

## Tips for Managing Your Diabetes to Reduce Falls

Older adults with diabetes have a higher risk of falling and fall more often than their peers who do not have diabetes<sup>1</sup>. Here are some tips to live safer with diabetes.

### 1 Know your medications

Understand what each medication is for, how much to take, and when. You can also ask your doctor or pharmacist about side effects, how to store the medication, and what to do if you miss a dose.



### 2 Monitor your blood glucose

Check your blood glucose levels regularly, especially if you are older and at a higher risk for low blood sugar.



### 3 Take care of your feet

Foot problems are common for people with diabetes. Nerve damage related to diabetes interferes with good balance and causes slower reaction times.



### 4 Keep an eye on your vision

Diabetes can cause vision problems which can make it difficult to see things clearly and interfere with depth perception. Diabetes may also affect a person's ability to judge objects and distances based on colour and brightness.



### 5 Store insulin properly

Keep insulin away from extreme heat or cold, and don't store it in the freezer or in direct sunlight. Improper storage can reduce effectiveness which can lead to dizziness or fainting.



### 6 Make a list

Make a list of all your medications, including over-the-counter and supplements, and bring it to your doctor's appointments.



### 7 Use technology

Consider getting the Lifeline Medical Alert Service to access help quickly in the event of a fall or diabetic emergency. Our fall detection technology can even place a call for help if you're unable to press the help button.



Contact Lifeline today to learn more:

**1-800-LIFELINE**  
**1-800-543-3546**  
**www.lifeline.ca**