



Newsflash

Issue 2015.8

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

ALL DRUGS 0.11%
BRANDS 0.33%
GENERICS -1.25%
SPECIALTY 1.65%

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Pataday	Antihistamine	Jul 13
Angiomax	Blood Clot	Jul 14
PrandiMet	Type 2 Diabetes	Jul 15

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.

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

Beyond Olive Oil: Which Fats Are Best for You

Alongside canola and olive oil on food-market shelves you may spot an array of newer oils and cooking fats. Sales of flavored and specialty oils, from foods such as avocados, coconuts, and walnuts, jumped at natural-food stores by more than 64 percent between 2012 and 2014, according to the market research firm Mintel. And once-unusual fats like ghee are now common at stores such as Trader Joe's and Whole Foods. Some are said to have special health benefits. But do they?

COCONUT OIL: Proponents claim coconut oil can spark weight loss, prevent or cure Alzheimer's disease, and lower cholesterol. It's a widely used topping for salads, vegetables, and popcorn, and it's promoted as a healthful substitute for butter in baked goods.

The lowdown. More than 90 percent of its fat is saturated. (Butter is just more than 60 percent saturated fat.) Saturated fat can raise blood cholesterol levels which have been linked to a higher risk of cardiovascular disease. Small studies suggest that coconut oil's fats may be less unhealthy than other saturated fats, but that's uncertain. Swapping it for butter, canola, or olive oil won't benefit health, but a small amount on sautéed vegetables probably won't hurt.

AVOCADO OIL: Avocados are high in fat, but most of that fat is unsaturated – which has been shown to benefit the heart and possibly aid in weight loss when consumed in moderation. They also contain antioxidants, and some believe avocado oil can help to protect against cancer.

The lowdown. Avocado oil, which has a nutritional profile similar to olive oil's, can be a hearth-healthy choice in salad dressings and for grilling, sauteing, and searing. If somebody wants to drizzle a bit of avocado oil on their fresh tomatoes and peppers, that's fine, but don't expect huge health advantages. Yes, avocados contain antioxidants, but a balanced diet already produces sufficient antioxidants. One drawback to avocado oil is its cost, around \$20 for an 16.9-ounce bottle.

WALNUT OIL: Unrefined walnut oil has become widely used as a replacement for olive oil in salad dressings because of its nutty flavor. It's low in saturated fat and high in unsaturated fat, and because walnuts are rich in the omega-3 fatty acid ALA (alpha-linolenic acid), some researchers say the oil has heart-health benefits.

The lowdown. If you like walnut oil, swap it for olive oil in dressings or in place of vegetable oil in breads and muffins. But there's no unique fatty-acid composition that would make it better than some of the more common vegetable oils.

GHEE: Ghee, which is often used in Indian cuisine, is made by simmering butter, then skimming off the milk solids. What's left is the butterfat, which has a rich, nutty flavor. Because the milk solids have been removed, ghee is often promoted for lactose-intolerant people.

The lowdown. People who are lactose-intolerant can usually digest ghee easily. But ghee, a form of butter, is high in saturated fat. It might be fine to use in small quantities on toast or a teaspoon on vegetables, but don't go overboard.



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	Tier	P/A Specialty Medical
Entresto (sacubitril and valsartan)	Tablet	Treatment for heart failure	Tier 3	Prior Auth: No Specialty: No Medical: No
Envarsus XR (tacrolimus)	Tablet	Treatment for organ transplant	Tier 3	Prior Auth: No Specialty: No Medical: No
Epiduo Forte (adapalene and benzoyl peroxide)	Topical	Treatment for acne	Tier 3	Prior Auth: No Specialty: No Medical: No
Rexulti (brexpiprazole)	Tablet	Treatment for depression	Tier 3	Prior Auth: No Specialty: No Medical: No

Tips for Safer Food

It isn't possible to keep your food completely free of contamination. But by taking a few simple precautions, you can significantly reduce the chance that germs will hitchhike into your digestive track.

Wash fruit and vegetables thoroughly. Many cases of food poisoning come from leafy greens (including the prewashed variety), berries, cantaloupe, and sprouts. But any unwashed fruit or vegetable can be risky, even those you peel. Rinse all fresh produce, including items whose skins aren't eaten, in running water. (There's no need to use special cleaners.) Use a scrub brush to get into the nooks of rough-skinned items like cantaloupes. Discard the outermost leaves of cabbage and head lettuce, which are usually the dirtiest.

Handle meat, shellfish, and eggs as if they were contaminated. Wash hands, utensils, and cutting boards that have come into contact with raw animal products with hot soapy water before they touch other food. Nancy Donley, president of Stop Foodborne Illness, a nonprofit group that advocates food safety, recommends using separate cutting boards for meat and produce. "Ignore old advice that tells you to wash meat before you cook it," she says. "That doesn't do anything except spread germs all over your sink, faucet and countertops."

Cook food all the way. Use a meat thermometer to judge if meat is cooked sufficiently to kill bacteria. Beef, lamb, pork, and veal should reach an internal temperature of at least 145° F; poultry, 165° F. Eggs should be cooked until the white portion is opaque and the yolk is firm.

Refrigerate promptly. Bacteria multiply at room temperature, so refrigerate leftovers within 2 hours of serving (1 hour if it's warmer than 90° F). Large amounts of food, such as a pan of lasagna will cool faster divided into smaller containers, but keep them separated and not stacked. Your fridge should be no warmer than 40° F, and your freezer should be 0° F. If your units don't have built-in thermometers, get an inexpensive freestanding appliance thermometer.

Be wary of lukewarm food. Hot food should be hot and cold food cold, whether it's takeout or served at a restaurant or party. Avoid dips like guacamole if they have been sitting out for a while or are lukewarm. People in high-risk groups might want to avoid such foods entirely.

Steady on Your Feet

Having poor balance is a health risk. Falls are the leading cause of hospital admissions for people over 65, with one in three experiencing a fall each year. And 20 to 30 percent of these incidents result in such injuries as lacerations, hip fractures, and head traumas, as well as hospital bills averaging nearly \$18,000 per patient, according to the Center for Disease Control and Prevention.

It's important to understand, however, that this risk of falling isn't caused simply by aging, but rather an effect of illnesses and impairments common in older adults. In general the more chronic health conditions you have, the more likely you are to suffer a fall.

Here's why:

A person's ability to balance is influenced by many factors, including vision, gait, inner-ear functioning, blood pressure, muscle strength, and posture. The brain integrates information it receives and uses it to tell your body to move safely. It can compensate if one or two of those factors are compromised, but it's more difficult to overcome multiple problems to the system.

For example, diabetes can worsen vision and desensitize nerves in the feet. Depression is known to increase the risk of falling, although researchers don't know exactly how this happens. Hypertension drugs can cause dizziness or a drop in blood pressure upon standing. In fact, a lot of medications affect balance; many drugs that target the brain increase your risk of falling...sleep aids are some of the worst offenders.

If you've had unexplained falls or feel unsteady on your feet, or someone notices that you seem wobbly, see your doctor to check on any underlying causes. You might be referred to a physical therapist, who can evaluate your balance and suggest strengthening exercises. Taking a quick at-home balance test can also help define your risk. Get up from a chair, walk 10 feet, turn around, walk back, and sit down. Any sign of unsteadiness should be a concern.

Other strategies to bolster balance include yoga, tai chi (the Chinese martial art of slow, rhythmic movements), and low-impact dancing. It's important to strengthen your arms, too, since you use them to steady yourself. It might be worth scheduling a few sessions with a personal trainer. At home, remove throw rugs and fix slippery surfaces to avoid missteps and falls.