

Newsflash

Issue 2016.03

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

ALL DRUGS 0.75%
BRANDS 1.74%
GENERICS -5.63%
SPECIALTY 2.53%

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Sustiva	HIV	Feb 17
Lodosyn	Parkinson's	Feb 17
Imitrex NS	Headache	Feb 19
Zipsor	NSAID	Feb 23
Ammonul	Hyperammonemia	Feb 24
Flonase	Allergies	Feb 29

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

Sizing Up Food Portions

March is National Nutrition Month. Though it's important to eat healthy...lean meats, fruits and veggies, etc., it is also important to realize that how much you eat is just as important as what you eat.

In the 1970s, 14% of Americans were obese. Now, two-thirds of us are. One reason: When Americans today sit down to eat, they find a whole lot more food on their plates.

A recent study that compared recipes from the 1936 edition of "Joy of Cooking" with those for the same dishes in the 2006 version, for example, found an average calorie increase of 63 percent per portion. A brownie recipe from the 1964 edition recommended dividing it into 30 squares, 35 years later the same recipe yielded just 16.

If big portions are a cause of weight gain, then smaller ones might be part of the solution. Two recent surveys by the Consumer Reports National Research Center back that up. In one, 62 percent of the people who had lost weight said they watched portion sizes at least five days a week, compared with 42 percent of the failed dieters. In the other, two-thirds of the people who successfully managed their type 2 diabetes practiced portion control, compared with barely half of those who were unsuccessful.

PORTIONS VS. SERVINGS

A portion is how much food you choose to eat. A serving is the amount that is used to calculate a food's nutritional value. Your sandwich's two slices of bread is usually just once slice. Serving sizes are often smaller than what people consider a normal portion. For many folks, a standard 7-ounce baked potato may be just one portion, but it's three servings. That means it may be less daunting than you think to get the recommended five to nine daily servings of fruits and vegetables. But it also means you may be eating more calories and fat than you realize.

PORTION DISTORTION

One way to make sure you don't go overboard is to measure your food. For example; keep a measuring cup near your cereal box. But it may be easier to follow the guide below. Here are some other ways to keep portions reasonable:

- **Use Grandma's china.** Her plates are probably smaller than yours. That makes a little food look like a lot, and research suggests that eating on small plates helps people eat less.
- **Eat mindfully.** Take time to enjoy the taste and texture of food – and the experience of feeling full.
- **Avoid distractions.** You're more likely to notice how much you eat if you don't multitask. So avoid eating while driving, reading, or watching tv.
- **Follow the 80 percent rule.** Stop eating before you feel completely full. That strategy is reportedly common on the Japanese Island of Okinawa, which has one of the highest concentration of people living to 100 in the world.
- **Write it down.** Keep a journal for a few days detailing everything you eat, including late-night snacks and visits to the office candy dish. The list can help identify where you can cut back.



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
Briviact (brivaracetam)	Tablet	Treatment for epilepsy	Tier 3	Prior Auth: No Specialty: No Medical: No
Cetylev (acetylcysteine)	Oral Solution	Treatment for acetaminophen overdose	Tier 3	Prior Auth: No Specialty: No Medical: No
Odefsey (emtricitabine, raltegravir and tenofovir alafenamide)	Tablet	Treatment for HIV	Tier 3	Prior Auth: No Specialty: No Medical: No
Sernivo (betamethasone dipropionate)	Topical Spray	Treatment for plaque psoriasis	Tier 3	Prior Auth: No Specialty: No Medical: No

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EAT LESS WHEN EATING OUT

Use these strategies to limit the damage of oversized restaurant meals:

- **Get just an appetizer or two.** Or share the entrée
- **Doggy bag it.** Bring half home for a meal or two to enjoy another day. Get the extra food wrapped up early so there's less temptation.
- **Avoid "value" meals.** You may get more food but the extra calories, saturated fat, and sodium will probably hurt your heart and waist more than help your wallet.
- **Order water.** Americans' average caloric intake has risen nearly 15 percent in the past 20 years, and about half of the increase comes from sweetened drinks, which are often packed with calories and are easy to overconsume.

NO MEASURING CUP OR SPOON? USE THIS HANDY GUIDE TO SERVING SIZES

Portion Control In The Palm Of Your Hand

- FIST - 1 Cup**
Best for: Beverages, Cereal, Casseroles, Soups, Fresh fruit, Raw vegetables, Salads
- CUPPED HAND - 1/2 Cup**
Best for: Pasta, Rice, Beans, Potatoes, Cooked vegetables, Pudding, Ice Cream
- 2 CUPPED HANDS - 1 ounce**
Best for: Chips, Crackers, Pretzels
- PALM - 3-4 ounces**
Best for: Beef, Pork, Poultry, Fish
- THUMB - 1-2 Tablespoons**
Best for: Salad dressing, Sour cream, Cream cheese, Peanut butter, Hard Cheeses
- THUMB TIP - 1 Teaspoon**
Best for: Butter, Margarine, Mayonnaise, Oil

* indicates approximate size of serving

Putting More Produce in Your Life

Here are a few ways to add additional fruits and vegetables to your daily meals.

BREAKFAST:

- Turn yogurt into a full serving of fruit by adding a half-cup of berries or chopped fruit.
- Add bananas, blueberries or strawberries to your waffles or pancakes.
- Top toasted whole-grain bread with peanut butter and sliced bananas.
- Add bell peppers, broccoli, mushrooms, spinach or tomatoes to your scrambled eggs or omelet.

LUNCH:

- Pressed for time? Buy bags of broccoli, cabbage and shredded carrots to mix with apple-cider vinegar, flaxseed or olive oil, and lemon juice for a refreshing coleslaw.
- Try blood oranges and avocado slices in a spinach salad, or slice exotic fruit like fresh figs, guavas, mango, papayas or star fruit into a fruit cup.
- Make a topical fruit salad with chunks of banana, kiwi, mango, papaya, pineapple, and strawberries, add honey, lime juice, lime zest and pineapple juice and top with shredded coconut.

DINNER:

- Thicken soups or gravies with finely chopped or pureed carrots.
- Buy or make tomato-and-red-pepper soup – it's a serving or two of vegetables in itself – and add different veggies each time you prepare it.
- Cook one-pan meals that combine meat with several vegetables. For instance, sauté brussels sprouts, chopped butternut squash, and onion wedges in olive oil. Then spread them in a baking pan and top with chicken pieces coated in yogurt and curry powder or other seasonings and bake until done.

DESSERT:

- Try fruit with cheese for dessert.
- When baking quick breads or cakes, use unsweetened applesauce in place of half the butter or shortening, which will add more fiber and sweetness with fewer calories.

DINING OUT:

- Ask for double veggie portions to replace potatoes or rice.
- When you grab a sandwich or burger on the run, request extra lettuce and tomato.

COCKTAILS:

- Go for alcoholic drinks that incorporate whole or juiced fruit or vegetables: mulled cider with an orange-slice garnish and cinnamon stick stirrer; a Bloody Mary with extra veggie garnishes; or a pitcher of sangria with slices of citrus fruit.

