Certain medications can significantly increase the risk of falls, especially in older adults. By being aware of these medication-related risks it's possible to minimize the risk of falls while still receiving necessary treatments. Here's an overview of the medications most commonly associated with fall risk:

**Types of Medications Linked to Falls**

**-Psychoactive Medications:** These drugs affect the central nervous system and can cause side effects like drowsiness, dizziness, and impaired balance:

-Antidepressants (especially SSRIs and tricyclics)

-Antipsychotics

-Benzodiazepines- like Valium

-Sedatives and hypnotics (including sleep aids)

-Anticonvulsants

[7](https://www.cdc.gov/steadi/media/pdfs/STEADI-FactSheet-MedsLinkedtoFalls-508.pdf" \t "_blank)

-**Pain Medications**

-Opioids and narcotic pain relievers

**-Cardiovascular Medications**

-Antihypertensive agents (blood pressure medications)

-Diuretics

-Beta-blockers

[3](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4125318/" \t "_blank)

-**Other Medications**

-Anticholinergics (including some overactive bladder medications)

-Antihistamines (especially older, first-generation types)

-Muscle relaxants

**Mechanisms and Side Effects**

Medications can increase fall risk through various mechanisms:

-Causing drowsiness or sedation

-Impairing balance and coordination

-Affecting blood pressure (especially orthostatic hypotension)

-Blurring vision

-Slowing reaction time

-Causing confusion or cognitive impairment

[4](https://www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/how-to-manage-your-medication-to-help-prevent-falls/" \t "_blank)

**Risk Factors and Precautions**

The risk of medication-related falls is higher:

-In adults aged 65 and older

-When taking multiple medications (especially 4 or more)

-During the first few weeks after starting or changing medications

[4](https://www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/how-to-manage-your-medication-to-help-prevent-falls/" \t "_blank)

[5](https://www.cdc.gov/older-adult-drivers/media/pdfs/Medicine-Fact-Sheet.pdf" \t "_blank)

**Managing Medication-Related Fall Risk**

-Review all medications regularly with a healthcare provider.

-Consider alternatives or dose reductions when possible.

-Use a medication organizer to ensure proper dosing.

-Be aware of potential side effects and interactions.

-Avoid mixing alcohol with medications.

-Consult a pharmacist before taking new over-the-counter medications or supplements.

[4](https://www.nhsinform.scot/healthy-living/preventing-falls/keeping-well/how-to-manage-your-medication-to-help-prevent-falls/" \t "_blank)

[5](https://www.cdc.gov/older-adult-drivers/media/pdfs/Medicine-Fact-Sheet.pdf" \t "_blank)