

Newsflash

Issue 2019.01

Generic Releases

The following brand drugs have lost their patents:

<u>Drug</u>	<u>Condition</u>	<u>Date</u>
Fareston		Dec 4
Elidel		Dec 27
Latuda		Jan 3
Picato Gel 0.015%		Jan 7
Picato Gel 0.05%		Jan 9

A Little Exercise May Lift Mood

One hour of weekly movement could prevent 12 percent of depression cases, says a study led by Australia's Black Dog Institute. The study, which tracked almost 3,400 adults for more than 11 years, found that those who did not exercise were 44 percent more likely to develop depression than those who were active for 60 minutes a week. Low-intensity moves such as walking were as effective as moderate- and high-intensity moves.



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

Get Stronger Now

The right moves and eating habits can help build muscle.

Muscle is your best friend when it comes to aging and quality of life. But on average, we lose about 8 percent of our muscle mass each decade, starting around age 50. This can lead to fatigue, weakness, mobility issues and increased fall/fracture risks.

Illnesses such as diabetes and certain medications, including cholesterol-lowering statins, may play a role in age-related muscle loss. And a 2017 study of adults 35 and younger associated high daily doses of over-the-counter pain relievers with reduced muscle strength.

The bigger culprits are inactivity and inadequate nutrition. The remedy? A combination of resistance exercise and a well-balanced, protein-rich diet.

THE BEST MOVE FOR MUSCLES

Strengthening muscle requires resistance exercise, where muscles exert short bursts of effort against a force or weight. Research shows just 15 to 20 minutes of resistance exercise 2 to 3 times a week can help older adults gain significant strength.

Weight machines, light hand weights, exercise bands, or your own body weight can provide resistance. Focus on movements that imitate normal life activities, such as pushing or pulling a door or standing up from a sitting position. These work upper- and lower-body muscle groups at the same time.

New to resistance exercise? Consider classes or one-on-one training with a certified trainer who has experience with older adults. YMCAs and Jewish Community Centers often offer senior strength classes. Or try training at home (find exercises at go4life.nia.nih.gov/exercises/strength). Ease into it with light resistance and a few exercises. You can gradually increase the volume and intensity.

EATING FOR MUSCLE STRENGTH

A protein-rich diet goes hand in hand with exercise. Women and men 51 and older, who absorb nutrients less efficiently than younger people do, should strive for at least 46 to 56 grams of protein a day, respectively. For the sake of comparison, a 4-ounce chicken breast has about 35 grams of protein, and a half-cup of kidney beans contains about 11 grams.

When possible, opt for whole, unprocessed protein sources, such as lean meat and seafood. Include nuts, seeds, and beans, too. A recent study conducted by the University of Massachusetts Lowell, found that protein from plant-based foods may be as beneficial for muscle in older adults as protein from meat.

If you find yourself getting full quickly, try spacing your protein consumption out over the day. That may have other benefits, too: A study published in 2017 in the American Journal of Clinical Nutrition found that consuming an equal amount of protein in all three daily meals may be linked to greater muscle strength in people 67 and older.



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 MC-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
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Keeping Warm Helps!

In addition to the obvious challenges of ice and snow, the cold temperatures themselves can cause joints and muscles to stiffen up. And that makes it easier to lose your footing.

Staying warm can become harder as you age, however, as your metabolism slows and the fat layer under your skin thins. These tips can help:

DRESS RIGHT

Wear loose layers of clothing. Tight garments can impair your circulation, says Sharon Brangman, MD, chief of geriatrics at SUNY Upstate Medical University. Wool or silk will hold heat better than cotton and won't absorb moisture. When you go outside, add a winter coat and always include a hat, scarf, and gloves – extremities get coldest first. Just don't wear anything that will restrict your movement.

AVOID ALCOHOL

Though alcohol can feel warming, it actually has the opposite effect. It lowers your core body temperature and can cause you to lose body heat more quickly. So opt for hot beverages like cider, but skip the brandy.

WATCH FOR DANGER SIGNS

According to the Centers for Disease Control and Prevention, cold causes a higher proportion of deaths among older adults, who are especially susceptible to hypothermia (when the body's temperature falls to dangerous levels.). Have your phone with you at all times so that you can call for help if you fall on the ice or get stuck in the snow while diving. And keep your home thermostat set at 68° F or higher.

Symptoms of hypothermia include confusion, slurred speech, shivering, arm and leg stiffness, and slow reaction times. Call 911 or go to an emergency room if you suspect you have it.

Happy
New Year