

Newsflash

Issue 2015.7

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

ALL DRUGS 6.32%
BRANDS 7.06%
GENERICS 1.72%
SPECIALTY 4.57%

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Tygacil	Infections	May 27
Moxeza	Infections	May 28
Vagifem	Menopause	May 29
Intermezzo	Insomnia	Jun 3
Zyvox Suspension	Infections	Jun 3
Integrilin	Blood Clots	Jun 5
Ziana	Acne	Jun 12
Factive	Bacterial Infection	Jun 15
Acanya	Acne	Jun 19
Zetia	Cholesterol	Jun 26
Pristiq	Depression	Jun 29
Axert	Migraine	Jul 7

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.

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

Drug	Condition	New Tier
EnteraGam	ISB	Tier 2
Stiolto Respimat	COPD	Tier 2

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

Healthy at 30,000 Feet

Summer means vacation! Whether you're jet-setting to some fabulous exotic location, or just heading off for a long-awaited visit with family, here are things to do before, during, and after a flight to minimize the risk of blood clots, jet lag, motion sickness and other travel-related woes.

When booking a plane ticket: Opt for a seat by the wings, where you'll feel the least movement, making motion sickness less likely.

During the week of departure: Get plenty of rest, since a lack of sleep can worsen jet lag after you land. If you're crossing multiple time zones, consider asking your doctor about sleeping pills to use for a few nights. And if you're at high risk for thrombophlebitis – blood clots in the leg that can break loose and travel to the lungs – ask about self-injectable enoxaparin (*Lovenox*), which may help prevent them.

When going through airport security: The scanners now used don't emit dangerous doses of radiation, according to the recent study in the British Medical Journal. If you have a pacemaker, an insulin pump, or other implanted device, ask for a pat-down inspection.

While waiting at the terminal: Motion sickness is hard to stop after it starts, so if you're prone to the problem, try the over-the-counter drug dimenhydrinate (*Dramamine* and generic) or meclizine (*Bonine* and generic) at least 30 minutes before boarding. The prescription drug scopolamine, sold as a skin patch (*Transderm Scop*), provides longer relief but usually isn't necessary.

Pressure-point bracelets may also help, according to some research. But ginger, which appears to ease nausea during pregnancy and after surgery, seems less effective for motion sickness.

After takeoff: Reading might exacerbate motion sickness, so avoid it if you start to feel queasy. And use a headrest when seated to minimize head movement.

To prevent blood clots, walk the aisles about once an hour, frequently bend your ankles and knees, and don't sit with your legs crossed. Hydration is also important, so drink lots of water, but limit intake of alcohol and caffeine.

Be careful of the water in the bathroom, too, since it's often contaminated with bacteria. So use bottled water for drinking and brushing your teeth, and carry alcohol-based hand sanitizer.

Once you've landed: Use sunlight to get in sync with local time. If you feel drowsy in the early evening and wake up too early, get outdoors in the late afternoon and early evening, stay in well-lighted areas until bedtime, and remain indoors or wear sunglasses before about 10 a.m. If you have the opposite problem, spend time outdoors before 10 a.m. and stay indoors or wear sunglasses in the late afternoon or evening.

You can also consider melatonin, a hormone that helps regulate the sleep-wake cycle. When traveling east, try 2 to 3 milligrams at your local bedtime until your body adapts. When flying west, take a smaller dose – just 0.5 mg – if you wake up in the very early morning and want to fall asleep again. But remember that, like other dietary supplements, the pills aren't carefully regulated by the Food and Drug Administration.



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.

Brand Name	Dose Form	FDA Approved Indication	Tier	P/A Specialty Medical
Kengreal (cangrelor)	Injection	Treatment for percutaneous coronary intervention	Tier 3	Prior Auth: No Specialty: No Medical: No
Orkambi (ivacaftor and lumacaftor)	Tablet	Treatment for cystic fibrosis	Tier 3	Prior Auth: No Specialty: No Medical: No
Tuxarin ER (chlorpheniramine and codeine)	Tablet	Treatment for cough and cold symptoms	Tier 3	Prior Auth: No Specialty: No Medical: No

Enjoy Summer Activities the Safer Way

The National Centers for Disease Control (CDC) recommends at least 150 minutes of moderate exercise weekly for older adults. Summer activities are a great way to meet that goal. But before you head out, ask your doctor for an OK. And follow our steps.

WALK WISELY

The American Heart Association recommends walking at a moderate pace for 30 minutes five days per week. Studies link walking to a lower risk of heart disease and stroke. And a 2012 study found that those who walked outdoors did so longer and more often than those who did it indoors. For smarter strolling:

Have the proper footwear. To help reduce the risk of falls, make sure our shoes are lightweight, well-fitting, comfortable, and cushioned, and have soles that bend at the ball of the foot.

Watch for new-medication dizziness. If you're taking a new drug, wait a few days before hiking or walking outside.

Try walking poles. They may help with balance and stability, ease the load on joints, and reduce muscle damage.

Be visible. It's safest to walk on a sidewalk. If there isn't one, walk along the shoulder and face oncoming traffic. Walking in the dark poses hazards (70 percent of pedestrian deaths occur at night). If you do so, be sure to don reflective clothing.

SWIM SAFELY

Pools, beaches, lakes and swimming holes are the quintessential places to cool off. Our water rules:

Don't swallow swimming water. Pools, lakes and rivers can contain bacteria such as E coli and viruses such as norovirus. Check local water quality with your county health department; for ocean beach advisories, go to watersgeo.epa.gov/beacon2. (continued in next column)

Enjoy Summer Activities the Safer Way (cont'd)

Learn to escape a rip current. Rip currents – which usually occur in the ocean but can form in any water with breaking waves – pull people away from shore. If you're caught in one, swim parallel to shore until you're out of the rip current. Then swim toward shore.

Know what drowning looks like. A drowning person doesn't thrash and yell. Instead, the body is upright with arms extended on the surface, head tilted back, and mouth bobbing above and below the water. If you see that behavior, seek help. And never swim alone.

USE CYCLING SMARTS

Cycling is low-impact, increases muscle tone, and strengthens the heart and lungs. To do your best on a bicycle:

Wear a helmet. A helmet lowers risk of head injury by almost 70 percent. You can purchase a good helmet anywhere from \$12 to \$150.

Tape an information card to the inside of your helmet. It should bear your name, emergency contacts, health conditions, and medications, especially if you use a blood thinning or antiplatelet drug. People taking those bleed more.

Light it up. In most states if you cycle after dark, you need a white front headlight and a red rear reflector or flashing red taillight. Reflective bands or lights on ankles or arms will also make your more visible.

Beat the Heat

Over the years, our skin thins and is less able to protect us from the heat. Here's how to stay cool:

Hydrate. When sweat evaporates it helps cool the body, but excessive sweating can lead to dehydration. So drink plenty of liquids and eat juicy produce.

Time exercise so that you're outside in the morning, when the temperatures are likely to be cooler than they are at midday. Ratchet down the intensity when the weather is hot and humid. If you usually jog, for example, go for a walk.

Wear light, loose clothing. That helps any sweat to evaporate, which keeps you cooler.

Watch for the first signs of heat stroke and heat exhaustion: muscle cramps, headache, and nausea or vomiting. If you experience those, seek medical attention immediately.