



## Manage Your Health

Health conditions such as diabetes, Parkinson's disease, arthritis, osteoporosis, blood pressure problems and flu or cold symptoms can make you feel weak and limit your activity. Any change in your health can increase your risk of falling. You can make a difference by taking control of your health conditions.

### Tips for Managing Health Conditions

- \* Take notice when you don't "feel right" and talk to your family, friends, doctor or healthcare professional about it.
- \* Review your lifestyle.  
*Eat a healthy diet and do at least 30 minutes of physical activity a day.*
- \* Get to know your health condition.  
*Have regular check ups with your doctor or healthcare professional to ask any questions, prevent any problems and get early treatment.*
- \* Know your medicines.  
*Some medicines have side effects which can increase your risk of falling. Review your medications with your doctor or pharmacist at least every 6 months and whenever any medication is added or stopped.*
- \* Participate in life.  
*Keep active in your daily routine. Stay involved in social and physical activities you enjoy.*

***Take action because falls are no accident!***

Five Hills Health Region  
Working together to prevent falls.

