



Aging and substance use: **Understand your risks**

To stay healthy as you age, here are some things to keep in mind when using substances like alcohol, cannabis, opioids, and medications:



Age-related changes can make you more sensitive to the effects of substances, which can lead to dizziness and falls.



Using more than one substance at a time can cause harmful side effects.



Some substances are stronger than they used to be, which can lead to harms from consuming too much.

Talk to your health care providers about **all** the substances you use. They can help you understand the risks so you can make informed choices.



To learn more, visit
canada.ca/substance-use-older-adult