



Fall Free Friday

Your Health and Falls

**September
9th 2020**

10:00 AM

**AAA7 FB
LIVE**

- A person's health conditions, especially if not managed, can increase the risk of falling especially in older adults.
- Health issues that can increase the likelihood of a fall include:
 - Vision loss, Side effects from medication, Loss of bladder control, chronic illnesses, and leg weakness or numbness

Blurred vision, loss of vision, and decreased depth perception can increase the risk of falling. It is important to make sure eye exams are up to date.



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- Medications can increase fall risk. Taking 4 or more medicines at the same time can increase risk of falling (NHS, 2020).
- Medicine and interactions between medicines can make a person have side effects that make them more likely to fall. Side effects such as double vision, dizziness, lightheadedness, blurred vision, and difficulty thinking are main culprits (NHS, 2020).
- It is important to talk to your doctor or pharmacist about all medications you are taking, both prescription and over the counter medicine, including supplements, you buy in stores yourself.
- Bladder control problems can lead to frequent and urgent bathroom trips that could increase fall risk due to hurrying, tripping over things, and getting around in the middle of the night.