



Orthostatic Hypotension and higher risks of falling:

A common, but overlooked condition that is defined as a sudden drop in blood pressure that occurs when you stand from a sitting or lying position.



This condition can lead to dizziness, lightheadedness, and, in severe cases, falls. The risk of falls is particularly concerning for older adults, as it can result in serious injuries and loss of independence.

For seniors, orthostatic hypotension can be caused by a variety of factors. **Some common risk factors include:**

1. **Medications:** Certain medications used to treat hypertension, heart conditions, or other health issues can lower blood pressure.
2. **Dehydration:** Dehydration can result from reduced thirst sensation or certain medications and can lead to a drop in blood pressure.
3. **Neurological Disorders:** Conditions like Parkinson's disease and diabetic neuropathy can affect the nerves that control blood pressure regulation.
4. **Heart Conditions:** Heart diseases or irregular heart rhythms may impair the heart's ability to pump blood effectively.
5. **Bed Rest or Immobility:** Prolonged periods of inactivity or bed rest can make it difficult for the body to adjust to standing up.

By understanding and managing this condition, seniors can significantly improve their overall well-being and maintain an active lifestyle.

Check out our weekly podcast hosted by Brian Harmon, PT, MBA and Jo Alch, RN with Joy Care Management.



A show on all things Senior Care with important topics and guests to help improve the health and quality of life of seniors.

Available on YouTube, Facebook and iTunes.

Contact us to inquire about our results and/or how our approach helps meet the needs of your patients and families.