

# Quick Fact: Your Body is Your Vehicle

A partnership between:



## 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:



**VISION &  
ATTENTION**



**COGNITION**



**MOTOR SKILLS  
& COORDINATION**

## Recommendations

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



- **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.

