

# Newsflash

Issue 2016.01

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

**ALL DRUGS -0.25%**  
**BRANDS 2.03%**  
**GENERICS 0.00%**  
**SPECIALTY 0.47%**

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Gleevec	Leukemia	Dec 3
Patanol Ophthalmic	Itching Eyes	Dec 7
Toviaz	Overactive Bladder	Dec 10

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)

## Feel Happier All Season Long

The holidays are ending, the sun is MIA, and the weather is as inviting as a wet wool blanket. No wonder you feel like climbing back into bed. Up to 20 percent of adults suffer from subsyndromal SAD, a milder form of seasonal affective disorder better known as the winter blues. The increased hours of darkness disrupt brain chemicals that affect mood, but that doesn't mean you have no choice but to mark the days until spring. Sprinkle these strategies into your day and watch your mood improve.

**6:30 a.m. to 7:30 a.m. – Catch a Sunrise:** It will set the tone for your day, boosting levels of serotonin, your brain's feel-good chemical. Too early? Try to get 30 minutes of sunlight per day. If it's gray for much of the winter where you live, consider light-box therapy, in which you sit for a half hour in front of a box that mimics outdoor light. Results are similar to antidepressants with fewer side effects.

**7:30 a.m. – Always eat breakfast:** Besides improving energy and curbing cravings, breakfast helps regulate your internal clock, or circadian rhythm. Aim for a combination of complex carbs and protein with a smaller amount of healthy fat. Try oatmeal made with fat-free milk and topped with dried fruit, nuts and seeds; granola with plain Greek yogurt, berries and sliced almonds; or an egg with grits topped with bell peppers sautéed in a little olive oil.

**12:30 p.m. – Get some (fun) exercise:** Besides improving energy, exercise releases mood-boosting chemicals. Experts recommend squeezing it in during the daytime to get an extra dose of sunlight. Set aside at least 30 minutes a day for your favorite activity, like walking your dog or jogging. When it's cold, go mall walking or, if you have access to an indoor pool, swim or do water exercises. Your joints will benefit from the hydrostatic pressure, and being immersed in warmish water when it's cold outside feels like pampering.

**3:00 p.m. – Have a smart snack:** Cravings for sweets really do go up during winter months, since they trigger the release of the pleasure-producing chemical dopamine. But sugar will cause your blood glucose to spike and then crash, leaving you hungry again. Instead, bust afternoon hunger pangs with a combination of protein, fiber, and healthful fat, which will keep you full until dinner. Choose apple slices with peanut butter, popcorn sprinkled with parmesan cheese, or a snack-sized bag of nuts.

**5:30 p.m. – Do something nice for someone:** Research suggests that small random acts of kindness can indeed lift your spirits. Try this as your day winds down: Pay the toll for the car behind you on the way home; invite someone who's new at your office or in your neighborhood to lunch the next day, or help a friend or relative move. It will silence your inner grouch.

**7:00 p.m. to bedtime – Relax:** Set yourself up for a good night's sleep – and counter the effects of stress – with an unwinding ritual that begins early in the evening. Before dinner, hit the "off" button on your phone and computer; after dinner, soak in a hot bath or sip a cup of caffeine-free tea. Meditate for 10 minutes right before you hit the sheets. And count your blessings to help you fall asleep. Studies have found a correlation between reflecting on the things you're grateful for and a more positive emotional state.



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
Alecensa (alectinib)	Oral	Treatment for ALK-Positive non-small cell lung cancer	Tier 3	Prior Auth: No Specialty: No Medical: No
Basaglar (insulin glargine)	Injection	Treatment for type 1 and type 2 diabetes	Tier 3	Prior Auth: No Specialty: No Medical: No
Bendeka (bendamustin hydrochloride)	Injection	Treatment for chronic lymphocytic leukemia	Tier 3	Prior Auth: No Specialty: No Medical: No
Bridion (sugammadex)	Injection	Treatment for reversal of nondepolarizing muscle relaxants	Tier 3	Prior Auth: No Specialty: No Medical: No
Empliciti (elotuzumab)	Injection	Treatment for multiple myeloma	Tier 3	Prior Auth: No Specialty: No Medical: No
Fluad (influenza vaccine, adjuvanted)	Injection	Prevention of seasonal influenza	Tier 3	Prior Auth: No Specialty: No Medical: No
Kanuma (sebelipase alfa)	Injection	Treatment for lysosomal acid lipase deficiency	Tier 3	Prior Auth: No Specialty: No Medical: No
Otiprio (ciprofloxacin otic suspension)	Optic	Treatment for pediatric patients with bilateral otitis	Tier 3	Prior Auth: No Specialty: No Medical: No
Ninlaro (ixazomib)	Oral	Treatment for multiple myeloma	Tier 3	Prior Auth: No Specialty: No Medical: No
QuilliChew ER (methylphenidate hydrochloride)	Oral	Treatment for ADHD	Tier 3	Prior Auth: No Specialty: No Medical: No
Vistogard (uridine triacetate)	Oral	Treatment for fluorouracil overdose and capecitabine	Tier 3	Prior Auth: No Specialty: No Medical: No
Vonvendi (von willebrand factor (recombinant))	Oral	Treatment for von willebrand disease	Tier 3	Prior Auth: No Specialty: No Medical: No

## First Aid Essentials

As the new year gets underway, don't forget to check your batteries in your smoke and carbon monoxide alarms, and check your personal fire extinguishers. But also take this time to get your first-aid supplies re-stocked and back in order.

Keep your supplies neatly organized in one place so that you don't waste time rounding them up when someone's hurt.

### WHAT YOU NEED

#### DRUGS (in adult and child formulations):

- Acetaminophen (*Tylenol* and generic)
- Ibuprofen (*Advil* and generic)
- Aspirin (brand name and generic)
- Antihistamine (*Benadryl Allergy* and generic)
- Anti-diarrhea medicine (*Imodium A-D* and generic)
- Antacid (*Tums* and generic)

#### SUPPLIES

- First-aid handbook
- CPR mask
- Absorbent compress dressings
- Adhesive bandages in assorted sizes
- Sterile gauze pads
- Adhesive cloth tape
- Roller bandages
- Triangular bandages
- Safety pins or bandage closures
- Sharp scissors with rounded tips to prevent cuts
- Tweezers
- Triple-antibiotic ointment
- Hydrocortisone cream
- Gel cold pack to keep in freezer (or instant cold compress)

#### WHAT YOU DON'T NEED

- Syrup of ipecac
- Chemical preparations to stop bleeding
- Smelling salts
- Tincture of iodine

