



Newsflash

Issue 2015.4

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

ALL DRUGS 3.87%
BRANDS 4.08%
GENERICS 2.58%
SPECIALTY 3.39%

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Fusilev	Prevent Toxic	Mar 9
Enablex	Overactive Bladder	Mar 13
Viread	HIV	Mar 18

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

10 Health Items Every Home Needs

Do you ever wonder what would work best for painful hemorrhoids or a nasty bug bite? We asked doctors and other experts what health items they stock in their own homes. All of the items are easy to find and you can buy the whole group for less than \$60. These items are in addition to the basics you should already have on hand, such as bandages, a fever thermometer, and an ice pack.

- Baking Soda.** *Why?* It's 6:30 a.m. and you're out of toothpaste. Wet your toothbrush and push some baking soda into it. Baking soda makes a great toothpaste in a pinch because it's a mild abrasive and will whiten like a mild bleach. **Price:** About \$3 for a 1-pound box.
- Aspirin.** *Why?* It could be a lifesaver in the event of a heart attack, Aspirin is a blood thinner, so it impedes the process of blood-clot formation. If you think you're having a heart attack, call 911 and unlock your door. Then chew four 81-mg (low-dose) tablets or one 325-mg tablet while you wait for help. **Price:** About \$3 for 36 low-dose tablets or \$2 for 100 325-mg tablets.
- Cigarette rolling paper.** *Why?* Those little sheets can help stop the bleeding from shaving cuts, and they're tidier than tissues or gauze. **Price:** About \$1 per pack of 100 sheets.
- Distilled white vinegar.** *Why?* A dab of undiluted vinegar can take the itch out of bug bites. It also makes a great nontoxic cleaner when mixed with water or baking soda. **Price:** \$3 to \$6 a gallon.
- Measuring tape.** *Why?* Measuring your waist circumference (the area just above your hip bones) every few months is a great way to keep tabs on your weight and risk for heart disease. Men and women with waists measuring more than 40 inches and 35 inches, respectively are at a higher risk for heart problems. **Price:** About \$4.
- Meat thermometer.** *Why?* It is a must-have to prevent food-borne illness from undercooked meat. Steaks and roasts should be cooked to an internal temperature of 145°F; ground meat and egg dishes, 160°F; and poultry, 165°F. **Price:** \$6 and up.
- Neti pot.** *Why?* Rinsing your nasal passages with saline solution can help relieve congestion from allergies. The pots have been linked to a rare, deadly brain infection caused by contaminated tap water. So use yours only with a saline rinse, distilled water or tap water that's been boiled and cooled. Rinse the pot with the same type of water after use and dry it thoroughly. **Price:** About \$15 for a starter kit.
- Plain petroleum jelly.** *Why?* Dab it on minor cuts instead of an antibiotic ointment such as Neosporin. It forms a barrier against infection without the risk of allergic reactions associated with topical antibiotics such as bacitracin zinc, neomycin sulfate, and polymyxin B. **Price:** About \$4.
- 100 percent pure shea butter.** *Why?* It's a great natural remedy for rashes and dry skin. It is less likely to irritate sensitive skin than moisturizers that have multiple ingredients. Check the ingredient list and make sure it doesn't contain fragrance or any items other than shea butter. **Price:** \$10 to \$40.
- Witch hazel.** *Why?* It can relieve discomfort from hemorrhoids (and in fact is the active ingredient in drugstore remedies such as Tucks Medicated Cooling Pads). For the price of 40 Tucks pads, you can buy a big bottle of witch hazel, which can also be used to relieve stinging and swelling from bug bites. **Price:** About \$5 for a 16-ounce bottle.



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 in June.

Brand Name	Dose Form	FDA Approved Indication	Tier	P/A Specialty Medical
Anthrasil (Anthrax Immune Globulin Intravenous)	Injection	Treatment for anthrax	Tier 3	Prior Auth: No Specialty: No Medical: No
Avycaz (avibactam and ceftazidime)	Oral	Treatment for intraabdominal infection	Tier 3	Prior Auth: No Specialty: No Medical: No
Cresemba (Isavuconazonium sulfate)	Oral	Treatment for invasive aspergillosis and invasive mucormycosis	Tier 3	Prior Auth: No Specialty: No Medical: No
Dutrebis (lamivudine and raltegravir)	Oral	Treatment for HIV	Tier 3	Prior Auth: No Specialty: No Medical: No
Elepsia XR (levetiracetam)	Oral	Treatment for epilepsy	Tier 3	Prior Auth: No Specialty: No Medical: No
Farydak (panobinostat)	Oral	Treatment for multiple myeloma	Tier 3	Prior Auth: No Specialty: No Medical: No
Glyxambi (empagliflozin and linagliptin)	Oral	Treatment for type 2 diabetes	Tier 3	Prior Auth: No Specialty: No Medical: No
Lenvima (lenvatinib)	Oral	Treatment for thyroid cancer	Tier 3	Prior Auth: No Specialty: No Medical: No
Liletta (levonorgestrel)	Oral	Treatment for birth control	Tier 3	Prior Auth: No Specialty: No Medical: No
Pazeo (olopatadine ophthalmic)	Eye Drops	Treatment of ocular itching	Tier 3	Prior Auth: No Specialty: No Medical: No
Toujeo (insulin gargine)	Injection	Treatment for type 1 or type 2 diabetes	Tier 3	Prior Auth: No Specialty: No Medical: No
Unituxin (dinutuximab)	Injection	Treatment for neuroblastoma	Tier 3	Prior Auth: No Specialty: No Medical: No
Zarxio (filgrastim)	Injection	Treatment for neutropenia associated with chemotherapy	Tier 3	Prior Auth: No Specialty: No Medical: No

Headed to the Hospital: Take *this*

Having someone with you when you're in a hospital is one of the keys to a safe and comfortable experience. In a 2014 national Consumer Reports survey of 1,200 people who were recently hospitalized, those who had a friend or family member with them were 15 percent more likely to say that they had been treated respectfully by medical personnel and 13 percent more likely to say that staffers always spoke to them in easy-to-understand language.

An advocate can help in other ways, too. In our survey, 24 percent of people thought there weren't enough nurses available at some point during their stay. Almost 30 percent said they experienced a medical error, such as a wrong diagnosis or medication or a hospital-acquired infection, and those patients were more likely to say there was a nursing shortage.

A friend or family member is no substitute for professional care, but respondents with an advocate said that person helped make them comfortable, asked doctors and nurses questions, gave the staff information about their medical history and how they were feeling, and helped make plans for their care after discharge.

Think carefully when choosing an advocate. An effective one has the confidence to raise concerns and the ability to make firm but polite requests. Being a good listener is important. You want someone who can help you process and document the information you're given. If the doctor is telling you something complicated or upsetting you may miss important information. An advocate can help you ask the right questions or be better prepared for what is going to happen.

Introduce your advocate to every doctor and nurse who enters your room, and let them know it's okay to share information about your condition and care with him or her. Consider making that person your health care proxy so that he or she can make decisions for you if you can't.

Have your advocate there when you need one the most. Doctors often make rounds in the early morning, so you'll probably be given medical updates then. Changes in nurses or care, such as when you're moved from intensive care to a regular room, can increase the chances for error, so someone should keep a watchful eye out then, too. And have your advocate with you when you're discharged to help you understand and remember what you need to do at home to further your recovery.

