

# Newsflash

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## Did you know?

**Exercise fights night sweats.** Doing 50 minutes of aerobic exercise four days a week for six months reduced the incidence of menopause-related night sweats, irritability, and mood swings, according to a trial of 176 women who were not serious exercisers. Researchers compared the group that exercised with a control group that attended bimonthly health lectures.

**Caffeine boosts pain relief.** Five to 10 percent more people who took pain relievers that included caffeine, found in such products as *Excedrin* for headaches or dental pain reported pain relief vs. those who took pain relievers without caffeine. That was the finding of a review of 19 clinical trials involving 7,238 people published by the Cochrane Collaboration.

**Certain foods can cause aggression.** According to a recent analysis of 945 adults in the online journal *Public Library of Science (PLoS) One*. Those who reported eating more food that had trans fat said they behaved with more aggression and were less patient compared with those whose diets had less trans fat. The troublesome fat is found in certain baked goods, fast food, and margarine.

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## 8 Summer Steps for Healthy Living

*Improve your health with steps so simple you'll barely notice the effort.*

In the warmer, longer, lazier days of summer, the living may not be easy, but your life probably feels less chaotic. Even adults tend to adopt a "school's out!" attitude in summer. That's why this is a perfect time to improve your health in a fashion so seasonally laid back you'll barely notice the effort.

To get you started, we asked eight health experts in fields such as diet, fitness, stress, vision, and oral health if they could suggest one simple change this season to boost personal health, what would it be? Here are their top eight tips.

1. **Give Your Diet a Berry Boost.** If you do one thing this summer to improve your diet, have a cup of mixed berries – blackberries, blueberries, or strawberries – every day. They'll help you load up on antioxidants, which may prevent damage to tissues and reduce the risk of age-related illnesses. Blackberries and blueberries are especially antioxidant rich.

A big bonus: Berries are also tops in fiber, which helps keep cholesterol low and may even help prevent some cancers.

2. **Get Dirty – and Stress Less.** To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots – indoors or out.

Just putting your hands in soil is "grounding." And when life feels like you're moving so fast your feet are barely touching the stuff, being mentally grounded can help relieve physical and mental stress.

3. **Floss Daily.** You know you need to, now it's time to start: floss every single day. Do it at the beach (in a secluded spot), while reading on your patio, or when watching TV – and the task will breeze by.

Flossing reduces oral bacteria, which improves overall body health, and if oral bacteria is low, your body has more resources to fight bacteria elsewhere. Floss daily and you're doing better than at least 85% of people.

4. **Get Outside to Exercise.** Pick one outdoor activity – going on a hike, taking a nature walk, playing games such as tag with your kids, cycling, roller blading, or swimming – to shed that cooped-up feeling of gym workouts.

And remember, the family that plays together not only gets fit together – it's also a great way to create bonding time.



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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
Baxdela (delafloxacin)	Tablet	Treatment for skin and structure infection
Gleolan (aminolevulinic acid hydrochloride)	Oral Solution	Treatment for optical imaging during glioma surgery
Kevzara (sarilumab)	Injection	Treatment for rheumatoid arthritis
Radicava (edaravone)	Injection	Treatment for amyotrophic lateral sclerosis
Symjepi (epinephrine)	Injection	Treatment for allergic reaction
Zerviate (cetirizine hydrochloride)	Ophthalmic Solution	Treatment for allergic conjunctivitis

## 8 Summer Steps for Health Living *(continued from page 1)*

5. **Be Good to Your Eyes.** To protect your vision at work and at play, wear protective eyewear. When outdoors, wear sunglasses that block at least 99% of ultraviolet A and B rays. Sunglasses can help prevent cataracts, as well as wrinkles around the eyes.

And when playing sports or doing tasks such as mowing the lawn, wear protective eyewear. Ask your eye doctor about the best type; some are sport-specific.

6. **Vacation Time!** Improve your heart health; take advantage of summer's slower schedule by using your vacation time to unwind. Vacations have multiple benefits: They can help lower your blood pressure, heart rate, and stress hormones such as cortisol, which contributes to a widening waist and an increased risk of heart disease.

7. **Alcohol: Go Lite.** Summer's a great time to skip drinks with hard alcohol and choose a light, chilled alcoholic beverage (unless you are pregnant or should not drink for health or other reasons).

A sangria (table wine diluted with juice), a cold beer, or a wine spritzer are all refreshing but light. In moderation – defined as one to two drinks daily – alcohol can protect against heart disease.

8. **Sleep Well.** Resist the urge to stay up later during the summer days. Instead pay attention to good sleep hygiene by keeping the same bedtime and wake-up schedule and don't drink alcohol within three hours of bedtime.

It's also a good idea to avoid naps during the day unless you take them every day at the same time, for the same amount of time.

There they are: Eight super simple ways to boost your health this summer. Try one or try them all. They're so easy you won't even know they're – shhhh – good for you.

## Cola and Cancer Risks

Every day more than half of Americans between the ages of 6 and 64 usually drink soda in amounts that could increase their risk of cancer. That's according to an analysis of national soda consumption by Consumer Reports and the Johns Hopkins Bloomberg School of Public Health. Why? Colas and other brown soft drinks are often made with caramel color, and some contain 4-methylimidazole (4-Mel), a potential carcinogen.

The analysis follows testing we did in 2013 to measure 4-Mel in soft drinks. We looked at 110 samples of several brands of colas and other soft drinks purchased in California and the New York metropolitan region. Excluding a clear soda used as a control, average 4-Mel levels in samples ranged from 3.4 to 352.5 micrograms (mcg) per 12 ounces. There's no federal limits for the amount of it in food and drinks, but California requires manufacturers to label products sold in the state with a warning about cancer if they expose consumers to more than 29 mcg of 4-Mel per day. Our tests provided a snapshot of the market and raised concerns among our experts. We submitted our findings to the attorney general's office in California and petitioned the federal government to set limits for 4-Mel in food.

In our recent study, we estimated soda consumption in a typical 24-hour period by analyzing seven years of data from the National Health and Nutrition Examination Survey. We combined the information with our 4-Mel findings from 2013 to estimate the potential cancer risk.

For those who drink soda in significant amounts, the average intake ranges from a little more than one 12-ounce can to almost 2.5 cans. Our analysis found that at such a level of consumption, we could expect to see 76 to 5,000 cases of cancer in the U.S. over the next 70 years from 4-Mel exposure. "We don't think any food additive, particularly one whose only purpose is to color food brown, should elevate people's cancer risk," says Urvasi Rangan, Ph.D., executive director of the Consumer Reports Food Safety and Sustainability Center.

Carbonated drinks with caramel color contribute about 25% the 4-Mel in the diets of people older than age 2, more than any other source. The additive is found in a variety of other foods, too, including baked goods, dark sauces (barbecue and soy, for example), pancake syrup, and soups. We don't know what type of caramel color is in those foods or how much 4-Mel, but it's clear that many people are already getting an amount from soda alone that's significant enough to cause concern.