

# Newsflash

Issue 2018.04

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Xyzal Allergy 24HR	Antihistamine	Jan 19
Viread	HIV	Jan 26
Treximet	Migraine	Feb 15
Sensipar	Hyperparathyroidism	Mar 8

## Allergy-proof your cleaning.

The American Academy of Allergy, Asthma and Immunology suggests these tips when tackling an area that might have mold or rodents, which can trigger respiratory symptoms. Wear gloves and a mask; remove moldy or water-damaged carpeting and discard; empty your vacuum bag or canister into a trash bag outside while still wearing a mask; and tie bags closed to prevent particles from escaping.



Previous issues of Newsflash can be viewed under "PBM Resources>Newsletters>Clinical" at: [www.ProCareRx.com](http://www.ProCareRx.com)

## Surprising News About Your Next Snack Attack

**Eating between meals may help you live longer – if you do it right**

You probably think of your afternoon snack as an indulgence, one that adds pounds, not benefits. But not if you make smart choices. Studies suggest that some between-meal bites may actually extend your life and help maintain a healthy weight.

Snacking contributes about 25 percent of the daily calories for most people – that's about 400 if you're in your 60s. That's why you want to make every bite count. Appetites get smaller as we get older, so people tend to get full at meals before they eat enough to meet their nutritional needs...snacks can fill that gap. A study from Auburn University in Alabama found that older adults who snacked twice per day got 18% more vitamin C, 16% more beta carotene, and 10% more vitamin E than those who didn't. They also got slightly more magnesium and potassium.

### GOOD SNACK, BAD SNACK

What makes a healthy snack? Small portions of nutrient-packed, unprocessed foods. Have two snacks per day and think of them as little meals. Each should include at least two food groups and have 150 to 200 calories. A 6-ounce container of low-fat yogurt with 20 grams or less of sugars is a good choice that's packed with calcium. And researchers at the University of Missouri at Columbia found that women who had yogurt with 14 grams of protein as an afternoon snack consumed about 100 fewer calories at dinner than they did when they snacked on chocolate or crackers.

Another option: an ounce of nuts with fruit, a satisfying combination of fat and protein. A study in the New England Journal of Medicine found that people who ate an ounce of nuts per day cut their risk of dying from heart disease by almost 30% and cancer by 11%. A cup of low-sodium vegetable soup or half a sandwich with whole-grain bread is also good.

### THE HEALTHIER SNACK BAR?

Trouble is, those foods may not always be so convenient. That's why snack bars have become so popular. But some aren't much better than candy bars. Tests revealed that bars can be placed in two camps – those made with highly processed ingredients and those that are made with real foods.

How to tell which is which? Look at the label before you buy. A healthful bar will have real foods like oats, nuts, raisins, or dried fruit high up on the ingredients list. But soy protein or chicory root listed as the first ingredient means that the manufacturer boosted the protein or fiber content with less wholesome ingredients.

Multiple sugars on the ingredients list – such as high-fructose corn syrup, evaporated cane juice, brown rice syrup, or fruit juice concentrate – mean that the bar's sweetness comes primarily from added sugars, not dried fruit. The fat is usually unsaturated, mostly from nuts, but check that the saturated fat grams make up less than half of the total fat grams. And avoid bars with partially hydrogenated oil, a signal that the product contains unhealthy trans fat.



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
Apadaz (acetaminophen and benzhydrocodone hydrochloride)	Tablets	Treatment for pain
Biktarvy (bictegravir, emtricitabine and tenofovir alafenamide)	Tablets	Treatment for HIV
Dexycu (dexamethasone)	Intraocular Solution	Treatment for Postoperative Ocular Inflammation
Osmolex ER (amantadine hydrochloride)	Tablets	Treatment for Parkinson's Disease, Extrapyrimal Reaction
Symfi Lo (efavirenz, lamivudine and tenofovir disoproxil fumarate)	Tablets	Treatment for HIV
Trogarzo (ibalizumab-uiyk)	Injection	Treatment for HIV
ZTlido (lidocaine)	Patch	Treatment for Postherpetic Neuralgia

### Supplements or Calcium-Rich Foods?

Just a decade ago, doctors were advising everyone – especially postmenopausal women – to bone up on calcium and vitamin D supplements as a way to ward off bone thinning and risk of fractures. But as research hasn't borne out these benefits, the thinking has changed.

Adults over the age of 50 who take these supplements are no less likely to have a fracture than those who don't, according to a review of more than 50,000 people published last December in the Journal of the American Medical Association. "This paper just reaffirmed what we already suspected – that supplementation alone doesn't really decrease the risk of fracture," says Marvin M Lipman, MD, Consumer Reports chief medical advisor.

Our experts still recommend getting adequate calcium. But the right way is through your diet (not supplements) so your body can better absorb it, Lipman says.

Vitamin D is trickier, as most of us don't get enough from either food or sunlight, the two main sources. So it's reasonable, says Lipman, to take a daily supplement of 400 to 800 IU vitamin D for people under age 50, and 800 to 1,000 IU for people 50 and older.



### Tips for Successful Slumber

More than a third of adults in the U.S. are sleep-deprived, causing them to have difficulty concentrating, remembering, driving, or taking care of finances. Even if the cause of your sleeplessness is treated, poor sleep habits might need to be managed separately. These techniques can help.

**Set a bedtime and wake-up time.** A schedule teaches your body to expect sleep at a certain time each night.

**Curb napping.** A 30-minute snooze before 3 p.m. can help make up for lost sleep, however, later naps could hinder sleep at night.

**Limit alcohol, caffeine, and nicotine.** Refrain from smoking 2 hours before bedtime. Eliminate caffeine at least 6 hours before then, and avoid alcohol 4 to 6 hours before going to bed.

**Avoid large, late meals.** They can cause sleep-disturbing indigestion. But a bedtime snack consisting of a carbohydrate and a protein – such as peanut butter on toast or cheese and crackers – can help induce drowsiness.

**Establish a soothing bedtime routine.** A warm bath, reading, or listening to mellow music will help you wind down before bedtime.

**Keep your bedroom cool, dark and quiet.** Turn your thermostat down to between 67 and 69 degrees. Try a sleeping mask or heavy curtains to shut out light. Use earplugs, a fan, or a sound machine to block noise. Consider replacing an old mattress.

**Turn off the technology.** In a poll by the National Sleep Foundation, 95 percent of the participants said they watched television or used a computer or other electronics in the hour before going to bed. But light-emitting screens discourage sleep.

**Use your bed only for sex and sleep,** which will train you to associate it with just those two things. If you don't doze within 20 minutes of trying to sleep, leave the room and do something relaxing in dim light until you're sleepy.

**Exercise early in the day.** Regular aerobic exercise promotes sleep, but evening workouts can impede it by raising body heat.

**Use natural light.** It keeps your internal clock on a healthy schedule. Open shades to wake with the sun, and spend at least 30 minutes outside daily.

