



Stay On Your Feet...

Step 5: Manage Your Health

Some long-term health conditions can increase your risk of falling. These include:

- heart conditions
- diabetes
- Parkinson's disease
- arthritis
- osteoporosis
- high or low blood pressure
- depression
- dementia

They may cause dizziness, confusion, lightheadedness, slowed reactions, reduced awareness or blurred vision. Other risk factors include stiff muscles or joints, poor vision, reduced concentration, pain and lack of energy. Poor posture can also make you unsteady.

Ways to manage your health

- Learn about your condition: ask your health care provider, get fact sheets or join a support group.
- Have regular checkups to discuss your concerns, prevent complications and get early treatment.
- Make sure you understand your medications.

Balance your life

- Do activities to help manage your pain.
- Manage your stress.
- Enjoy your social and recreational activities.
- Eat well by following Canada's Food Guide to include all four food groups daily.
- Follow the Low-risk Alcohol Drinking Guidelines if you choose to drink alcohol. If you are taking medication, do not consume alcohol.
- Live tobacco-free. Contact your local public health unit to learn more about quitting.
- Keep a regular sleep schedule. Try to go to bed and get up at the same time each day. If you have trouble sleeping during the night, try to limit daytime naps.

How can I better manage my health?

Review what you do now to manage your health and complete the table below. An example is given to help.

What positive steps am I already taking?	What changes might help me stay on my feet?	How will I make these changes? Is there anyone I need to contact?	When will I make these changes?
I do not drink alcohol because I am on medication. I meditate to help my stress level.	I will check out hydrotherapy for my arthritis.	I will get more information about my arthritis from the Arthritis Society.	I will call the Arthritis Society tomorrow.

Who else do you know who would benefit from this information?

Stay Active, Stay Independent and Stay On Your Feet!

For more information about risk factors for falls or local falls prevention programs, contact: **Stay On Your Feet Sudbury Manitoulin**

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