

Newsflash

Issue 2018.02

Generic Releases

The following brand drugs have lost their patents:

| Drug | Condition | Date |
|--------|-----------|--------|
| Ultiva | Pain | Jan 16 |

Q&A

Q: What aerobic exercise can I do at home when it's too cold, slippery, or dark to walk outdoors.

A: ONE EASY IDEA. March in place while you watch TV. In a study of 58 sedentary adults (middle-age and older), those who stepped in place or walked around the room during the commercials during 90 minutes of TV added about 3,000 steps to their day, as many as those instructed to walk for just half an hour. Wear sneakers, and aim for 100 to 120 steps per minute, lifting your feet about 6 inches. If you feel inclined to keep stepping beyond commercial breaks, go for it. The longer you step and the higher you lift your feet, the more you'll get your heart pumping and increase the calories burned.



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

Heart-Health Valentine's Day Tips

Your sweetheart may have the key to your heart, but eating healthy and being physically active can be the key to a healthier heart. This Valentine's Day, indulge your sweetheart with a heart-healthy gift or date.

1. **Rather than tempting your beloved with sweets**, consider a gift that has more permanence. Search for a poem that describes your feelings and write it on beautiful paper or handmade Valentine.
2. **Quality time is one of the most meaningful gifts.** Bundle up and plan an active outing such as sledding, ice skating, gathering wood for a fire, or if you're feeling adventurous, visit an indoor rock wall.
3. **If your kids are having a Valentine's Day party** at their school or day care, instead of sending candies, consider raisins, grapes, whole-grain pretzels, colored pencils or stickers as tokens of their friendly affection.
4. **Cooking at home** is an excellent way to control what and how much you eat. Take a date to a local cooking class to practice your skills or learn a new technique.
5. **Prepare a romantic candlelit dinner** at home using a heart-healthy recipe.
6. **Give to one another by giving back.** Ask a date to volunteer with you at a local organization. Giving back a healthy habit that can boost your mood and help beat stress.
7. **Use this day as an opportunity to tell your loved one** how important they are to you, and share ways that you can support each other's health and wellness.
8. **Craving something sweet?** Gift a beautiful fresh fruit basket to your loved one instead of giving sweets with added sugars.
9. **Sharing is caring** – if you go out for a romantic dinner date, order one entrée to share. Many restaurant servings are enough for two – splitting will keep you from overdoing it.
10. **Don't forget to love Fido, too!** Give your pet a Valentine and remember to walk or exercise them daily – getting active with your pet will benefit your health and your bond with your pets.
11. **Take it slow** – if you receive a luxurious box of chocolates from your sweetie, stick it in the freezer and enjoy it in moderation over the next several weeks.
12. **Take a long, romantic walk with your beloved** – and try to make it a regular habit. Aim for at least 150 minutes of moderately intense physical activity each week to help keep your heart healthy. You can reach this goal by walking briskly for at least 30 minutes five days each week.



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 |
|-----------------------------------------------------------------------|---------------|-------------------------------------|
| Balcoltra (ethinyl estradiol/levonorgestrel and ferrous bisglycinate) | Tablets | Prevention of pregnancy |
| Firvanq (vancomycin hydrochloride) | Oral Solution | Treatment for clostridial infection |

Help for Dry Winter Skin

Rough hands, chapped lips, itchy legs – in winter, it may seem like you're fighting a never-ending battle with dry skin. But it doesn't have to be that way.

Skin becomes thinner with age, making it more prone to chronic dryness, itching, scaling, and cracking. This is uncomfortable and can become a health risk if bacteria get into breaks in the skin.

Older adults may also be taking medication (such as diuretics) or have medical conditions (such as thyroid disease) that can exacerbate dryness. In those cases, it's especially important to pay attention to your skin.

WHAT CAUSES THE PROBLEM

The top layer of skin, the epidermis, is made up of skin cells and a lipid ("fatty") barrier that keeps harmful substances from getting into the body and prevents moisture loss. That barrier weakens with age, but environmental factors can also damage it. Excessive and aggressive washing as well as harsh cleansers can strip the skin of its natural oils. And with less moisture in the air during winter months, it's more difficult to replenish what's lost.

TIPS FOR TREATING IT

Preventing dryness by keeping skin moisturized is your best remedy, but these tips will help you repair any damage:

Pick the right moisturizer. Look for products containing such ingredients as ceramides (oils), dimethicone (a type of silicone), and shea butter, which help provide a good seal on the skin. Alpha hydroxy acids, such as lactic acid, can help slough off dead skin cells. They can, however, be irritating to some. Thick, greasy ointments such as petroleum jelly form a stronger barrier than creams and lotions.

Can't tolerate the greasiness? Use a thick cream. In fact, the thicker the better. A good test of thickness is to place some in a palm and turn your hand over. If a portion slides off, it's not thick enough.

Continued in next column...

Help for Dry Winter Skin (continued)

Apply daily. The American Academy of Dermatology says that by the time most people hit their 40s, they need to moisturize every day. Upping your routine from once to twice a day can be helpful when conditions are ripe for dry skin. Apply when your skin is a little wet, such as after a shower, to help hang on to some of the moisture.

Shorten your shower time and lower the temperature. Hot baths and showers dry out the skin after a certain point, so keep them to no more than 5 minutes and use lukewarm water.

Avoid harsh cleansers. All soaps are drying, but exfoliants, alcohol-based cleansers, and scented soaps can be especially irritating. Stick with gentle cleansers that are labeled "fragrance free." Body washes may be better than bar soaps because they tend to contain more moisturizing ingredients. Rub cleansers only into the "fold" areas of your skin – underarms, neck, and groin – and feet. Use very little, if any, on your trunk and limbs. Those areas don't get very dirty with sweat and you're really drying out the skin more than you're helping it.

Dial up the humidity. Indoor heating can suck the moisture out of the air – and your skin. Using a humidifier can add it back. Try to maintain indoor air at between 30 and 50 percent humidity.

WHEN IT'S MORE THAN DRY SKIN

If skin becomes red, inflamed, irritated and unbearably itchy, you should try to see a physician if it's not resolving with thicker, richer emollients.

Inflammatory skin conditions such as atopic dermatitis and psoriasis and an inherited type of dry skin call ichthyosis typically require prescription medication to treat. Fungal infections can also look like dry skin, so if home remedies aren't working, you should see a dermatologist.

Skin so dry it cracks can get infected. If that happens, clean it with hydrogen peroxide and apply an over-the-counter antibiotic ointment. If it gets worse, it's really best to see a physician, because sometimes oral antibiotics are needed.

