

Generic Releases

The following brand drugs have lost their patents:

<u>Drug</u>	<u>Condition</u>	<u>Date</u>
Uloric	GOUT	Jul 1
Omidria	Pneumonia	Jul 1
Hemabate	PAH	Jul 2
Lyrica	Antifungal	Jul 19

Is sitting bad for you?

- Q. I keep reading that sitting is bad for my health. Do I really need to start standing all day?
- A. No. Research suggests that short activity breaks, such as a walk around the house, can counteract the potential health consequences of prolonged sitting, which include a higher risk of type 2 diabetes, and of death from cardiovascular disease and cancer. In one study, researchers found that instruction helped older adults reduce daily sitting time by 27 minutes, which may improve how the body processes blood sugar and reduce waist size. As a reminder to move, set an alarm on your smartphone or watch, or set a kitchen timer.



Previous issues of Newsflash can be viewed under “PBM Resources>Newsletters>Clinical” at: www.MC-Rx.com

Put Your Feet First

Foot problems can hike the risk of falls and infections, but they’re usually preventable and treatable.

When your feet hurt, the simple act of walking can become an ordeal. And this kind of discomfort often comes with age. A study published in the journal *Gerontology* found that one in five older adults has foot pain regularly. Here, some of the most common foot complaints of aging, what’s likely to be behind the symptoms, and how to treat them.

SKIN AND NAIL CONDITIONS

What the problem could be. Corns and calluses (hard, thick patches of skin caused by rubbing) are the most frequent factors in foot pain for older adults. A close runner up? Nail conditions such as ingrown toenails and fungal infections.

What to do. Prevent them with footwear that fits without pinching or rubbing, and don’t go sockless. If you develop a corn or callus, your doctor can help you safely remove the extra layers of skin.

To avoid fungus, always wear footwear in public places such as locker rooms. If you notice discoloration or a thickening of your nails, a podiatrist can confirm whether it’s a fungal infection and prescribe medication. Cutting toenails straight across and filing them to the sides to avoid jagged edges helps prevent ingrown toenails. If you have difficulty with this, go to a podiatrist for toenail grooming.

BONE AND JOINT PAIN

What the problem could be. In older adults, bone deformities such as bunions (when the big-toe joint becomes misaligned) and hammertoes (when one or more smaller toes is bent in the middle) often cause pain. These may occur in part because of footwear that puts pressure on toes, especially shoes with a narrow front or a high heel. Toe arthritis can also cause foot pain.

What to do. To prevent or ease pain caused by bunions and hammertoes, choose shoes with a round, deep toe box. In severe cases, some choose surgery. For arthritis, especially of the toes, footwear with a stiffer sole helps reduce pain by keeping foot joints from having to bend so much.

TINGLING OR NUMBNESS

What the problem could be. About a third of people with diabetes have foot numbness and tingling. With numbness, wounds on the feet may go unnoticed and untreated – and worsen. Tingling may signal a problem elsewhere, such as a pinched nerve in your back.

What to do. If you have diabetes, check your feet daily for cuts and blisters, and talk with a doctor or podiatrist about care. If you don’t have diabetes, a doctor can determine whether an injury might be causing your tingling feet.



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
AirDuo Digihaler (fluticasone propionate and salmeterol)	Inhalation Powder	Treatment for prevention asthma
Katerzia (amlodipine benzoate)	Oral Suspension	Treatment for hypertension, coronary artery disease
Recarbrio (imipenem, cilastatin, and relebactam)	Injection	Treatment for urinary tract infection, Intraabdominal infection
Ruxience (rituximab-pvvr)	Injection	Treatment for non-Hodgkin's Lymphoma, Chronic Lymphocytic Leukemia, Wegener's Granulomatosis, Microscopic Polyangiitis

Berry Good for You

Berries taste great, especially in the summer when they're freshest. But they're also developing a reputation as nutritional powerhouses with special health benefits.

Some of that is just hype, of course. Juice from the acai berry, for example, might be high in antioxidants but there's little evidence it has the special weight-loss or other powers that are often touted in Internet ads.

Still, growing research does suggest that in addition to providing vitamins and minerals, berries contain a variety of other phytonutrients, or plant-based chemicals, that might keep us healthy in a number of ways.

Urinary-tract infections. Cranberry and blueberry juices can prevent bacteria from adhering to the bladder wall, which may help prevent UTIs. Look for drinks that list the juices as their first or second ingredient.

Memory. Blueberries and strawberries contain polyphenols, substances that might reduce inflammation in blood vessels in the brain. And a recent study found that a glass of blueberry juice with each meal every day for three months improved the memory of nine people who were experiencing mild memory loss. One study of 3,774 people in Chicago linked regular consumption of strawberries to a slightly lower rate of cognitive decline in women as they got older.

Cancer. Animal and laboratory studies suggest that certain compounds in blueberries and strawberries might prevent the growth of breast and colon cancer cells.

Heart disease. Animal studies suggest that a blueberry-enriched diet might offer some protection against heart attacks.

Keep in mind, whole berries tend to have more nutrients and fiber than juices and juice drinks, as well as fewer calories and less sugar.

Fire Up a Healthier Barbecue

Lose the calories and fat, but keep the flavor

Summer is synonymous with grilling, but often the foods we choose to grill aren't all that healthy. A beef patty without a bun can clock in at 230 calories and 15 grams of fat. And hot dogs and sausages can be high in saturated fat and sodium. But don't put out the fire just yet! With a few creative changes, summer barbecues can be delicious and nutritious.

Go easy on the beef. Red meat increases your risk of many diseases, so it's smart to limit how much you eat. For example, a 2017 study found that a high intake of red meat increased the risk of dying from nine causes – including cancer, heart disease, liver disease, and stroke – by 26 percent. But white meat, such as chicken, was linked to reduced risk. Opt for lean cuts of beef, and use meat as an accent instead of the main dish. For example, put sliced steak over a salad.

Opt for seafood. The American Heart Association recommends eating seafood at least twice a week for its cardiovascular benefits. Intimidated about cooking it? Start with shrimp. The shell helps keep the meat moist. Marinate medium-sized, shell-on shrimp in olive oil, garlic, and fresh herbs, then grill for about 3 minutes on each side. Salmon is also easy to grill and is one of the top sources of heart-healthy omega-3s.

Veg out. Practically any vegetable can be grilled. Cook directly on the grates, or use skewers or a grill basket to prevent small pieces from falling through. You can grill veggie burgers, too: Amy's California Light in Sodium is at the top of the list. Prefer a "meatier" burger? Try Boca All American Flame Grilled.

Cook up dessert. Grilling fruit caramelizes its sugars, sweetening the flavor. Nectarines, papaya, peaches, pineapple, and plums work well. Slice the fruit to a thickness of half an inch, then brush on a little olive oil and sprinkle it with cinnamon, red chili flakes, or nutmeg.

