



BIG Steps 9 & 10:

Talk with Your Health Care Providers

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Presented by:

Ohio Department of Aging
Ohio Older Adult Falls Prevention Coalition

With contributions from:

Holmes County General Health District
Ohio Northern University
Ohio State University Wexner Medical Center
Select Home Care



Medication and Falls

- Certain medications can have side effects that include dizziness, drowsiness, lack of balance, and vision impairment
- Discuss your medications and your concerns about falling with your doctor and pharmacist at least once a year
- Read the prescription label and look for warnings about drowsiness and dizziness or driving/operating machinery
- Let your doctor know about any concerns relating to your medication. NEVER stop a medication without talking to your doctor
- Whenever you are prescribed a new medication, ask if it could increase your risk of falling



Benadryl® (diphenhydramine) and Chlorphen® (chlorpheniramine)

Commonly Used For:

- Allergies, Colds - think runny nose, watery eyes, sneezing!



The Concerns:

- The body cannot clear these medications as well in older adults
- Risk of confusion, dry mouth, constipation, drowsiness, falls

Recommendation: USE WITH CAUTION

Cardura[®] (doxazosin), Minipress[®] (prazosin), Hytrin[®] (terazosin)

Commonly Used For:

- High blood pressure
- Benign prostatic hyperplasia (BPH)



The Concerns:

- High risk of dizzy or lightheaded feeling that occurs when changing positions from sitting or laying down to standing

Recommendation: USE WITH CAUTION

Diabetes Medications

Insulin, Diabeta[®] (glyburide), Amaryl[®] (glimepiride)

Commonly Used For:

- High blood sugar



The Concerns:

- These medications can sometimes cause blood sugar to drop too low
- Signs of low blood sugar:
 - Sweating and clamminess
 - Lightheaded and dizzy
 - Shaky and nauseous

Recommendation: USE WITH CAUTION

Muscle Relaxants

Flexeril® (cyclobenzaprine), Robaxin® (methocarbamol),
Soma (carisoprodol)

Commonly Used For:

- Relief of muscle spasms



The Concerns:

- Drowsiness, dizziness
- Dry mouth
- Risk of fracture

Recommendation: USE WITH CAUTION

Benzodiazepines

Xanax[®] (alprazolam), Ativan[®] (lorazepam),
Restoril[®] (temazepam)

Commonly Used For:

- Problems falling asleep
- Anxiety



The Concerns:

- Increased risk of side effects
- Increased risk of confusion, falls, fractures, and motor vehicle crashes

Recommendation: USE WITH CAUTION

Ambien[®] (zolpidem), Lunesta[®] (eszopiclone), Sonata[®] (zaleplon)

Commonly Used For:

- Sleeping problems



The Concerns:

- Confusion, falls, fractures
- Increased emergency department visits, hospitalizations, motor vehicle crashes
- Minimal improvement in falling and staying asleep

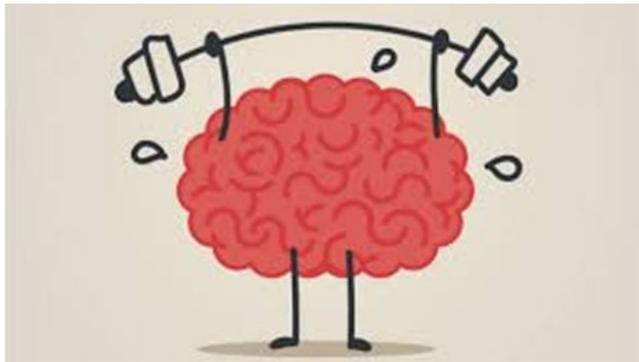
Recommendation: USE WITH CAUTION

Antidepressants

Elavil[®] (amitriptyline), Celexa[®] (citalopram),
Zoloft[®] (sertraline)

Commonly Used For:

- Depression
- Mood disorders
- Anxiety disorders



The Concerns:

- Increased risk of falls
- High risk of dizzy or lightheaded feeling that occurs when changing positions from sitting or laying down to standing

Recommendation: USE WITH CAUTION

Anti-Inflammatory Motrin[®] (ibuprofen), Naprosyn[®] (Naproxen), Mobic[®] (meloxicam)

