

# Medications and Side Effects that may Increase Risk of Falling

**Note: if you are concerned that side effects of medication you are taking may increase your risk of falling, consult your physician before making changes in your medication.**

<b>DRUGS USED FOR MANAGING:</b>	<b>SIDE EFFECTS THAT MAY INCREASE RISK OF FALLING</b>	<b>HOW TO MINIMIZE RISK OF FALLING</b>
<ul style="list-style-type: none"> <li>• Blood Pressure</li> <li>• Angina</li> <li>• Parkinson’s Disease</li> <li>• Urine Output</li> <li>• Constipation</li> <li>• Heart Rate and/or Rhythm</li> </ul>	<p>All can cause blood pressure to become too low, especially when getting up quickly from sitting or lying down, causing dizziness, fainting.</p> <p>Additionally, mineral loss from diuretics (water pills) and over use of laxatives can also cause weakness, especially in leg muscles. Heart rate can become too slow or regular rhythm is not maintained with the last group of medications.</p>	<ul style="list-style-type: none"> <li>• Stand up slowly after sitting or lying down.</li> <li>• If lying down, sit up first, remain seated for a few minutes, then stand slowly.</li> <li>• If possible, monitor blood pressure and heart rate at home.</li> </ul>
<ul style="list-style-type: none"> <li>• Emotional Problems</li> </ul>	<p>Involuntary muscle movements, low blood pressure when getting up quickly from sitting or lying down and effects on heart rhythm can cause drowsiness, imbalance and lack of coordination, slowing of reactions, dizziness and confusion.</p>	
<ul style="list-style-type: none"> <li>• Allergies/Cold Symptoms</li> <li>• Anxiety</li> <li>• Depression</li> <li>• Pain</li> <li>• Sleep Problems</li> </ul>	<p>Can cause drowsiness, confusion, slowing of reactions, imbalance and lack of coordination, especially if taking medicine from more than one of these groups.</p>	<ul style="list-style-type: none"> <li>• Avoid over-the-counter (OTC) antihistamines (also found in some OTC sleep aids) if possible.</li> <li>• Do not take more than one type of pain or anti-inflammatory medication unless specifically directed by your doctor.</li> <li>• Do not mix with alcohol.</li> </ul>
<ul style="list-style-type: none"> <li>• Ulcers or Excess Stomach Acid</li> </ul>	<p>Can cause dizziness, drowsiness, confusion.</p>	
<ul style="list-style-type: none"> <li>• Blood Sugar</li> </ul>	<p>Blood sugar can become too low causing confusion, weakness, fainting.</p>	<ul style="list-style-type: none"> <li>• Monitor blood sugars as directed.</li> <li>• Keep an appropriate source of sugar handy.</li> </ul>
<ul style="list-style-type: none"> <li>• Blood Clotting Problems</li> </ul>	<p>Excessive decrease in ability to form blood clots can cause bleeding, leading to anemia, weakness and dizziness.</p>	<ul style="list-style-type: none"> <li>• Report abnormal bleeding such as bruising easily, unusual bleeding around the gums, blood in urine or rectal blood to the doctor at once.</li> </ul>
<ul style="list-style-type: none"> <li>• Pain</li> </ul>	<p>Stomach irritation can cause bleeding, leading to dizziness and fainting.</p>	<ul style="list-style-type: none"> <li>• Do not take more than one type of pain or anti-inflammatory medication unless specifically directed by your doctor.</li> <li>• Do not take aspirin with other types of anti-inflammatory medications.</li> <li>• Do not mix with alcohol</li> </ul>