



# Include Personalized Medicine in your sponsored plan

## Introducing PharmaPsycare™ Enhanced mental health medication management

PharmaPsycare is a comprehensive service that provides specialized psychopharmacology assistance for your employees and their dependants.

Employees have access to a team of specially trained psychopharmacists to help manage side effects, taper medication, and monitor new drug treatments to achieve optimal therapeutic outcomes.

They are also covered for **pharmacogenetics testing service**, which enables our pharmacists to suggest the most suitable drug and dosage for your employee and their dependants.

## Psychotropic medication can be a challenge!

- Antidepressants fail **50% of the time**
- They **take time** to show results (between 6 to 8 weeks)
- Cause **side effects** sometimes worse than the treated condition
- **Caution** should be taken when **using combinations**
- If stopped suddenly **can cause withdrawal issues**
- Poor adherence because of side effects or **lack of effect**

for less than  
**CA\$ 1**  
per  
employee/month



by Personalized Prescribing

[www.personalizedprescribing.com](http://www.personalizedprescribing.com)

PharmaPsycare makes Personalized Prescribing pharmacists available to your employees and their dependents.

Just call us

**+1 844 943 0210**

or send us an email to

**[pharmacists@personalizedprescribing.com](mailto:pharmacists@personalizedprescribing.com)**

This service is totally confidential. No one will have access patient's information unless they provide written consent.

# What is Genetic drug compatibility testing and how it impacts medication management

Many safe and effective medications are used to treat mental health conditions, but getting on the right medication can be a lengthy trial-and-error process. Taking a pharmacogenetic test for drug compatibility can save time and reduce costs associated with productivity, absenteeism and disability.

This unique test is the only one in Canada that uses a polygenic approach to analyze 54 genes that are specific for mental health-related medications. Results are integrated into algorithms that consider the impact of many genetic variants on response to a given medication.

## ✓ Genes associated with metabolic response

Our test analyzes pharmacokinetic genes in order to understand how the body metabolizes or breaks down these medications. Testing of liver enzyme genes can help determine how quickly or slowly the body clears a medication, which can identify whether a dose increase or dose reduction is needed to achieve optimal response to medication and mitigate side-effect risk.

## ✓ Genes associated with brain receptors and drug transporters response

The majority of the analyzed genes are within this category, which includes different brain receptor genes based on the mechanism of action of the drugs. Some of these genes serve as direct targets for the drug, where genetic variations can impact the drug's binding and activity. Others may be indirectly involved in the pathways that influence the drug's response. The majority of the time, medication failure is due to variations in these pharmacodynamic genes.

## Role of the Psychopharmacists

*These specially trained pharmacists' role is to guide the patient through the entire process of pharmacogenetic testing, and provide ongoing support to patients as needed.*

They integrate knowledge of both the genetic variants and the drugs' mechanism of action to provide the best recommendation commercially available.

They will discuss the patient's medication and medical history. Once the patient's saliva sample has been processed, they will then interpret the results that are generated through software to provide recommendations, accordingly.

## A concise yet complete and functional report

The assigned psychopharmacists will prepare a report with clear, actionable recommendations based on the obtained genetic profile that can be used to better optimize the patient's treatment by their treating physician.

