

# Newsflash

Issue 2018.01

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Sustiva Capsules	HIV	Dec 15



**Happy  
New Year!**



Previous issues of Newsflash  
can be viewed under “PBM  
Resources>Newsletters>Clinical”  
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## How to Eat Healthy This Year

Turning the calendar to a new year often inspires people to attempt a 180 on their eating habits. But those intentions fail more often than not. People set unrealistic goals and attempt to make wholesale changes. That all-or-nothing behavior becomes overwhelming, leaves you feeling deprived, and sets you up for failure.

That’s why we’re advocating a more realistic approach: Try a few minor tweaks. That makes the changes doable, not daunting, and you will see improvements in your health. You have so many diet choices to make every day, so even if you make a change only some of the time, the benefits will add up.

A new study supports that strategy. The study found that replacing just 25 percent of discretionary foods (such as dessert, snacks, and sugary beverages) with healthy foods resulted in a huge improvement in overall diet quality – reducing sugars intake by almost 21 percent and calories by almost 4 percent, and increasing protein intake by about 2 percent. That means that something as simple as trading a few cookies for a piece of fruit can make a big difference. Here are six strategies you can use to build your own personalized small-changes diet:

**EAT HEALTHY FOODS YOU LIKE:** A recent Baylor University study found that even people with little self-control can set themselves up for healthy eating success if they switch their attention from what the researchers call “avoidance” foods to “approach” foods. Don’t try to force feed yourself something healthy that you hate (such as kale) in place of something unhealthy you love (cake). Seek out yummy healthy foods – such as strawberries – and you might find that after enjoying a big bowl of fresh berries you no longer want that chocolate cake.

**REPLACE ONE SUGARY DRINK PER DAY WITH WATER.** We all know that soda isn’t the healthiest beverage choice, but a recent study suggests that exchanging one serving per day for a glass of water could help reduce overall calorie intake and subsequent risk of obesity, lowering your risk of developing type 2 diabetes by 14 to 25 percent. Take a look at your fruit juice intake, too. Even 100% fruit juice can contribute a lot of calories and sugars to your diet. Limit yourself to one 4-ounce glass per day.

**EAT YOUR VEGGIES FIRST.** If you’re not eating enough vegetables (and most of us aren’t), it could be because you put them in a contest they can’t win. Research has shown that when vegetables are competing with other – possibly more appealing – items on your plate, you eat less of them. But when you get the vegetables alone, you eat more of them. Make a salad and sit down to eat it before you put any other food on the table. You’ll not only eat more vegetables, you’ll also fill up a bit so you eat less later in the meal.

**MAKE A SMALL SNACK MORE SATISFYING.** You don’t need to give up your favorite sweets, but you can eat less and enjoy a snack just as much. If you eat just a quarter of your usual amount (just 2 Hershey’s Kisses, for example, instead of 8), then do something distracting for 15 minutes (return a call or take a walk), you’ll feel just as full and satisfied as if you’d eaten the full amount.

**BE GRATEFUL.** When you’re in a bad mood, you might be more inclined to eat unhealthy foods. But a recent study found that improving your mood even slightly may lead to healthier eating. How to do it? Right before we served a meal to a group of people, we asked them to think of one positive thing that had happened that day that they were grateful for. Those who did ate 9% fewer calories at that meal and chose a healthier mix of foods that included more vegetables and fewer processed carbs.



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
Eskata (hydrogen peroxide)	Topical	Treatment for seborrheic keratoses
Giapreza (angiotensin II)	Injection	Treatment for hypotension
Lumify (brimonidine tartrate)	Ophthalmic Solution	Treatment for ocular redness
Luxturna (voretigene neparvovec)	Injection	Treatment for MIRD
Macrilen (macimorelin)	Oral Solution	Treatment for ADHD
Prexxartan (valsartan)	Oral Solution	Treatment for hypertension
Rhopressa (netarsudil)	Ophthalmic Solution	Treatment for glaucoma
Steglatro (ertugliflozin)	Tablets	Treatment for diabetes type 2
Steglujan (ertugliflozin and sitagliptin)	Tablets	Treatment for diabetes type 2
Segluromet (ertugliflozin and metformin hydrochloride)	Tablets	Treatment for diabetes type 2

## A Hand-Washing How-To

1. Wet hands with warm or cold running water. Apply enough soap to cover the full surface of each hand.
2. Rub your hands together to create lather. Be sure to include the back of your hands, between your fingers, and underneath your nails.
3. Scrub your hands for at least 20 seconds. Time yourself by humming "Happy Birthday" twice.
4. Rinse hands and dry them well. (Dry hands transfer germs less easily than wet hands.) Use a paper towel for the doorknob; it can be germ-y.



## Soothe Your Sore Winter Nose

Your nose is under constant assault from the viruses passed around this time of year amid dry, indoor heat. Here's how to alleviate the most common nasal nightmares.

**Cold virus.** The culprit behind most colds is one of the many rhinoviruses in the environment. You catch a cold when a virus is deposited directly in your nose or eyes (tears drain into the nasal cavity) and begin to multiply in the lining of your nasal passages. Most often, rubbing your nose or eyes after touching something the virus has been left on is the gateway in. That's why frequent hand washing is the No. 1 tip to prevent colds. Rhinoviruses can last up to 3 hours on your skin or on objects such as door handles. Once the virus takes hold, your immune system attacks, and it's a side effect of that process that causes swelling, congestion, and mucus.

**What to do.** Drinking fluids helps thin mucus and unstuff your nose. Also, try a saline nose spray; it's safe to use as often as you need it. Need stronger measures? Congestion is often caused by engorged blood vessels, so a decongestant is in order. Experts recommend spray decongestants over pills because they attack the problem locally rather than affect your entire system. Pick one with oxymetazoline, such as *Afrin*, *Vicks Sinex*, or a generic. Be sure to use them as directed; the sprays can cause rebound swelling if used longer than three days. If you prefer pills, try pseudoephedrine (*Sudafed* or generic), which is a nonprescription but is kept behind pharmacy counters. If you have hypertension or glaucoma, talk to your doctor before using it.

**Sinusitis.** This inflammation of the lining of the sinuses is caused by allergies, irritation, or an infection. You'll feel as if your head is stuffed up, not just your nose, and you might have tenderness in your cheeks, upper jaw, or around your eyes.

**What to do.** Doctors usually encourage sufferers to try home or over-the-counter remedies – say, a painkiller and a decongestant. Most cases are viral, not bacterial, so antibiotics won't help. Sinusitis usually clears up in about 10 days. If symptoms last longer, see your doctor.