



## The Movement Towards Deprescribing

What is deprescribing? **Deprescribing is the planned and supervised process of reducing or stopping medications that may no longer be of benefit or may be causing harm.** The goal is to reduce medication burden and harm, while maintaining or improving quality of life.

**ALWAYS CHECK WITH YOUR DOCTOR, PHARMACIST OR NURSE BEFORE CHANGING OR STOPPING ANY OF YOUR MEDICATIONS.**

The **Canadian Deprescribing Network** is a group of health care leaders, clinicians, decision-makers, academic researchers and patient advocates working together to mobilize knowledge and promote the deprescribing of medication.

Medications save lives. People suffering from chronic conditions take prescription medications to help control their symptoms and lead meaningful lives. *However, taking too many prescription medications can be risky, particularly for seniors adults. 2 out of 3 (66%) Canadians aged 65+ take at least 5 different prescription medications and slightly over 1 out of 4 (27%) Canadians aged 65+ take at least 10 different prescription medications. (Canadian Institute for Health Information (CIHI) 2018)*

Harmful effects can include: 1) Drug interactions; 2) Falls and fractures; 3) Memory problems; 4) Risk of death. The risk of harmful effects, drug interactions and hospitalizations increases, the more medications you take. *What can you do to become better informed? Join us for our Deprescribing Information Session on August 28th to learn more. (See Page 2)*



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## August Learning Sessions at Legacy

**August 7th - 2:30 pm to 3:30 pm**

### Workshop: Skin Conditions

*Presented by Sylvia Helmer, Council of Senior Citizens' Organization of BC (COSCO) Health & Wellness Institute*



Join us for this wellness workshop to learn about skin conditions most common in older adults, warning signs to watch for and importance of early detection and diagnosis.

Four major skin problems will be discussed: cancer; shingles, nail fungus, and pressure sores.

*Pre-registration is required by August 5th to 604.240.8550. (No charge.) Please arrive by 2:15 pm to guarantee your*

**August 28th - 2:30 pm to 3:30 pm**

### Wellness Session: Deprescribing Medications

*Presented by Jerry Gosling, Member & Facilitator, Canadian Deprescribing Network & Special Guest, Pharmacist Doug Danforth*



**Deprescribing** is the **planned and supervised process** of reducing or stopping medications that may no longer be of benefit or may be causing harm.

**Deprescribing must always be done with the help of your doctor, pharmacist or health care professional.**

Why Deprescribe? Over time and with age, some medications can become unnecessary or even harmful because of side effects, drug interactions and hospitalizations.

Learn about information resources available on this topic through the **Canadian Deprescribing Network** and how to start the conversation with your health care professional. For more information visit: <https://www.deprescribingnetwork.ca>

*Pre-registration is required by August 26th to 604.240.8550. (No charge.) Please arrive by 2:15 pm to guarantee your seating.*



[www.legacyseniorliving.com](http://www.legacyseniorliving.com)



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## About Us

Legacy Senior Living was conceived as a tribute to Leo Wertman, who, in 1960, founded the business that would grow to become The Wertman Group of Companies.

Our goal is to create an outstanding residence in Leo's honour right here in the heart of Vancouver.

A place where seniors can stay active and involved, living creative and fulfilling lives. A place where great food, friendships, culture, and thoughtful living spaces come together as the ideal lifestyle community.

## Contact Us

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