



integrated working

## Medication matters

The cause of falls is often linked to medication. It is important that patients understand what medication they are taking, the correct way to take it and why they are taking it. Some medications can cause dizziness and weakness or affect balance and perception.

Patients taking 6 or more medications should have a medication review every year.

The following is a list of medicines which can increase the risk of falls:

- [Medicines which can lead to falls](#)

To keep bones strong it is essential to have a good supply of calcium and Vitamin D in the diet. Rich sources of calcium can be obtained from dairy products, green leafy vegetables, eggs, oily fish such as pilchards, and baked beans. As we can only eat 10% of the required vitamin D intake, it is essential to get the sun on our arms and face for 20 minutes per day between April and September.

For further information download “Healthy Eating for Strong Bones” from [www.nos.org.uk](http://www.nos.org.uk)

For more information on treating vitamin D deficiency see:

- [Primary Care Pathway for the treatment of adult Vitamin D deficiency in patients with eGFR  \$\geq\$ 30ml/min/1.73m<sup>2</sup>](#)

For information on taking bisphosphonates please see:

- [How to take your bisph - v4 - 19 9 13 pub - FINAL.pub](#)