

Newsflash

Issue 2016.06

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Banzel	Anticonvulsant	May 16
Doxteric	Antibiotic	May 23
Minastrin 24 Fe	Birth Control	May 24
Uloric	Gout	May 24
Tikosyn	Antiarrhythmic	Jun 6
Sprycel	Cancer	Jun 10
Fusilev	Methotrexate	Jun 16
Fenoglide	Cholesterol	Jun 23

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
G4/G5 Sensors	Glucose Monitoring	Tier 2
G4/G5 Receiver	Glucose Monitoring	Tier 2
G4/G5 Transmitter	Glucose Monitoring	Tier 2
Acanya	Antibiotic	Tier 2
Atralin	Acne Vulgaris	Tier 2
Carac	Solar Keratosis	Tier 2
Elidel	Eczema	Tier 2
Entresto	Blood Pressure	Tier 2
Jublia	Antifungal	Tier 2
Luzu	Antifungal	Tier 2
Onexton	Acne Vulgaris	Tier 2
Rexulti	Antipsychotic	Tier 2
Solodyn	Antibiotic	Tier 2
Spritam	Epilepsy	Tier 2
Ziana	Antibiotic	Tier 2
Zovirax Cream	Cold Sores	Tier 2

Previous issues of Newsflash can be viewed under "PBM Resources>Newsletters>Clinical" at: www.ProCareRx.com

Protect Yourself From Bug Bites

What bothers you most about summer insects: annoying bites or the diseases bugs spread, including Lyme and West Nile. For most of us, diseases are more worrisome, according to a Consumer Reports survey of more than 2,000 Americans. The national Centers for Disease Control and Prevention shares that worry – especially for emerging threats such as chikungunya and Zika virus, which may be poised to spread quickly this season. Here are smart steps to take:

MOSQUITOS

West Nile, a virus that can cause fever, headache, and joint pain, killed 85 people in the U.S. in 2014. Mosquitoes carrying the disease have been found in 47 states. Of the 2,492 reported cases of chikungunya in the continental U.S. last year, no one died, and only 11 were from bites received in the U.S. (all in Florida); others came from the Caribbean or elsewhere. The Zika virus rarely causes death and the symptoms are similar to that of West Nile, but can potentially be damaging to the fetus of pregnant women, causing serious birth defects. Again, the majority of the cases have been due to mosquito bites received outside of the U.S.

To avoid bites: Limit outdoor time, especially from dusk to dawn, when mosquitoes are most active, and skip strong scents, including perfume and aftershave.

If you are bitten: Ease itching with an ice pack, hydrocortisone cream, calamine lotion, or a dab of vinegar. See a doctor for fever, headache, body aches, nausea, swollen glands, or rash. Take pain relievers and fever reducers to ease symptoms.

TICKS

About 300,000 people get Lyme disease each year in the U.S., mostly in the Northeast and Midwest. But it's expanding, and doctors in new areas may be less familiar with the disease. Other tick-borne infections – anaplasmosis, babesiosis, ehrlichiosis, and Rocky Mountain spotted fever – are found throughout the U.S.

To avoid bites: In woody or grassy areas, wear light-colored clothes to help spot the ticks, plus long pants, long-sleeved shirts, socks, and closed-toe shoes. Tuck pants into socks and hair into a hat. Back home, throw clothes in the dryer on high heat for an hour. Shower with a washcloth and check for the poppy-seed-sized insects. If you find one in your skin, pull out the body with a tweezer.

If you are bitten: See a doctor if you develop a bull's-eye rash, or chills, fever, fatigue, headache, and muscle or joint pain. Antibiotics stop the infection and prevent complications, such as joint pain and facial paralysis (Lyme disease); difficult breathing or bleeding disorders (ehrlichiosis); and heart, joint, or kidney damage (Rocky Mountain spotted fever).

RECOMMENDED REPELLANTS

Sawyer Fisherman's Formula Picaridin. This product, which contains 20% picaridin, did better than all others in testing, protecting against mosquitoes and ticks for more than 8 hrs.

