



## Ageing Well Together Falls Prevention

# KEEPING TRACK OF YOUR MEDICINE

Many seniors may receive several different prescriptions addressing different health problems. They may also combine prescription drugs with over-the-counter products and natural remedies. Medication interactions or over-medication can produce adverse reactions such as memory loss, drowsiness, agitation and confusion. These effects have been associated with falls and other injuries.

Review your medications with your doctor or pharmacist. One easy way to do this is to put all your medications, including herbal remedies, over-the-counter and non-prescription medicines in a bag and take it to your next doctor's appointment or pharmacy visit. Also: Don't mix drugs and alcohol. Alcohol can react with many common medications.

Please check all items that apply to you.

### Medication Safety

- Do you talk to your health care professional about alternatives to medication? (Medication may not always be the best solution.)
- Do you read the instructions on each of your medication containers to check for side effects or possible ill effects of combining with another medication?
- Do you take your medication as prescribed and know of any alternative instructions should you forget to take it?
- Do you keep a list of what medications you are currently taking, and make sure your family is aware of it?
- If you have medication allergies, do you wear a medic alert bracelet or necklace?
- Do you know the difference between an allergy and a side effect?
- If you react to a medicine or experience side effects, do you report it to your doctor or pharmacist?
- Do you go through your medicine cabinet and properly discard any medicines that are past the "best before" date?
- Whenever you get a new medicine, do you ask for and obtain all the information on its use and side effects?