

Newsflash

Issue 2015.9

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

ALL DRUGS 6.43%
BRANDS 7.47%
GENERICS -0.04%
SPECIALTY 8.09%

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Zyvox Injection	Antibiotic	Jul 16
Edecrin	Diuretic	Jul 29
Prilosec OTC	Acid Reflux	Jul 30
Invega	Antipsychotic	Aug 3
Androgel 1.62%	Testosterone	Aug 4
Fortesta Gel	Testosterone	Aug 5
Atralin Gel	Acne	Aug 13

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
Belsomra	Insomnia	Tier 2
Otrexup	leukemia	Tier 2
Prepopik	Colon Cleansing	Tier 2
Suboxone Film	Opioid Dependence	Tier 2

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 August 27, 2015

Brand Name	Dose Form	FDA Approved Indication	Tier	P/A Specialty Medical
Anthrasil (Anthrax Immune Globulin Intravenous)	Injection	Treatment for anthrax	Excluded	Prior Auth: No Specialty: No Medical: Yes
Avycaz (avibactam and ceftazidime)	Oral	Treatment for intraabdominal infection	Excluded	Prior Auth: No Specialty: No Medical: Yes
Daklinza (daclatasvir)	Oral	Treatment for hepatitis C	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No
Dutrebis (lamivudine and raltegravir)	Oral	Treatment for HIV	Tier 2	Prior Auth: No Specialty: Yes Medical: No
Elepsia XR (levetiracetam)	Oral	Treatment for epilepsy	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Epiduo Forte (adapalene and benzoyl peroxide)	Topical	Treatment for acne	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Invega Trinza (paliperidone palmitate)	Injection	Treatment for schizophrenia	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Ixinity (coagulation factor IX (recombinant))	Injection	Treatment for hemophilia B	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No
Kengreal (cangrelor)	Injection	Treatment for percutaneous coronary intervention	Excluded	Prior Auth: No Specialty: No Medical: Yes
Lenvima (lenvatinib)	Oral	Treatment for thyroid cancer	Tier 2	Prior Auth: Yes Specialty: Yes Medical: No
Liletta (levonorgestrel)	Oral	Treatment for birth control	Tier 3	Prior Auth: No Specialty: No Medical: No
Odomzo (sonidegib)	Tablet	Treatment for advanced basal cell carcinoma	Tier 2	Prior Auth: Yes Specialty: Yes Medical: No
Orkambi (ivacaftor and lumacaftor)	Tablet	Treatment for cystic fibrosis	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No



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Pazeo (olopatadine ophthalmic)	Eye Drops	Treatment of ocular itching	Tier 3	Prior Auth: No Specialty: No Medical: No
ProAir Respiclick (albuterol sulfate)	Inhaler	Treatment for asthma	Tier 3	Prior Auth: No Specialty: No Medical: No
Raplixa (fibrin sealant)	Injection	Treatment for hemostasis	Excluded	Prior Auth: No Specialty: No Medical: Yes
Rexulti (brexpiprazole)	Oral	Treatment for major depressive disorder	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Stiolto (olodaterol and tiotropium)	Inhaler	Treatment for COPD	Tier 2	Prior Auth: No Specialty: No Medical: No
Technivie (Ombitasvir, paritaprevir, and ritonavir)	Oral	Treatment for Hepatitis C	Tier 2	Prior Auth: Yes Specialty: Yes Medical: No
Tuzistra XR (chlorpheniramine and codeine)	Tablet	Treatment for cough and cold symptoms	Tier 3	Prior Auth: Yes Specialty: No Medical: No
Unituxin (dinutuximab)	Injection	Treatment for neuroblastoma	Excluded	Prior Auth: No Specialty: No Medical: Yes
Viberzi (eluxadoline)	Tablet	Treatment for Irritable Bowel Syndrome	Tier 3	Prior Auth: No Specialty: No Medical: No
Zarxio (filgrastim)	Injection	Treatment for neutropenia associated with chemotherapy	Tier 3	Prior Auth: Yes Specialty: Yes Medical: No

Making the Most of a Massage

As if anyone needs an excuse for getting one, recent studies have pointed to the benefits of a massage.

Massage reduces inflammation caused by muscle damage from exercise. An hour of Swedish massage once weekly reduced knee pain in people with osteoarthritis. For chronic lower-back pain, patients getting a weekly massage of about an hour reported statistically significant improvement in pain relief and function, a third study found. Past research has found it can help relieve anxiety, mild depression, and stress.

A massage can involve everything from light stroking to an elbow pressed into a knotted muscle to a person walking on your back. There are many methods, so how do you choose?

WHERE TO START

Most people are familiar with a chair or on-site massage found at airports, shopping malls, and nail salons, but newcomers to the therapy may want to start with a stress-relieving Swedish-style massage. Swedish massage involves kneading the skin, muscles, and tissue with long strokes as well as vibration and tapping.

If you have specific trouble areas, consider deep-tissue massage. It can include sports massage, which is similar to Swedish but uses deeper pressure on areas that may need extra attention, such as a runner's leg muscles. Shiatsu, another type of massage, involves applying pressure to the body with fingers and hands. Deep-tissue massage and trigger-point massage focus on painful muscle knots that often result from injury. Both target deep layers of muscle and tissue.

A typical session may last from 15 minutes for a chair or foot massage to 90 minutes for more intense therapy and will cost \$20 to \$100, depending on the duration and type of massage. Several methods, such as deep tissue, will usually require several longer sessions to achieve real results.

Your massage therapist should be trained at an accredited institution and should carry malpractice insurance, though not all states require that. When making an appointment, ask if your therapist is licensed to practice massage in your state and is certified by a professional organization. Look for credentials such as CMT (certified massage therapist) or LMT (licensed massage therapist).

ON THE TABLE

Once in the room, you should feel comfortable. You can opt to remain clothed, use massage oil, or to have music. Let the therapist know about sore and sensitive areas on your body. Don't hesitate to ask for less or more pressure. You might have one or more sensitive spots in your muscles. Pressure on those spots could be slightly painful, but speak up if you feel serious pain.

To locate a certified therapist, go to the American Massage Therapy Association at findamassagetherapist.org (877-905-2700) or the National Certification Board for Therapeutic Massage & Bodywork at ncbtmb.org (800-296-0664). Your doctor can also suggest one.

Massage Do's and Don'ts

DO:

- Ask whether the therapist is trained in a particular type of massage.
- Tell the therapist about any conditions or injuries that you have.
- Ask about the number of treatments that might be needed and the cost.
- Ask whether the therapist is licensed to practice in your state

DON'T

- Opt for a massage over seeking medical advice.
- Get a vigorous massage if you have a bleeding disorder or are taking a blood thinner such as warfarin.
- Allow the therapist to massage an area with an open or healing wound, blood clot, or fracture.
- Choose massage without consulting our doctor if you are pregnant or have cancer, diabetes, high blood pressure or osteoporosis.
- Continue massage if you experience serious pain, numbness or tingling, or feel unwell during a session. Stop immediately.

