

# Falls Prevention – Dizziness

**Dizziness** can increase the risk of falling by causing balance problems, unsteadiness and muscle weakness. Dizziness can also cause a lack of awareness of hazards and increases the chances of an injury from a fall.

There are many causes and there are things that can be done to help manage dizziness.

## What are some of the causes?

- Medical conditions affecting blood pressure, nerves, or heart
- Medications
- Inner ear problems
- Low blood sugar
- Lack of air or breathing problems
- Anxiety
- Vision problems
- Motion sickness



## Tell your doctor about your symptoms:

- Describe your dizziness and what it feels like.
- Did it first start suddenly or gradually?
- How often does it happen?
- How long does it last?
- What makes it worse?
- What makes it better?



**Seek immediate medical attention** if you experience dizziness with any of the following:

- |                  |                        |                         |
|------------------|------------------------|-------------------------|
| • Headache       | • Speech problems      | • Heart rate problems   |
| • Blurred vision | • Leg or arm weakness  | • Shortness of breath   |
| • Chest pain     | • Numbness or tingling | • Loss of consciousness |
| • Hearing loss   |                        |                         |

Acknowledgement to:

iSOLVE fall prevention partnership project  
(The University of Sydney, Northern Sydney Medicare Local,  
Clinical Excellence Commission)

For further information scan this with your  
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