

# Newsflash

Issue 2016.11

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

**ALL DRUGS 0.30%**  
**BRANDS 0.37%**  
**GENERICS 0.04%**  
**SPECIALTY 0.31%**

## Generic Releases

The following brand drugs have lost their patents:

<b>Drug</b>	<b>Condition</b>	<b>Date</b>
Ziagen	HIV	Sep 26
Namenda XR	Alzheimer's	Sep 26
Virazole	Respiratory	Oct 6
Safyral	Birth Control	Oct 11
Beyaz	Birth Control	Oct 11
Benicar	Blood Pressure	Oct 26
Benicar HCT	Blood Pressure	Oct 26
Azor	Blood Pressure	Oct 26
Tribenzor	Blood Pressure	Oct 26

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.

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

## Have a Happy Healthy Holiday

**You can eat right and still enjoy the pleasures of seasonal treats!**

Food and drink go hand in hand with celebrating the holidays. And if you're hosting or helping, one of your jobs is to make sure special meals don't leave guests with unwanted aftereffects, such as feeling stuffed on rich goodies – or worse, feeling sick. The secret to those better morning after's is smart choices made by you in the planning and prepping of the food you serve. Here, experts guide you through the process to ensure that your holiday eats are healthful and tasty:

### MAKE THE RIGHT GROCERY BUYS

Serving a delicious, healthy holiday meal begins at the grocery store, but the choices can be confusing. The trick is to know which food labels are meaningful.

**Look for meat labels that matter.** Whether your menu calls for turkey, beef or pork, consider buying meat that's organic or raised without antibiotics. Experts are concerned about using antibiotics for disease prevention or growth promotion in animals because it contributes to antibiotic resistance. Organic practices also call for only organic feed and no growth hormones.

**Pick the best produce.** Organic? Conventional? Local? The right choices will be based on availability and your personal preferences, concerns for the environment, and budget. Organic produce is grown without the use of most pesticides or chemical fertilizers and is not genetically engineered. Washing conventional fruits and vegetables in running water and rubbing hard will reduce pesticide residues (you don't need special washes), as will peeling. Still, some pesticides can remain on surfaces and some are systemic – they get into the produce flesh and can't be washed away.

**Spice it up right.** Sodium is used as a preservative in many canned and packaged foods, so they can have much more than if it was just added for taste. Look for "low sodium" products; they contain 140 mg or less per serving. To avoid added sugars use canned fruits packed in its own juices (no sugar added).

### PREPARE IT ALL SAFELY

In the frenzy of meal prep, we often neglect the basic rules of kitchen safety. This is especially true during the holidays when you have several people in the kitchen. Consider these reminders.

**Plan ahead.** Clean out your refrigerator and freezer before you shop. You're going to need all that room. Keep raw meat and poultry separate from other foods in your shopping cart, grocery bags and fridge.

**Thaw in the fridge.** Food poisoning bacteria grow rapidly at room temperature, and in two hours they can reach dangerous levels and develop toxins that can't be killed with cooking. It takes one day of thawing for every five pounds of turkey. Keep it in a shallow roasting pan with sides to contain any juices that might leak out.

**Don't rinse the bird.** Rinsing poultry causes bacteria from the surface to splatter all over the kitchen.

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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
Amjevita (adalimumab-atto)	Injection	Treatment for plaque psoriasis
Carnexiv (carbamazepine)	Injection	Treatment for seizures
Cuvitru (immune globulin subcutaneous (human))	Injection	Treatment for primary immunodeficiency syndrome
Exondys 51 (eteplirsen)	Injection	Treatment for Duchenne muscular dystrophy
Kyleena (levonorgestrel)	IUD	Indicated to prevent pregnancy
Lartruvo (olaratumab)	Injection	Treatment for soft tissue sarcoma
Lomaira (phentermine hydrochloride)	Tablet	Treatment for obesity
Yosprala (aspirin and omeprazole)	Tablet	Treatment for ischemic stroke
Zinplava (bezlotoxumab)	Injection	Treatment for clostridium difficile infection recurrence

## Cutting Board Wisdom

Before you start your holiday cooking and baking, take stock of your cutting boards. For food safety's sake, it might be time to invest in a new one.

Cutting boards with deep scratches should be replaced because bacteria can hide in the grooves, even after washing. And if you rely on only one or two boards, buy a couple of new ones. You need at least three: one that's dedicated to raw meat, one to chop vegetables, and one for cooked meat. It's also nice to have separate boards for fish and poultry. A set of color-coded mats can help you remember which is which.

As for the wood vs. plastic debate, Consumer Report's food-safety experts recommend that you choose cutting boards made out of polypropylene or another dishwasher safe material for raw meat, poultry, and fish. But for produce, baked goods, and cooked meat, it's your choice. If you use a wooden board, wash it by hand in hot soapy water. To remove odors, rub the board with one-half lemon and coarse salt. Rinse, then give your board a little conditioning by rubbing the lemon rind over the board.



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## Have a Happy Healthy Holiday

**Clean carefully.** Cross contamination goes beyond rookie mistakes such as using the same plate for raw and cooked meat and forgetting to wash your hands before you start food prep. For example, kitchen towels are the most contaminated items in the kitchen. That's because people often use them to wipe the counter or dry hands after rinsing (as opposed to using soap and water). And using your cell phone or tablet can be an unexpected source of contamination. Every time you touch something during food prep is an opportunity to introduce contaminants into your food. If you take a call, wash your hands again after you set the phone down.

**Get meat up to temp.** To kill any bacteria that may be present, cook beef and pork roasts and fresh hams to 145 degrees F. For turkey, that magic number is 165 degrees F. Test turkey's temperature in three areas – the breast, the thickest part of the thigh, and the wing. It's also safer not to stuff the bird (and stuffing extends cooking time), but if you do, make sure the stuffing reaches 165 degrees F before you take the turkey out of the oven.

**Enjoy those leftovers.** Be sure your fridge is set to just below 40 degrees F (use a refrigerator thermometer to check). Get leftovers into the fridge or freezer within 2 hours of cooking. Pack food in small, shallow containers (to cool it more quickly). Never store turkey on the carcass because it'll take too long for all the meat to chill.

### SERVE IT UP SMARTLY

No one wants to feel like they're depriving themselves, especially at the holidays. But you can feed everyone well without putting them (or yourself) into a food coma. You don't need to think about eating less, just think about balance.

**Downsize your dishes.** When using a 9 1/2" to 10" dinner plate, people typically serve themselves 20 percent less than they do on an oversized plate. And replacing large serving spoons with regular-sized kitchen spoons results in a 14 percent reduction. You're going to take two or three spoonfuls of stuffing, regardless of the spoon size.

**Focus on the foods you love the most.** There's a lot of pressure at the holiday to eat everything. But don't feel you have to load up on your sister's special casserole unless you love it. Sample a small amount and be sure to rave about it, but if you're going to indulge, do so with the foods you wait for all year.

