

Newsflash

Issue 2017.07

Generic Releases

The following brand drugs have lost their patents:

| Drug | Condition | Date |
|--------------------|--------------------|--------|
| Seroquel XR | Schizophrenia | May 9 |
| Clolar | Leukemia | May 9 |
| Pennsaid | NSAID | May 15 |
| Strattera | ADHD | May 30 |
| Lialda | Ulcerative Colitis | Jun 5 |
| Truvada | HIV | Jun 8 |
| Renvela Suspension | Hypocalcemia | Jun 13 |
| Relpax | Migraine | Jun 16 |

Tap or Bottled?

Keep in mind that up to half of the bottled water produced in the U.S. comes from the tap and is then purified. And in some cases, safety standards for tap water are more rigorous than those for bottled water. So people with a weakened immune system should consult their doctor to discuss whether filtered tap water or bottled water is best. If you're otherwise healthy but worried about water purity, try a home filter and reusable bottles. Also, public water is often fluoridated, which helps protect teeth. And with tap water, you won't add plastic to landfills.

Previous issues of Newsflash can be viewed under "PBM Resources>Newsletters>Clinical" at: www.ProCareRx.com

8 Major Summer Health Hazards

It feels like the dog days of summer are just beginning. But with the warmer temperatures, days swimming at the beach, campfires, hikes, and barbecue grills come plenty of summer hazards. Here are eight major summertime hazards to look out for and tips for staying healthy, safe, and happy all season long.

- Sudden Drowning.** As far as summer tragedies go, accidental drowning strikes almost every tourist, lake, and beach resorts yearly in the United States. **Tip:** Drowning can be prevented by wearing life jackets (especially on boats), never swimming inebriated, and by utilizing swimming safety tools (i.e., water wings) in water as well as the buddy system.
- Food Poisoning.** Summer is the season of communal and outdoor cooking, leaving about 48 million Americans with food poisoning, and 128,000 hospitalized due to food borne illness. **Tip:** Cook and grill meats thoroughly, keep food prep surfaces clean and sanitized, and don't leave food out in warm temperatures where bacteria will grow.
- Sunburn.** The sun's ultraviolet rays are powerful, which leaves everyone at risk for painful and damaging sunburn and associated skin blistering and cancer—regardless of skin type. **Tip:** Apply 30+ sunscreen every few hours, more often following a swim or sweaty day. Wear a wide-brimmed hat, dark sunglasses, and seek shady spots for added sun protection.
- Contaminated Public Swimming.** The great thing about public swimming areas like the community pool or beach, is that everyone can take a cool refreshing dip on hot summer days. However, shared swimming spaces are often contaminated with all sorts of bacteria that can live for days and cause all sorts of skin, eye, gastrointestinal, and inner ear chaos and infections if accidentally absorbed by the skin, or worse, swallowed. **Tip:** be sure to take a thorough shower both before and after swimming.
- Heat Stroke.** Heat is a real killer—causing roughly 700 heat-related deaths annually in the U.S. **Tip:** All age groups can suffer heat stroke. If you feel cramps, exhaustion, and rash set in, take a break, find a shady spot, and hydrate immediately. Drink more water and take it easy on hot, humid days.
- Fireworks.** You might consider fireworks safety common sense, however, according to the Consumer Product Safety Commission roughly 200 people visit the emergency room each year with fireworks-related injuries during the July 4th long weekend. **Tip:** Attend professional community fireworks shows and always stand clear to prevent hands, eyes, face, and finger injuries.
- Lightning Storms.** Even though your odds of being struck by lightning are quite low (only 1 in 500,000) you increase your risk if you continue to work, play, or swim outdoors during a lightning storm. **Tip:** If a thunder storm begins, get out of the pool and off the golf course immediately.
- Barbecue-Grilling.** Grill fires and outdoor cooking mishaps (from campfires or BBQs) accounted for 10 deaths, 140 injuries, and almost \$100-million in home-owner damages last year according to statistics from the National Fire Protection Association. **Tip:** Keep safety in mind this grilling season by only using charcoal and propane BBQ grills outside, well away from the house or deck, and well away from children and pets. A grill should never be left unattended for any reason.



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 |
|--|-----------|---|
| Bevyxxa (betrixaban) | Capsules | Treatment for venous thromboembolism |
| Haegarda (C1 esterase inhibitor (human)) | Injection | Treatment for hereditary angioedema |
| Mydayis (amphetamine mixed salts) | Tablet | Treatment for ADHD |
| Rituxan Hycela (rituximab and hyaluronidase human) | Injection | Treatment for opioid-induced constipation |

Pick the freshest, tastiest produce

Don't be shy – give the melons a squeeze. Fresh, ripe produce has a slight spring. Vegetables like celery, green beans, and zucchini should feel firm, not limp. Juicy, tasty fruit tends to feel heavy in the hand. When it comes to smell, fruits should be sweet, vegetables fresh. The final test, of course, is taste – so go ahead and ask for a sample.

Here are some tips to make sure you get the best fruit and vegetables on your table this summer!

Apples. Rub your thumb across the skin; put the apples back if it wrinkles. You do not need to refrigerate...keep handy on the counter until ready to enjoy. However, if you like your fruit cold...refrigerate.

Pears. Slightly soft and fragrant. Same as apples...store on counter unless you like your pears cold.

Berries. Plump and dry with a sweet aroma. Berries aren't meant to last long. Leave them out and enjoy within a few days.

Grapes. Large and plump with firmly attached skin. Refrigerate unwashed in a plastic bag.

Peaches and Nectarines. Creamy gold background on skin with no redness around the stem. Store on the counter until they are ripe.

Tomatoes. Sweet smell and vibrant color. Should feel soft, not hard. Store unrefrigerated out of direct sunlight.

Bell Peppers. Deep colors. Store unrefrigerated in a paper bag.

Cabbage. Smooth, round head and even coloring. Refrigerate unwashed wrapped in plastic or in an airtight container.

Corn. Bright green husks. Store in the refrigerator in their husks.

Mushrooms. Creamy white or light brown caps that are closed around the mushroom stem. Refrigerate unwashed in a paper bag.

Diabetic? Exercise is Good Medicine

Exercise is considered a cornerstone of diabetes treatment because it helps control blood sugar and aids weight loss. Now a new study published by the American College of Sports Medicine shows just how impressive the effects of a single moderate-intensity workout can be on a person's glycemic control.

Researchers in the Netherlands tested the effects of a spurt of moderate cycling on 60 men with type 2 diabetes, about one-third of whom used insulin to treat their condition. Their blood glucose concentrations were measured before the exercise session, then monitored during the next 24 hours with a continuous glucose-monitoring device. As a control, they also attended a session on a separate day in which they sat in a chair rather than exercising.

The exercise substantially reduced the average blood glucose concentrations and glycemic variability – both measures of glycemic control – during the 24 hours. That was true whether or not participants also used insulin. Even those who already had relatively well-controlled blood glucose showed considerable improvement after exercising. That suggests that exercise is helpful for people with diabetes independent of their treatment regimen or baseline level of glycemic control (though men with worse glycemic control saw a larger benefit).

Bottom line. The findings underscore the value of making exercise a routine component of treatment for people with type 2 diabetes. Everyone – diabetics especially – should aim for at least 30 minutes a day of aerobic activity five days a week, plus two sessions of strength training which helps to remove more glucose from the blood). In addition to cycling, good aerobic options include swimming and walking. In fact, walking was by far the most popular activity in our survey of 5,012 people with type 2 diabetes.