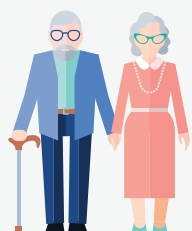
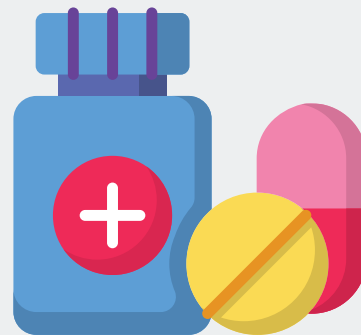


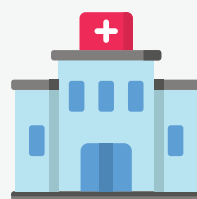
Deprescribing:

To reduce or stop medications that are unnecessary, not beneficial or perhaps even harmful to patients.



65+

On average, seniors use more prescription drugs than other age groups.



5x

Seniors who were prescribed 10 to 14 drug classes were over five times more likely to be hospitalized for an adverse drug reaction (ADR) than those prescribed one to four drug classes.⁴

2/3

In 2016, nearly two-thirds of Canadians aged 65 and older were prescribed five or more drug classes^{1,2}



1 in 4

One in four seniors were prescribed 10 or more drug classes^{1,2}



1 in 3

More than one in three Canadian seniors use at least one potentially inappropriate medication, which can lead to health risks, including falls, fractures, hospitalizations and death³

Footnotes

1. A drug class is a group of medications that are similar in chemical structure, how they work, and what they're used for. For example, opioids are a drug class.
2. According to research by the Canadian Institute for Health Information (CIHI)
3. Canadian Deprescribing Network
4. CIHI Report, Drug Use Among Seniors in Canada, 2016

Important



If you're concerned about your medications or those of a senior loved one, do not reduce or stop the drugs on your own. It's important to make an appointment with a physician, pharmacist or nurse for a medication review. With their help, you can ensure that your medications are helping, not harming.