



A CO-ORDINATED APPROACH

By Per Homer, BA (Hons), CFA

Meet Peter Jackson — Peter wanted to get some advice. At his last annual check up with Dr. Smith, Peter was told he needed to better control his cholesterol. Dr. Smith prescribed him a brand-name version of atorvastatin. Peter thanked Dr. Smith and tucked the prescription in his wallet and promptly forgot about it.

About a week later, Peter wasn't feeling so great, so he visited his wife's naturopath, Dr. Jones. Dr. Jones said it was probably a number of things, and “prescribed” him Red Yeast Rice. Peter bought a bottle of 60 capsules, each with 1,200 mg.

After taking Red Yeast Rice for a couple of weeks, Peter began feeling pretty blue. He visited a walk-in clinic, met some doctor who he couldn't remember the name of, and was prescribed a brand-name version of venlafaxine to help with his low mood. He had forgotten to mention to the walk-in clinic that he was taking Red Yeast Rice as he felt it was only a supplement or “vitamin”.

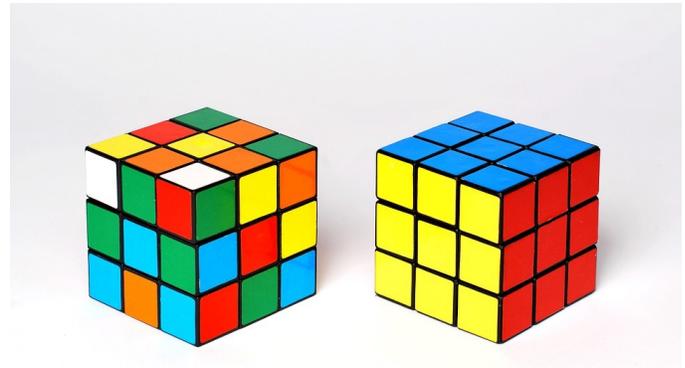
Peter began taking the pills as prescribed (he had chosen a generic since his insurance didn't cover brand-names), but felt very nauseous after every dosage. To combat the nausea, Peter began to regularly take over-the-counter anti-nausea pills. This was all becoming very complicated for Peter.

The next day, Peter's daughter Sarah had an earache and they went to her paediatrician, who helped her get the penicillin needed to help her ear infection. But while Peter was getting Sarah's prescription filled he remembered the atorvastatin prescription in his wallet.

Peter went back to the pharmacy counter and asked the pharmacist, Mr. Faheim, to fill his prescription. The pharmacist then asked him what medication he was taking... and if he was taking any supplements or vitamins. Mr. Faheim, quickly jumped in and asked Peter to stop taking the Red Yeast Rice immediately as it was a statin, just like the brand-name version of atorvastatin he had been prescribed. Additionally, Mr. Faheim explained that Red Yeast Rice is known to lead to low mood or depression, which may be causing him to need the venlafaxine and since he was taking a generic, the nausea was known issue with generics.

Mr. Faheim explained that really Peter should go back to his Dr. Smith and explain the chain of events that led him here and see what the next steps should be. Peter was really pleased that for once, he was getting comprehensive advice, and became a loyal client of Mr. Faheim's for many years to come.

This is an unfortunate scenario, and certainly not the most effective way to approach your health, and this happens too often — in many industries. Each doctor and pharmacist provided overlapping services and advice, often Peter was given conflicting advice between each doctor. Peter is pleased that he is now receiving health care in a coordinated fashion, by trusting his pharmacist to look out for his best interests.



So why do so many of people manage their financial matters in the same disjointed way?

Dealing with various financial institutions, money managers, brokers, lawyers and accountants can waste a substantial amount of time and money. There are duplicated administration fees, conflicting approaches, not to mention the time and energy required to meet with many institutions and their employees.

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Please contact our office at **905-277-7924** or **phomer@assante.com** to set-up your initial assessment at our offices in Mississauga, Toronto, or Oakville, or via Skype / Facetime.

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