

Mind Your Meds: How Medications & More Can Affect Your Fall Risk

Some everyday medications — including over-the-counter drugs and herbal supplements — can increase your fall risk. Sleeping pills, anti-anxiety or depression meds, and blood pressure medicines may cause dizziness or balance issues. Taking 4 or more medications regularly can raise your risk even more.

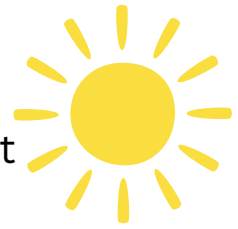
Here are some simple steps you can take to stay safe and manage your medications with confidence:

- **Know your meds:** when, how, and how much to take.
- **Use a pill organizer** to track daily doses, with options for morning and evening.
- **Watch for interactions** with foods, alcohol, OTC meds, and supplements—check with your doctor or pharmacist before adding anything new.
- **Take your time** getting up from bed or chairs to prevent dizziness.



Keeping track of your medications helps protect your balance, your independence, and your peace of mind!

Another key piece? Getting enough calcium and vitamin D to keep bones strong and lower fracture risk. Since winter limits sun exposure, supplements might help—but check with your doctor or pharmacist first, as they can interact with some medications.



Be mindful of alcohol and other substances. Even small amounts can slow reactions, affect balance, and cause dizziness. Some medications interact dangerously with alcohol. Marijuana and other substances can also impair judgment and coordination.

If you're unsure whether your meds or supplements affect your balance, don't guess—ask! Request a **medication review** at your next appointment or prescription refill. It's a simple step to stay informed and safe.



**Your doctor and pharmacist are your health partners
—speak up, ask questions, and take charge. Learn
more at:**

