

# Newsflash

Issue 2016.08

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Edecrin	Fluid Retention	Jun 30
Zegerid OTC	Heartburn	Jul 15
Nilandron	Prostate Cancer	Jul 15
Valcyte Solution	Infection	Jul 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

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

Drug	Condition	New Tier
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Previous issues of Newsflash can be viewed under "Publications" at: [www.ProCareRx.com](http://www.ProCareRx.com)

## Five Tips to End the Summer Well

While the season of summer still has more than a few weeks to go, the reality of summer is quickly coming to an end. School is starting, parents are out shopping for their kids' school clothes and school supplies already, and college students are preparing for their annual return to campus. What's a person to do with the last few remaining weeks of summer? Use these five tips for ending your summer well.

**Finish what you start.** Sometimes we put off the end of a project because we believe we'll always have time "later." Later never comes, of course, so the project never ends. There's no better way to feel like you've accomplished something this summer – no matter how big or small that something is – by simply finishing it up.

**Don't worry, be happy.** Many of us spend a lot of time worrying about things we have little or no control of, making our worry essentially worthless in the cosmic scheme of things. Why expend the energy on needless worry when you could be expending it on some last-minute summertime activities, like going to the pool, the waterpark, getting in one last getaway some place, or even just hanging with your friends. Sometimes the simplest activities can turn out to be the most enjoyable. Get at least one last thing in – a ballgame, the beach, a hike in the mountains, something summery – *before* the summer is over!

**Prepare now, so you won't be overwhelmed later.** How many times do we think, "I can study later" or "I can start organizing to head back to campus next week." Then next week comes and *boom!* – it's time to go and you're nowhere close to being packed. Organize yourself now for the semester or the next few months ahead, and you'll find yourself less likely to get bogged down in things you could've done earlier. Being organized helps a person feel more organized internally, more in-control of their own destiny and life.

**(Some) friends are forever.** Summertime's also a great time to take stock of your friendships, since you aren't as distracted by work or school. Who haven't you spoken to in forever? Give them a call and hang out sometime. Who has become dead weight in your life whether neither of you is getting much from the friendship any more? Cut ties with those friends to make room for new ones. We'd like to think our friends are always going to grow with us, but that's simply not a realistic expectation – sometime we simply grow in different, separate directions.

**Don't let it hang or simmer.** Sometimes we do something over the summer months we later regret. Maybe we get into an argument with a friend or ignore an invite from a favorite aunt. Maybe we blew off one set of friends to spend more time with another set. Whatever it is you might have done, don't let it keep simmering after the summer is over. Now's a great time to make amends – before the hectic pace of fall makes all of our lives more stressful and less forgiving.

Summertime is a great time to relax, recharge and re-organize your resources and life. Not just your outside life, but your inner life as well. Take stock in how things are going, what changes you'd like to make and set the plan in motion for the fall. Because once September comes, all heck usually breaks loose and time once again becomes a quantity much in demand, but in short supply. So until then, enjoy the rest of your summer!



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
Adlyxin (lixisenatide)	Injection	Treatment for diabetes type 2
Qbrelis (lisinopril)	Oral Solution	Treatment for Hypertension
Syndros (dronabinol)	Oral Solution	Treatment for AIDS
Viekira XR (dasabuvir, ombitasvir, paritaprevir and ritonavir)	Tablets	Treatment for chronic hepatitis C
Xiidra (lifitegrast)	Ophthalmic Solution	Treatment for dry eye

## Is it time to chuck that chutney?

As summer draws to a close and we begin cleaning the outdoor furniture, the pool toys and just getting ourselves ready for the back-to-school schedule, we can take this time to clean and organize another area of our home...our refrigerators!

With the summer cookouts and picnics, our refrigerators get full of ketchup, mustard, mayo, pickles and all the other extras used to dress up burgers, hotdogs and other food. If you're not sure whether the condiments are still OK to eat, use this list of suggested storage times from the Food Safety and Inspection Service, a division of the Department of Agriculture. They refer to how long each item is likely to maintain optimal quality in the fridge once it has been opened. You can find storage times for other condiments at StillTasty.com.

For some condiments, including ketchup and mustard, refrigeration is recommended to preserve taste, not for safety reasons. So if, for example, you have a power outage and your mustard spends a few hours above 40° F, it's not necessary to toss it, according to manufacturers and our food experts. (Creamy-based dressings are an exception; toss those if they've been open and have sat above 40° F for more than two hours.)

### SUGGESTED REFRIGERATOR STORAGE TIMES

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|---|---|
| <b>Mustard – 1 Year</b>                             | <b>Barbecue Sauce – 4 Months</b>                      |
| <b>Worcestershire Sauce – 1 Year</b>                | <b>Horseradish – 3-4 Months</b>                       |
| <b>Ketchup, cocktail, or chili sauce – 6 Months</b> | <b>Mayonnaise and salad dressing – Up to 2 Months</b> |
| <b>James and jellies – 6 Months</b>                 | <b>Chutney – 1 to 2 Months</b>                        |

## End-of-Summer Cleanup

Whether you've had the grandkids over for sleepovers, swim parties and BBQs...or you've spent your summer gardening and lounging on the deck, before you get caught up in all the back-to-school activities, spend some end-of-summer time returning items to their best possible state before you store them away. This will prove to be a time saver when you want to use them again next spring.

**Musty beach towels:** Launder, using the hottest water that's safe for the fabric. Add a small amount of fabric softener to the final rinse. Machine-dry thoroughly.

**Sandy sleeping bag:** Turn the bag inside out. If the sand is damp, let the bag air out until the sand is dry. Shake the bag to remove as much of the loose sand as possible, then brush or vacuum away the remaining residue. If the bag is soiled, clean according to the sleeping bag's care label instructions.

**Muddy tennis shoes:** Let the mud dry completely. Then take the shoes outside and bang the soles together to remove as much of the dried mud as possible. Using a solution of warm water and hand dishwashing liquid and an old toothbrush, scrub gently to remove the remaining dirt. For stubborn dirt marks, scrub with a nylon pad. Wipe with a damp sponge or damp paper towels. Stuff the tennis shoes with clean paper towels and let them air-dry.

**Grungy plastic tablecloths:** A wipe-down with a soapy sponge may clean the top of the tablecloth, but not the flannel backing. To clean the whole thing, machine-wash, using the gentle cycle. Machine-dry on the delicate cycle for about 15 minutes. This is just enough time to remove the creases caused by machine washing, but not long enough to harm the vinyl. If the cloth is still damp, line dry.

**Grubby molded-resin outdoor furniture:** Clean with a mild detergent and water. Avoid abrasive powders, chlorine bleaches and silicone cleaners.

**Soiled outdoor cushions:** Acrylic, polyester and cotton fabrics should be spot-cleaned by sponging with a solution of liquid dishwashing detergent and lukewarm water. Rinse with clear water and air-dry.

**Dirty plastic pool toys:** Mix ¾ cup of chlorine bleach per gallon of water. Soak the prewashed toys for five minutes. Rinse and then air-dry. If the toys aren't used during the winter, store them in a closed container so they'll stay clean and dust-free.

