

Things you can do to help limit orthostatic hypotension

-**Wear compression hose** putting them on first thing in the morning at taking off at bedtime. You can get these from a medical supply store and they require a prescription

-**Eat Small meals**- as we age, we can develop something called post prandial hypotension. What this means is that with eating, our blood pressure can fall. Smaller meals attenuate this.

-**Stay Hydrated**- drink plenty of fluids and limit or avoid Alcohol.

-**Exercise**- exercises your calf muscle before sitting up and standing up.

-**Slow Down**- wait at the side of the bed for 1 minute before getting up. While you are waiting exercise your calf

-**Elevate the head of your bed**- This counter acts some of the effects of gravity.

-**Move Legs while standing**- tries not to stand in one place without moving your legs. If you start to develop symptoms while standing, cross your legs like a scissor and squeeze hard or try and sit or lay down if possible

Liberalize Salt- increasing salt intake will allow you to hold onto more fluid and increase your blood pressure and limit some of the effects of orthostasis

Coffee- one cup of caffeinated coffee in the am