

# Medicine and Bone Health

## **Medicines that can increase falls (might increase dizziness)**

- Blood pressure medicine
- Heart medicine
- Diuretics (water pills)
- Muscle relaxers, tranquilizers
- Strong pain medicine



## **Medicines that cause bone loss**

- Glucocorticoids (also called steroids), corticosteroids, prednisone, cortisone, dexamethasone, cortisol

## **Medicines that can help to improve bone health**

- Fosamax, Actonel, Boniva, Calcitonin (Miacalcin)
- Hormone or estrogen replacement therapy
- These medicines should be taken along with calcium and vitamin D supplements, so ask your doctor about this



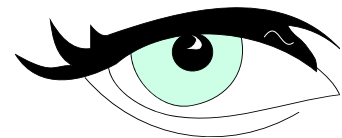
## **To Fight Falls and Fractures, Also:**

**Be physically active everyday, at least 30 minutes daily**

## **Eat healthy and use supplements wisely everyday**

- Calcium- and vitamin D-rich foods (milk, fortified orange juice)
- Most older people need calcium supplements and nearly all older people need vitamin D supplements
- Protein-rich foods (lean meats, poultry and fish, 5 to 6 ounces daily)
- Fruits and vegetables (7 to 10 servings daily, a serving is usually ½ cup)
- Whole grains (3 servings daily, a serving is 1 slice bread, ¾ to 1 cup cereal)

**Have your vision checked at least once each year**



## **Fight falls with a safe home**

- Remove things you might trip over
- Keep things within easy reach
- Use non-slip mats in the bathroom home
- Use handrails and lights in stairwells
- Secure rugs
- Install grab bars in the bathroom
- Improve the lighting in your home
- Wear skid-resistant shoes