

## 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 yearly**
4. **Find an exercise program that focuses on balance, flexibility, and strength**
5. **Make sure you have enough light in your home, remove tripping hazards, and install grab bars and handrails**
6. **Talk to your family and friends for support**

**Take  
Action  
Now!**



UNIVERSITY of MARYLAND  
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THE PETER LAMY CENTER  
ON DRUG THERAPY AND AGING

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*Vitamins and Pills*  
*Doctors*



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## 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



**1**  
Review all your medicines with your doctor and pharmacist yearly

**2**  
Keep a current list of your medicines and use them as directed

**3**  
Be aware of changes in your body when you take a new medicine

**4**  
Talk with your health care team about ways to improve bone health

# Healthy bones reduce your risk for falls

## Diet & lifestyle changes

- Lower the number of alcoholic drinks to no more than 2 per day
- Quit smoking

## Get Active!

- Start walking!
- Tai Ji Quan: Moving for Better Balance
- Stepping On
- Matter of Balance

## Nutritional supplements, like

- Calcium
- Vitamin D (cholecalciferol)

## Prescribed medicines, like

- ibandronate (Boniva) or
- alendronate (Fosamax) or
- raloxifene (Evista)
- Talk with your doctor about other medicines that improve bone health.