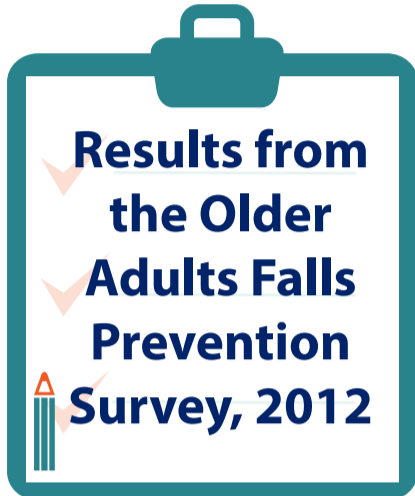


Annual Physical & Vision Exam and Medication Review

Ottawa Public Health recommends seniors have a regular health exam with a doctor or nurse practitioner and report any falls, have an annual eye examination; and review medications on an annual basis with a doctor or pharmacist.



8 out of 10 seniors think having an annual eye exam reduces their risk of falling.

71% of seniors had their last general physical exam less than a year ago.



75% of seniors had their last vision exam less than a year ago.



43% of seniors take four or more different prescription or non-prescription medications on the same day, possibly increasing their risk of falling.



79% of seniors taking 4+ medications on the same day also talked to their health care provider at least once in the past year about the possible side effects.



For more information on the Older Adults Falls Prevention Survey and falls prevention resources, go to Ottawa.ca/healthreports or call the Ottawa Public Health Information Line at 613-580-6744.