep regular sleep hours, and avoid stress.
- ☑ **Avoid** using caffeine, alcohol, salt and tobacco. Too much of these substances can worsen your dizziness.

When you are dizzy:

- » Do not drive a car.
- » Sit or lie down immediately.
- » Use a cane for stability, if needed.

Talk to your doctor or healthcare provider if you experience dizziness or have had a fall.



findingbalancealberta.ca

LOCAL CONTACT INFORMATION

Sources available upon request.

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