

Understanding Your Medications can Reduce Falls!

What are Risk Factors for Medication Related Falls?

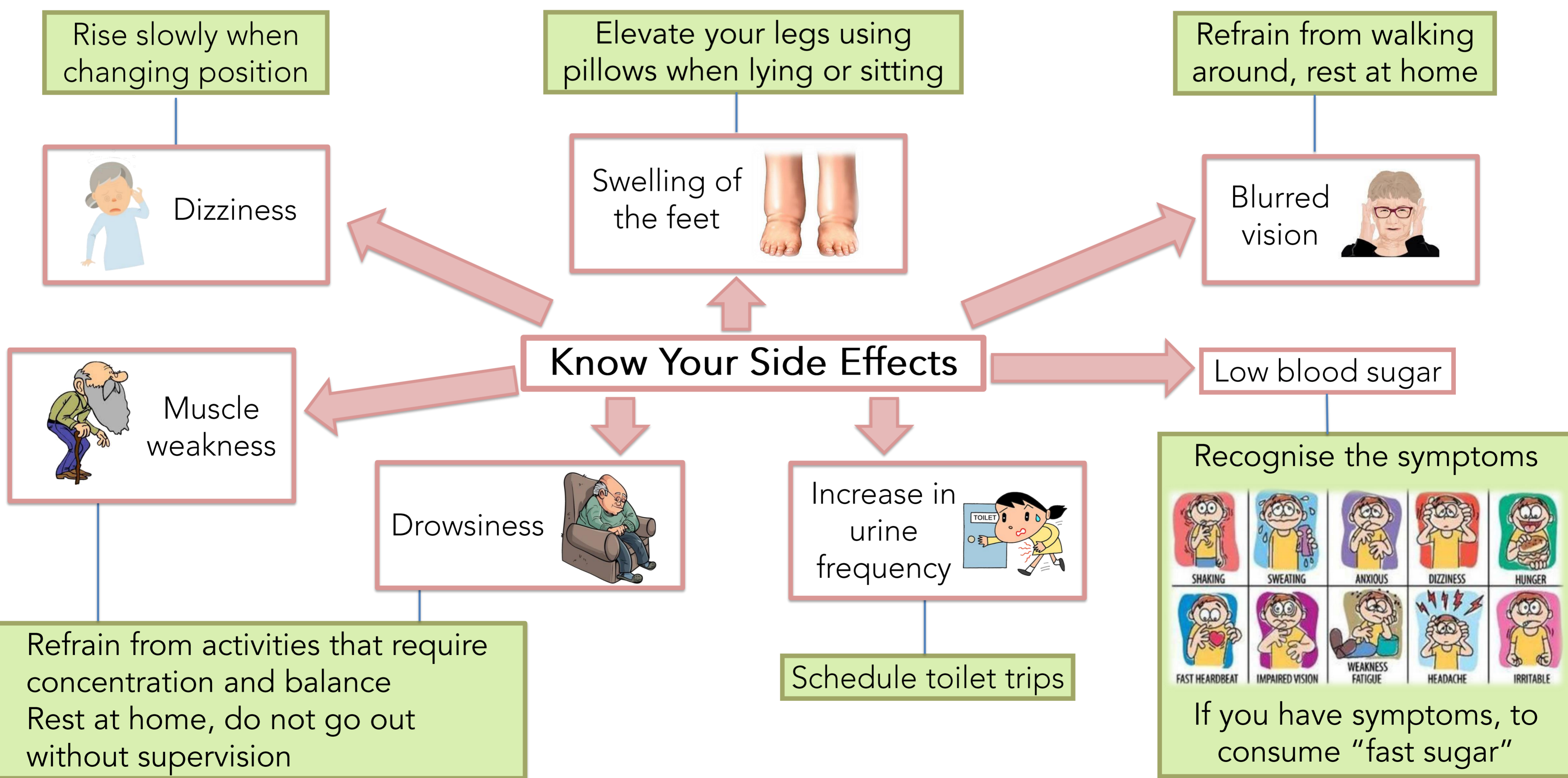
- Taking five or more medicines
- Recent dose changes, including starting or stopping medicines
- Accidental missed doses or double doses
- Concurrent alcohol consumption
- Side effects of medications



How can I Reduce Medication Related Falls?

Manage Medications Better

Problem	Solution
Cannot understand labels	Ask your pharmacist or family member to translate instructions for you
Too many medications	Keep an updated medication list Show your medication list for every consultation
Complicated regimen	Pack into pillbox Have a medication chart
Cannot tolerate side effects	Speak to your doctor



Always check with your doctor or pharmacist if you have any questions about your medications.