

Newsflash

Issue 2016.04

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

ALL DRUGS 0.76%
BRANDS 1.75%
GENERICS -5.63%
SPECIALTY 2.53%

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Oxistat Cream	Antifungal	Mar 7
Viagra	ED	Mar 9
Voltaren Gel	NSAID	Mar 18
Nasonex	Allergies	Mar 22
Treanda	Leukemia	Mar 24
Cubicin	Antibiotic	Mar 24
NeoProfen	NSAID	Mar 30

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 "PBM Resources>Newsletters>Clinical" at: www.ProCareRx.com

A Survival Guide to Spring Allergies

They call it the pollen vortex. After the long cold winter, we now have to deal with the tree pollen season that overlaps with grass pollen and mold season, causing an intense pollen nightmare. Considering all that pollen, here's a spring allergy survival guide to help you through it!

- Don't stop to smell the flowers.** Yes, they're pretty, but sniffing a daffodil or tulip could aggravate your symptoms. Fragrances and pollen from star jasmine, narcissus, gardenia and lily of the valley are most likely to make you sneeze. Allergy-friendly plants and flowers include gladiolus, periwinkle, begonia, bougainvillea, iris and orchid.
- Wash your hair.** Your hair is a pollen magnet, so take care not to pollinate your house when you go indoors. Wash your hair before you go to bed at night to keep the pollen from getting trapped on your pillow, causing nighttime flare ups. You should also wash your bed linens at least once a week in 130-degree F water, which will rid your bed of pollen and kill dust mite eggs – another symptom trigger.
- Don't line dry.** Hanging laundry outside is a surefire way to capture allergens. Pollen will easily stick to anything on the line. If you must air dry, do so indoors.
- Eat right.** You can fight allergies with your diet. Vitamin C-rich foods have been shown to unblock clogged sinuses, so load up on grapefruit, oranges, kale, mustard greens, broccoli and Brussels sprouts. Research suggests that quercetin – found in black tea, green tea, apples, red onions and berries – inhibits the release of histamines, which trigger itching, sneezing, a runny nose and watery eyes. Pineapple and papaya contain bromelain, a mixture of enzymes thought to improve seasonal allergy symptoms.
- Wear sunglasses.** Wearing oversized shades can block out pesky pollens from getting into your eyes and eyelids. Also smart? Sport a pollen mask and gloves while you're outside, and avoid touching your face and eyes.
- Forget the fan.** Beat the heat with air conditioning, not fans. Window fans can invite pesky pollen and mold spores into your home. When you're in the car, you should likewise keep cool with AC. Sorry, sunroof!
- Stay inside.** Stay indoors as much as possible. Take your exercise routine to the nearest gym. Since plants typically pollinate in the early-morning hours, postpone outside activity until after 12 pm.
- Maintain the dog.** When dogs play outside they collect allergens such as mold and pollen. Wash your pet's paws before allowing them back into the house.
- Leave your shoes at the door.** It's not just the dog who tracks allergens inside the house. Pollens can hitch a ride inside on shoes, so take them off before or immediately after entering the house.
- Try a salty home remedy.** Prepare a saltwater nose spray by mixing 8 ounces of water with half a teaspoon of salt in a squirt bottle. Use it twice a day; when you wake up in the morning and again in the evening. It will clear the allergens out of your nose. Salt water is thought to restore moisture to dry nasal passages, while lessening the inflammation of mucous membrane. You're most likely to benefit if you use it regularly, rather than skipping days here and there.



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
Cinqair (reslizumab)	Injection	Treatment for asthma
Defitelio (defibrotide)	Injection	Treatment for hepatic veno-occlusive
Idelvion (coagulation factor IX (recombinant) albumin fusion protein)	Injection	Treatment for hemophilia B
Taltz (reslizumab)	Injection	Treatment for plaque psoriasis

Throughout the house:

Wipe Walls and Ceilings: Use a vacuum to remove dust. Tackle stubborn surface grime, especially prevalent in kitchens, with a solvent-free degreaser (test it first in an inconspicuous area to insure it won't mar the surface).

Reseal Grout Lines: The cement-based material between wall, floor, and countertop tiles is extremely porous and stains easily. Protect it with a penetrating grout sealer; it's best to apply it with a small foam brush.

Vacuum and Shampoo Rugs: Synthetic carpets and rugs with waterproof backings can be deep-cleaned with a rotary shampoo machine and a hot-water extraction machine. Rugs without backings, including Orientals, require professional cleaning.

