

POSTURAL HYPO- TENSION

A drop in blood pressure when changing position (e.g. lying to sitting or sitting to standing)



Symptoms:

- Feeling dizzy or light headed
- Feeling nauseous
- Feeling weak or tired
- Vision is blurred
- Blackout or faint



Causes:

- Dehydration, getting overheated
- Conditions, e.g. heart problems, diabetes, Parkinson's disease
- Medications
- Vitamin B12 deficiency or anaemia
- Alcoholism
- Prolonged bed rest

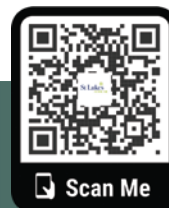


You should:

- Tell your therapist if you have any symptoms
- Make sure you have something to hold onto when you stand up
- Do not walk if you feel dizzy
- Have sufficient amount of fluids
- Avoid saunas and hot showers
- Have small, frequent meals
- Do ankle pumps before changing positions
- Slowly change positions



Use this questionnaire to learn more about falls prevention tips and find out if you or your loved ones are at risk of falling
tinyurl.com/SLECFallrisk



Visit our falls prevention page to view our falls prevention video and info sheets
tinyurl.com/SLECFallprev

体位性低血压



体位性低血压是由于体位的改变，如从平卧位突然转为直立，或长时间站立发生的低血压

症状：

- 头晕/头痛
- 作呕
- 视力模糊
- 失去意识



病因：

- 脱水, 过热
- 心脏疾病, 糖尿病, 帕金森病
- 药物如:利尿剂, 抗抑郁药, 降低血压药
- 维生素B12缺乏症或贫血
- 酗酒
- 长期卧床



您应该：

- 如果您有任何症状, 请告诉您的治疗师
- 确保您站立时有支撑
- 若感到头晕, 请不要走动
- 喝足够水份
- 避免泡温泉或泡热水澡
- 少吃多餐
- 换位置前, 请做简单的脚踝运动
- 缓慢的更换位置



要知道自己或亲人有跌倒风险,
请使用此问卷
tinyurl.com/SLECFallrisk



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