



# THE MAGNET™



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REGIONAL SOURCE FOR IMPORTANT PHYSICIAN INFORMATION

## Risk Management Tips

### Use of Dietary Supplements with Prescriptions Spells Trouble for Some Patients

In a recent U.S. Food and Drug Administration (FDA) Health and Diet sponsored study, 73% of those polled 18 and older used a herb or dietary supplement at least once a year and 85% used multivitamins on a daily basis.<sup>1</sup> No major medical group or government agency recommends multivitamins for otherwise healthy individuals because evidence-based reviews found no benefit.

Another study by the National Center for Complementary and Alternate Medicine, found that glucosamine-chondroitin does not relieve arthritic pain; Echinacea does not prevent colds and Saw Palmetto does not relieve benign prostate hyperplasia.<sup>2</sup>

Many herbs and supplements have a long history of use and of claimed health benefits but some have caused health problems for users. Since the mid-eighties, the American Association of Poison Control Centers has received more than 1.6 million reports of adverse reactions from people taking dietary supplements. Over 250,000 of these incidents resulted in hospitalization.<sup>3</sup>

The FDA study concluded there is a higher incidence of adverse results using herbal supplements with prescription medications. In the US, herbal and dietary supplements are regulated by the FDA as foods, meaning they do not have to meet the same standards as drugs and over-the-counter medications for proof of safety, effectiveness, and what the FDA calls 'Good Manufacturing Practices.'

The danger is that these supplements can act in the same way as drugs and can cause medical problems if not used correctly or if taken in large amounts. Some have been found to be contaminated with metals or other

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## By Physicians. For Physicians.

### 0% Premium Financing Plans Introduced October 1, 2007

MAG Mutual is now offering installment payment options without a service charge to pay your medical professional liability and other insurance premiums. **That's 0% Financing!** The new options are available for new or renewing medical professional liability and selected business / practice policies effective October 1, 2007.

Policyholders may choose among three installment payment options with 0% financing, paying three, four or six times a year. The two and ten-payment plan options are no longer available. At renewal, policyholders with these plans will automatically be switched to the closest available payment schedule. For example, if you were on a 10-pay plan, your renewal notice will reflect a change to the 6-pay plan.

Policyholders may also switch payment plans by indicating their preference when receiving the renewal notice, or by calling **1-800-282-4882** and speaking with an underwriting representative.

MAG Mutual Insurance Company is always looking for ways to help our policyholders. The insurance savings and new 0% financing plan, together with the dividend are just some of the initiatives MAG Mutual has introduced in 2007 to help our Georgia physician policyholders. ●

## Silver Anniversary Tribute To Physicians

MAG Mutual is celebrating 25 years of serving physicians in 2007 and to commemorate our silver anniversary, we've developed a short video tribute in celebration of you and the thousands of physicians we serve.

It both reflects on and celebrates your decision to become a physician, your training, personal sacrifices, and daily devotion and

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## In Practice. In Life.

### Hot off the Press! Winter Medical Publications Catalog

The MAG Mutual Healthcare Solutions, Inc. Winter Medical Resource Guide features:

- New, Improved Fees on Disc
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*(Silver Anniversary Tribute To Physicians , continued from page 1)*

daily devotion and dedication to helping your patients.

We hope you will enjoy the video tribute, play it often and share it with your family, friends and associates. The DVD's run time is just over two minutes and can be played in any DVD player. You will receive it by mail mid-October.

Our physician Board of Directors and all employees thank you for your loyalty and trust in MAG Mutual, and we promise to strive for even greater achievements in the next 25 years.●



*(Use of Dietary Supplements with Prescriptions Spells Trouble for Some Patients , continued from page 1)*

substances. Published analyses of some supplements have found differences between what's listed on the label and what's in the bottle.

Physicians and other health professionals should remain diligent in asking patients about dietary supplements and herbal intake at each visit, update medication lists, and educate patients about any safety concerns related to combining these with prescription medications.●

(1) Timbo BB, Ross MP, McCarthy PV, et al. Dietary supplements in a national survey. *Journal of American Dieticians Assoc.* 2006; 106 1966-1974

(2) AARP, NCCAM. Complementary and Alternate Medicine. What people over 50 are taking and discussing with their physicians. January 18, 2007

(3) Lai MW, Klein-Schwartz W, Rodgers GA, et al. 2005 Annual Report of the American Associate of Poison Control Centers national poisoning and exposure database. *Clinical Toxicology* 2006; 44:803-932

\*MAG Mutual does not presume to establish any standard of care or establish rules for the practice of medicine. The particular patient-care strategies or range of patient-care strategies mentioned in this article should be tempered by the physician's judgement.

## Take a Look: [www.MAGMutual.com](http://www.MAGMutual.com) Updated

Ever misplaced your MAGnet newsletter and really wanted to read one of the articles? Or have you needed an updated risk management handbook but didn't want to wait for a CD to come by mail? Well, we have good news. MAG Mutual recently launched its updated, more user-friendly Web site, [www.magmutual.com](http://www.magmutual.com). Now all the risk management information, medical liability insurance news and MAG Mutual newsletters you need are easier than ever to access.

Take a few moments to visit the new site and look for these highlights:

- Policyholder service options
- Expanded Risk Management section that offers news and articles, Risk Manager newsletters, CME programs and seminars, new physician and small practice resource centers. Ask a Risk Manager and sample forms
- MAGnet newsletters
- Product and service information from all of MAG Mutual

Also, you can see and order almost any resource publication at [www.coderscentral.com](http://www.coderscentral.com).●

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