



Newsflash

Issue 2015.2

According to ProCare Rx's analytics team, the drug inflation rates year-to-date are as follows:

ALL DRUGS 3.62%
BRANDS 4.13%
GENERICS 0.84%
SPECIALTY 5.50%

Generic Releases

The following brand drugs have lost their patents:

| Drug | Condition | Date |
|-------------|-----------|--------|
| Norvir | HIV | Jan 15 |
| Nexium 40mg | GERD | Jan 26 |

While we have done extensive research on these dates, there is a possibility that any given date may change based on legal issues or patent challenges. If we become aware of any changes, we will update this chart in the next issue.

Formulary Changes

For a complete list of formulary changes, please visit our website at <http://www.procarerx.com>

| Drug | Condition | New Tier |
|------|-----------|----------|
|------|-----------|----------|

Previous issues of Newsflash can be viewed under "Publications" at: www.ProCareRx.com

The "Eyes" Have It: Eat to Protect Your Vision

Generations of parents told their children that eating carrots would improve their vision. Those well-meaning moms and dads probably should have said the same about a variety of colorful fruits and vegetables, since they contain the key nutrients that support eye health.

"Certain antioxidants, such as beta carotene and vitamins C and E, may play a protective role against two common causes of vision loss, age-related macular degeneration (AMD) and cataracts," says ophthalmologist Jessica Ciralsky, MD, with Weill Cornell Eye Associates. The nutrients lutein and zeaxanthin also have been shown to influence the health of the macula, the part of the retina responsible for clear, central vision.

Antioxidants are substances that help fight cell-damaging molecules known as free radicals. In addition to supporting eye health, antioxidants are associated with helping to protect against cancer and other diseases.

Your menu for eye health

Dr. Ciralsky recommends regular consumption of dark, leafy vegetables, which contain high levels of lutein and also have trace amounts of zeaxanthin. Additional sources of zeaxanthin include corn and kiwifruit.

Egg yolks are packed with lutein and zeaxanthin. While the yolks contain all the cholesterol in eggs, recent research suggests that eating eggs may have little impact on the levels of LDL ("bad") cholesterol in your body.

For vitamin C, consider adding more strawberries and citrus to your diet. Good sources of vitamin E include nuts and seeds, which also contain zinc, a mineral that has been found in large concentrations in the retina and is thought to help bring vitamin A to the eye, Dr. Ciralsky explains. Beta carotene, which is converted to Vitamin A in your body, is most plentiful in dark-green and orange vegetables and fruits.

Do you need supplements?

"I think eating a balanced diet is the best way to obtain the proper nutrients," Dr. Ciralsky says. "If this cannot be achieved, supplements may be helpful."

For patients with intermediate or advanced AMD, supplemental AREDS2 vitamins may be considered. "AREDS2" stands for Age-related Eye Disease Study 2, which looked at the benefits of certain nutritional supplements on eye health. AREDS2 vitamins contain lutein, zeaxanthin, zinc, copper, and vitamins C and E. The decision to start taking AREDS2 vitamins should be discussed with your ophthalmologist, Dr. Ciralsky recommends.



The following **New Drugs** were recently approved by the U.S. Food & Drug Administration and added to ProCare Rx's National formulary. Each drug will be reviewed at the next ProCare Rx's P&T Committee meeting in March.

| Brand Name | Dose Form | FDA Approved Indication | Tier | P/A Specialty Medical |
|--|-----------|---|--------|--|
| Cosentyx (secukinumab) | Injection | Treatment for plaque psoriasis | Tier 3 | Prior Auth: No Specialty: No Medical: No |
| Duopa (carbidopa and levodopa) | Oral | Treatment for parkinson disease | Tier 3 | Prior Auth: No Specialty: No Medical: No |
| Evotaz (atazanavir and cobicistat) | Oral | Treatment for HIV | Tier 3 | Prior Auth: No Specialty: No Medical: No |
| Natpara (parathyroid hormone) | Oral | Treatment for hypocalcemia | Tier 3 | Prior Auth: No Specialty: No Medical: No |
| Prestalia (amlodipine besylate and perindopril arginine) | Oral | Treatment for hypertension | Tier 3 | Prior Auth: No Specialty: No Medical: No |
| Prezcobix (darunavir and cobicistat) | Oral | Treatment for HIV | Tier 3 | Prior Auth: No Specialty: No Medical: No |
| Savaysa (edoxaban) | Oral | Treatment for deep vein thrombosis and pulmonary embolism | Tier 3 | Prior Auth: No Specialty: No Medical: No |

SOURCES OF VISION-BOOSTING NUTRIENTS

NUTRIENT

FOOD SOURCES

- Lutein** Kale, spinach, collard, turnip, and mustard greens, swiss chard, eggs
- Vitamin C** Strawberries, peaches, pineapple, oranges, grapefruit, kiwifruit, bell peppers, kale, broccoli
- Vitamin E** Sunflower seeds, almonds, peanuts, spinach
- Beta carotene** Sweet potatoes, carrots, spinach, red peppers, romaine and green leaf lettuce, kale, winter squash, cantaloupe.

FLAVORFUL FOOD-SEASONING PAIRINGS

FOOD

SEASONING

- Beef** Basil, bay leaf, caraway, curry, dill
- Chicken** Cloves, cranberry, mushrooms, parsley, oregano
- Fish** Dry Mustard, green pepper, paprika, turmeric
- Vegetables** Garlic, ginger, mace, marjoram, nutmeg
- Eggs** Chervil, garlic powder, onion, rosemary, tarragon

Train Your Taste Buds to Enjoy No-Salt Seasonings

You read it everywhere: Reduce the amount of salt you eat. How do you avoid cooking bland food if you're bypassing the salt shaker? Jackie Topol, MS, RD, CDN, a clinical dietitian at Weill Cornell Medical Center, offers some healthy suggestions for cutting back on salt without losing the flavor.

"You can use other foods and seasonings, as well as different cooking techniques, to enhance the flavor of your dish without the salt," Topol says. Lemon or lime juice and vinegar add brightness to a dish, so that your palate doesn't miss salt. Also, use fresh or dried herbs and spices; you can choose to go with subtle or bold tastes, depending on your preferences. Hot peppers or hot sauce also boost the flavor, but be aware that hot sauce contains some sodium, so just use a drop or two.

Salt alternatives

"Salt-free seasoning blends (like Mrs. Dash) are wonderful, too, and come in a variety of flavors," Topol says. However, some salt substitutes are composed of potassium chloride (instead of sodium chloride, which is found in regular salt), and extra potassium can be problematic for people who have kidney problems or those taking certain medications, such as potassium-sparing diuretics and other common blood pressure medications. Always speak with your physician about whether this type of salt substitute is beneficial for you.

Cooking methods

By cooking food differently, you also can enhance the flavor. "Cook protein on an outdoor grill or in a grill pan on your stove top for a smoky, grilled taste," Topol notes. "Instead of steaming vegetables, roast them to deepen their flavor. Try roasting carrots, which get sweeter when roasted, or broccoli, which takes on a slightly nutty flavor."

Why low salt?

Statistics show that most Americans eat too much salt, so cutting back may be a good idea for just about everyone. However, a low-salt diet is especially appropriate for people who have high blood pressure, heart failure, kidney disease, or other conditions in which swelling or fluid retention can occur. "Remember that adjusting to a low-sodium diet takes time," Topol adds. "It might take two to three weeks for your palate to adapt to the change, but it will be worth it."

