

# THE JOURNAL OF PRECISION MEDICINE

PREDICT PREVENT PERSONALIZE WITH PRECISION

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## editor's note

Dear Reader:

As summer draws to a close and the days become shorter, I reflect on the last three months, and the developments in numerous areas of the Precision Medicine landscape. From increased scrutiny from the FDA on pharmacogenomic testing, to controversy over the alleged data manipulation for a new therapy, there are more questions being raised regarding the way in which companies are conducting themselves in this lucrative industry.

As I mentioned in my last Editor's note, this and some of the political rhetoric taking place in the 2020 Presidential race are combining to cast a dark shadow upon one of the main pillars to the success of Precision Medicine. High drug prices in the US health system have become a mantra from all sides of the political spectrum, with suggestions of importing drugs from Canada to single payer healthcare coverage which will ultimately impact the patients access to some therapies.

This and other issues have come to the forefront for me on a personal level this week. I was diagnosed with Type 2 Diabetes, and as such have been prescribed two of the most recent additions to the medication arsenal. As my physician completed the prescription for these medications, he handed me two "discount" cards to help with the monthly out of pocket expenses. After, reviewing these and providing them to my local pharmacist, I was informed my insurance company would not cover them and am now going through an appeals process. All of this to hopefully be able to pay an out of pocket expense of nearly \$1,000 a month, until my deductible of \$6,500 is met, in addition to my \$1,700 a month premium. Of course, another and in my opinion the most important aspect of this diagnosis is my own neglect of my health over the past ten years. While trying to start two businesses, help raise three children (although my wife has been the rock in this department!), and the other trials and tribulations of the 40-50 year old decade, my diet and exercise habits have left a lot to be desired and I am now paying the price.

My personal narrative is meant to shed some light on a system that is broken, however each individual has a responsibility to take care of his or her own health. Prevention is the best cure – so let's all take a step towards a healthier you and in turn encourage others to do the same.

Sincerely,

Nigel Russell, Editor-in-Chief