



May 29th, 2025

Dear Partner,

Innovative pharmaceutical policies such as a national pharmacare program are gaining momentum in Canada. While **access** and **affordability** have long been key priorities for Canadian policymakers, medication **appropriateness** was only recently acknowledged as the vital third pillar of a safe and sustainable healthcare system. The matter of appropriate use is hugely relevant: 22% of adults aged 40 to 59 report taking three or more prescription medications (Statistics Canada, 2021), and one in four older adults takes ten or more (CIHI, 2022). Taking multiple medications is a marker for potentially inappropriate prescribing, which can lead to falls, motor vehicle accidents, cognitive decline, preventable hospitalizations, and premature death. Potentially inappropriate prescribing also places a significant burden on healthcare providers, increases system costs, and adds to the environmental footprint of healthcare. Consequently, there is an urgent need to improve safe and appropriate use of medications in Canada.

Primarily funded by Health Canada and Canada's Drug Agency, the [Canadian Medication Appropriateness and Deprescribing Network \(CADeN\)](#) works across disciplines and sectors to advance appropriate medication use. Our efforts focus on building partnerships, expanding public awareness, supporting professional education, fostering Indigenous-led initiatives, driving essential research, and helping scale up evidence-based tools and practices. With this letter, we are proud to share our **2024–2025 Annual Report**, [Driving Change Together: Advancing Medication Appropriateness through Collaboration, Research & Impact](#), highlighting key achievements:

- Growth and deepening of partnerships with diverse community organizations;
- Collaboration with multidisciplinary educators to integrate deprescribing competencies;
- Decolonizing our network through relationship-building with Indigenous communities;
- Expansion of our national research network for safe and appropriate medication use;
- Co-leadership of the panCanadian [Appropriate Use Coalition](#), comprised of 11 health organizations, alongside Canada's Drug Agency and Choosing Wisely Canada.

These accomplishments reflect the strength of our network and an imminent need for action. CADeN is here to support community and senior-serving organizations in raising public awareness about the safe use of medications, by offering evidence-based resources, articles, webinars, and other learning opportunities tailored to Canada's diverse populations. **Alongside ongoing efforts to improve access and affordability, we invite you to join us in advancing appropriate medication use.**

If you have any questions about the report or would like to explore how our expertise can support your work, please don't hesitate to contact us at directors@caden-recad.ca.



Sincerely,

Emily G. McDonald, MD, MSc, FRCPC

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