

Appendix 1. Medication Classes and Associated Fall Risk Estimates

Medication Group or Class	Examples: Generic	Odds Ratios (OR) (95% confidence intervals) *Adjusted for fall risk factors
Psychotropics: • anti-depressants • sedative/hypnotics • neuroleptics/antipsychotics		1.73 (1.52 – 1.97)⁹ *1.69 (1.25 – 2.27)⁹
Anti-depressants	amitriptyline ^B fluoxetine ^B	*1.36 (1.13 – 1.76)¹¹ *1.85 (1.20 – 2.85)⁹ *2.23 (2.09 – 2.39)¹³
Sedative-Hypnotics	flurazepam ^B Phenobarbital	1.47 (1.35 – 1.62)¹¹ 1.54 (1.40 – 1.70)⁹ *1.13 (0.98 – 1.30)¹²
<i>Benzodiazepines</i>	diazepam ^B lorazepam ^B oxazepam ^B	1.57 (1.43 – 1.72)¹¹ *1.41 (1.20 – 1.71)¹¹ 1.48 (1.23 – 1.77)⁹
Neuroleptics/ Antipsychotics	risperidone haloperidol	*1.66 (1.38 – 2.00)⁹ 1.59 (1.37 – 1.83)¹¹ *1.39 (0.94 – 2.00)¹¹
Antihypertensives		1.24 (1.01 – 1.50)¹¹
<i>Diuretics</i>	furosemide	1.07 (1.01 – 1.14)¹¹ *0.99 (0.78 – 1.25)¹¹ 1.08 (1.02 – 1.16)¹⁰ *1.28 (1.16 – 1.42)¹³
<i>(Thiazides)</i>	(hydrochlorothiazide)	
<i>Beta-blockers</i>	metoprolol atenolol	1.01 (0.86 – 1.17) ¹¹ 0.93 (0.77 – 1.11) ¹⁰ 0.90 (0.85 – 0.96) ¹³
<i>ACE inhibitors</i>	Lisinopril	1.20 (0.92 – 1.58) ¹⁰ 1.07 (1.01 – 1.14)¹³
<i>Calcium Channel Blockers</i>	Amlodipine	0.94 (0.77 – 1.14) ¹⁰ 0.98 (0.92 – 1.04) ¹³
<i>Nitrates</i>	Nitroglycerin	1.13 (0.95 – 1.36) ¹⁰
<i>Antiarrhythmics (class Ia)</i>	disopyramide ^B	1.59 (1.02 – 2.48)¹⁰
<i>Digoxin</i>	digoxin ^B	1.22 (1.05 – 1.42)¹⁰
<i>Opioid analgesics</i>	propoxyphene ^B (<i>no longer FDA approved</i>) meperidine ^B	0.96 (0.78 – 1.18) ¹¹ 0.97 (0.78 – 1.20) ¹⁰
<i>NSAIDs</i>	aspirin indomethacin ^B naproxen ^B	1.21 (1.01 – 1.44)¹¹ 1.16 (0.97 – 1.38) ¹⁰

^BIndicates a medication included in Beer's Criteria¹⁵, NSAIDs = nonsteroidal anti-inflammatory drugs; ACE = angiotensin-converting enzyme, * Pooled OR for excludes psychiatric inpatients (OR = 0.41, 95% CI = 0.21 – 0.82)

Appendix 2. Dietary Supplements with Special Considerations for Fall Risk

Fall Risk Factors	Special Considerations	Dietary Supplement Examples
Dizziness	Persons at risk for falls who report dizziness	St. John's wort ²⁰ , ginkgo biloba ²⁰ , cat's claw ²⁰ , grape seed extract ²⁰ , hawthorn ²⁰ , valerian ²⁰
Drowsiness	Persons at risk for falls who report drowsiness; can exacerbate effect of sedative medications	kava ^{20,21} , lavender ²⁰ , valerian ^{20,23}
Hypoglycemia	Persons with diabetes who use medications to lower blood sugar	ginseng ^{20,22} , garlic ^{21,22} , ginger ²² , milk thistle ²⁰ , aloe vera ²⁰
Digoxin	Digitalis toxicity has fall risk side effects of delirium, weakness, and arrhythmias (<i>light-headedness/syncope</i>); drug interactions may interfere with narrow therapeutic range	St. John's wort ^{20,22} , ginseng ²² , ephedra ²² , calcium ²³ , hawthorn ²²
Anticoagulants	Persons who take aspirin, heparin, coumadin (Warfarin) or other anticoagulants could be at risk for excessive/prolonged bleeding after falls	garlic ^{20,22} , ginkgo biloba ^{20,22} , ginseng ^{21,22} , vitamin E ²¹⁻²³