



Nutrition and Bone Health Fall Prevention and Medication

What can increase your risk of falls?

- Poor vision
- Some medicines
- Balance problems
- Weak muscles
- Arthritis
- Tripping or slipping



Medications that may increase your risk of falling:

- Blood pressure medicines
- Heart medicines
- Diuretics (water pills)
- Muscle relaxers or tranquilizers
- Strong pain medicines

Medications that may improve your bone health:

- Hormone or estrogen replacement therapy
- Calcitonin (Miacalcin[®])
- Fosamax[®] or Actonel[®]





Bone Health - Fall Prevention and Medication

My personal plan to decrease falls

Please pick at least one of the following actions listed below to help decrease your risk of falls.

- Practice balance exercises daily. Getting regular exercise will also help improve balance and muscle strength.
- Have regular physical exams (including vision and hearing).
- Arrange furniture so it does not get in your way.
- Keep rooms and floors free from clutter.
- Use non-skid rugs and anchor carpet firmly to the floor.
- Keep kitchen utensils within easy reach.
- Use a long-handled grasping device to reach far-a-way items.
- Avoid walking in socks, stockings or slippers.
- Provide enough lighting throughout your home.
- Put grab bars in the shower area and next to toilets.
- Put a shower seat and portable, hand-held shower in the bathtub.
- Use a rubber bath mat in the tub and shower areas.
- Use a cane or walker for more stability.
- Wear rubber-soled shoes.
- Install sturdy handrails on staircases.
- Use the handrails when taking the stairs.
- Put lights at the top and bottom of staircases.
- Mark the first and last steps with bright colored tape.

