

# Newsflash

Issue 2020-02

## Generic Releases

The following brand drugs have lost their patents:

<b>Drug</b>	<b>Condition</b>	<b>Date</b>
Gilenya	Multiple Sclerosis	Dec 4
Afinitor	Cancer	Dec 9
Sotradecol	Varicose Veins	Dec 9
NuvaRing	Prevent Pregnancy	Dec 11
Eliquis	DVT	Dec 23
Myrbetriq	Overactive Bladder	Dec 27
Zohydro ER	Severe Pain	Jan 21



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## What to Try, What to Skip for Arthritis

If you're one of the more than 30 million Americans with osteoarthritis, or OA, the most common form of arthritis, you've probably thought about treatments other than medication to ease pain. About 40 percent of those with arthritis have tried complementary or alternative therapy such as acupuncture or yoga.

When conventional medicine fails to relieve arthritic pain, many sufferers turn to alternative methods, but not only is there little evidence to support many of those treatments, some aren't even regulated. Are any useful? Some, at best, may have small effects in some circumstances for some people.

### 4 THAT MAY HELP

**Massage.** A review of studies published in Mayo Clinic Proceedings suggests that massage therapy can ease the pain and stiffness of knee OA. Researchers in one study recommended a weekly 60-minute session with a licensed massage therapist.

**Tai chi.** The Chinese exercise, with its slow rhythmic movements has shown in a review of 54 studies to cut arthritis pain slightly. But it was less effective than aerobic and strength exercises.

**Yoga.** A review of 17 studies published in the journal Musculoskeletal Care found that yoga reduced OA pain. Our experts recommend avoiding Bikram (hot yoga) if you have joint problems. The heat may make you feel as if you can stretch more than you should, which can further damage joints.

**Acupuncture.** Research suggests that this traditional Chinese therapy, which involves inserting thin needles into the body at particular spots, reduces OA discomfort for some people. One theory is that it may trigger the release of pain-suppressing hormones called endorphins. Or it may simply provide a placebo effect, helping you feel better without a medical reason. Make sure you're treated by a credentialed practitioner.

### AND 3 THERAPIES TO AVOID

**Chiropractic manipulation.** Some research suggests that the “realigning” of the spine by a chiropractor can ease some general back and neck pain. But a 2012 review, published in the journal Rheumatology, found no good evidence that the therapy effectively reduces OA pain

**Dietary supplements.** Some people use supplements such as glucosamine and chondroitin (often together) or fish oil for joint pain. So far, studies have shown that glucosamine and chondroitin are no more effective than a placebo. High doses of fish oil may ease the joint ache of rheumatoid arthritis, but its effect on OA is unclear. Plus fish-oil supplements can cause side effects such as diarrhea and stomach pain. And dietary supplements aren't well-regulated by the Food and Drug Administration, so you can't be sure the one you take contains what's on the label.

**Homeopathy.** The principle behind homeopathy is that certain highly diluted substances can cure illness. For instance, *rhus toxicodendron* – made from poison ivy – is touted as an OA treatment, but there is no good evidence to support using homeopathic remedies for arthritis or any other condition.

## Managing a Bloody Nose

A nosebleed can be very scary. The blood can come fast and furious, often for no apparent reason, perhaps making you think that something serious is going on. But in most cases, you don't need to worry: Simple steps can prevent or stop most bloody noses.

### NOSE WOES

The most common cause of nosebleeds is what physicians call "self-induced digital trauma" – the result of what the rest of us call nose picking. Vigorous nose blowing can also be a culprit. But perhaps the biggest cause, especially this time of year, is simply dry air.

The nose is filled with tiny blood vessels close to the inside surface of the nostrils that help warm and humidify the air you breathe. But low humidity can dry out the membrane that protects those vessels, leaving them vulnerable to changes in barometric pressure, nose blowing, rubbing, and sneezing.

So the key to prevention is keeping your home – and nose – well humidified. If you're prone to nosebleeds, use a humidifier set to 30 to 50 percent humidity, especially in your bedroom. The occasional use of an over-the-counter saline nasal spray can also help. And consider applying a small amount of petroleum jelly to the inside of your nose.

### PREVENTING NOSEBLEEDS

If you're prone to bloody noses, talk with a doctor. Many medications, such as aspirin and warfarin (*Coumadin* and generic), may increase the risk of nosebleeds. So can certain dietary supplements, such as garlic, ginkgo biloba, and ginseng. Some nasal allergy sprays can aggravate the lining of the nostrils, though you may be able to minimize by directing the spray towards the side.

Certain medical conditions also increase the risk of nosebleeds, and treating them can sometimes help. For example, controlling allergies might prevent nosebleeds triggered by frequent sneezing or nose blowing. And lowering elevated blood-pressure levels might also help, since hypertension may make you susceptible to nosebleeds.

In rare cases, nosebleeds can be a warning sign of a serious health issue, including blood-clotting disorders, leukemia, liver disease, and nasal tumors. Sometimes, especially in older people, the bleeding can originate at the back of the nose, in which case you might not notice blood coming from your nose. Instead, it might flow the other way and cause you to cough it up, or lead to nausea or bloody stools. In such cases, see a doctor immediately.

If those causes are ruled out, and you still have frequent bloody noses, your doctor can use an electrical device or chemical to cauterize the blood vessels that seem most prone to bleeding.

## DID YOU KNOW...

**Slower metabolism linked with stress, high-fat meals.**

Turning to high-fat comfort food when you're stressed may do double the damage to your weight, and could add up to an additional 11 pounds per year, suggests a study published online in *Biological Psychiatry*.

In the study, women with an average age of 53 were asked about stressful events that had occurred the previous day, and then given a meal that contained 930 calories and 60 grams of fat. Then, the women's metabolic rates were measured during the next seven hours.

On average the women in the study who reported one or more stressors the previous day burned 104 fewer calories than women who reported no stressors. Stressors included having arguments or disagreements with co-workers spouses, or friends, difficulty with children, and work-related pressures.

The findings suggest that eating high-fat meals following a stressful event may result in fewer calories burned and more weight gained. This emphasizes the importance of keeping health foods on hand, so that you're less likely to choose unhealthy, and potentially fattening, foods if you eat when you are stressed.