Commonly Used For:

- Pain and inflammation
- Rheumatoid arthritis and osteoarthritis



The Concerns:

- Prolonged bleeding after surgery or injury
- Kidney problems (with chronic use)
- Drowsiness, may increase risk of falls
- Increased risk of stomach bleeding
 - Can lead to ulcers

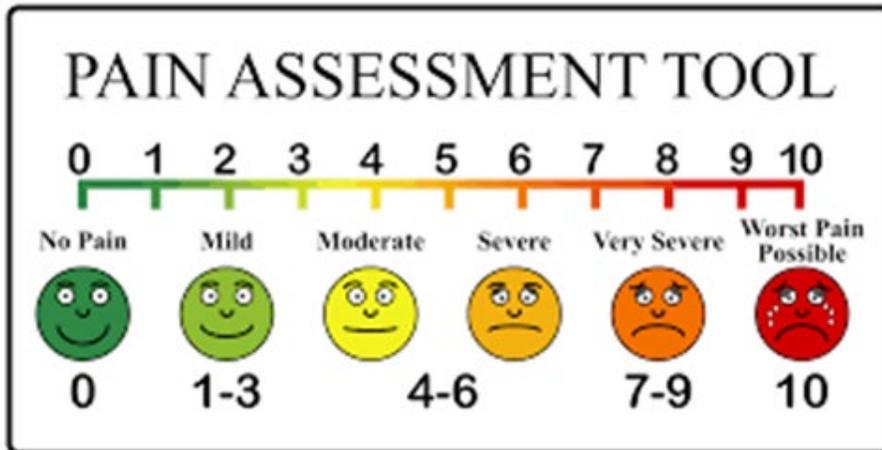
Recommendation: USE WITH CAUTION for chronic use

Opioids

Percocet[®] (Oxycodone/Acetaminophen) , Oxycontin[®] (Oxycodone), Norco[®] (Hydrocodone/Acetaminophen)

Commonly Used For:

- Pain relief



The Concerns:

- Increased risk of falls and fractures
- Constipation
- Can cause slower or shallow breathing patterns, especially during sleep

Recommendation: USE WITH CAUTION

Coumadin® (warfarin)

Commonly Used For:

- Some types of irregular heart beats
- Mechanical valve



The Concerns:

- Increased risk of bleeding
 - Watch for nosebleeds, bleeding from the gums, bruises that will not go away

Recommendation: USE WITH CAUTION
Have INR monitored regularly and keep diet consistent

Strategies to Manage Medication Use

- Get all medications dispensed at one pharmacy (avoid using multiple pharmacies)
- Set up a medication review session with your pharmacist at least yearly to make sure your medications are still working properly
 - Prescriptions
 - Over the Counter (OTC) Medications
 - Vitamins/Herbals



Strategies to Manage Medication Use

- Set alarms for the different times of day that you need to take your medications
- Ask your pharmacist about pill organizers to keep you on track with your medications
- Dispose of expired drugs or drugs you are no longer taking so you do not accidentally take the wrong medication
 - Medication take back days



Strategies to Manage Medication Use

- Be aware of common possible side effects for each medication you're taking
- Refill your medications before you are completely out of them
- Make sure medication is stored properly
 - Bathroom cabinet not good because of humidity
- Create a medication list and keep it up to date
 - Drug name, dose, and directions
 - What its used for
 - Start/Stop Date
 - Prescriber



Engaging Your Doctor

- If you see more than one doctor who is prescribing medication for you, tell each one about all the medications you take
 - Always carry a list of all medication, herbals, supplements/vitamins that you are currently taking every
- Ask your doctor to discuss your individual risks associated with falls, and if he/she has recommendations regarding strategies to prevent falls
 - Medication changes
 - Exercise/Strengthening
 - Medical Devices (walkers, etc.)
 - Falls Assessment at Doctor's Office
 - day



THANKYOU!

Find more information to help prevent falls: www.steadyu.ohio.gov



Ohio

Department of
Aging



**OHIO INJURY PREVENTION
PARTNERSHIP**

Older Adults Falls Prevention Coalition