

Are you at risk for falling?

Do you feel dizzy or lightheaded if you stand up quickly? Many older adults have this problem when getting up in the morning or after sitting still for some time. Some people have a drop in blood pressure when they stand up that can cause lightheadedness. When severe, this problem is called **postural hypotension**.

The “Slow and Go” Rule

When getting out of bed:

1. First sit on the side of the bed with your feet hanging over the side
2. Alternate pointing your toes and flexing toward your leg 10 times
3. Rise up slowly
4. Count to 10 before you start walking

You should also follow this rule if you get up at night to use the bathroom or any time you have been lying down or sitting still for more than 20 minutes.

Other tips to manage low blood pressure

- Drink enough fluids. Dehydration can cause dizziness
- Crossing your legs while sitting upright may also help increase blood pressure
- Wear elastic compression stockings that cover the calf and thigh
- Sleep with your head slightly elevated

Remember:

Talk to your doctor about any side effects from your medicines. Common medications that cause low blood pressure include diuretics, blood pressure medicines, nitrates, certain antidepressants and anti-Parkinson medications.