



FALL PREVENTION AWARENESS WEEK

Medications can help you feel better and manage serious illnesses. However, it is important to know about side effects, interactions, and how they can increase your risk of falling.



FALL RISK WORD SEARCH: Look for the words listed below in red. They can be found horizontally, vertically, diagonally, and backwards.



- ALCOHOL
- DIZZINESS
- DOCTOR
- DROWSY
- FOUR-OR-MORE
- HERBAL
- INTERACTIONS
- MEDICATIONS
- PHARMACIST
- REVIEW
- SIDE EFFECTS
- VITAMINS

TIPS FOR REDUCING FALLS

1. Bring all your medications (prescription drugs, vitamins, herbal remedies, over-the-counter drugs) to your doctor or pharmacist to review
2. Ask about ways medicines can interact with each other, especially if you take 4 or more
3. Mention if you have side effects after taking medication, such as dizziness or drowsiness
4. Using the same pharmacy for all prescriptions makes it easier to check for problems
5. Alcohol can affect the way medicines work