

What do all of these have in common?



(Answer is on the other side.)

These are all medications. Medications include more than what your doctor prescribes you. Medications include vitamins, herbal supplements, and over the counter drugs such as cough syrups and cough medicines.

- As we age, the way some medications affect us can change and increase the risk of falling.
- Any of these can affect your body. Any of these can interact with another and change the way they work.
- Medications that help relax you, help you sleep or improve your mood can increase your risk of falling. They can cause drowsiness, confusion, slowing of reactions, imbalance and lack of coordination.
- Also, the more medications you take, the greater your risk of falling.
- If medications are making you drowsy or dizzy, let your doctor, health care provider or pharmacist know.
- If you have concerns about the effects of medication you are currently taking, contact your physician to discuss your concerns.