

## Dis you know...

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The 10 most expensive health problems in drugs in Canada in 2010\* are:

Health condition	Cost (\$)¹	Number of Rx
Hypercholesterolemia	14.4 %	10.7 %
Hypertension	12.6 %	18.7 %
Depression	11.7 %	12.1 %
Diabetes	11.1 %	10.2 %
Rheumatoid arthritis	10.7 %	0.3 %
Ulcers	10.2 %	9.3 %
Asthma and other inflammatory diseases	8.7 %	8.6 %
Bacterial infection (antibiotics)	7.7 %	13.1 %
Narcotic analgesics	7.4 %	10.0 %
Dermatological problems	5.4 %	6.9 %

\*According to Telus Solutions en santé

We often hear about specialty drugs when explaining the increase in cost for group insurance. However, previous information shows the importance of improving life habits to control the costs in medium and long-term.

In 2009, the newspaper Les Affaires reported that problems related to blood pressure, cholesterol and diabetes cause near 30 % of expenses in drugs. In 2011, this statistic is still relevant. In fact, those health problems can be controlled or eliminated by improving life habits. Also, maintaining a good lifestyle influences positively psychological condition and helps in stress management.

Costs related to specialty drugs and biological drugs are still important, but unfortunately, businesses have low control on this situation. That is why promotion of occupational health becomes a competitive advantage for all businesses. More conservative studies report a return of 1.50 \$ per 3\$ invested while other studies report a return up to 7\$ or 15\$ per dollar invested. Still today, it is difficult to measure the financial advantages related to health promotion. Data on drugs consumption are part of the tools used to help you in measuring your potential savings and the impacts of your future actions.

For more information, do not hesitate to contact us.

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¹ Percentages are calculated considering the 10 most expensive health conditions. It does not take into account all health conditions.

