Managing Postural Hypotension and Falls in Elderly

As we age, blood pressure can drop suddenly when standing up—this is called *postural (or orthostatic) hypotension.* It may cause dizziness, lightheadedness, or even fainting. This raises the risk of falls, fractures, and head injuries.

It is more common in people who:

* Take medicines for blood pressure, Parkinson’s, or depression
* Are dehydrated or eat very little salt
* Have diabetes or nerve damage
* Stand up too quickly from sitting or lying down

**How to Stay Safe:**

1. **Know the signs**  
   Feeling faint, unsteady, or having blurry vision when standing may be a warning. Tell your doctor.
2. **Check BP in different positions**  
   Measure blood pressure lying down, sitting, and standing—at home or during check-ups—to catch sudden drops.
3. **Stand up slowly**  
   Move from lying → sitting → standing in steps. Pause in between. Use support if needed.
4. **Stay hydrated**  
   Drink enough fluids unless advised otherwise. Dehydration makes low BP worse.
5. **Review medications**  
   Some medicines may need adjustment. Never stop on your own—consult your doctor.
6. **Prevent falls**  
   Keep floors clear, install grab bars, wear non-slip shoes, and ensure good lighting, especially at night.

Managing BP in older adults is about balance—enough control to protect the heart, while preventing dizziness and falls. Regular follow-ups with your doctor help fine-tune the plan.