

# Newsflash

Issue 2016.012

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Seroquel XR 400mg	Antipsychotic	Nov 1

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
8-Mop	Psoriasis	Tier 3
Acanya	Acne	Tier 2
Addyi	HSDD	Tier 2
Alrex	Eye Swelling	Tier 2
Ertaczo	Athlete's Foot	Tier 2
Fenoglide	Cholesterol	Tier 2
Jublia	Antifungal	Tier 2
Locoid	Inflammation	Tier 2
Luzu	Athlete's Foot	Tier 2
Moviprep	Bowel Prep	Tier 2
Osmoprep	Bowel Prep	Tier 2
Oxsoralen	Psoriasis	Tier 2
Prepopik	Bowel Prep	Tier 3
Prolensa	NSAID	Tier 2
Solodyn	Acne	Tier 2
Xifaxan 550	Antibiotic	Tier 2
Ziana	Antibiotic	Tier 2
Zovirax	Antiviral	Tier 2



Previous issues of Newsflash can be viewed under "PBM Resources>Newsletters>Clinical" at: [www.ProCareRx.com](http://www.ProCareRx.com)

## Ate too much? Here's why it matters

It's not easy to just say no when you keep getting invited, and it's all out there in front of you. A timeworn excuse for the five pounds you gain during the culinary caper that begins with Thanksgiving and ends on New Year's!

How bad can it be to over indulge on the holidays? Fortunately, most people get away without serious consequences. But for those with risk factors such as heart disease or high cholesterol, overeating can set off more serious medical problems. As for that weight gain, it might not be so easy to take off.

**A PAIN IN THE GUT.** What happens when you've stuffed yourself? Heartburn caused by acidic gastric juices refluxing into the delicate tissue of the esophagus can last for hours. Try an over-the-counter antacid such as *Tums* for relief. For gas and diarrhea, try some bismuth subsalicylate (*Pepto-Bismol* and generic) – or just wait for it to work its way out, as it were.

The fat in your feast can precipitate gall-bladder attacks. And if you're susceptible to gout, the painful buildup of uric acid crystals in your joints, go easy on alcohol and red meat. An overload of salty appetizers can result in swollen ankles for a few days.

If you have coronary heart disease or are at risk for it, overeating (a big Thanksgiving or Christmas dinner can top 5,000 calories) can have serious consequences. A study of almost 2,000 heart-attack patients suggested that a single act of overeating could quadruple one's chance of having a heart attack on the same day. Triglycerides – a type of fat in the blood after a large meal – can cause coronary artery inflammation, commonly a prelude to a heart attack. Large amounts of food and alcohol can trigger adrenaline-like substances that can cause a fatal abnormal heart rhythm.

Even if the most dire consequences of overeating is a few extra pounds, can you drop them easily? No, according to a study that reviewed holiday weight gain in about 200 adults who worked at the National Institute of Health. Contrary to expectation, they gained only a little more than a pound, on average. But they didn't take it off the following spring or summer, putting them at risk for long-term weight gain.

**A HEALTHIER HOLIDAY.** Most of us can't make it through a whole holiday season without splurging a little. Here are a few ways to control your holiday food intake:

- Don't go to a festive meal feeling famished. Eat a high-protein snack beforehand, such as a slice of cheese, to take the edge off.
- Be choosy about your hors d'oeuvres. Avoid anything fried and hit the salad first.
- Eat slowly. Swallow each mouthful before taking the next and chat with a table mate between each bite. Slow eaters tend to eat less food.
- Party buffet? Position yourself as far away from the table as you can get.
- Increase your regular exercise schedule to burn off some of the excess calories.

If you end up overdoing it one night, don't use it as an excuse to blow the rest of the season. Simply get back to your usual (and better) habits the next morning.



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
Intrarosa (prasterone)	Vaginal Inserts	Treatment for dyspareunia in postmenopausal women
Soliqua (insulin glargine and lixisenatide)	Injection	Treatment for Type 2 diabetes
Eucrisa (crisaborole)	Topical	Treatment for atopic dermatitis
Vemlidy (tenofovir alafenamide)	Tablets	Treatment for chronic hepatitis B
Xultophy (insulin degludec and liraglutide)	Injection	Treatment for Type 2 diabetes

**3 quick tips:**

**Oh, by gosh, by golly.** Don't let your pets eat the mistletoe and holly! Those plants, as well as some lilies (for cats), can cause vomiting, diarrhea, and even kidney failure in animals. If your pet has snacked on holiday herbage, call ASPCA Animal Poison Control at 888-426-4435 (note that there might be a consultation charge). Or go to ASPCA.org for a list of toxic plants.

**Pack extra meds for travel.** And if you're going by plane, put them in your carry-on rather than in your checked suitcase because luggage delays might occur and baggage compartments are rarely temperature-controlled. Also bring copies of your prescriptions and a doctor's note for any controlled substances or injectable drugs. If you're unsure about what you're allowed to bring on a plane, call the Transportation Security Administration at 866-289-9673. You can also check the Centers for Disease Control and Prevention: [wwwnc.cdc.gov/travel/page/pack-smart.htm](http://wwwnc.cdc.gov/travel/page/pack-smart.htm).

**Have yourself a merry veggie medley.** In a study published recently in the Journal of the Academy of Nutrition and Dietetics, participants ate a larger quantity of vegetables overall when they were served three different types of veggies at a meal rather than a single vegetable.



**Tips for a Stress-Free Holiday**

Is it really possible to have a stress-free holiday? Each year we say we're not going to decorate as much next year...we're not going to buy as much next year...we're not going to cook as much next year. Well, we all know that "next year" rolls around and we get caught up, once again, in the holiday festivities and we're decorating, buying and cooking all over again! You might not be able to make the holidays completely stress free, but following some of these professional tips just might make it easier to make it through.

**Throw away the shopping list.** Forego the stress of shopping for family members in favor of sharing special moments and experiences. Treat loved ones to a holiday show or breakfast at a fancy hotel. Instead of having a package to rip open, have a wonderful day together.

**Take advantage of free gift wrapping.** Stores don't always publicize this service, so be sure to ask. Also seek out charity gift-wrapping services. Nonprofit organizations often set up booths at malls or craft shows and will wrap presents for a small fee. Take advantage of their services and you'll save yourself one task while contributing to a worthy cause.

**Seek the out-of-the-way cashier.** Avoid long lines by seeking out a store's "hidden" cashier. You can usually find a courtesy counter or service desk where they'll gladly ring up purchases. It's usually in a place that's less obvious, generally at the back of the store.

**Stick with the tried and true.** A special gathering is not the time to experiment with a new recipe. Just do what you know how to do and can do well. Keep the table setting simple...add a seasonal touch with a single Christmas centerpiece and festive napkins. Focus on the fellowship of the people you're gathering with, and don't stress out on the preparations and menu.

**Sneak in a (quick) sweat outside.** It's worth it to brave the cold—especially because you don't have to stay out too long to reap the benefits. Studies have found that heading outdoors to exercise is more enjoyable than doing the same activity while cooped up inside, and you'll feel a lift in your mood after just 5 minutes. Working out is also one of the best ways to bust anxiety: Research shows that it promotes the release of endorphins, which act like a tranquilizer on the brain. Plus, exercise blunts the effects of stress hormones like cortisol. Go for a family stroll before or after dinner, or set your morning alarm 20 minutes earlier to fit in a walk.

