

Newsflash

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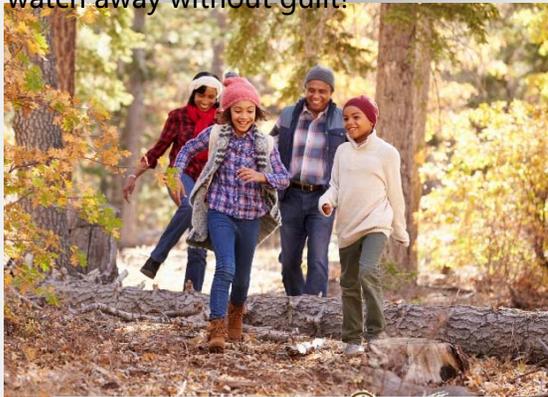
Generic Releases

The following brand drugs have lost their patents:

| Drug | Condition | Date |
|--------------------|-------------------|--------|
| Akovaz | Hypotension | Aug 23 |
| Tamiflu Suspension | Influenza | Sep 14 |
| Copaxone 40mg/ml | MS | Oct 3 |
| Nuedexta | Cough suppressant | Oct 10 |
| Aczone | Acne | Oct 16 |
| Coreg CR | Hypertension | Oct 25 |

A Surprising Energy Booster

Next time you need an afternoon pick-me-up, try watching one of the millions of cute cat videos on the Internet. Although they may seem like nothing more than a way to procrastinate, a survey of almost 7,000 people found that after watching online movies of furry felines, they reported having more energy and feeling more hopeful. They also indicated that they had fewer negative feelings, including anxiety. So watch away without guilt!



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

7 Tips to Stay Fit During the Holidays

From now until New Year's Day, your schedule will likely be filled with family obligations, traveling and festive outings with all sorts of tempting treats. It's no surprise that many of us see our waistlines expand during the holiday season. Even the most disciplined people can find it difficult to stick to their health and fitness routines.

But this year can be different. To help keep us on track, here are some secrets to staying fit during the season of overindulgence:

1. Keep moving. In addition to staying active, try to avoid sitting for prolonged periods of time, such as when watching football games or eating. Remember: Too much sitting is hazardous to your health. Research shows that getting up for just five minutes every 30 to 60 minutes and performing light activity (say, pacing around the house or performing simple squat exercises) reduces the risk of diabetes and other heart disease risk factors.

2. Be the man or woman with a plan. And hydrate. The holidays can be a real land mine in terms of disrupting your best exercise and weight-control intentions. Start each day with a game plan, just like a great coach going into a big game. First, track your food intake and activity level. Doing so makes you aware of the amount of calories in certain foods. Even if you decide to eat higher-calorie options, you will probably eat smaller portions and make other adjustments to stay within your daily caloric goals.

Also, stay hydrated. Your brain can sometimes confuse thirst with hunger. A large glass of water before a meal (and especially before considering seconds) can help lessen the amount of food you consume. Drink six to eight glasses of water per day, and be sure to have two big glasses of water before the big, calorie-rich meals.

3. Make lists, exercise early and sleep. To alleviate the potential negative impacts of the season, make sure workouts are in the morning so you don't get distracted later in the day by parties, events or other holiday hoopla. Also get plenty of rest and maintain lists to stay organized and stress-free.

4. Expect the unexpected. Be a glass half-full person, hope for the best but prepare for the worst. Always have an emergency bag of healthy food that requires no refrigeration and can be readily eaten as is – a health umbrella of sorts.

5. Be creative and get rid of 'all or nothing' mindsets. The holidays are hectic, but do your best to avoid the 'all or nothing' mentality when it comes to healthful eating and physical activity. In reality, there is more than just one way to live healthfully and be active.

During the holidays, get a bit creative with exercise and opt for fun ways that make physical activity a family affair. From exploring new group fitness classes to building physical activity into holiday traditions – like taking a family walk around the neighborhood before opening Christmas presents – think outside the box when it comes to ways to have quality time with family and friends while also prioritizing your health.

