## Quick Fact: Your Body is Your Vehicle

## Introduction

Driving is a complex task that requires physical and cognitive skills, continuous coordination, and concentration.

A migraine, abdominal pain, or constant fatigue can be an indicator of a major health issue. Chronic conditions and how they are treated can impact the capacity to drive safely.

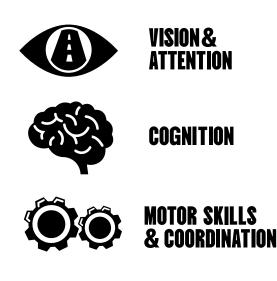
## **Chronic Conditions**

A migraine, abdominal pain, or constant fatigue can be an indicator of a major health issue. Chronic conditions and how they are treated can impact the capacity to drive safely.

A chronic disease is defined as a condition that lasts 1 year or more, requires ongoing medical attention and/or limits daily living<sup>1</sup>.



Major health events or conditions can compromise a person's capacity to drive safely due to cognitive or physical deficits for several months, and even permanently<sup>3</sup>. Non-severe medical conditions can also affect a person's fitness to drive, especially if they affect the person's:



## Recommendations

Make healthy choices your default.
Create a lifestyle where healthy options are the most convenient ones.

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Check the side effects of any medication that could affect your ability to drive safely. When taking any medicine check with your doctor or pharmacist the side effects that could affect your ability to drive safely, and ask whether it is safe to drive.



After a major health event, check with your gp before resuming driving. Besides recovery time, consider the fact that medicines can stay in your system for a long time.



Physical health cannot be disconnected from mental health. Practice activities that allow your body and mind to recharge. Look for guidance if you need it.

