



Alternatives to Using Medication

Prevent a fall – Protect your way of life

Avoid the danger of possible drug interactions by speaking to your pharmacist or doctor about all prescribed, over the counter or herbal medication you are taking.

Region of Peel – Public Health

905-799-7700

Research suggests that taking many medications can increase your risk of having a fall because of possible drug interactions.

Consider these alternatives:

Difficulty sleeping

- Exercise daily
- Use relaxation methods like deep breathing and listening to music
- Sleep regularly – go to bed and get up at the same time daily
- Avoid napping during the day if you can't sleep at night
- Avoid caffeine, nicotine and alcohol at least 4 hours before your bedtime
- Drink warm milk or hot water with lemon in the evening

Chronic pain

- Take a warm bath or shower
- Practice relaxation methods – visualization, meditation, deep breathing, listening to music
- Try light exercise – consult your doctor before starting any new exercise program
- Talk with friends and relatives about your feelings
- Add humour to your life – read a funny book or watch a good movie

Constipation

- Bowel habits vary from person to person – normal can be up to 3 times a day or once every 3 days
- Don't put off the urge to have a bowel movement
- Eat a high fibre diet – whole grain breads and cereals, dried beans, peas, lentils, fruits and vegetables
- Drink plenty of fluids – milk, juice, soup, water, hot water with lemon
- Exercise daily – walk, swim, join a fitness group, take the stairs if possible, live actively

**DO NOT STOP TAKING ANY PRESCRIBED MEDICATION
WITHOUT SPEAKING WITH YOUR DOCTOR**