

Medications

Live Life, Eat Healthy, Be Active

As we age, a fall can lead to serious injury. In Canada, falls account for 87% of injuries resulting in hospitalization. Medications that cause drowsiness, changes in thought process or decrease/rapid changes in blood pressure are risk factors that increase an older adults' risk of sustaining a fall.

The use of multiple medications at once is an ongoing problem among older adults as the medications can increase the risk of sustaining a fall. Furthermore, medication that is expired, unlabeled and unused such as pills, ointments and liquids need to be returned to a pharmacy. Unfortunately only a small percentage of people return medications to a pharmacy for proper disposal.

The important thing to remember is that falls are the most predictable and preventable health risk faced by older adults. Medication awareness and medication disposal are one of the many things one can do to reduce the risk of a fall.

Stop by your local Porcupine Health Unit and pick up your free 'Medication Clean Out' bag. Fill your bag with unused, expired and/or unlabelled medications and drop off to your local pharmacy.

