

## Stay Safe – Help Yourself Prevent a Fall

If you...	Try these tips...
<ul style="list-style-type: none"> <li><input type="checkbox"/> have a slow pulse or heart beat</li> <li><input type="checkbox"/> feel lightheaded or dizzy with standing</li> <li><input type="checkbox"/> feel faint</li> <li><input type="checkbox"/> sweat a lot</li> <li><input type="checkbox"/> have an upset stomach or nausea</li> </ul>	<p>Talk to your health care provider about:</p> <ul style="list-style-type: none"> <li>• these feelings</li> <li>• the amount and type of fluid to drink</li> <li>• wearing special elastic stockings</li> <li>• elevating the head of your bed</li> </ul>
<p><b>If you...</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> feel dizzy and feel a fast pulse or heart beat</li> <li><input type="checkbox"/> feel short of breath</li> <li><input type="checkbox"/> feel weak or very tired</li> <li><input type="checkbox"/> have chest pain</li> </ul>	<p><b>Try these tips...</b></p> <ul style="list-style-type: none"> <li>• sit down and rest if you were actively moving</li> <li>• take your medication as ordered by your health care provider</li> <li>• for chest pain that continues, call 911 or your local emergency number right away. Do not drive yourself to the hospital.</li> </ul>
<p><b>If you have...</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Diabetes</li> <li><input type="checkbox"/> Heart problem</li> <li><input type="checkbox"/> High blood pressure – hypertension</li> <li><input type="checkbox"/> High thyroid – hyperthyroidism</li> <li><input type="checkbox"/> Sleep apnea</li> <li><input type="checkbox"/> Transient Ischemic Attack (TIA) or mini stroke</li> </ul>	<p><b>Try these tips...</b></p> <p>Talk to your health care provider about:</p> <ul style="list-style-type: none"> <li>• a safe exercise program</li> <li>• stopping smoking if you smoke</li> <li>• eating a healthy diet</li> <li>• keeping a healthy weight</li> <li>• keeping a healthy blood pressure</li> <li>• keeping a healthy blood sugar</li> <li>• seeing a sleep specialist</li> </ul>
<p><b>If you...</b></p> <ul style="list-style-type: none"> <li>• take medication for a heart problem</li> <li>• take blood thinning medication called Coumadin or Warfarin</li> <li>• drink alcohol – beer, wine or liquor</li> </ul>	<p><b>Try these tips...</b></p> <ul style="list-style-type: none"> <li>• review your medications with your health care provider or pharmacist</li> <li>• know how alcohol affects your medications</li> <li>• get blood tested when ordered</li> </ul>