

# Newsflash

Issue 2017.02

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Fanapt	Antipsychotic	Nov 28
Focalin XR	ADHD	Nov 30
Livalo	Cholesterol	Dec 20
Kaletra Oral	HIV	Dec 27

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
Astelin	Antihistamine	Tier 3
Astepro	Antihistamine	Tier 3
Betaseron	MS	Tier 3
Byvalson	Blood Pressure	Tier 2
Cedax	Antibiotic	Tier 3
Enstilar Foam	Plaque Psoriasis	Tier 2
Entresto	Blood Pressure	Tier 2
Gilenya	MS	Tier 2
Intermezzo	Insomnia	Tier 3
Omeclamox Pak	Infection	Tier 3
Plegridy	MS	Tier 3
Seroquel XR	Schizophrenia	Tier 3
Spinosad	Head Lice	Tier 3
Tecfidera	MS	Tier 3
Vesicare	Overactive Bladder	Tier 3
Xiidra	Dry Eye	Tier 3

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

## Are 'Natural' Sugars better for you?

*Think they're healthier than plain old table sugar?*

*The real deal on honey, agave, and others.*

As more headlines appear linking excess sugar consumption to health problems including obesity and heart disease, you have no doubt seen products with labels touting the fact that they're sweetened with some other kind of naturally derived "sugar," whether it's honey, agave nectar, or evaporated cane juice.

But are those actually healthier? Not necessarily. Learn what's really going on with some of the most common substitute sweeteners.

### HONEY

Honey is sweeter than table sugar, so less of it is needed to sweeten foods. It contains some proteins that may improve immune function, and it has high levels of several antioxidants.

**The low down:** The main components of honey are in fact sugars (mostly fructose and glucose), so using too much of it may lead to the same health problems as consuming too much sugar. A bit of honey is fine, and may even offer some health advantages, but keeping total sweetener intake low is the winning formula for health.

### AGAVE NECTAR

Made from syrup extracted from the agave plant, agave nectar is high in fructose and thus touted as a low-glycemic alternative to table sugar (and honey) – meaning that it doesn't cause blood sugar to spike as much as other sweeteners. But concentrated sources of fructose might cause other problems such as increased levels of blood triglycerides, which might negatively affect heart health.

**The low down:** Nectar sounds wonderful, like it's from the gods, but don't be fooled by the name. Agave isn't any better for you than other sugars.

### FRUIT JUICE CONCENTRATE

It's made by heating juice to remove water, treating the juice with enzymes, then stripping all color and natural flavor from it. That process can remove some of the valuable nutrients found in whole fruit. Fruit juice concentrate is sometimes used in baked goods, jams and jellies, and frozen confections.

**The low down:** Fruit-juice concentrates can be high in fructose, so the best advice is to consume food and drinks with them in moderation.

### EVAPORATED CANE JUICE

Cane juice is basically table sugar. The only difference is that table sugar is stripped of all traces of molasses during the refining process and evaporated cane juice might still retain some specks of molasses that give it a darker color.

**The low down:** Because the name sounds more natural, people feel better about using it. Nutritionally, it's the same as white sugar.



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
Arymo ER (morphine sulfate)	Tablet	Treatment for pain

## Want happy feet? Here's how.

*The secret is in your shoes.  
Orly Avitzur, MD, MBA*

A 50-year-old nurse was recently referred to me for nerve testing because of pain, burning, and tingling in her ankle and the sole of her left foot. The diagnosis turned out to be tarsal tunnel syndrome, a disorder similar to carpal tunnel syndrome in the wrist and hand. The suspected culprit? Almost certainly a fashionable new pair of bootie-type shoes that pressed tightly against her inner ankle. Experiences like this are one reason why, even though I'm a neurologist and not a podiatrist, one of the first questions I ask people with foot pain is whether they've bought new shoes lately.

A recent study from the Institute for Preventive Foot Health found that 78 percent of adults have experienced foot trouble at one time or another. Often the source of the problem is improperly fitting shoes. The biggest shoe mistakes I see: too tight, too high-heeled, or too floppy. The good news, of course, is that those are easy problems to fix.

### SUFFERING FOR STYLE

By far the most common problem is simply choosing the wrong size of shoe. One study that actually measured people's feet revealed that over a third were wearing shoes that were either a half size too large or small; 12 percent were off by 1 ½ sizes or more! How does that happen? Your shoe size can change with age. As we get older, the soles of our feet lose padding, and ligaments and tendons lose elasticity and lengthen. Weight gain or pregnancy can also cause feet to widen. Experts have estimated that people over the age of 40 can actually gain half a shoe size every 10 years.

A study on footwear choices among older people found that eight out of 10 wore shoes that were narrower than their feet, and more than four out of 10 wore shoes with a smaller total area than their foot. Shoes that fit too loosely can also be problematic. They can create friction when feet slide around as you walk, and put you at an increased risk of tripping on carpets or stairs. Shoes with no backs at all, like flip-flops and mules, can force you take shorter, more irregular strides.

## Want happy feet? (cont'd)

Even if the shoe fits, it can still hurt you. These styles are especially like to cause foot pain:

- Shoes with small or pointy toe boxes. They force your big toe inward and don't leave enough room for your other toes. The most common consequence is a painful lump of bone on the inside of the foot called hallux valgus, better known as a bunion. The condition affects almost one in four adults, and if painful enough can require corrective surgery. Jammed against a tight toe box, the other four toes can develop a condition called hammer toes, a shortening of the first joint that causes each toe to curl up instead of lying flat – even when you're barefoot.
- High heels. They can cause the Achilles tendon in the ankle to contract and shorten, which can trigger plantar fasciitis (an inflammation of the soles), and cause neuromas, painful nerve growths on the ball of the foot.
- Thin soles. Ballet flats and other shoes with little padding can also cause plantar fasciitis because the lack of proper cushioning can inflame the balls of your feet.

### YOUR SHOE SOLUTIONS

To avoid shoe-induced foot problems, get the right fit in the first place. Measure your feet regularly. The best time is at the end of the day when they have expanded to the max. Other tips to consider:

- Try shoes on both of your feet. Most of us have one foot that is larger than the other. Our shoes should fit the larger foot.
- Stay away from shoes with narrow toe boxes. That's especially true if you have already started to develop bunions or hammer toes.
- Be careful when buying shoes online. If in doubt, order shoes in more than one size. Many companies offer free returns, so your only investment is the time it takes to drop your rejects into the mail.
- Go low with heels. Stick to heels that are 2 ½ inches or lower. If you like to wear higher heels for special occasions, bring them to the event in a bag, put them on at the door, and remove them the minute you leave.