

# Newsflash

Issue 2016.07

## Staying Safe in the Heat

### Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
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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
Diclegis	Antihistamine	Tier 2
Eliquis	Anticoagulant	Tier 2
Entresto	Blood Pressure	Tier 2
Fosrenol	Hyperphosphatemia	Tier 3
Invokamet	Diabetes	Tier 2
Invokana	Diabetes	Tier 2
Nitrostat	Chest Pain	Tier 3
Peg-Intron	Hepatitis C	Tier 3
Pradaxa	Anticoagulant	Tier 2
Savaysa	Anticoagulant	Tier 3
Velphoro	Hypocalcemia	Tier 3
Vytorin	Cholesterol	Tier 2
Xarelto	Anticoagulant	Tier 2

Hundreds of people die each year in the U.S. from heat-related illness, and children and older people are especially susceptible. But heat illness is 100 percent preventable, according to the American College of Emergency Physicians (ACEP). Take the following precautions if your area is experiencing severe heat.

**Hydrate.** Drink plenty of fluids throughout the day (especially water), and avoid alcohol.

**Stay inside.** Find an air-conditioned environment on hot, humid days, especially if there's an air-pollution alert in effect. If you don't have access to air conditioning, take cool showers or baths, keep shades or curtains closed during the hottest times of the day, use a fan, and open windows for cross ventilation.

**Keep heat contained.** Use small appliances like slow cookers and tabletop grills rather than your traditional oven or stove to keep kitchen heat to a minimum.

**Dress cool.** Wear loose-fitting clothing in breathable fabrics such as cotton or linen.

**Limit activity.** Heatstroke can occur in less than an hour when you're doing a strenuous activity on a hot day. It's best to avoid exercise when it's super hot, especially in the sun and to limit other physical activity. (Save yard work for after the heat wave, for example.)

**Keep an eye on the elderly.** Visit your elderly family members or friends at least twice a day during extreme heat conditions. If there is a heat hotline in your area, make sure your loved one has this convenient to the telephone.

**Monitor children.** Properly supervise children during outdoor play, being sure to monitor them closely and frequently.

**Remember your furry friends.** Check on animals frequently to ensure that they are not suffering from the heat. Make sure they have plenty of cool water.

**Hot cars can be deadly.** Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees.

In addition, it's a good idea to keep an "ICE" ("in case of emergency") card with you that includes all your pertinent medical information. Make sure it includes names and phone numbers for your emergency contacts. Sometimes people have heat strokes and can't communicate with first responders. Medical personnel are unable to reach family members because they don't know who to call.

If someone you're with develops symptoms of heat stroke, including weakness, cold or clammy skin, fatigue, delirium, nausea or vomiting, headache, confusion, or convulsions, get them out of the heat and to an emergency room immediately. The conditions can be fatal or cause permanent medical complications if untreated. Certain medications can increase the risk of heat stroke by decreasing sweating; those include anticholinergics, antihistamines, beta blockers, and phenothiazine.



Previous issues of Newsflash can be viewed under "PBM Resources>Newsletters>Clinical" at: [www.ProCareRx.com](http://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 will be reviewed at the next ProCare Rx's P&T Committee meeting.

Brand Name	Dose Form	FDA Approved Indication
Byvalson (nebivolol and valsartan)	Tablet	Treatment for hypertension
Epclusa (sofosbuvir and velpatasvir)	Tablet	Treatment for chronic hepatitis C
GoNitro (nitroglycerin)	Sublingual Powder	Treatment for angina pectoris prophylaxis
Rayaldee (calcifediol)	Capsules	Treatment for secondary hyperparathyroidism
Vaxchora (cholera vaccine)	Suspension	Treatment for cholera prophylaxis

## Four Simple Tricks for a Better Memory

While the aging brain remains surprisingly resilient, the part responsible for learning new information often does decline. You can compensate, though, with a few simple strategies to make sure your brain stores that phone number or the name of your new colleague for easy retrieval later. Here are a few tips:

- **REHEARSE:** Repeat information either out loud or to yourself. If someone gives you directions or a time and place to meet, for example, restating the information will reinforce it and make sure you have it correct.
- **RESIZE:** Lists and long numbers are easier to remember if you break them into smaller groups as you would when recalling your phone number or Social Security number. If you can, group similar items into categories. Divide your grocery list into shorter lists of baked goods, dairy foods, and produce, for example.
- **RELATE:** Link the new information to something familiar. When introduced to someone named Joe, for example, you might remember the name by noticing traits he has in common with your Uncle Joe, or picturing him with coffee (“a cup of joe”). Or to remember the number 1024, you might think of the date Oct. 24.
- **VISUALIZE:** Create a vivid picture in your mind of the information you want to learn. The more detailed, the better. If you want to remember a list, take this strategy a step further by devising a story or imagining a video that incorporates each of the items. The more outlandish your tale, the more likely you are to remember your list.

## Hot-Flash Remedies to Cool You Down

Hormone-replacement therapy remains the most effective treatment for hot flashes, night sweats, and other menopause symptoms. But it's been linked to blood clots, breast cancer, heart attacks, and strokes, so it's best to try other solutions first.

**LIFESTYLE CHANGES.** Simple measures include lowering room temperatures, using fans, and avoiding hot-flash triggers such as alcohol, caffeine, cigarette smoking, and spicy foods. It also helps to wear loose-fitting cotton clothing; take cool showers; sleep on cotton sheets; and keep a frozen ice pack under your pillow.

Relaxation techniques can ease anxiety, a trigger for hot flashes. Paced respiration – taking slow, deep breaths – helped prevent hot flashes in two recent clinical trials.

**MEDICATIONS.** A 2009 analysis found that the antidepressants paroxetine (*Paxil* and generic) and venlafaxine (*Effexor* and generic) cut the frequency and severity of hot flashes by about 60%, compared with 24% among women who took a placebo. Other research suggests that the related drug citalopram (*Celexa* and generic) might also help, as may the anti-seizure drug gabapentin (*Neurontin* and generic). Clonidine (*Catapres* and generic), a blood pressure drug, appears less effective but might be a good choice for women with high blood pressure. Talk with your doctor about the possible side effects of all drugs.

**ALTERNATIVE TREATMENTS.** Phytoestrogens, estrogen-like plant compounds, are often said to help against hot flashes. And a 2010 trial of 100 women found some support for St. John's wort which contains phytoestrogens and might also offer some of the same benefits as antidepressants. After eight weeks, the frequency of hot flashes declined by 54% among women taking the herb, compared with 32% among those taking a placebo. But recent research about black cohosh, red clover, and soy has been disappointing. And remember that dietary supplements aren't carefully regulated.

**Acupuncture** was not effective in reducing hot flashes when compared with sham acupuncture – using non-penetrating needles – in a 2009 review.

**Bioidentical or “natural” hormones** that are custom-mixed by some pharmacies aren't better or safer than commercial hormone products. Be wary of any doctor or pharmacist who recommends them.