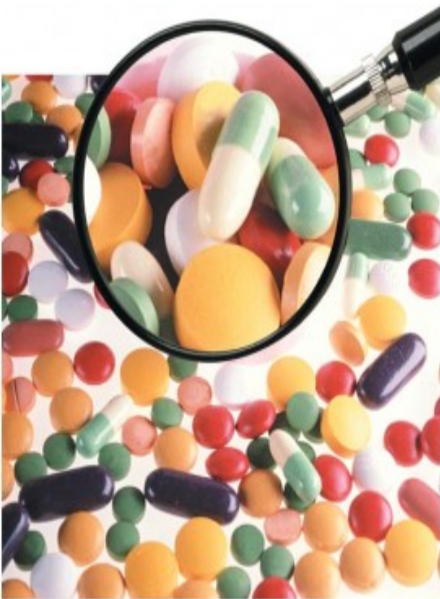


The Wellness Report

Fall 2012



Why Generics?

What are Generics?

Generic drugs are copies of brand-name drugs that are produced once the brand-name drug's patent has expired. Brand-name drugs and their generic equivalents have the same active chemical ingredients.

They work the same.

Generic drugs may look different than their brand-name drug equivalents, but they work the same.

According to regulations, a generic equivalent must be equal to the brand-name drug in terms of:

- Purity
- Effectiveness
- Dosage (they must also dissolve at the same rate)
- Route of administration (they must be absorbed in the same manner)
- Quality
- Intended use

Both generic and brand-name drug manufacturers must complete a series of tests during and after production to show that each drug batch meets the requirements for that product. Acting as the federal regulator for drugs in Canada, Health Canada monitors the production of both brand-name and generic drugs and ensures generic equivalents are as effective as their brand-name counterparts.

Generic drugs are often made in the same plant as their brand-name equivalents.

Besides cost, what is the difference between generic and brand-name drugs?

Generic drugs must contain the exact same medicinal ingredients as the brand-name drug, but the non-medicinal (filler) ingredients may vary. These non-medicinal ingredients give a drug its shape and colour, so the appearance of the drug may be different. Normally when the manufacturer changes the non-medicinal ingredients, they have to provide studies to prove that the effectiveness of the drug has not changed.

Generic drugs are affordable.

Generic drugs are typically sold at a fraction of the price of their brand-name counterparts. There are several reasons for this price discrepancy. When drugs are under patent the manufacturer has a monopoly and can set the price at whatever they choose.

Most often they set the price significantly higher than the cost of producing the drug, in an effort to recoup research and development costs. Some estimate that developing a new and innovative drug costs \$100-200 million.

Once a drug's patent expires the company's monopoly on producing the drug ends, and others begin manufacturing the drug. With the introduction of competition, the price naturally adjusts to market value.

Generic drug manufacturers can charge a much lower price for the drug because they do not have to incur the research and development costs, nor do they have to prove the safety and efficiency of the drug; these costs were incurred by the brand-name manufacturer before the drug was approved.

210-13900 Maycrest Way
Richmond BC V6V 3E2
Tel 604.270.1142
Toll Free 1.888.766.6390
Fax 604.270.3662
Toll Free Fax 1.888.636.1430
Website: www.dupuislangen.com
E-mail: info@dupuislangen.com

If you know of others who may like to receive our newsletter please let us know!

Bone Health Diet Guidelines

Ten million Americans over the age of 50 have osteoporosis, a disease characterized by porous, frail bones and increased risk of fractures. An additional 44 million adults in America have thinning bones that put them in danger of developing the disease. While there are some risk factors for osteoporosis that you just can't control (your genes, gender and your age are three), here's the good news: everyone can make lifestyle changes that benefit bones—at any age. Here are tips for improving your bone health.

Get enough calcium.

Ninety-nine percent of the calcium in your body is stored in your bones and teeth, keeping them strong; the other 1 percent circulates (via your blood) through the body and participates in important functions, including muscle contractions, blood clotting and hormone secretion. These reactions are necessary for life, so if your diet is low in calcium, your body draws the mineral from “banked” stores in your bones, to keep blood calcium levels normal. Over time, all this borrowing makes bones brittle. Indeed, lots of Americans aren't getting enough calcium.

Research suggests that many women consume daily less than half of the 1,000 to 1,300 mg of calcium recommended to build and maintain healthy bones. Dairy foods are the best sources of calcium. A cup of milk or yogurt supplies about 300 mg of calcium—so eating three (or four) servings of dairy will provide the recommended daily intake. Some green leafy vegetables, such as kale, are also good sources. Calcium-fortified juices and soymilks supply significant amounts of the mineral too. If you don't get enough calcium from foods, you may need to take a calcium supplement.

