

SPEAK UP ABOUT DIZZINESS

Every year, **20-30%** of Elders will fall...

The good news is that there are actions you can take to prevent falls.

Dizziness can cause you to lose balance and fall. There are many different causes of dizziness and actions you can take to manage dizziness.



Tell your doctor if you often feel dizzy or light-headed.

Dizziness may feel like:

- Light-headedness.
- Vertigo or spinning.
- You are rocking or swaying.
- Unsteady or off-balance.
- "Weak in the knees."

Possible causes of dizziness:

- Getting up quickly after lying down.
- Dehydration.
- Low blood sugar.
- Vision problems.
- Inner-ear problems.
- Anxiety.
- Medications.

When you are dizzy:

- Do not drive a car.
- Sit or lie down immediately.
- Use a cane or walker for stability, if needed.

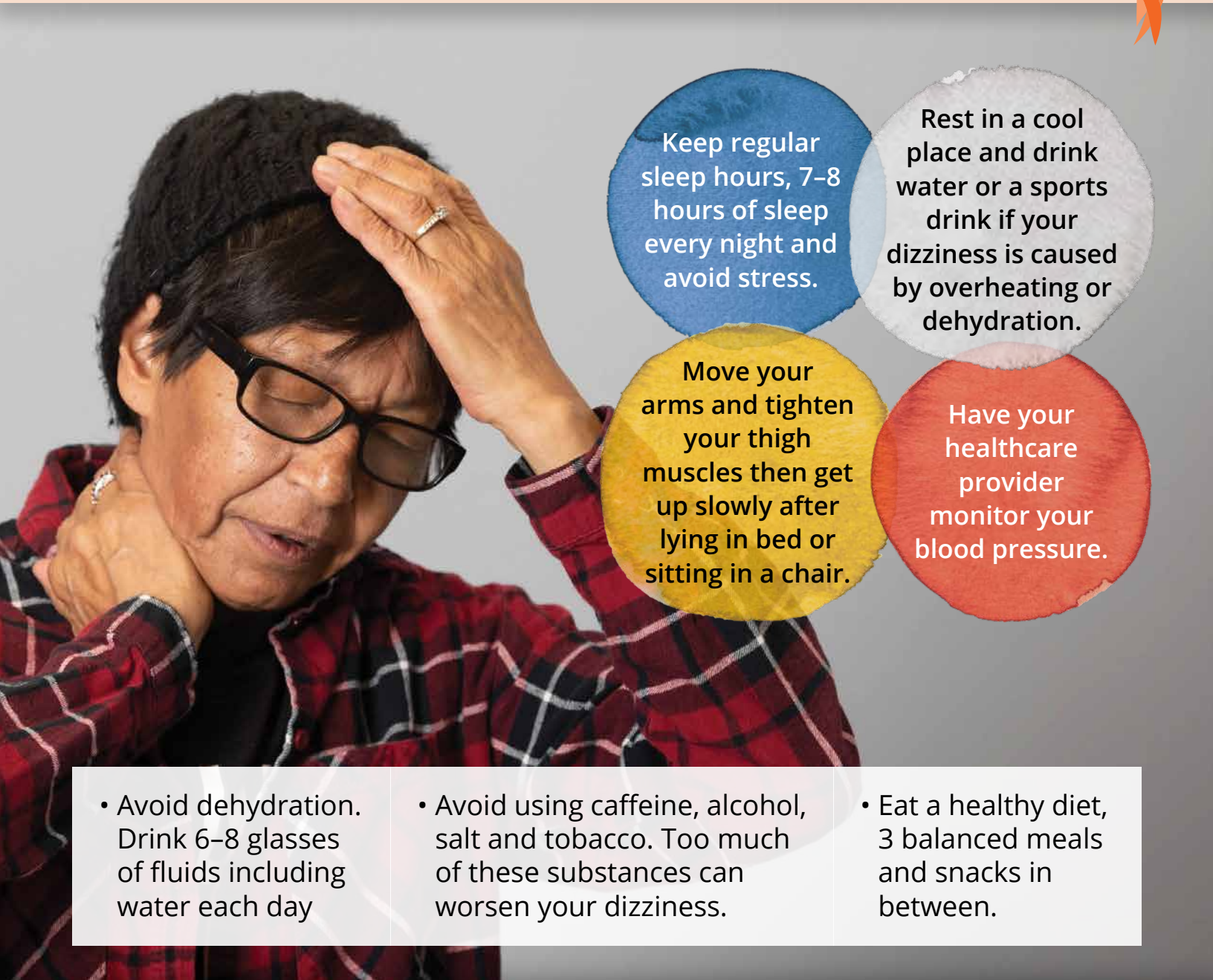


KEEP YOUR MOCCASINS MOVING!

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TAKE ACTION TO MANAGE YOUR DIZZINESS



Keep regular sleep hours, 7-8 hours of sleep every night and avoid stress.

Rest in a cool place and drink water or a sports drink if your dizziness is caused by overheating or dehydration.

Move your arms and tighten your thigh muscles then get up slowly after lying in bed or sitting in a chair.

Have your healthcare provider monitor your blood pressure.

- Avoid dehydration. Drink 6-8 glasses of fluids including water each day

- Avoid using caffeine, alcohol, salt and tobacco. Too much of these substances can worsen your dizziness.

- Eat a healthy diet, 3 balanced meals and snacks in between.

Talk to your doctor or community health nurse if you experience dizziness or have had a fall.



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