

Newsflash

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Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Atripla	HIV	Sep 4
Brilinta	Blood Thinner	Sep 14
BiCNU	Cancer	Sep 11

Celebrating Fall – On the Cheap

It's the season for spice cakes, hot drinks, layers of fuzzy scarves, and walks outside in the crisp autumn air. Pinterest can sometimes make us feel that stocking up on the bags of pumpkin-scented candles and expensive fall-themed decorations is what we need to celebrate the season – but it's not true! To me, there is nothing that feels more seasonal (and special) than simply taking a long walk to appreciate the leaves changing color and following it up with a cup of hot cider. Below are some creative, special, and super seasonal ways to enjoy autumn without spending a lot of money. You don't need a lot of money to appreciate all that fall has to offer!

1. Explore a pumpkin patch.
2. Collect the prettiest leaves you can find and creatively display them in your home.
3. Make a crock pot of yummy apple cider.
4. Carve a pumpkin or try hand painting one!
5. Light candles and watch a super scary movie.
6. Go to a local fall festival. Enjoy hay rides, pumpkin beer, and music galore!
7. Freeze your tail off outside at a football game...and love every minute of it!
8. Make a bonfire (or light a grill) and roast some marshmallows.
9. Learn how to knit and make yourself a scarf.
10. Head to your local farmer's market to pick up delicious seasonal produce like butternut squash, pumpkin, corn, pears, etc.

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

Exercise for Your Mind

Design a workout that can build your brainpower as well as your muscles.

You may have many good reasons to become more physically active: It can boost mood, help maintain a healthy weight, and keep muscles strong. Now, a growing body of evidence suggests workouts may have brain benefits as well.

Much of the research on brain health and exercise is focused on aerobics. Yet a recent analysis from the University of Canberra in Australia found that certain nonaerobic activities can also help improve brain function in people over 50, even after early signs of cognitive decline.

And a 2015 study found that older women who had stronger, more powerful legs retained more of their brains' grey matter. This could be a sign of more robust cognition in later life.

We reviewed the most recent research to find tips on optimizing your exercise routine to help keep your brain healthy and your mind sharp.

TAKE A BRISK WALK

If you don't exercise now, it's easy to start: Just walk out your door, and keep going.

It's fine to start small. Build up from 10 minutes walking a day until you get to at least 30. And if you can, pick up your pace. Getting your heart rate up will maximize the cognitive benefits. That means you should be exercising at an intensity where you start to find it hard to have a conversation.

DO MORE THAN THE MINIMUM

The Centers for Disease Control and Prevention recommends that all older adults get 150 minutes of this sort of moderately intense aerobic exercise each week, which would be five 30-minute workouts. But the biggest boost in brainpower in the Canberra study was linked to exercise sessions of 45 to 60 minutes.

So try considering some workouts into a longer session. Or gradually work up to 45 to 60 minutes five days per week.

TRY TAI CHI

This Chinese martial art – which consists of slow, rhythmic movements – was one of several types of exercise tied to improved cognitive functioning in the recent Canberra study. Plus, its low impact, which can be good for people who haven't been active in a while.

To learn the proper technique, it's best to seek out a local class. You can find instructors near you who are certified by the American Tai Chi and Oigong Association online.





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
Altreno (tretinoin)	Topical	Treatment for acne
Annovera (ethinyl estradiol and segesterone acetate)	Vaginal System	Treatment for birth control
Arakoda (tafenoquine)	Tablets	Treatment for malaria prophylaxis
Cassipa (buprenorphine and naloxone)	Sublingual	Treatment for opiate dependence
Delstrigo (doravirine, lamivudine and tenofovir disoproxil fumarate)	Tablets	Treatment for HIV
Lumoxiti (moxetumomab pasudotox-tdfk)	Injection	Treatment for hairy cell leukemia
Perseris (risperidone)	Injection	Treatment for schizophrenia
Pifeltro (doravirine)	Tablets	Treatment for HIV
Takhzyro (lanadelumab-flyo)	Tablets	Treatment for opiate withdrawal
Xelpros (latanoprost)	Ophthalmic	Treatment for intraocular hypertension



Foods to Up Your Brain Gain!

So you're exercising to help your brain...but let's check out some healthy – and yummy – brain foods!

Dark Chocolate. Brain Gain: Improve cognitive function and blood flow to the brain. Health CAN taste good. Now don't go downing a chocolate fountain or 3 ft chocolate Easter bunny. Just know that a couple pieces of dark chocolate are no longer an indulgence, but a health requirement, so save your indulgences for things like cake!

Celery. Brain Gain: Lower the risk of memory loss. Memory function is aided by a plant compound Luteolin. (Luteolin can be found in peppers and carrots as well.)

Walnuts. Brain Gain: Boost brain function and healing. Full of omega-3, natural phyosterols, and antioxidants, these nutty delights will keep your health head-to-toe. To name a few perks, walnuts improve bone health, your metabolism, and even alleviate mood in children and adults!

Crab. Brain Gain: Lower risk of Parkinson's disease and help make neurotransmitters. Just one serving of crab meat contains your daily requirement of phenylalanine, an amino acid, that promotes several neurotransmitters, including dopamine. They are also a great source of B12.

Chickpeas (Yes...hummus!). Brain Gain: Increases blood flow to the brain and increases the speed of message transmission in the brain. Chickpeas (Garbanzo Beans) are one of the best sources of magnesium (also found in leafy veggies). These go great in a salad, or eat them as hummus, perfect as a dip or a spread on basically anything.

Blueberries. Brain Gain: Improve learning, thinking, and memory abilities. Basically the antioxidants in blueberries will turn you into a super genius! They are also known to reduce stress and have less sugar than other fruits.

Ginger. Brain Gain: Reduces inflammation and reduces the risk of Alzheimer's. Ginger is a superfood! Apart from making brain gains, ginger can help with: arthritis, fighting infections, nausea, lowering cholesterol and much more. So add the zing to your drink that wakes you up in the morning.

Eggs. Brain Gain: Maintaining memory and communication between brain cells. Next time you are deciding between a regular omelet or the egg whites, go for the gold. The sunny yellow egg yolk contains choline, a nutrient similar to vitamin B, which helps produce essential neurotransmitters for memory and overall brain function.

Kale. Brain Gain: Promotes brain growth and creates more resilient brain cells. It contains Vitamin K and contributes to the production of specialized fats called sphingolipids that create the structure of our brain cells. Kale also contains Iron, Vitamin B6, and folate which help produce serotonin and dopamine which boost your mood and keep you calm.

