



Tell me about postural hypotension

What is it?

Postural hypotension means your **blood pressure** drops too low when you stand up from sitting or lying down. It is more common as you get older.

People with postural hypotension may feel:

- Dizzy or light-headed
- Faint
- Blurred vision
- Weak
- Unsteady when walking
- Nauseous

These symptoms may be worse right after getting up in the morning, after eating and after certain medications. This may lead to falls and injury.

What causes postural hypotension?

- Not drinking enough water, especially on very hot days, or after heavy sweating.
- Vomiting or diarrhea for a long time.
- Illnesses such as heart disease, diabetes, Parkinson's disease.
- Some types of medication (including over-the-counter medication).
- Bedrest. You may become weak when you've been ill in bed or not active for a long time.
- Drinking alcohol.

What you can do:

Tell	Measure	Review	Drink
 your doctor* if you feel any of the symptoms above.	 your blood pressure (lying and standing) when visiting your doctor.*	 all your medications with your pharmacist or doctor.*	 plenty of fluids** (but avoid or limit alcohol).
Avoid	Stay active		Rise slowly
 bending down all the way to the floor or standing up quickly.	 every day and make sure to do light exercises such as walking.		 <ol style="list-style-type: none"> 1. Sit first with feet dangling for one minute. 2. Pump your calf muscles by pointing your toes up and down. 3. Hold a stable object when rising from bed or chair to stand. 4. If you feel dizzy or have other symptoms, sit down again.

*Doctor or other health-care professional such as nurse or nurse practitioner.

**Discuss the proper amount with your doctor if you've been told to reduce your fluids.

Health-care professionals: Please go to www.posturalhypotension.ca for more resources.