

Newsflash

Issue 2015.6

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

ALL DRUGS 5.25%
BRANDS 5.59%
GENERICS 2.13%
SPECIALTY 4.55%

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Atelvia	Osteoporosis	May 18

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 Effective 7/1/2015

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

Drug	Condition	New Tier
Colcryst	Gout	Tier 3
Contrave	Obesity	Tier 3
Omnitrope	Growth Hormone	Tier 2
Savaysa	Anticoagulant	Tier 2
Tev-tropin	Growth Hormone	Tier 3
Velphoro	Hypocalcemia	Tier 2
Vivelle-Dot	Menopause	Tier 3

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

When You Need Treatment Fast

For these 5 conditions, getting care immediately can make all the difference

You may have heard of the "golden hour," that short window of time when treatment must be administered for an injury or illness. Once the window closes, the chances of successful treatment diminish greatly, and any risks of treatment may then outweigh its benefits. Here are some of the most important examples you should know about:

STROKE Treatment window: 3 hours

For every minute that goes by after a person suffers an ischemic stroke (the kind caused by a blood clot) without medical help, 2 million brain cells are lost. That can mean devastating consequences such as permanent paralysis or the loss of the ability to speak. A drug called tissue plasminogen activator (tPA) can speedily dissolve the blood clot, but it needs to be administered within 3 hours (or 4.5 hours for some patients) in order to do any good. After that, its side effects – such as bleeding in the brain – far outweigh its benefits. If you or a family member experiences the symptoms of a stroke – sudden onset of slurred speech, loss of balance, or weakness or numbness of the face, an arm, or a leg – call 911 immediately.

THE FLU Treatment window: 48 hours

Influenza symptoms, which usually come on suddenly, include intense aches and pains in joints and muscles, fever, chills, cough, sore throat, headaches, and severe fatigue, and usually last four to seven days. Taking the antiviral agents *Tamiflu* (oseltamivir) or *Relenza* (zanamivir) within 24 to 48 hours of onset of those symptoms may decrease their duration by one to three days. (It's possible that some flu strains can become resistant to *Tamiflu*.) Seek professional help at the first sign of symptoms.

BELL'S PALSY Treatment window: 72 hours

Bell's palsy is a sudden facial paralysis caused by inflammation of a facial nerve. Though the cause is usually not clear (but Lyme disease and shingles have been implicated in some cases), the results are all too apparent: facial paralysis (usually one-sided), drooping of the eyelid and/or corner of the mouth, drooling, taste impairment, and excessive tearing. Most people eventually recover, but some people experience long-term disfigurement. Taking oral steroids within 72 hours of symptom onset can reduce the inflammation and is highly effective in restoring function of the affected nerve. If you experience symptoms, go to the nearest urgent-care center or emergency room.

SUDDEN DEAFNESS Treatment window: 72 hours

Sudden deafness usually occurs in just one ear and can be accompanied by ringing and sometimes vertigo. Some research shows that treatment with steroids, vasodilators, and antiviral medications can lead to complete recovery in three out of four cases if it's started within the first three days. Generally, treatment can still be beneficial when started within the first week or two but is not helpful after 30 days. Otolaryngologists' offices and emergency rooms should be equipped to administer treatment.

TETANUS Treatment window: 72 hours

Tetanus infection can cause painful contractions of the jaw (lockjaw), neck, abdominal, and chest muscles and is fatal in about one of every 10 cases. Tetanus bacteria survive in the dirt and manure and can enter the body through breaks in the skin. Everyone should have a tetanus booster every 10 years. But if you've had fewer than three tetanus vaccinations of your lifetime and get a deep cut or puncture wound from anything that may be dirty, including animal bites, a shot of tetanus immune globulin (TIG) along with a standard booster will produce protective antibodies if given within 72 hours. After that, it may be too late to prevent a potentially lethal infection from setting in, so go to the emergency room promptly.



