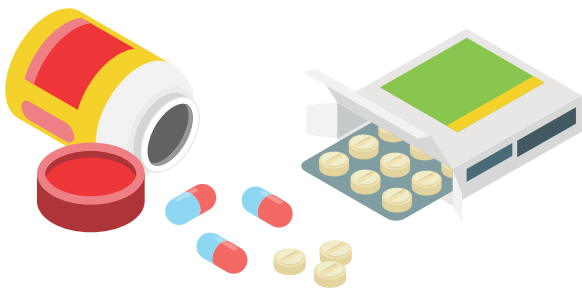


Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

Your health needs may change as you age. You may take more than one medication, vitamin, or supplement to stay healthy. It is important to review all your medications with your doctor or pharmacist.

Medication may increase your risk of falling if it makes you sleepy, dizzy, weak, or confused - or if you go to the washroom more often.



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%.

As you age, your body's ability to remove medications decreases. This can lead to more side effects.





Questions to ask your pharmacist about your medications:

- » What is the medication used for?
- » Will it cause dizziness or drowsiness as a side effect?
- » Will it cause blurred or double vision?
- » What should I do if I have side effects?
- » What should I do if I miss a dose?
- » Should I avoid alcohol or other foods and beverages?

Remember:

- » Always follow the instructions and doses when taking medications.
- » Use only one pharmacy to fill your prescriptions.
- » Keep a current medication list in your wallet and at home.
- » Do not share prescription medications.
- » Ask your pharmacist about pill packs.

 **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.

Important questions to consider with your healthcare provider:

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

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