

# Newsflash

Issue 2017.12

## Generic Releases

The following brand drugs have lost their patents:

| Drug             | Condition    | Date   |
|------------------|--------------|--------|
| Lotrimin Ultra   | Infection    | Nov 16 |
| Prezista 600mg   | HIV          | Nov 21 |
| Capastat Sulfate | Tuberculosis | Nov 27 |
| Biltricide       | Infection    | Nov 27 |

## Holiday Pitfalls! Go Easy on These 5 Items

**Eggnog.** One cup has 224 calories and 20 grams of sugars. And if it's made with raw eggs, there's a food-safety risk. If you do indulge, heat the egg mixture to 160° F before adding other ingredients, use egg substitutes, or buy pasteurized eggnog.

**Coffee drinks.** It's the season for peppermint lattes, but a 16-ounce cup made with 2 percent milk and whipped cream can have as many as 440 calories (almost enough to count as a meal) and 54 grams (13 teaspoons) of sugars.

**Pecan pie.** Even though the fat in pecans is the unsaturated healthy type, a slice can have more than 500 calories and 33 grams (8 teaspoons) of sugars. Pumpkin pie, with 280 calories per slice, is a healthier choice.

**Green-bean casserole.** This classic made with green beans, cream of mushroom soup, and crispy fried onions comes in at 227 calories in a half-cup. That's a lot when you consider that a half-cup of plain green beans has only 20 calories. A lighter alternative is steamed green beans sautéed in a little butter and tossed with slivered almonds and lemon juice.

**Dips.** Many are cream-based and can be high in sodium, too. You can sub plain Greek yogurt for cream cheese and sour cream in dip recipes.

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## Pain in the Legs? How to Make It Stop Now

Holiday shopping! Holiday Cooking! If your legs hurt, ache, or feel uncomfortable, you may be tempted to chalk it up to aging. But leg pain isn't inevitable, and often simple changes can make a big difference.

One common cause of leg pain is statins, drugs used to lower cholesterol. Ask your doctor – lowering your dose or switching drugs may help. Here are three leg complaints, and how to get relief – before turning to drugs.

**PERIPHERAL ARTERY DISEASE.** Leg pain that starts while you're walking or climbing stairs could be peripheral artery disease (PAD), a condition that affects one in 20 adults over 50. PAD occurs when arteries outside the heart, most commonly in the leg, become clogged by substances such as fat and cholesterol. PAD is associated with an elevated risk of heart attack and stroke. Untreated, it can stop circulation in the leg and even lead to amputation.

**What to do:** Walking can bring on discomfort. But prescribed walking – as part of a supervised exercise program designed by your doctor that may be undertaken in a clinic – is actually the best treatment for PAD pain.

Walking and other exercise may also help slow the progression of PAD, along with quitting smoking and controlling blood pressure, cholesterol, or diabetes. Medications for treating PAD, including cilostazol (Pletal and generic) and pentoxifylline (Trental and generic), may only slightly increase your walking distance and can have unpleasant side effects, including diarrhea or vomiting.

**RESTLESS LEGS SYNDROME.** An irresistible need to move your legs during inactivity is the key symptom of restless legs syndrome (RLS), which affects an estimated 7 to 10 percent of the U.S. population. Symptoms often worsen with age.

**What to do.** One physician recommends doing chores at night when you typically have discomfort (RLS symptoms don't occur while you're moving), and distracting yourself with video games or knitting. Moderate, regular exercise can lessen symptoms, while alcohol, caffeine, and nicotine may trigger them. And talk with your doctor about whether you have an iron deficiency, which may play a role.

For people whose RLS symptoms aren't helped by lifestyle changes, drugs may be an option, though they can have serious side effects. Medications such as pramipexole (Mirapex and generic) can backfire and make the condition worse, while pregabalin (Lyrica) may cause weight gain. Your doctor can help you decide whether drugs might be worth trying.

**NOCTURNAL LEG CRAMPS.** These sudden muscle contractions, which often have no apparent cause, can hurt so much that they wake people from sleep. They can leave a muscle sore for days. Up to 60 percent of adults report nocturnal leg cramps. **What to do.** First, tell your doctor so they can check for underlying causes such as dehydration, nerve disorders, vascular disease, and calcium, magnesium, or potassium deficiencies.

One of the best fixes is stretching: Keep an old tie on your nightstand, and before bed or when a cramp strikes, wrap it over the ball of your foot and keep your leg straight. Holding both ends, gently pull the ball of the foot toward your head.



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                                   |
|--|-----------------------|---|
| Abilify MyCite (aripiprazole)  | Tablets               | Treatment for schizophrenia, bipolar disorder, depression |
| Admelog (insulin lispro)   | Injection             | Treatment for diabetes type 1 and type 2                  |
| Cinvanti (aprepitant)  | Injection             | Treatment for nausea/vomiting                             |
| Clenpiq (sodium picosulfate, magnesium oxide, and anhydrous citric acid) | Oral Solution         | Treatment for bowel preparation                           |
| Fasenra (benralizumab)   | Injection             | Treatment for asthma                                      |
| Hemlibra (emicizumab-kxwh)   | Injection             | Treatment for hemophilia A with inhibitors                |
| Hepelisav-B (hepatitis B vaccine, recombinant (adjuvanted))              | Injection             | Treatment for hepatitis B prophylaxis                     |
| Impoyz (clobetasol propionate)   | Topical               | Treatment for plaque psoriasis                            |
| Ixifi (infliximab-qbtx)  | Injection             | Treatment for Crohn's Disease                             |
| Juluca (dolutegravir and rilpivirine)                                    | Tablets               | Treatment for HIV   |
| Lonhala Magnair (glycopyrrolate)   | Inhalation Solution   | Treatment for COPD  |
| Mepsevii (vestronidase alfa)   | Injection             | Treatment for mucopolysaccharidosis type VII              |
| Ozempic (semaglutide)  | Injection             | Treatment for diabetes type 2                             |
| Prevymis (letermovir)  | Tablets and Injection | Treatment for CMV Prophylaxis                             |
| Sinuva (mometasone furoate)  | Sinus Implant         | Treatment for nasal polyps                                |
| Sublocade (buprenorphine)  | Injection             | Treatment for opioid use disorder                         |

## For Older Drivers, Impairment May Start With One Drink

If you're an older adult, a single glass of wine, a bottle of beer or one mixed drink probably won't put you over the legal intoxication limit, but it can affect your driving ability nonetheless, suggests a study published in *Pharmacotherapy*. Thirty-six people, ages 25 to 35, and 36 adults, ages 55 to 70, took a simulated driving test while alcohol-free to gauge their ability to stay in the center of their lane, maintain a constant speed and use the steering wheel. The participants later repeated the test after imbibing either a placebo, a drink strong enough to produce a 0.04 percent breath-alcohol level or one that gave them a 0.065 percent level (the legal intoxication level is 0.08 percent). The researchers found that alcohol consumption had no effect on the younger group's driving abilities, whereas the older adults who had consumed alcohol drove more slowly and performed more poorly on measures of driving precision.

**The take home message:** Adults over age 65 who consume alcohol should limit themselves to no more than one standard drink a day, equating to one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1½ ounces of 80-proof distilled spirits. However, the results of this study suggest that even if you have only one drink, consider handing over your keys to someone who hasn't been imbibing.