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
Invega Trinza (paliperidone palmitate)	Injection	Treatment for schizophrenia	Tier 3	Prior Auth: No Specialty: No Medical: No
Stiolto (olodaterol and tiotropium)	Inhaler	Treatment for COPD	Tier 3	Prior Auth: No Specialty: No Medical: No
Viberzi (eluxadoline)	Tablet	Treatment for Irritable Bowel Syndrome	Tier 3	Prior Auth: No Specialty: No Medical: No

Relieving Dizziness Without Drugs

Vertigo is an unsettling yet common condition, similar to sea sickness but without the sea. With its illusory sense of spinning, vertigo can be frightening and lead to nausea, vomiting, headaches, and other symptoms. But a solution is often more simple than you might think.

Vertigo has been linked to anxiety, a drop in blood pressure, migraines, multiple sclerosis, and Maniere's disease, a disorder of the ear that can also cause tinnitus (ringing in the ears) and hearing loss. It can also signal a more serious condition, such as a brain tumor or stroke, although it's less common.

One of the more prevalent types of vertigo is known as benign paroxysmal positional vertigo (BPPV) and occurs more frequently with age. It is thought to be caused by the formation of canaliths, tiny calcium deposits or crystals within the inner ear that can destabilize equilibrium, causing people to feel as if they're in a room that's spinning.

Dizziness from BPPV can be triggered by minor changes to head position, such as looking up, rolling over, or leaning forward. Episodes of BPPV are usually brief – measured in minutes instead of hours or days for other forms of vertigo – but they may occur frequently.

The good news is that BPPV can usually be treated with simple head movements that can be done in the physician's office or at home. There are several types of movements. The Epley maneuver and its variations involve moving your head in a series of positions to remove canaliths from the inner-ear canal.

Your primary-care doctor or a vestibular therapist can show you how to perform this simple treatment or you can view instructional videos available on the American Academy of Neurology's website, Neurology.org. Type "Epley video" in the search box.

If you experience vertigo you should see a doctor to rule out more serious causes. And the treatment maneuvers should be done carefully by those who have spinal or vascular conditions in or around the neck.

Benefits of Eating Local

It seems as if everyone is talking about eating food grown locally these days. The number of farmers markets in the U.S. has increased over 54 percent. The National Restaurant Association says that menus featuring locally produced fruit, vegetables, meat, seafood, and wine are among the hottest trends right now. And sections just for local foods are sprouting up in big-box stores and supermarkets. The growing movement has even inspired a new word: "locavore," meaning someone who prefers food that hasn't moved a long distance to the market. But does eating this way automatically mean that you're eating healthier? Here's a look at this trend.

Is it more nutritious? Eating a balanced diet that includes plenty of produce has been linked to numerous health benefits, so it makes sense that buying food from nearby farms is a healthy move. Studies found that farmers markets have the potential to increase access to produce and lead to more healthful eating, especially in certain communities. But the authors said that more well-designed studies are needed to establish a definitive connection. One thing that is clear, however, is that fresh food tends to have more nutrients than food that was picked days or weeks ago.

Does it taste better? Surveys conducted at farmers markets have found that people tend to shop there because they think the food is of higher quality and tastes better. For example, a recent survey conducted at a farmers market in Brownsville, TX, found that more than 80 percent of shoppers said the produce was better than what they found at other places they shopped. More than half said they ate more fruit and vegetables as a result of shopping at the market.

Is local the same as organic? No. But some vendors might have organic certification and others might follow organic practices, such as minimizing the use of chemical fertilizers or pesticides, and raising animals humanely and without antibiotics and growth hormones. The gold standard is to buy both local and organic.

Bottom line. While the jury is still out on the specific health benefits of eating locally produced food, there's no question that choosing a bounty of fresh, unprocessed food is better for you than grabbing a prepared meal high in sodium and fat from the freezer aisle of a supermarket.

And everyone can benefit from eating more fruit and vegetables, the cornerstone of most farmers markets. If you don't have one nearby or a local food section at your grocery store, consider joining a community supported agriculture program, or a CSA.

