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# The journal

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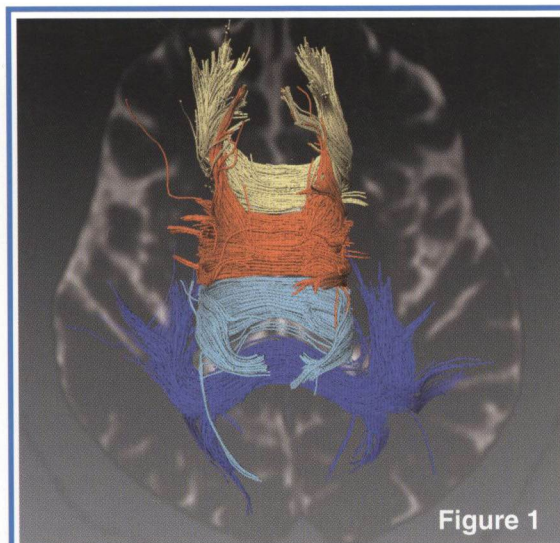


Figure 1

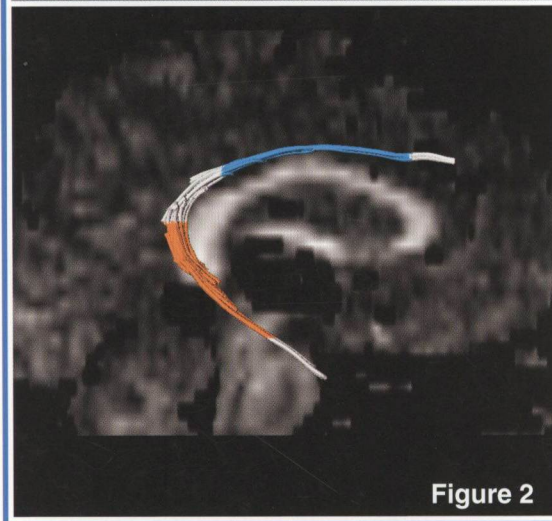


Figure 2

*See Page A-2 for figure legend*

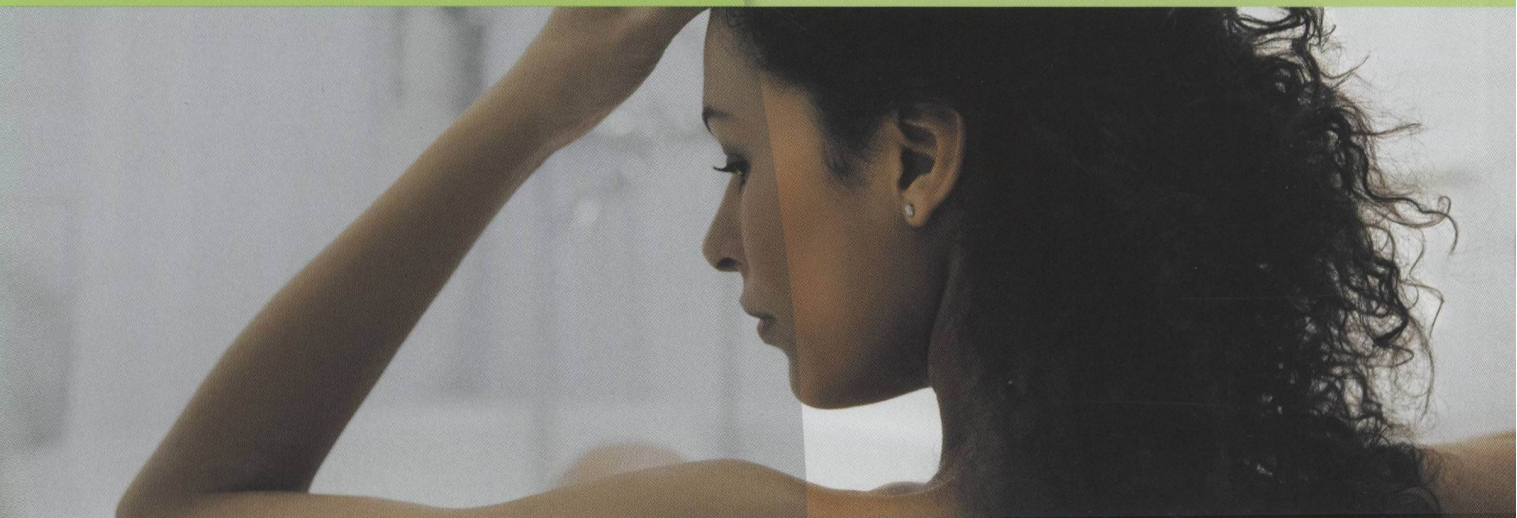
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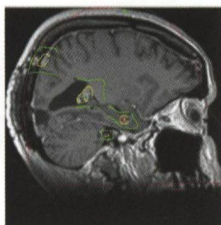
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**COVER LEGEND**

*From the Original Article "Corpus Callosum and Cingulum Tractography in Parkinson's Disease" pages 595-600.*

*Figure 1: Corpus Callosum Tractography: For fibers arising in segment CC1 (anterior = yellow) only fibers projecting anteriorly and traversing the coronal slice at the most anterior point of the corpus callosum were included and fibers were excluded if they projected posterior to the traced region. For areas CC2 (anterior body = orange) and CC3 (posterior body = light blue), only fibers passing through the most superior point of the traced region on the horizontal slice were included and fibers were excluded if they projected inferiorly. For area CC4 (posterior = dark blue), fibers not projecting to the occipital or temporal lobes were excluded.*

