

# ASHBY ADVISOR

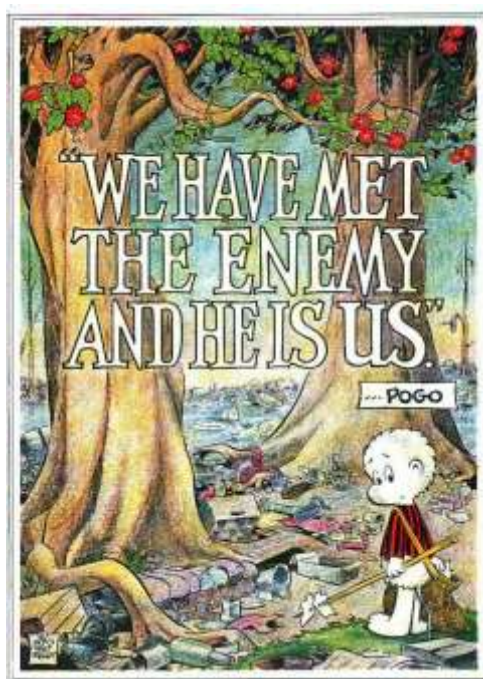
Seventy-third edition  
April 2014

I'd like to again thank everyone that was able to come to the open house. It was really great to see so many of you and we appreciate you taking time out of your schedule to stop by. Thanks you for your referrals of friends/family/co-workers. We will always do our best to take care of them.

As most of you know part of my practice philosophy has been to do what needs to be done to alleviate your concerns and leave it alone – Avoid too many tests and procedures whenever possible.

A great commentary in TIME Magazine, March 10, 2014 by Dr. Marty Makary - a cancer surgeon writing about chasing cancer. If you can take the time to read this it is a very eye opening article. (<http://time.com/10230/the-cost-of-chasing-cancer/>). Two points from the article! 1) There are 180,000 Medicare patients who die annually due to unintended harm during treatment. 2) one third of all health care dollars are spent on unneeded tests, medicine, procedures and administrative costs.

This is why I will continue to emphasize the importance of preventive care by living a healthy lifestyle first. Some of you are old enough to remember the comic strip “POGO” years ago. There was a great quote from one of his strips “We have met the enemy and it is us.” Keep plugging along. Enjoy your family and friends.



Quote: “Let’s all try to Live Long and Prosper.”