

Knowing your medications



Taking medications can be a risk factor for falls.

As you age, you may take more than one medication.

Ask your pharmacist or doctor the following questions:

- What is each of these medications used for?
- What are the known side effects of my medications?
- What should I do if I have side effects?
- What should I do if I forget to take a dose?
- What are the contraindications of drinking alcohol, other drinks or food.

Most medications can have side effects;

Psychotropic drugs or medications to treat cardiovascular diseases can especially affect balance. These medications can provoke falls because they often make you feel sleepy or dizzy. Don't hesitate to talk to a doctor, pharmacist or nurse about it.

It's important not to stop taking your medications without first talking to a doctor, nurse or pharmacist. Stopping without consulting puts you at risk of having withdrawal symptoms, falling or having other side effects.

Act now to know more about the medications you take.

- Be aware that psychotropic drugs, which help you relax, sleep or improve your mood, can increase your risk of falling.
- Always follow the doses of the medications.
- Talk to your pharmacist, who is familiar with your file and can give you information specific to your medications.
- Keep a current medication list at home and in your wallet.
- Don't share prescription medications.
- Don't take medications that are past date and always bring them back to a pharmacy.

**Stay independent.
Avoid falls!**

