

Resource: Medications To Review For Fall Prevention

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Below is a list of commonly-used medications that may be associated with increased fall risk in older adults.

If you're taking any of these medications, be sure to discuss deprescribing with your health providers.

Medications Affecting the Brain ("Psychoactives")	Names of commonly used drugs	Usually Prescribed For
Benzodiazepines	lorazepam, alprazolam, temazepam, oxazepam	Insomnia, Anxiety, Agitation
Hypnotics	zolpidem, zaleplon, eszopiclone	Insomnia
Antipsychotics	risperidone, olanzapine, quetiapine, aripiprazole, haloperidol	Psychosis, Agitation
Anticonvulsants	valproic acid, carbamazepine, gabapentin	Seizures, Agitation, Nerve pain
Tricyclic Antidepressants (<i>Anticholinergics</i>)	nortriptyline, amitriptyline, desipramine	Nerve pain, Depression
Sedating Antihistamines (<i>Anticholinergics</i>)	diphenhydramine, chlorpheniramine, doxylamine, hydroxyzine	Allergy Symptoms, Itching, Insomnia
Sedating Over-the-Counter Medications (<i>Anticholinergics</i>)	"Advil PM", "Tylenol PM", "Nyquil", "Unisom"	Pain, Cough and cold
Bladder Relaxants (<i>Anticholinergics</i>)	oxybutynin, tolterodine	Overactive bladder
Antiemetics (<i>Anticholinergics</i>)	meclizine, promethazine	Vertigo, Nausea/Vomiting, Motion Sickness
Muscle Relaxants (<i>Anticholinergics</i>)	cyclobenzaprine, carisoprodol	Muscle Spasms, Back Pain
Opioid analgesics	hydrocodone, codeine, oxycodone, morphine, tramadol, methadone, fentanyl	Pain
SSRI Antidepressants	paroxetine, fluoxetine, sertraline, citalopram	Depression, Anxiety
Other Sedating Antidepressants	mirtazapine, trazodone	Depression, Insomnia
Other Antidepressants	venlafaxine, duloxetine	Depression, Anxiety

Medications Affecting Blood Pressure	Names of commonly used drugs	Usually Prescribed For
Antihypertensives	Too many to name here. See Types of Blood Pressure Medications online.	High blood pressure, Heart disease
Diuretics	furosemide, spironolactone, hydrochlorothiazide	Fluid retention, High blood pressure, Heart failure, Kidney disease
Alpha-1 Blockers	tamsulosin, doxazosin, prazosin, terazosin	Difficulty urinating (men)

Medications Lowering Blood Glucose*	Names of commonly used drugs	Usually Prescribed For
Metformin (Note: Metformin causes minimal risk of hypoglycemia unless it is taken with other diabetes drugs)	Brand name Glucophage	Diabetes
Other oral medications for diabetes	glipizide, glyburide, sitagliptin, pioglitazone, canagliflozin	Diabetes
Insulin	Brand names include Lantus, Novolog, Novolin, Humalog, Humulin	Diabetes
Other injectable medication for diabetes	exenatide, liraglutide	Diabetes

For More Information on Fall Prevention and Deprescribing Risky Medications

[Preventing Falls: 10 Types of Medication to Review with Your Doctor if You're Concerned About Falling](http://betterhealthwhileaging.net/preventing-falls-10-types-of-medications-to-review/)

(Better Health While Aging)

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[6 Steps to Better High Blood Pressure Treatment for Older Adults](http://betterhealthwhileaging.net/how-to-treat-high-blood-pressure-in-seniors/) (Better Health While Aging). This article explains the process I use to assess an older person's blood pressure management plan, and to help decide whether we should make changes to medication.

<http://betterhealthwhileaging.net/how-to-treat-high-blood-pressure-in-seniors/>

[5 Types of Medication Used to Treat Difficult Dementia Behaviors](http://betterhealthwhileaging.net/medications-to-treat-difficult-alzheimers-behaviors/) (Better Health While Aging). This article explains what every family should know about antipsychotics, mood stabilizers, benzodiazepine sedatives, and other drugs often used to manage difficult behaviors in Alzheimer's disease. Includes advice on how to better manage behavior and when to consider medication.

<http://betterhealthwhileaging.net/medications-to-treat-difficult-alzheimers-behaviors/>

[EMPOWER Brochures & Other Essential Information](https://www.deprescribingnetwork.ca/useful-resources) (Canadian Deprescribing Network). Find links here to practical brochures to help older adults and families work with clinicians on deprescribing. Brochures address benzodiazepines sedatives, antipsychotics, and more.

<https://www.deprescribingnetwork.ca/useful-resources>

[CDC Steady Materials for Healthcare Providers and for Patients](http://www.cdc.gov/steady/index.html) (Centers for Disease Control). Learn more about fall prevention and recommended best practices that clinicians can follow.

<http://www.cdc.gov/steady/index.html>

About Leslie Kernisan, MD MPH and Better Health While Aging

Leslie Kernisan, MD MPH, is a practicing geriatrician who believes it should be easier for older adults to have the best possible health and quality of life as they age.

Through her website BetterHealthWhileAging.net, she provides practical information on how to address many common health problems that affect older adults. She also addresses common concerns and dilemmas related to helping older parents and other aging relatives.

Visit BetterHealthWhileAging.net to find more useful articles on aging health, family caregiving, and helping older parents. You can also join us by listening to our free Better Health While Aging podcast.