

# Newsflash

Issue 2017.09

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

**ALL DRUGS 0.05%**  
**BRANDS 0.02%**  
**GENERICS -0.13%**  
**SPECIALTY 0.04%**

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Isuprel Injection	Heart Failure	Aug 2
Fosrenol	ESRD	Aug 11

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](http://www.ProCareRx.com)

## Stay Safe in Stormy Weather

On the heels of Hurricanes Harvey and Irma, the recent weather has been a sobering reminder that you should have an emergency plan for severe storms and natural disasters.

Now is the time to prepare those plans and gather supplies. Don't wait until the wind is blowing, the rain is falling and there is a storm on the horizon. You should gradually stockpile provisions and keep them in rolling suitcases or rubber storage bins. You should also have common knowledge of the regular shelters in your area, and be aware of which best fits your needs...especially if you need specific power for oxygen, dialysis or pet accommodations.

Once a disaster is imminent or under way, take these additional steps.

1. **Keep food safe.** If a power outage is likely, freeze containers of water or ice packs ahead of time and stick them in the refrigerator when the power goes out to help keep perishables cold. Put any food that you don't need right away in the freezer, which will keep it at a safe temperature longer. And keep refrigerator and freezer doors shut. Use an appliance thermometer to occasionally monitor the freezer temperature, items should stay at 40° F or below in order to safely refreeze once power comes back. Throw out perishables in the refrigerator after four hours without power.
2. **Use generators carefully.** A portable generator can supply needed lighting during an outage, but using it improperly can be deadly because the exhaust contains carbon monoxide. If you need to use a generator, place it at least 15 feet from your house and away from vents and windows. Don't use one in a basement or garage with the doors up/open. This may provide some ventilation, but fumes can still settle into the enclosed locations.
3. **Stay on top of your medications.** Due to the possibility of closed pharmacies and halted mail-order delivery, when bad weather looms...think about your medication the same way you would about your food. Make sure you have enough, and take steps to provide appropriate storage. That includes keeping a list of all the medication you take, getting an insulated bag for drugs that require refrigeration, and making sure you have at least a two-week supply on hand.

Medication can get contaminated by flood water or lose its effectiveness when exposed to fire. But if lifesaving pills look unaffected in a container, you should use them until you get a replacement.

4. **Take care of yourself.** Floods and other disasters can have an extensive effect on your health, relationships and welfare. In the aftermath make sure that you take care of your basic needs – food, rest, exercise – and even a little fun. Helping others might also make you feel better. Working alongside others who have gone through the same experience and who are in need, can make you feel needed and productive...and will most definitely be appreciated.



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
Besponsa (inotuzumab ozogamicin)	Injection	Treatment for acute lymphoblastic leukemia
Cyltezo (adalimumab-adbm)	Injection	Treatment for rheumatoid arthritis
Duzallo (allopurinol and lesinurad)	Tablet	Treatment for gout
Gocovri (amantadine hydrochloride)	Capsules	Treatment for levodopa-induced dyskinesia
KedRAB (rabies immunoglobulin human)	Injection	Treatment for rabies prophylaxis
Kymriah (tisagenlecleucel)	Injection	Treatment for acute lymphoblastic leukemia
Vabomere (meropenem and vaborbactam)	Injection	Treatment for chronic hepatitis C

## Fall's Bounty

Summer gardens (and farmers' markets!) deliver delicious fresh produce suitable for the day's grill or canning stint – but fall's harvest is where we look for vegetables that are "good keepers." Root vegetables like beets, parsnips, turnips, and Jerusalem artichokes; hardy cabbages; and winter squash and pumpkins all, under the right conditions will store well. Fall's fruits – apples, pears, pomegranates, and cranberries, for example – are also often well suited for storage. Even the produce that doesn't boast long storage capacity – like broccoli and cauliflower, Brussels sprouts and fresh greens (kale, collards, mustard and Bok choy, for example) seem hardier than summer produce, as if they're ready to nourish us heartily as the cool winds start stirring the leaves.

When gathering fall produce from the garden or market, set aside your best, unblemished specimens for storage and serve up (or freeze, pickle or can) the rest as soon as possible. In general, turnips, beets, and other root crops and cabbages will keep best in a moist, cold, but not freezing (35 to 40 degrees) environment. Sweet potatoes, pumpkins, and winter squash prefer a dry, warm (not hot), area – about 50 to 60 degrees. (An unheated basement might be perfect.) For maximum storage time and minimum vitamin depletion, most produce is best stored in a dark place.

To compliment your fall harvest, you'll want to stock up on your favorite spices – and perhaps find a few new ones. Warming spices are especially appropriate for the change in temperature (allspice, cayenne, cinnamon, cloves, mace, nutmeg), but any spice can find a good harvest partner.



## How to Eat Healthier – No Willpower Required

You might attribute your failure to choose fruit over a doughnut or tofu over a burger to poor willpower. But relying on self-control is tough when unhealthy foods are heavily promoted – and everywhere. Fortunately, researchers have learned how simple changes in our environment and habits can help us to eat smarter without a great deal of extra effort.

**CUSTOMIZE DISHES AND CUPS.** The benefit: Control portion sizes. One trick to eating less is using smaller dishes. But if your goal is to eat *more* healthy food, go big. People eat more when food is served in bigger dishes – because portions appear smaller. So if you eat salad or veggies from a large plate, you're likely to serve yourself more and eat more. Use small plates for foods such as refined grains (white rice, pasta), red and processed meats, and, of course, dessert.

**COLOR-CODE YOUR MEALS.** The benefit: improve nutrition and tempt your palate. Eating a variety of colorful fruits and vegetables ensures that you get a good mix of healthy nutrients, and it also helps to bring your plate to life. For example, you can perk up your grilled fish or chicken by adding tomatoes and green Swiss chard.

**MAKE HEALTHY FOODS VISIBLE.** The benefit: Eat more good-for-you foods. You're likely to reach for whatever you see first when you open the refrigerator or cabinets. One study found that people increased their fruit and vegetable consumption almost threefold by moving produce from the fridge's crisper drawer to the top shelf.

**MAKE IT LOOK NICE.** The benefit: Healthy foods with visual appeal taste better. A study found that diners who were served the same chicken dish two nights in a row liked it more when it was artfully arranged. You don't need the skills of a Top Chef...a simple stack of vegetables or whole grains on the bottom, a chicken breast in the middle and a colorful garnish on top give the meal height and dimension. Play around with shapes and sizes.

**EAT ONLY AT THE TABLE.** The benefit: You'll eat less and feel satisfied. According to one study, eating as a family at the table is linked with having a lower body mass index (BMI), possibly because it's easier to focus on the meal in that environment. Eating with the TV on, however, is linked to a higher BMI, probably because of the distraction. When people are distracted, they consume about 10% more calories – and also eat more at subsequent meals.

