

# Help make medication use safer in your community!



Canadian Medication Appropriateness and Deprescribing Network

## Who we are

The Canadian Medication Appropriateness and Deprescribing Network (CADeN) is a publicly funded healthcare organization that **promotes the safe use of medications for all people in Canada.**

We create **free, easy-to-use tools** to help the public learn about safe medication use—especially when taking multiple medications.

**Our goal?** To help patients make decisions about their medications in collaboration with their healthcare professional—ensuring each medication is providing more benefit than harm.



## Why medication safety?

The more medications we take, the higher our risk of side effects, including:



car crashes



falls & fractures



hospitalizations



confusion & memory problems



premature loss of independence



death

## Did you know?



**Medications** are the cause of up to **1 in 3 hospital admissions** in older adults<sup>1</sup>.

<sup>1</sup> Cosgrave, N., et al. (2025). Hospital admissions due to adverse drug reactions and adverse drug events in older adults: A systematic review. *Age and Ageing*, 54(8).



# Join a national effort to promote safer medication use!



## How we help Canadians

Here is how we promote medication safety:

- **We share clear information about the risks and benefits of taking multiple medications**, so patients and caregivers can make the best choices for their health.
- **We raise awareness and improving access to safer options** when some medications may cause harm.
- **We offer tools that help people talk with healthcare providers about their medications**, including questions to ask and how to prepare for a medication review.



SCAN THE QR CODE  
TO LEARN MORE

## How we can work with your community

We partner with community organizations and members of the public to get the word out. All of our resources are free:



**Public-friendly presentations**  
(online or in person)



Hardcopy **brochures and articles**  
(many available in 12 different languages)



**Easy to reshare digital tools**,  
like our Medication Review Service Finder



**Social media or newsletter content**

## Reach out to learn more and work with us!

DeprescribingNetwork.ca  
info@caden-recad.ca

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Canadian Medication Appropriateness and Deprescribing Network

AFFILIATED WITH:

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