

Medications and Falls



Do you know?

Some medications can increase **falls**.

These include medications taken for anxiety, depression or insomnia.



What to take note?

Inform your doctor if you have any concerns about the side effects of medications, especially new medications.

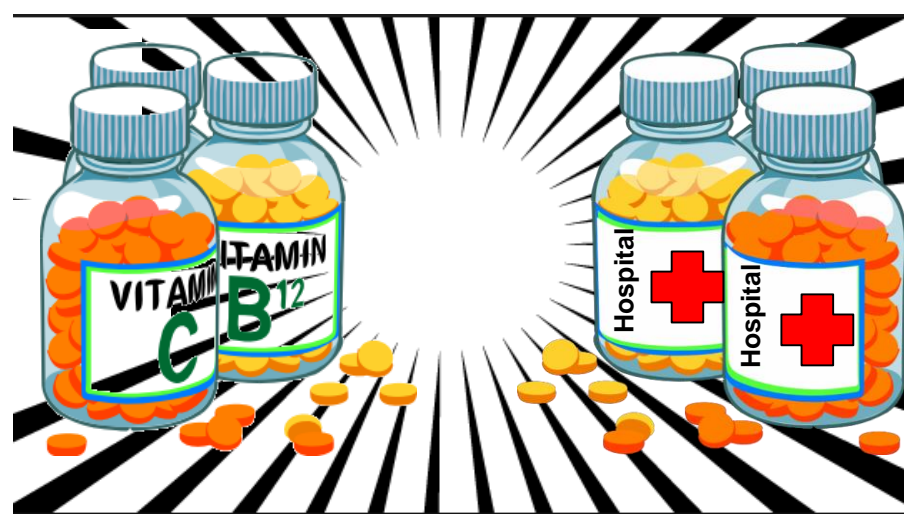


Keep a list of all your prescription and over-the-counter medications. Always bring this to your doctor's appointments.

Take only medications that are prescribed specifically for you. Never take other people's medication.



Check with your doctor before mixing over-the-counter medications and prescribed medications.



Follow the instructions stated on the labels of your medicine.

Speak to your doctor or pharmacist if you have difficulties managing your medications.

