

# What is Deprescribing?



Canadian Medication  
Appropriateness and  
Deprescribing Network

Deprescribing means reducing or stopping medications that may not be beneficial or may be causing harm.

## For Canadians over the age of 65:



2 out of 3 take **at least 5 medications.**



1 out of 4 take **at least 10 medications.**



The risk of harmful effects and hospitalizations increases when taking many prescription medications.



With age, some medications can become unnecessary or even harmful because of short-term or long-term side effects, and drug interactions.

**\$419 MILLION**

Estimated public spending per year on potentially harmful prescriptions in Canada.

## The Canadian Medication Appropriateness and Deprescribing Network

is a group of health care leaders, researchers and patient advocates working together to mobilize knowledge and promote the deprescribing of medication that may no longer be of benefit or that may be causing harm.



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**71%** of Canadian seniors are willing to stop a medication if their doctor says it is possible.

### Our goals:

**Reduce harm** by raising awareness and decreasing the inappropriate use of medications for seniors by 50% by 2020.

**Promote health** by ensuring access to safer drug and non-drug therapies.

**Interested in learning more about deprescribing?**

**Visit: [www.deprescribingnetwork.ca](http://www.deprescribingnetwork.ca)**



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