Dust Books and Shelves: Take everything off the shelves and brush shelves and books with a feather duster. Use the dust brush or crevice tool on a vacuum to reach tight spots. Wipe the spines of leather-bound books with a clean soft cloth.

Clean Upholstered Furnishings: Take cushions outside and gently beat them by hand to remove dust. If there are stains, check the pieces for care labels. Use a vacuum's upholstery and crevice tools to clean under seat cushions.

Dust Your Home Thoroughly: This includes hard-to-reach places, such as tops of ceiling fans and window casings. Always work from the top of a room down, vacuuming the dust that settles on the floor. Avoid using dusting sprays.

Wax Wooden Furniture: Wipe surfaces with a soft cloth dampened with water and mild dishwashing liquid. Apply paste wax, such as Butcher's wax, a few feet at a time with a cotton rag folded into a square pad. Let wax dry; buff with a clean cloth.

Wash Window Screens: Using warm water and a mild dishwashing liquid, scrub each screen with a brush; rinse thoroughly.

Clean Window Treatments: Many draperies and curtains are machine washable; check labels. Dry clean fabric shades. Wipe wooden blinds with a damp cloth; warm water mixed with a mild dishwashing liquid is safe for metal and vinyl blinds.

Wax Non-Wood Floors: Vinyl and linoleum floors that have lost their shine should be waxed with a polish designed for these surfaces. Most stone & tile floors can be treated with either a paste or liquid wax designed for the material.

Spring Cleaning Tips

There are few rites of spring more satisfying than the annual clean. After reading through the following tips, tailor the list to your home and yard. Spring cleaning isn't usually a one-day job, but the effort is worth the satisfaction of a job well done.

Remember to observe safety first, follow manufacturer recommendations on all cleaning products, ladders, step stools, and other indoor and outdoor equipment. Focus on one task at a time...and enlist the help of family members!

- 1. Go with Gravity.** Always start at the top and work your way down. Dust falls down...like rain or snow. Starting at the top ensures you never have to re-clean a surface a second time during your cleaning.
- 2. Clean like clockwork.** To make your cleaning time effective, divide each room into an imaginary clock. Twelve o'clock is always going to be your starting point...this should always be the door or the sink, if there is one in the room. Work clockwise in the room...and try to finish the room in one hour...top to bottom...which ensures cleaning efficiency.
- 3. Tool talk.** Have all of the correct tools and products with you. Don't waste time running all over the place finding the right tools. Keep your tools clean and maintained properly so that the next time you need them, you can count on them being ready to go.
- 4. Prepare yourself.** Make a task list ahead of time. If you have a new task to complete, make sure you know how to perform said task. Before you start, have a healthy breakfast, grab a bottle of water, and que up your music...and don't let yourself get distracted!

Spring cleaning doesn't necessarily mean you have to resort to harsh chemicals in your home. Try these recipes for homemade cleaning solutions using products you may already have on hand.

Microwaves. To speed-clean and mask odors, place a small bowl with about ¼ cup of fresh lemon juice in your microwave. Then run it on high for 1 minute. Remove the bowl of juice and wipe the microwave oven cavity (the condensation that forms will help to clean it). Baked-on stains should come off with plain water. Repeat if necessary. Scrape off any stubborn gunk with a plastic credit card. Just don't scrape the window, which could damage it.

Ovens. To clean a greasy oven, mix 1 cup of baking soda with ¼ cup of washing soda. Then add enough water to make a paste. Put on house-cleaning gloves (washing soda might irritate your skin), then smear the paste on oven surfaces and leave it on overnight. The next morning wipe off the soda moisture and grime, then rinse all surfaces.

Showers. If you live in an area with hard water, you can keep showers and ceramic tile free of water spots by using a squeegee on the door and shower stall after each use. It should take no more than 30 seconds and will minimize hard-water buildup. Many showerheads have rubber nozzles that can be rubbed (not scrubbed) weekly to remove scale. If it clogs and it's plastic, soak it in equal parts of vinegar and water. Place metal heads in a pot with 1 part vinegar to 8 parts water and simmer for 15 minutes.

Windows. Add 1 cup of white vinegar to 1 cup of water. Pour the mixture into a spray bottle. Spray and wipe with a lint-free rag or squeegee, which minimizes streaks because it doesn't leave anything behind. It also makes it easier to clean tilt-out windows, and it's reusable.