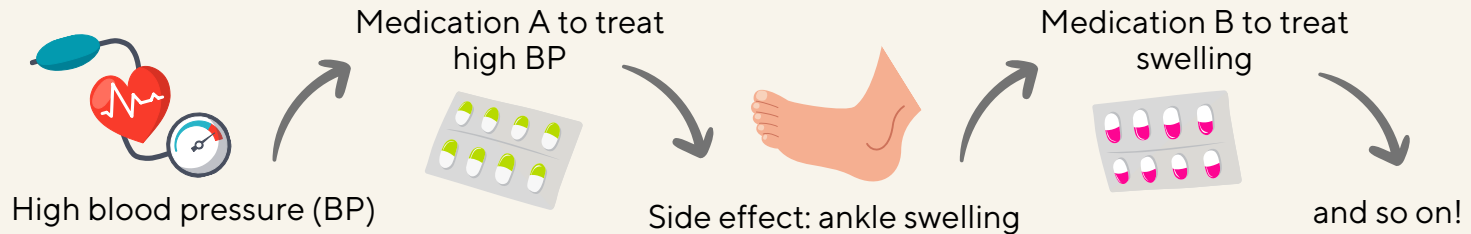


# what you need to know about prescribing cascades



## What is a prescribing cascade?

When the **side effect** of a drug is **mistaken for a new medical condition**, resulting in the prescription of another medication



## This leads to...

- increased risk for adverse drug reactions
- greater pill burden
- increased hospitalization risk

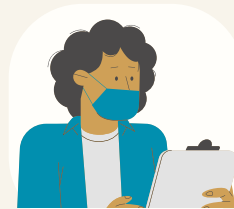
Older adults, particularly women, are at the greatest risk for drug-related harm.

➔ more chronic illness   ➔ prescribed more medications

## What you can do



For more information, see: [womensagelab.ca](http://womensagelab.ca)



**Talk to your doctor or pharmacist** about the best medications for you and review what you're currently taking



**Read about optimizing medications, here:**  
<https://www.cmaj.ca/content/193/6/E215>