Don't forget vitamin D.

You need vitamin D to “lock in” calcium from food and get it into your bones. Vitamin D comes from two sources: the sun (UV light interacts with chemicals in your skin to produce it) and foods, including fortified dairy products, egg yolks, salmon, tuna and liver. Health experts recommend a daily intake between 200 and 800 IU of vitamin D per day. Some experts think the daily value is too low and recommend 1000 IU—which generally requires taking a supplement since only a handful of foods are natural sources of vitamin D [fatty fish like salmon, sardines and mackerel; egg yolks supply a little] and fortified milk provides only 100 IU of D per cup.

“Stress” your skeleton (in a good way).

Anything that gets your blood pumping is good for your heart and overall health, but weight-bearing physical activities, such as walking, jogging, lifting weights and playing racquet sports, are best for keeping bones strong. When you jump, run or lift a weight, it puts pressure on your bones, which sends signals to build new cells that, ultimately, strengthen your skeleton.

Pack your diet with produce.

Some research suggests that older people who consume more fruits and vegetables have denser bones than those who eat less. One reason for this may be that most fruits and vegetables provide good amounts of potassium and many—particularly leafy greens—contain magnesium and vitamin K too. Emerging research suggests that all three of these nutrients may be important for maintaining healthy bones.

Tame your salty tooth.

Eating a diet that's high in sodium and relatively low in potassium-rich foods like fruits and vegetables causes you to excrete excess amounts of calcium, which can have a negative impact on bones. Keep your daily intake of sodium to less than 2,300 mg per day.

Limit alcohol intake.

Alcohol interferes with the absorption and use of calcium and vitamin D, and science suggests that heavy alcohol intake reduces bone mass, increasing your risk for broken bones.

Don't diet dangerously.

Crash dieting can wreak havoc on bones. If you're trying to lose weight, do so gradually and healthfully, making sure to consume enough calcium and get adequate exercise. Beware: Dipping into an “underweight” range can disrupt reproductive hormones, including estrogen, that are critical to keeping bones strong.

Butt out.

If you don't already have a million and one reasons to kick the tobacco habit, here are two more: Research shows that smoking reduces calcium absorption. It also reduces bone mass, upping your chance of fractures.



Grilled Salmon with Tomatoes & Basil

Makes 4 servings

Total Time: 30 minutes

Ingredients:

2 cloves garlic, minced
1 tsp kosher salt, divided
1 tbs olive oil
1 whole wild salmon fillet (approx 1.5 pounds)
1/3 cups plus 1/4 cup thinly sliced fresh basil divided
2 medium tomatoes, thinly sliced
1/4 tsp freshly ground pepper

Preparation

1. Preheat grill to medium.
2. Mash minced garlic and 3/4 teaspoon salt on a cutting board with the side of a chef's knife or a spoon until a paste forms. Transfer to a small bowl and stir in oil.
3. Check the salmon for pin bones and remove if necessary (see Tips). Measure out a piece of heavy-duty foil (or use a double layer of regular foil) large enough for the salmon fillet. Coat the foil with cooking spray. Place the salmon skin-side down on the foil and spread the garlic mixture all over it. Sprinkle with 1/3 cup basil. Overlap tomato slices on top and sprinkle with the remaining 1/4 teaspoon salt and pepper.
4. Transfer the salmon on the foil to the grill. Grill until the fish flakes easily, 10 to 12 minutes. Use two large spatulas to slide the salmon from the foil to a serving platter. Serve the salmon sprinkled with the remaining 1/4 cup basil.

Nutrition

Per serving: 248 calories; 10 g fat (2 g sat , 5 g mono); 80 mg cholesterol; 3 g carbohydrates; 0 g added sugars; 35 g protein; 1 g fiber; 367 mg sodium; 799 mg potassium. Nutrition Bonus: Potassium (23% daily value), Vitamin A (22% dv), Vitamin C (18% dv), Magnesium (15% dv)

Source: EatingWell

This newsletter is provided with the understanding that it does not render legal, accounting, tax, human resource, or professional advice. The information and articles in this newsletter are obtained from various sources believed to be reliable but their accuracy cannot be guaranteed. Readers are urged to consult their professional advisors before acting on the basis of material contained in this newsletter. The performance of mutual funds or other investment vehicles is not guaranteed. Values will fluctuate and past performance is not necessarily indicative of future returns. Dupuis Langen Financial Management (1985) Ltd. does not assume liability for financial applications based on any article herein, even where an error or omission occurs. Reproduction of this newsletter or any part thereof without written permission of Dupuis Langen Financial Management (1985) Ltd. is strictly forbidden. E&O