



Defeating Dizziness

Simple Things You Can Do

When You Feel Dizzy

Hints for Health from Elara Caring



There Is Hope

Dizziness can be debilitating! First and foremost you should realize that some dizziness can be treated. Do not assume that feeling dizzy is an inevitable part of aging. If you are dizzy, especially if you have never been dizzy before, talk to your doctor or Elara Caring nurse.



Mind Your Meds

- ✓ A **medication** (or combination of medications) may be the reason you feel unsteady. Take note of the times you feel dizzy. Is there a consistency? Does it happen at the same time each day? Talk with your physician about an alternate medication or lower dose.
- ✓ If the medication which is causing dizziness is necessary, then just **realizing** there is a connection can help you anticipate the times when you need to be extra careful.
- ✓ Use the **same pharmacy** for all of your prescriptions. Your pharmacist can help watch for common medications and combinations of medications that may cause dizziness.

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Self-Care

- ✓ **Drink • Eat • Rest:** Staying hydrated + eating well-balanced meals (and not skipping meals) + getting enough rest is a good formula for anyone, but for someone who gets dizzy it is especially important.
- ✓ **Slow Down!** Getting up from bed, or from a chair is one of the times when dizziness can catch you off guard. Take your time and be sure you feel steady before trying to walk or move.
- ✓ **Stay Cool** ~ Taking really hot showers or baths, being outside on a hot day, wearing heavy clothing... can all make you hot under the collar... and dizzy! On hot days wear loose, lightweight clothes; stay in the air conditioning when possible; carry an umbrella in your purse for shade; and turn down the thermostat on your hot water heater to control water temperature.



Hold On

- ✓ Arrange your home so that you can **hold onto** stable objects if needed as you go from room to room.
- ✓ Use a **walker or cane** to keep you steady... EVEN in your own home!



Balance & Vestibular Rehab

- ✓ Believe it or not there are **special exercises** which can improve balance and decrease feelings of dizziness. A Physical Therapist can help evaluate if these techniques might help and teach you the maneuvers.



The Eyes Have It

- ✓ If you have **prescription glasses for distance** be sure to wear them when you're walking... even short distances.
- ✓ If you have prescription **reading glasses**, be sure to **take them off** when walking... even short distances.
- ✓ When sudden dizziness begins **focus your eyes on a stable object** in the distance... sometimes closing your eyes can help too, but be sure you're sitting down or holding onto something before trying this.

Do you have questions or concerns?

We Can Help
elara.com