



# 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 pain management activities such as Tai Chi, massage, or hydrotherapy.
- Manage your stress. Do meditation or talk to someone.
- Enjoy your social and recreational activities.
- Eat well, follow 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 health unit for help 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 day time 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?
<p>I don't drink alcohol because I'm on medication.</p> <p>I do meditation to help with my stress levels.</p>	<p>I will check out hydrotherapy for my arthritis.</p>	<p>I will get some more information about my arthritis from the Arthritis Society.</p>	<p>I will call the Arthritis Society tomorrow.</p>

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



Supported by:



[www.myhealthunit.ca](http://www.myhealthunit.ca)

## 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 Nipissing** 705 474-1400  
**Stay On Your Feet Parry Sound** 705 746-5801  
 1 800-563-2808