

Newsflash

Issue 2015.3

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

ALL DRUGS 3.94%
BRANDS 3.79%
GENERICS 5.38%
SPECIALTY 0.78%

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Lumigan	Glaucoma	Feb 20
Glyset	Hyperglycemia	Feb 24

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
Benzaclin Gel	Acne	Tier 3
Neotic	Pain	Tier 3
Pennsaid 2%	NSAID	Tier 3
Zinotic	Antibacterial	Tier 3

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



The following **New Drugs** were recently approved by the U.S. Food & Drug Administration and added to ProCare Rx's National formulary. Each drug was reviewed at the ProCare Rx's P&T Committee meeting on March 4, 2015

Brand Name	Dose Form	FDA Approved Indication	Tier	P/A Specialty Medical
Bexsero (meningococcal group B vaccine)	Injection	Inactivated from of vaccination against meningitis	Tier 3	Prior Auth: No Specialty: No Medical: No
Blincyto (blinatumomab)	Intravenously	Treatment for acute lymphoblastic leukemia	Tier 3	Prior Auth: No Specialty: Yes Medical: No
Cosentyx (secukinumab)	Intravenously	Treatment for plaque psoriasis	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No
Duopa (carbidopa and levodopa)	Intravenously	Treatment for advance Parkinson's disease	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Dyloject (diclofenac sodium)	Oral	Treatment for pain	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Evotaz (atazanavir and cobicistat)	Oral	Treatment for HIV-1	Tier 2	Prior Auth: No Specialty: Yes Medical: No
Glyxambi (empagliflozin and linagliptin)	Oral	Treatment for type 2 diabetes	Tier 3	Prior Auth: No Specialty: No Medical: No
Ibrance (palbociclib)	Oral	Treatment for post menopausal	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No
Kitabis Pak (tobramycin)	Inhaler	Treatment for cystic fibrosis	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No
Lynparza (olaparib)	Oral	Treatment for ovarian cancer	Tier 2	Prior Auth: Yes Specialty: Yes Medical: No
Namzaric (memantine hydrochloride and donepezil hydrochloride)	Oral	Treatment for severe dementia of AD	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Natpara (parathyroid hormone)	Injection	Treatment for hypoparathyroidism	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No



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Opdivo (nivolumab)	Injection	For patients with unresectable for metastatic melanoma	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Prestalia (amlodipine besylate and perindopril arginine)	Oral	Treatment for hypertension	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Prezcobix (darunavir and cobicistat)	Oral	Treatment for HIV	Tier 2	Prior Auth: No Specialty: Yes Medical: No
Rapivab (neuraminidase)	Oral	Treatment of acute uncomplicated influenza	Tier 3	Prior Auth: No Specialty: No Medical: No
Rytary (carbidopa and levodopa)	Oral	Treatment for Parkinson's disease	Excluded	Prior Auth: No Specialty: No Medical: Yes
Savaysa (edoxapan)	Oral	Treatment for deep vein thrombosis and pulmonary embolism	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Saxenda (liraglutide)	Oral	Treatment for obesity	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Signifor (pasireotide)	Injection	Treatment for cushing's disease	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No
Soolantra (ivermectin)	Topical	Treatment for rosacea	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Viekira Pak (ombitasvir, paritaprevir, ritonavir fixed dose combination)	Oral	Treatment for Hepatitis C for genotype 1	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No
Xtoro (finalfoxacin)	Suspension	Treatment for acute otitis	Tier 3	Prior Auth: No Specialty: No Medical: No
Zerbaxa (ceftolozane/tazobactam)	Injection	Treatment for infections caused by designated susceptible microorganisms	Excluded	Prior Auth: No Specialty: No Medical: Yes

Heartburn Drugs Could Cause A Nutrient Deficiency

Using commonly prescribed heartburn and ulcer drugs such as omeprazole (*Prilosec* and generic) or cimetidine (*Tagamet* and generic) for two years or more was linked to a higher risk of vitamin B12 deficiency – which can lead to anemia, dementia, and neurologic damage – according to a new study from Kaiser Permanente. That's probably because the drugs suppress the production of stomach acid, which helps the body extract B12 from food. The analysis included more than 200,000 adults with and without B12 deficiency.

Keep Your Bones Strong

Osteoporosis and low bone density affect approximately 52 million people in the United States. The U.S. Preventive Services Task Force recommends screening for osteoporosis for all women 65 years of age and older, as well as younger women at risk for the condition. While weak bones carry the obvious risk of fracture, a recent study also links them to an increased risk of heart failure, especially in people over age 60.

Fortunately, "It's never too late to start a bone-health exercise program, even if you already have osteoporosis," says Anna Ribaldo, PT, DPT, an advanced clinician in the Integrative Care Center at the Weill Cornell-affiliated Hospital for Special Surgery. "Many people with weak bones believe exercise increases the risk of injury, but actually, the opposite is true. A regular exercise program helps prevent falls and fall-related fractures, and makes it easier to do daily activities, such as lifting and carrying things.

A BALANCED ROUTINE: Resistance training – using your own body weight, an elastic resistance band, or light free weights – is critical to strengthening bones. "However, it's also important to have a balanced routine that includes weight-bearing exercises, such as walking, that makes you work against gravity to stay upright; exercises that improve balance and posture; and aerobic and flexibility exercises," Ribaldo stresses. Walking is also an aerobic exercise, and boosting your balance can be as simple as standing on one leg and then the other for 30 seconds each while you're brushing your teeth, she suggests.

LIMIT SITTING: A wealth of evidence shows that sitting for extending periods of time can harm health, Ribaldo observes. "Of course, it's okay to sit, but you want to make sure you don't stay in that sitting position for longer than 30 to 40 minutes at a time. Then get up, walk to get a cup of coffee or water, or take a few laps around your living room – do something, just to get the blood moving through your body so you don't get stiff.

SAFETY FIRST: If you have weak bones, keep your environment safe – avoid loose throw rugs, make sure you have adequate lighting, and don't keep pet toys or other small items on the floor where you might trip on them. When you're exercising, take your time; focus on form, making sure you start and move through your exercises in the proper position, Ribaldo advises.