Repel Lemon Eucalyptus: Containing 30% oil of lemon eucalyptus, this product performed almost as well as the Sawyer products against both mosquitoes and ticks.

Repel Scented Family (15% deet): Deet may pose health risks, especially in high concentrations and to children and older people. But this product has lower concentrations and still worked well.



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
Afstyla (antihemophilic factor (recombinant), single chain)	Injection	Treatment for hemophilia A
Akovaz (ephedrine sulfate)	Topical Gel	Treatment for actinic keratosis
Ameluz (aminolevulinic acid)	Injection	Treatment for hypotension
Axumin (fluciclovine F 18)	Tablet	Treatment for hypertension
Nuplazid (pimavanserin)	Tablet	Treatment for Parkinson's Disease psychosis
Ocaliva (obeticholic acid)	Tablet	Treatment for biliary cirrhosis
Probuphine (buprenorphine)	Implant	Treatment for opiate dependence
Tecentriq (atezolizumab)	Injection	Treatment for bladder cancer
Vaxchora (cholera vaccine, live, oral)	Suspension	Treatment for cholera prophylaxis
Zinbryta (daclizumab)	Injection	Treatment for multiple sclerosis

How to eat enough fruits and veggies...

Most Americans don't eat enough produce. Maybe that's because the "eat five to nine servings a day" advice seems daunting. But one serving is a half-cut of cooked vegetables, 1 cup of raw vegetables, or 1 cup or one piece of fruit. For people over 50, that's 4 ½ cups of produce per day for men and 3 ½ cups for women.

- Grill fruit, which concentrates its sweetness. Try nectarines, peaches, pineapple, or plums with a little yogurt or ice cream.
- When making a salad, think "entrée" and prepare several servings. And go beyond lettuce and tomatoes.
- Add veggies to chili, omelets, pasta dishes and soups.
- Don't forget chickpeas, lentils, and other kinds of beans, which count as vegetable servings.

Give Your Health a Produce Boost

Summer's bounty of fruits and vegetables does more than tempt your taste buds; it can have a powerful impact on your health. When you have more choices, there's a greater chance that you'll eat more produce, and that's likely to lead to a lower risk of chronic conditions, such as heart disease, most cancers, type 2 diabetes, and obesity.

To maximize the health benefits, make these four easy changes to the way you shop for, prep, and store your fruits and vegetables:

BE ORGANIC SAVVY. When you buy organic, you reduce your exposure to pesticides and support a way of farming that's good for the planet. And a new analysis has good news for people who find that organic produce is unavailable or too expensive. It identified 23 conventional fruits and vegetables considered low risks for pesticide residue. Many summer favorites (blueberries, cherries, raspberries, and watermelon for instance) are on the list. But you might want to consider organic for nectarines, peaches, and peppers (sweet or hot) because they have a high or very high pesticide risk.

KNOW WHEN TO COOK IT. Vitamins and minerals are lost when some foods are heated, but for some fruits and vegetables, cooking makes the nutrients more available, so your body absorbs them better. Cooking asparagus, cabbage, carrots, mushrooms and peppers boosts levels of several antioxidants. And research has found that your body can extract more cancer-fighting lycopene from tomatoes if they're cooked.

MAKE THEM LAST. Americans throw out almost 100 pounds of produce per person each year, which isn't good for the wallet. There are several ways to prevent produce from shriveling up and rotting before you can eat it.

Temperature and humidity are two key factors. Asparagus, broccoli, carrots, celery, grapes, lettuce and spinach should be stored under cold, moist conditions. Put them in plastic bags that have holes, then in your refrigerator's crisper. Also, keep fruits and veggies separate. Many fruits produce ethylene gas as they ripen, which can make other produce spoil faster.

BUY LOCALLY, WISELY. When food shopping, two-thirds of Americans check to see whether what they're buying is locally produced. Fruits and vegetables are often the most attractive and health-promoting when harvested at the peak of maturity because it doesn't have to travel as far to reach your table... local produce can be picked when it's ready. But "local" isn't a regulated term; each market can have its own definition. Nor does it automatically mean that an item is certified organic. If you want produce that is both, check to make sure it is.