*Figure 2: Cingulum Tractography. The following landmark parameters were used: 1. Body: the portion of the cingulum coursing posteriorly from the most posterior point of the rostrum to the most anterior point of the splenium (blue). 2. Posterior: the portion of the cingulum coursing inferiorly and laterally from the most superior point of the fornix to the level of the midbrain (orange). FA and MD values were calculated for fibers contained within the specified regions bilaterally.*



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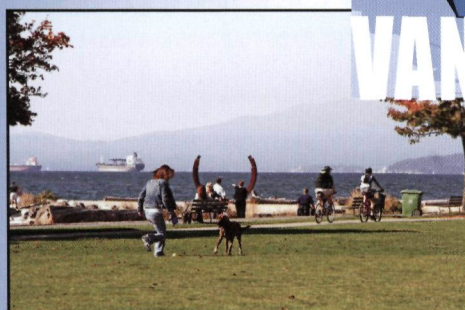
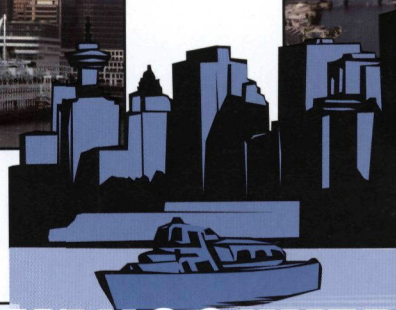
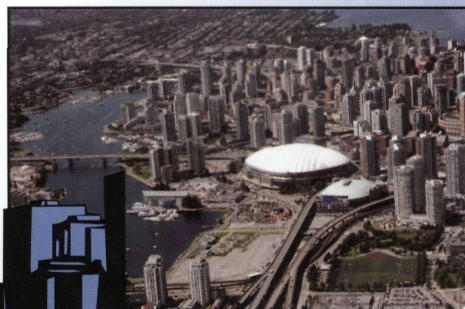
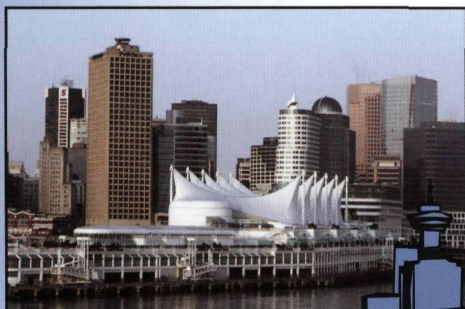
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# First the plan, then the portfolio

*A portfolio is part of a financial plan, not the other way around.*

I talk to a variety of people during the week—clients, potential clients, friends and family. Most (if not all) of these people have investment portfolios. But with the exception of my clients, very few of them have financial plans.

There's a big difference between a portfolio and a plan. A portfolio is a collection of investments, gathered together in an account with little regard for long-term strategy. A plan, on the other hand, is all about strategy. It is a detailed roadmap for achieving financial goals within a given time frame. In this way, an investment portfolio serves the financial plan. Not the other way around.

Quite frankly, I see too many people make investment decisions in a vacuum—without looking at the “big picture.” What are you trying to accomplish? What's the end goal of investing in XYZ stock? Too often these questions are ignored, and a stock is bought simply because its share price seems to be going up. The result is a hodge-podge of investments that performs poorly, and often forces the investor to take on a lot more risk than is necessary. That can leave the investor frustrated and anxious at the inability to attain financial goals. Which can lead to riskier and riskier investments. And so the cycle continues.

It doesn't have to be this way. If you have an investment portfolio, that's a good start. But you need a financial plan as well. Here are three things a financial plan can do for you.

## Fills in the big picture

A financial plan gives you a rationale that you can apply to investment decisions. For example, if you're faced with an investment opportunity, and you don't know whether you should take it or not, simply review your financial plan and ask yourself: “does this investment bring me closer to my goals? Does this investment fit into the big picture? Does it fit in with my stated risk tolerance?” If you can answer yes to all three, then the investment is worth considering. If not, you move on.

## Offers discipline

A financial plan strengthens your commitment to financial goals. It encourages you to take profits and to accept losses when it makes sense to do so. It serves as a “reality check” when you hear hot tips, and prevents you from overconcentrating the portfolio in a single stock or market sector. This alone can do a lot to protect your financial future.

## Offers peace of mind

A financial plan helps you sleep at night. When you know where you're going (and why you're taking a particular route to get there), you feel more confident about the future. A well-written financial plan takes market volatility into account, and can provide you with direction in good markets and bad—that can be very valuable in times of volatility. But it's not just about the market. Life can be uncertain too. A financial plan can account for unexpected circumstances in your life—if you become disabled, for example. You'll sleep better because you'll know that no matter what happens, your plan is working to achieve your long-term goals.

Talk to your financial professional about writing a financial plan today. Contrary to popular belief, writing a financial plan doesn't have to be difficult. All it takes is a little commitment. And when you see others who don't have a plan anxious and stressed about not meeting their financial goals, you'll understand just how valuable a financial plan can be.

Visit [www.scotiamcleod.com](http://www.scotiamcleod.com) or talk to your Scotiabank Small Business advisor at your local branch.

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