

The Wellness Report—Fall 2013 Report



THE DUPUIS LANGEN GROUP
SOLUTIONS WITH CLARITY

ARTHRITIS—the ‘invisible disease’

Arthritis doesn't discriminate. With more than 100 different forms of the disease, it can strike anyone at anytime, regardless of age, physical condition or ethnic background, often with devastating and debilitating effects. There are two main types of arthritis: inflammatory arthritis and osteoarthritis. And there is no cure yet. Over 4.6 million Canadian adults (one in six Canadians aged 15 years and older) report having arthritis. By 2036, this number is expected to grow to an estimated 7.5 million Canadian adults (one in five)¹

Recognizing The Impacts

In addition to the physical effects and some substantial financial ones, the impact of arthritis on the Canadian economy in healthcare costs and lost productivity is estimated to be

\$33 billion each year. By 2031, this number is expected to more than double to over \$67 billion.¹ Job loss and financial issues are leading stress factors for people living with arthritis. “Most of us define our meaning in life according to the roles that we have,” says Greg Taylor, a medical social worker with the Vancouver Coastal Health Authority who deals with arthritis patients of all ages. “Whenever people are confronted with a diagnosis of arthritis, it challenges them to adjust to the limitations of their bodies and that's difficult.”²

Source

¹ The Arthritis Society *Facts & Figures 2013*

² The Arthritis Society—*ROI of One Life: Arthritis*

³ Benefits Canada—*Face to Face Drug Plan Management 2012 conference coverage*

Coping with the Cost

The specialty drugs for treating chronic conditions can be miraculously effective, but they come with a high price tag, and plan sponsors are pressured to both cover these drugs and find ways to achieve plan sustainability. Unlike 20 years ago, when medical treatment aimed at merely controlling symptoms, the goal now is to eradicate inflammation. “We're looking at remissions,” said Dr. Diane Lacaille, a senior scientist at the Arthritis Research Centre of Canada, “because that's the only way we can prevent the joint damage and the physical disability.” Not only are the biologic DMARDs effective in improving physical function, pain and fatigue, they can also arrest progression of the disease, Lacaille asserted. She acknowledged that for some patients it can take four to six months for the drug to take effect, but others describe it as “a miraculous drug, because with one infusion or one injection they feel like their old selves.” On the other hand, at the first-ever Face to Face Drug Plan Management Forum in Vancouver on May 31, senior executive with Great-West Life Harold Gutovich remarked that more than 90% of all plans are open formulary and will allow for PharmaCare limited-authority medications to be paid in full, without special authorization in place, and says “the majority of special authority applications for the high-cost biologics are approved. With approval, the B.C. government will pay a good portion of the cost of these drugs — essentially, all the cost once a plan member's PharmaCare deductible has been reached.” Ultimately, employers need to promote a culture of health and wellness that will pay dividends for individuals, the employers and both the public and private healthcare systems.³



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Arthritis Screening Program

On September 9, 2013, Health Minister Rona Ambrose presented at the launch of the new Arthritis Screening program by Shopper’s Drug Mart, and says “We (our Government) are pleased to have funded research that contributed to the development of this innovative new program that will improve the quality of life of Canadians living with arthritis.” Pharmacists at more than 1,200 Shoppers Drug Mart stores across Canada will be providing arthritis screening and information to Canadians as part of a three-year partnership between Shoppers Drug Mart/Pharmaprix, Arthritis Consumer Experts and the Arthritis Research Centre of Canada.

Arthritis is the second most frequently mentioned condition as a cause of disability among men, but first among women. Arthritis-related disability includes limitations in mobility, such as moving around, reaching and bending and transportation; self-care; domestic life; and community, social and civic life. The Shoppers Drug Mart Arthritis Screening is the first and only program in Canada designed with women in mind because the disease affects two out of three or 2.8 million Canadian women. To help detect the disease at an early stage, the program includes a self-administered joint exam and questionnaire. It also helps Canadians with arthritis work with a pharmacist to monitor their symptoms and medication over time to prevent the disease from worsening. [Source: Shoppers Drug Mart Corporation](#)



“Living Better, Ageing Well”

is the slogan of this year’s World Arthritis Day. To know more about their exciting activities, visit their website at

WorldArthritisDay.org

Juice Recipes for Arthritis Sufferers

Pineapple, Carrot & Celery Juice

- 5 carrots
- 2 stalks of celery
- 4 oz pineapple
- 1 tsp lemon juice



Broccoli Carrot Juice

- 1/2 cup fresh broccoli, cut in pieces
- 3 medium carrots
- 1 apple, core removed
- 1/2 lemon, peeled

Papaya Orange Juice

- 1/4 papaya, peeled
- 1 large orange, peeled



Sour Cherry-Pomegranate Juice

- 2 cups sour cherries
- 1 pomegranate, skin removed
- 1 apples, core removed



Source: BeforeltsNews.com



SPINACH

a healthy source of potassium which helps to boost the natural anti-inflammatory hormones

In a handful of raw spinach (approximately the size of a cup) there is 167 mg of Potassium. The kicker with spinach is that it is the most alkalizing food on the planet. There are two reasons for eating it raw, rather than boiled. Firstly, for the enzymes and secondly, if you boil the spinach some of the potassium is lost in the water. Source: rheumatoidarthritisprogram.com

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