

Newsflash

Issue 2019.06

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Valstar	Bladder Cancer	Apr 19
Nebupent	Pneumonia	Apr 24
Tracleer	PAH	Apr 26
Mycamine	Antifungal	May 17
Revatio Suspension	High Blood Pressure	May 31

Going for a drive? Bring the sunscreen.

In a recent study of skin-cancer cases, men had significantly more cancers on the left side of their body – the side most exposed to the sun – than on the right. (The difference wasn't significant for women.) And don't rely on a closed window for protection. Glass blocks ultraviolet B rays, but UVA rays can pass through.



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

8 Steps for Staying Healthier Longer

Your genes play the biggest role in how long you'll live. But if you adopt a healthy lifestyle, you maximize your genetic potential. Maintaining social relationships is a way to stay young at heart, but these other strategies may also boost your life expectancy and improve your quality of life.

- 1. Stay active.** Exercise is good for your body and may keep your brain sharp and increase your life span. In a study of Taiwanese people, those who exercised for just 15 minutes per day extended their lives by three years; those who exercised 30 minutes per day boosted life expectancy by about four years.
- 2. Eat your fruits and veggies.** People who consumed five daily servings lived three years longer than those who never ate produce. That's according to a study in the American Journal of Clinical Nutrition that looked at more than 71,000 people for 13 years.
- 3. Reach for whole grains.** Harvard School of Public Health researchers recently reported that people in a large study who ate 28 grams daily – the amount in less than two slices of 100-percent whole-grain bread – reduced their overall risk of death by 5 percent and their risk of dying from cardiovascular disease by 9 percent.
- 4. Don't smoke.** Life expectancy for smokers is at least 10 years less than it is for nonsmokers.
- 5. Sleep enough but not too much.** Researchers in Europe reported that regularly sleeping less than 7 hours per night upped the risk of death by 12 percent; sleeping 9 hours or more boosted risk by 30 percent.
- 6. Maintain a healthy weight.** Research has found the lowest death rates among men and women with a normal body weight.
- 7. Minimize red meat.** The more often you eat vegetarian, the better.
- 8. Manage stress.** Consider trying medication as a stress-reducer. It preserves brain neurons as we age, helping to keep memory sharp.



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
Dengvaxia (dengue tetravalent vaccine, live)	Injection	Treatment for prevention of dengue disease
Nayzilam (midazolam)	Nasal Spray	Treatment for seizure clusters
Piqray (alpelisib)	Tablets	Treatment for breast cancer
Qternmet XR (dapagliflozin, metformin hydrochloride and saxagliptin)	Tablets	Treatment for diabetes type 2
Ruzurgi (amifampridine)	Tablets	Treatment for Lambert-Eaton Myastheric Syndrome
Slynd (drospirenone)	Tablets	Prevention of Pregnancy
Vyndaqel (tafamidis meglumine)	Capsules	Treatment for Cardiomyopathy of Transthyretin-Mediated Amyloidosis
Zolgensma (onasemnogene abeparvovec-xioi)	Intravenous Infusion	Treatment for spinal muscular atrophy



June is National Men's Health Month

Men's Health Statistics

- One in two men will be diagnosed with cancer
- One in six men will be diagnosed with prostate cancer
- One in every thirteen men will be diagnosed with lung cancer
- An estimated 13 million men over the age of twenty have diabetes
- Over 6 million men are diagnosed with depression each year
- Testicular cancer is the most common cancer in males between the ages of 15 and 35

Source: us.movember.com/mens-health

When Vertigo Strikes

What's the most common cause of dizziness? Transient low blood pressure, the kind that happens when you stand up suddenly from a couch and feel dizzy for a few seconds. Most people have it occasionally and don't worry about it.

Is that the same as vertigo? No. In vertigo people feel the world whirling around them, often with nausea and vomiting. It really gets their attention. The most common recurrent vertigo is benign positional vertigo, in which calcium crystals that are part of the inner-ear structures that detect gravity and movement break off and move into an area of the canal they shouldn't be. It usually happens when you turn over in bed or when you tilt your head far backwards – not from turning your head when you're sitting up.

Another common vertigo cause is vestibular neuritis, an infection of the inner ear probably caused by ordinary cold viruses. All of a sudden you feel a little woozy, and within an hour you're ready for the ER. The nausea and vomiting usually subside within a day or two and your immune system takes care of the virus on the same schedule it takes care of the cold, but you may not move around normally for weeks or months. But you should force yourself to do so because you'll recover more quickly.

What about more serious causes? Ménière's disease is a condition in which the inner ear swells up intermittently. The attacks can cause totally incapacitating vertigo along with a feeling of pressure, ringing in the ear and hearing loss in the affected ear. Each attack does a little more damage to hearing and balance. The initial treatment is a low-sodium diet and a diuretic blood-pressure pill. If that doesn't work, there are additional treatments ending, ultimately, with surgery to disconnect the balance nerve of the inner ear. Sudden vertigo can also be a sign of an impending brainstem stroke, usually accompanied by slurred speech, double vision, and clumsiness of the extremities.

