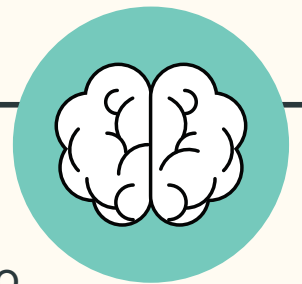


# FALLS, DIZZINESS AND PARKINSON'S DISEASE



Loss of balance and falls affects many people with Parkinson's disease (PD). For some, this might get worse over time, others might have a fear of falling. Falls can result in injuries, which could impact on your quality of life. If you have PD, you might fall because of poor balance, taking steps that are too small, not swinging your arms, freezing while walking, blood pressure problems, or even eye problems. There are things you can do to reduce your risk of falling. If you fall often, it might be useful to speak to a physiotherapist.

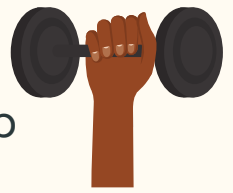


## WHAT CAUSES FALLS?

- **Freezing of gait:** you might have difficulty starting to move or you 'freeze' (stop suddenly) while you are moving and feel stuck to the floor
- **Posture/strength:** you might become stooped or lean forward when you walk, increasing the chance of falling forwards, and your muscles might be weaker
- **Constipation/incontinence:** straining for a bowel movement can make you dizzy, while needing to rush to the toilet could increase the risk of falling
- **Blood pressure:** some PD medication can cause blood pressure problems which can lead to dizziness and falls, this might happen particularly when you stand up from a chair
- **Small spaces:** you might find it difficult to turn in small spaces, like a bathroom, which can result in a fall



# REDUCE YOUR RISK OF FALLING



- Get into a rhythm while you walk, count your steps, step over patterns on the floor and stay focused
- Focus on taking longer steps and swinging your arms
- Move your weight from one foot to the other if you freeze to help you start moving again
- Hold someones arm for support and balance
- Avoid distractions – stop to have a conversation
- Slow down when you turn, don't turn too quickly, take a few steps
- Do exercises to help with your balance, posture and strength
- Move any trip hazards in the home, like carpets
- Place furniture close together so you have a path across the house
- Use a walking stick or a cane
- Adjust your medication to prevent "off" time and freezing episodes
- Check your blood pressure to make sure it isn't too low
- Remember to stand up slowly and take your time before you walk or move



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



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