

# Newsflash

Issue 2019.04

## Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Faslodex	Breast Cancer	Mar 4
Bepreve	Allergies	Mar 5
Mestinon Syrup	Myasthenia Gravis	Mar 8
Naftin Gel 1%	Athlete's Foot	Mar 20
Tekturna	Blood Pressure	Mar 22
Letairis	PAH	Mar 28



## Breathe Easier With Music?

Music therapy may benefit those with chronic obstructive pulmonary disease (COPD) or other chronic respiratory disorders. In a study of 68 people from The Louis Armstrong Center for Music and Medicine, those who received music therapy (such as playing wind instruments) along with standard treatment like exercise training and breathing technique instructions felt less tired, breathless, and depressed, and more in control of their health, than those who got standard care alone.

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

## The Mineral You're Probably Missing

### Do you need more magnesium in your diet?

Ask most people to name a nutrient lacking in the American diet, and the top answers would probably be calcium, vitamin D, or fiber. Though all nutrients are essential for good health, few are more crucial to focus on than magnesium – because we don't usually get enough in our diet and none of our cells could function without it.

Cells need the mineral to produce ATP, a compound dubbed the body's "energy currency." It's the bank that cells draw on to power their functions. In particular, magnesium is involved in regulating blood pressure, blood sugar, heart rate, and nerve transmission.

But nearly half of all Americans – and 70 to 80 percent of those over age 70 – aren't meeting their daily magnesium needs. Women should be getting 320 mg per day; men, 420 mg.

Older people are at risk for magnesium deficiency because they not only tend to consume less of it than younger adults but also may absorb less from what they eat, and their kidneys may excrete more of it. Digestive disorders such as Crohn's disease or celiac disease can also affect magnesium absorption, and people with type 2 diabetes or who take diuretics may lose more through their urine.

### WHY MAGNESIUM MATTERS

These shortfalls may contribute to diminished health long-term. In a 2016 review of 40 studies involving a total of more than 1 million people found that every 100 mg increase in magnesium from food reduced the risk of heart failure by 22 percent, type 2 diabetes by 19 percent, and stroke by 7 percent.

Those who consumed more magnesium were also less likely to die from any cause during the studies' follow-up periods, which ranged from 4 to 30 years.

### GETTING YOUR DAILY DOSE

To get sufficient magnesium, focusing on food is best, unless your doctor instructs otherwise. High doses from supplements may have unpleasant side effects, such as diarrhea, nausea, and abdominal cramps, and may prevent some drugs (such as certain antibiotics and bisphosphonates) from doing their job.

Though no one food has a huge amount of the nutrient, it's not hard to get enough if you keep the best magnesium sources (dark leafy greens, legumes, nuts, and whole grains) in regular rotation. For instance, these foods supply at least 50 mg per serving: ½ cup cooked quinoa, 2 tablespoons pumpkin seeds, ¼ cup almonds, ¾ cup cooked chickpeas, 2 heaping cups raw spinach, and 1 ounce 70 to 85 percent dark chocolate.

Supplements may be appropriate, however, if you have a digestive disorder or diabetes. Long-term use of a proton pump inhibitors (PPIs) for acid reflux may also lead to a magnesium deficiency.

Magnesium supplements may help migraine sufferers, but if you get nighttime leg cramps they're probably not the answer. Supplements have long been used as a remedy, but research suggests that pills won't do much to prevent muscle spasms.



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
Adhansia XR (methylphenidate hydrochloride)	Capsules	Treatment for ADHD
Cablivi (caplacizumab-yhdp)	Injection	Treatment for acquired thrombotic thrombocytopenic purpura
Egaten (triclabendazole)	Tablets	Treatment for fascioliasis
Esperoct (turoctocog alfa pegol)	Injection	Treatment for hemophilia A
Gloperba (colchicine)	Oral Solution	Treatment for gout
Herceptin Hylecta (trastuzumab and hyaluronidase-oysk)	Subcutaneous Injection	Treatment for breast cancer
Jatenzo (testosterone undecanoate)	Capsules	Treatment for hypogonadism
Mavenclad (cladribine)	Tablets	Treatment for multiple sclerosis
Mayzent (siponimod)	Tablets	Treatment for multiple sclerosis
Rocklatan (netarsudil and latanoprost)	Ophthalmic Solution	Treatment for glaucoma
Spravato (esketamine)	Nasal Spray	Treatment for resistant depression
Trazimera (trastuzumab-gyyp)	Injection	Treatment for breast cancer

## Prevent Gardening Pain

Love to garden? Brush up your digging style to protect your joints. A recent British study took a close look at digging techniques and found that some gardeners put more pressure on joints, increasing the likelihood of lower back pain and shoulder injuries. Researchers photographed and measured their movements from all angles, then calculated the load on their joints. The technique easiest on joints involved bending at the knees, keeping the back straight, and making small, controlled scooping and tossing movements with a shovel. Large forward bends, stretching the arms far from the body, and big, less controlled movements were hardest on the knees.

## Becoming A Caregiver

How do you know when it's time to start being a caregiver?

People often don't recognize they have assumed that role. There may be signs of failing health or memory problems, which a parent may be hiding. Then there's an event, such as a fall or stroke. In that situation, family members tend not to think of the situation as the beginning of a new set of circumstances, but as something they'll get over, and things will go back to the way they were. So they fail to take the necessary steps.

What do I need to know if a parent is hospitalized?

Even a parent who has been functioning well can end up disoriented by the hospital environment – all the people coming in and out, the sleep disruption. Anesthesia and medications just add to the confusion. Some patients can even become delirious or start hallucination. You have to understand that your parent, in that situation, is not capable of judging what he or she needs after going home. The hospital may make some arrangements, sort of. But they're not necessarily going to involve you, and if they don't, you need to say, "I'm responsible for this person's care and I need to know what the plan is." You have to be the one to ask who's going to provide the help your parent needs because you've got a job and can't be there all day. The website, [www.nextstepincare.org](http://www.nextstepincare.org), has guides to help you through the process, starting with becoming a caregiver in the first place and including many aspects of hospital and long-term care.

What are the biggest mistakes I should try to avoid?

Don't act impulsively. In a real emergency, you need to be on the scene immediately, but you don't need to quit your job or necessarily move mom into your house. Set up a temporary situation that works, then give careful thought to what is best for your parent, for you, and for the rest of the family. The opposite extreme is when a situation is clearly deteriorating and nobody wants to face it until there's a car accident, a fire or the parent wanders away from home.

