

# Newsflash

Issue 2016.05

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

**ALL DRUGS 1.17%**  
**BRANDS 0.44%**  
**GENERICS 4.44%**  
**SPECIALTY 0.04%**

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Avandaryl	Diabetes	Apr 1
Cordran SP Cream	Inflammation	Apr 13
Lexiva	HIV	Apr 15
Vimpat	Anti-Convulsant	Apr 28
Crestor	Cholesterol	Apr 29
Cambia	NSAID	May 2
Natazia	Birth Control	May 6

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
------	-----------	----------

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

## The Truth about "Superfood" Claims

You're probably accustomed to hearing about the latest "superfood" that can help you lose weight, prevent disease, and cure what ails you. However, no single food, or even a group of foods, has the power to cure cancer or other diseases, or guarantee you immunity from illnesses. In addition to your diet, many factors play a role in your health, including your genetic makeup, your environment, and your lifestyle. On the other hand, many foods are good sources of important nutrients that are essential for good health.

### Foods that are super

It is important to realize that "superfood" is a non-medical marketing term invented to refer to foods that have health-promoting properties. These foods typically have a high content of antioxidants, vitamins, or other nutrients. They are often foods that have been proven to help reduce the risk of developing certain diseases, such as heart disease.

Many natural foods could be given the "superfood" label; research has shown that eating a healthy diet that includes plenty of whole foods will help you maintain your weight, fight disease, and live longer. There's always a hot, new food item, but every true superfood is a 'real,' unprocessed food. Practically everything in the produce department is a superfood.

Along with a wide array of vitamins and minerals, antioxidants are found in every fruit and vegetable. Eat a wide variety, especially the brightly colored ones, such as berries, peppers, grapefruit, oranges, and papaya, and dark leafy greens, including spinach. To make sure you are eating enough fruits and vegetables each day, eat a vegetable at every meal and a fruit two or three times a day. Walnuts, almonds, and other nuts are also good sources of many important nutrients, as well as protein and fiber.

### High profile foods

You may be tempted to turn down foods that appear in flashy ads, but, in fact, some of these foods can play an important role in a healthy diet. Here is a rundown on some foods currently in the limelight:

**Pomegranates:** Antioxidants in pomegranates include polyphenols, such as tannins and anthocyanins. They are high in potassium and vitamin C and are a good source of fiber. Some evidence suggests that eating pomegranates may improve cholesterol levels and help improve blood flow to the heart in people with ischemic heart disease. Buy fresh pomegranates while in season (late summer to early winter) instead of pomegranate juice, which can be expensive and lacks the fiber of the whole fruit.

**Acai:** Acai berries are a good source of antioxidants, fiber, and heart-health fats. They grow in rain forests, so you won't find fresh berries in the U.S.; instead, look for frozen puree, juice, or dried berries with little or no added sugar or other ingredients. However, keep in mind the juice provides no fiber.

**Kale:** Kale is high in antioxidants, such as vitamins A, C, and K, as well as certain phytonutrients, and it is a good source of fiber. Kale can be used in a variety of ways; include it in salads, soups, pasta dishes, and smoothies. Kale chips are a popular snack, but they tend to be pricey. Make quick and easy kale chips yourself to save money. To make kale chips, wash and dry the kale, remove the ribs, tear it into small pieces, and toss with olive oil and spices, such as pepper, garlic powder, and a dash of cayenne. Bake at 275°F until crispy for about 20 minutes, turning once.

**Chai seeds:** These are a great source of omega-3 fatty acids, especially for people who don't eat fatty fish two times per week. They are high in fiber; add them to yogurt smoothies, and salads.



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
Bevespi Aerosphere (formoterol fumarate and glycopyrrolate)	Inhalation Aerosol	Treatment for COPD
BromSite (bromfenac)	Injection	Treatment for postoperative ocular inflammation
Cabometyx (cabozantinib)	Tablet	Treatment for renal cell carcinoma
Nuplazid (pimavanserin)	Tablet	Treatment for Parkinson's Disease
Xtampza ER (oxycodone)	Capsule	Treatment for chronic pain
Venclexta (venetoclax)	Tablet	Treatment for chronic lymphocytic leukemia

## Memory Loss: When to Worry

Being forgetful from time to time is a normal part of life, not just aging. But what's normal, and what isn't? See below for examples; for a complete list, go to Alzheimer's Association at alz.org

**What's normal:** Occasionally forgetting names of acquaintances, books, or movies (but remembering them later).

**What's not:** Forgetting the names of close friends and relatives. Being unable to remember things you just learned. Being unaware of your memory loss.

**What's normal:** Sometimes having trouble finding the right word.

**What's not:** Frequently forgetting common words or substituting unusual ones (calling a watch a "hand clock").

**What's normal:** Occasionally forgetting where you are going.

**What's not:** Getting lost in your neighborhood or forgetting how you got somewhere.

**What's normal:** Sometimes misplacing things.

**What's not:** Putting objects in unusual places, such as your keys in the freezer.

**What's normal:** Occasional moodiness. Becoming irritated if your routine is disrupted.

**What's not:** Rapid mood swings for no apparent reason. Becoming increasingly suspicious, fearful, or easily upset.

**What's normal:** Making a questionable decision, such as setting off on a rainy day without an umbrella or jacket.

**What's not:** Frequently making clearly inappropriate decisions, such as giving large sums of money to telemarketers.

## Keys to Healthy Aging

The following 10 recommendations are derived from the Center for Aging and Population Health at the University of Pittsburgh and the Consumer Reports Health Ratings Center.

**Lower your blood pressure.** The ideal systolic pressure, or top number, is below 120 millimeters of mercury, and the optimal diastolic, or lower number, is less than 80 mm Hg. More than 70 percent of people age 60 and older have hypertension, but lifestyle changes and medication can help.

**Stop smoking.** Even people who quit in their 70s or older can benefit.

**Participate in cancer screening.** The most effective tests available, according to the Consumer Reports Health Ratings Center, are colon-cancer screenings for adults age 50 to 75, breast-cancer screenings for women 50 to 74, and cervical-cancer screenings for women 21 to 65. For most people, the risks outweigh the benefits for tests for bladder, lung, oral, ovarian, pancreatic, prostate, skin, and testicular cancers. Note that our recommendations often differ with age and risk factors. Discuss which cancer screenings are right for you with your health care provider.

**Get immunized regularly.** Everyone over age 50 should talk with his or her doctor about when to get vaccinated against the flu, pneumonia, and shingles. Also ask if you need to have the following vaccines: hepatitis (A and B); measles, mumps, and rubella (MMR); tetanus, diphtheria, and pertussis (Tdap); and varicella (chicken pox). And ask about renewing your tetanus and diphtheria (Td) vaccine.

**Reduce blood glucose.** Cut your risk of type 2 diabetes by lowering your fasting blood glucose level to below 100 milligrams per deciliter (mg/dl) with weight loss and increased physical activity.

**Lower LDL cholesterol.** Aim for an LDL (bad) cholesterol level below 100 mg/dl by being physically active, eating healthfully, maintaining normal weight, and if prescribed by your doctor, taking medication.

**Be physically active.** Everyone can do something to improve their health at any age. But check with your doctor before starting a new physical activity routine.

**Maintain healthy bones, joints and muscles.** You can delay or prevent conditions that damage them by doing strength-training exercise regularly and maintaining a healthy weight.

**Cultivate social contacts.** Staying connected to friends, family, and your community helps you stay emotionally, physically, and cognitively healthy.

**Combat depression.** Being consistently depressed is not a normal part of life at any age. If you have concerns, talk to your doctor.

