

Newsflash

Issue 2016.10

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Edluar	Insomnia	Aug 1

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.



To Cement a Memory, Exercise a Few Hours Later

People who exercised 4 hours after learning something new had better memory retention on the topic when tested two days later than those who exercised immediately or not at all, according to a study from the Netherlands of 72 adults. Researchers suspect that exercising a few hours after a workout may boost production of chemicals that fuel the formation of new brain cells just when the brain is strengthening the new memories.

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

Choose the Healthiest Tea

As the cold weather sends us searching for our favorite hot beverage, let's not forget about one of the healthiest...tea! Tea is the most sipped beverage worldwide after water, and is far from a new trend. However, with several varieties available and research linking tea with many health benefits, including a lower risk of cognitive decline, heart disease, stroke, and type 2 diabetes, you may be wondering which type should be your, well, cup of tea.

We'll make it easy: All of them. Whether it's black, green, oolong, or white, tea offers a no-calorie way to up your intake of disease-fighting plant compounds. In the U.S., tea drinkers have the highest flavonoid intake. We're talking about a flavorful, aromatic, healthful beverage. Why not choose a different one to go with a different meal or time of day – just like wine?!

True teas are made from the leaves of the *Camellia sinensis* plant; differences in flavor and color depend on how the leaves are rolled, crushed and exposed to air before drying. (Herbal teas such as chamomile or ginger are technically tisanes, or infusions of herbs and spices.) How much should you drink? There's no standard recommendation – as with other plant foods, more is generally a good thing, within reason. Some experts recommend having 2 to 3 cups per day. Just be sure to balance your tea intake with your observance for caffeine (or favor decaffeinated varieties.)

WHITE

How it's made. Young tea buds are rapidly steamed and dried after picking to inactivate the enzymes that cause browning.

Beverage benefits. White teas contain the most catechins, a type of flavonoid that may help keep blood vessels open and help the body break down fat.

GREEN

How it's made. Fresh leaves are picked and immediately steamed so that they retain their green color. Oolong tea, which is between a green and a black tea, is briefly exposed to oxygen before it is steamed.

Beverage benefits. Green tea gets a lot of attention for being a good source of the plant compound epigallocatechin gallate (EGCG), found in studies to decrease LDL (bad) cholesterol. EGCG may also counter inflammation in the body. Squeezing a slice of lemon into green tea may help its beneficial compounds survive digestion.

BLACK

How it's made. Tea producers roll or crush leaves, releasing an enzyme that oxidizes the catechins. The fermentation creates the brew's rich flavor and darker color.

Beverage benefits. It may help strengthen your skeleton. Post-menopausal women who regularly drank black tea had higher bone mineral density in the lumbar spine and hip, according to a Japanese study that tracked 498 women over five years. Just skip the splash of milk, at least some of the time – its proteins can bind with some of the beneficial compounds in black tea, reducing your body's ability to absorb them.



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 rheumatoid arthritis
Cuvitru (immune globulin subcutaneous (human))	Injection	Treatment for primary immunodeficiency syndrome
Erelzi (etanercept-szszs)	Injection	Treatment for rheumatoid arthritis
Exondys 51 (eteplirsen)	Injection	Treatment for Duchenne muscular dystrophy
Lomaira (phentermine hydrochloride)	Tablet	Treatment for obesity
Yosprala (aspirin and omeprazole)	Tablet	Treatment for ischemic stroke – prophylaxis, gastric ulcer prophylaxis

Fall Activities

The chill in the air and the rustle of leaves? Supermarkets are stocking mums and pumpkins. Halloween pop-up shops and, overhead, the trademark vee of geese doing what they do this time of year. It's autumn, friends! Cozy up in your sweaters and boots and catch the glimmer of cascading leaves and "It's the Great Pumpkin, Charlie Brown." But, for heaven's sake, don't just sit there! Enjoy the fall with health activities that suit the season.

Make Healthy Fall Treats: Cornucopias full of squash and freckled gourds. Buckets of apples, and pumpkin galore. There's a reason Thanksgiving meals inspire abundance. But don't wait for the holiday to cook up fall's bounty for a family meal. Make some roasted vegetables, light soups made with pumpkin or squash and healthy takes on your favorite treats – swap candied yams for baked sweet potato with a sprinkle of cinnamon.

Go Apple Picking: What's more fun than picking apples? Eating them! A great family activity, apple picking can teach kids the joy of nature and nurture, so to speak. Apples are replete with soluble fiber, which helps lower cholesterol. Enjoy them on their own, sliced with nut butters, or pop them in the oven sprinkled with cinnamon for a simple taste of fall.

Plant a Vegetable Garden: Gardens aren't just great for growing food. They're a source of beauty, a calming retreat and a resource for learning, and teaching, about food, nature and the value of physical work. Beets, broccoli, beans or greens – whatever your pleasure, plant some seeds and enjoy the veggies of your labor.

Super Foods for Fall

The weather is getting cooler, but your produce choices are heating up. These amazing superfoods are either hitting their peak in the garden or can easily be found in your local farmers market or grocery store.

They're the perfect excuse to get cooking on cool nights!

Apples

Sweet or tart, apples are satisfying eaten raw or baked into a delicious dish. Just be sure to eat the skin – it contains heart-healthy flavonoids. Health benefits include:

- Full of antioxidants
- 4 grams of dietary fiber per serving

Harvest Season: August – November

Brussels Sprouts

Made the correct way, these veggies taste divine. They have a mild, somewhat bitter taste, so combine them with tangy or savory sauces, like balsamic vinegar. Health benefits include:

- ½ cup contains more than your DRI of vitamin K
- Very good source of folate
- Good source of iron

Harvest Season: September – March

Pears

The sweet and juicy taste makes this fruit a crowd-pleaser. Cooking can really bring out their fabulous flavor, so try them baked or poached. Health benefits include:

- Good source of vitamin C and copper
- 4 grams of fiber per serving

Harvest season: August – February

Turnips

Tender and mild, these root vegetables are a great alternative to radishes and cabbage. To flavor these veggies, use fennel, bread crumbs, or even brown sugar. Turnip leaves, which taste like mustard leaves, are easy to cook and dense in nutrients. Health benefits include:

- The roots are a good source of vitamin C
- Turnip leaves are an excellent source of vitamins A, K and folate.

Harvest Season: September – April