6. Plan – and remember there is always time and opportunity for a workout. Plan your workouts for the week and note them in your schedule to assure they are a part of your day. Also, remember that some exercise is better than none. Rather than skipping the gym altogether, make time for a quick workout.

7. Indulge for a night, not a season. It's easy to overindulge when the season of parties and leftovers – *so many leftovers* – is upon us. Avoid allowing 'treats' to become staples by not letting them linger in the house after the celebration has ended. When the party is over, it is time to dump the junk!

Enjoy the holiday, but don't let it go from a day of indulgence to a month of indulgence that leads to unwanted habits that continue beyond the holiday season.



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 |
|--|----------------------|-------------------------------------|
| Ascor (ascorbic acid) | Injection | Treatment for scurvy |
| Calquence (acalabrutinib) | Capsules | Treatment for mantle cell lymphoma |
| Shingrix (herpes zoster subunit vaccine) | Injection | Treatment for herpes zoster |
| Vyzulta (latanoprostene bunod) | Ophthalmic Solution | Treatment for glaucoma |
| Yescarta (axicabtagene ciloleuce) | Intravenous Infusion | Treatment for large B-Cell lymphoma |
| Zilretta (triamcinolone acetonide) | Injection | Treatment for osteoarthritis |

Did you know...

Consuming more fruits and vegetables can reduce stroke risk on a global scale, say researchers who analyzed data from more than 760,000 men and women worldwide.

For each 200-gram increase in consumption of fruits each day, stroke risk decreased by 32 percent, and the risk decreased by 11 percent for every 200-gram increase in vegetable consumption each day. Two hundred grams is roughly equivalent to between one-and-a quarter and one-and-a-half cups of many varieties of fruits and vegetables, including apples, grapes, strawberries, watermelon, pineapple, broccoli, green bean, carrots and cauliflower.

The reduction in stroke risk applied equally to men and women, to those younger or older than age 55, and to the two main types of stroke (ischemic, caused by a clot that blocks blood flow to the brain, and hemorrhagic, caused by bleeding to the brain).

The researchers examined data from studies that were conducted in the U.S., Europe, and Asia during a 19-year period. Their findings were published in the American Heart Association's journal *Stroke*.

Q & A

- Q. Local farmers markets are full of fall vegetables, especially squash. Which varieties are healthiest?
- A. Good news! All of them. Among the varieties you're likely to see are acorn, butternut, and spaghetti squash, all of which are high in plant chemicals called carotenoids. Those chemicals are converted to vitamin A in the body, and some evidence suggests that they may help protect against cancer and heart disease. Squash is also a rich source of fiber, iron, niacin, potassium and vitamin C. And don't forget pumpkins, also a good source of vitamins A and C.

How to Break Up With Your Doctor

Doctors face ever-increasing pressure to save time, see more patients, and focus on electronic record-keeping, so be understanding of once-in-a-while glitches. But sometimes, the relationship with your doctor just isn't fixable. Maybe you've tried repeatedly to solve a certain problem with little success, or you've lost faith in his or her advice. It's a mistake to stay with a doctor you do not trust, for whatever reason. Here's how to make the switch painlessly.

Don't stress over explaining your reasons. It's fine to move on without telling your doctor why.

Request your medical records. Ask staff for the necessary forms. You have a right to get either a paper or, if possible, an electronic copy of your records and to have your provider send them to someone else on your behalf. Be aware that it's legal for doctors to charge a "reasonable" fee for that; the amount varies from state to state. Your provider must forward your records to you within 30 days but can get a 30-day extension. If your doctor participates in the Medicare and Medicaid Electronic Health Care Record Incentive Program, they must get records to you within four business days.

Research new candidates. Make sure that anyone you are considering is board-certified (the medical board can also tell you whether that doctor has been disciplined). Check whether your potential new doctor is affiliated with hospitals you trust, and ask about office policies that are important to you, such as availability of same-day appointments, how after-hours medical problems are handled and how soon you can expect the doctor to get back to you via phone or secure e-mail.

Make sure your new doctor can take you on. Before moving on, you'll need to ensure that the doctor you're considering is accepting new patients and that they will accept your insurance plan.

