

Newsflash

Issue 2020.06

Generic Releases

The following brand drugs have lost their patents:

Drug	Condition	Date
Proventil HFA	Head Lice	Apr 08
Cloderm	Rosacea	Apr 22
Sklice	Head Lice	May 06
Desonate Gel	Inflammation	May 11
Taclonex Scalp	Plaque Psoriasis	May 11
Noxafil Oral	Fungal Infection	May 15
Vascepa	Pancreatitis	May 21

Nuts Boost Health in Diabetics

In a large, long-term study, people with type 2 diabetes who ate about a quarter-cup of nuts five or more times per week cut their risk for coronary heart disease by 20 percent compared with those who ate nuts less than once per month. That's important, because heart disease and stroke are leading causes of death for people with diabetes. The mix of fats, fiber, vitamins, minerals, and other plant compounds in nuts seems to help with blood sugar, blood pressure, and cholesterol control. It also may discourage inflammation and keep the lining of arteries healthy, the researchers say. Tree nuts, such as walnuts, almonds, cashews, and pecans, appear to have the most benefit.



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Keep Yourself Hydrated This Summer

Many older people may not be sipping enough water to keep themselves well-hydrated. That's partly because they may not feel as thirsty as they did in their younger years. Plus, one's sense of taste can diminish with age, which means that some foods and drinks that used to taste good may not be as appealing – including plain old water. These factors can make it hard to stay cool and hydrated during sultry summer days, but our five tips can help.

•**Make Water Tastier.** Concerned that you're not sipping enough? How much liquid you need each day depends on your size and activity level, local climate, and even the medications you take – your doctor can help you figure out the right amount for you. You might be tempted to reach for sodas or sports drinks to help you stay hydrated, but these often contain sugars, plus artificial flavors and other ingredients with no health benefits. Instead, fill a pitcher or large water bottle with water each morning and aim to finish it off by bedtime. If plain water is unappealing, add a splash of 100 percent fruit juice to a glassful. Or chop up strawberries, melon, cucumber, mint, or other flavorful items and mix into a pitcher of water. And remember, water doesn't need to be ice cold to be hydrating – drink it lukewarm if that tastes better to you.

•**Dress to stay cool.** What you wear can help keep you comfortable on hot days. So opt for light-colored clothing that's loose and lightweight to allow air to flow freely around your body.

•**Choose fruits and veggies.** You probably already know that eating lots of fruits and vegetables is great for your heart health and provides important nutrients such as fiber and a host of vitamins and minerals, but these foods can also help keep you hydrated. Watermelon is a great choice during the summer months, but so are strawberries, lettuce, celery, spinach, tomatoes, and cooked squash – because they all contain 90 percent water or more. Looking for other juicy options? Try filling your plate with almost any fruit or vegetable.

•**Whip up a smoothie.** In some cases, a smoothie you buy at a smoothie shop may have some of the same disadvantages as sports drinks and sodas: too much added sugar. But if you make a smoothie at home, you can skip the sugar and pack your drink with other healthy ingredients, such as leafy greens, grains, or protein sources like silken tofu.

•**Prevent overheating.** According to the National Institute on Aging (NIA), getting older can make you more prone to heat-related illness, including heatstroke, which occurs at a body temperature of over 104° F and can be fatal. The agency says that staying hydrated can help, as can simple tricks to cool your body. So if you're uncomfortably warm, get into air conditioning or take a swim or a cool shower or bath, especially if you feel slightly dizzy, weak, or nauseated. And know when to get emergency help. The NIA recommends calling 911 if you suspect heatstroke in yourself or a companion. Signs include passing out, behavior changes such as confusion or agitation, and failure to sweat – even if you're hot.

Benefits of Eating Local

It seems as if everyone is talking about eating food grown locally these days. The number of farmers markets in the U.S. has increased over 54 percent. The National Restaurant Association says that menus featuring locally produced fruit, vegetables, meat, seafood, and wine are among the hottest trends right now. And sections just for local foods are sprouting up in big-box stores and supermarkets. The growing movement has even inspired a new word: "locavore," meaning someone who prefers food that hasn't moved a long distance to the market. But does eating this way automatically mean that you're eating healthier? Here's a look at this trend.

- **Is it more nutritious?** Eating a balanced diet that includes plenty of produce has been linked to numerous health benefits, so it makes sense that buying food from nearby farms is a healthy move. Studies found that farmers markets have the potential to increase access to produce and lead to more healthful eating, especially in certain communities. But the authors said that more well-designed studies are needed to establish a definitive connection. One thing that is clear, however, is that fresh food tends to have more nutrients than food that was picked days or weeks ago.
- **Does it taste better?** Surveys conducted at farmers markets have found that people tend to shop there because they think the food is of higher quality and tastes better. For example, a recent survey conducted at a farmers market in Brownsville, TX, found that more than 80 percent of shoppers said the produce was better than what they found at other places they shopped. More than half said they ate more fruit and vegetables as a result of shopping at the market.
- **Is local the same as organic?** No. But some vendors might have organic certification and others might follow organic practices, such as minimizing the use of chemical fertilizers or pesticides, and raising animals humanely and without antibiotics and growth hormones. The gold standard is to buy both local and organic.
- **Bottom line.** While the jury is still out on the specific health benefits of eating locally produced food, there's no question that choosing a bounty of fresh, unprocessed food is better for you than grabbing a prepared meal high in sodium and fat from the freezer aisle of a supermarket.

And everyone can benefit from eating more fruit and vegetables, the cornerstone of most farmers markets. If you don't have one nearby or a local food section at your grocery store, consider joining a community supported agriculture program, or a CSA.

Protecting Your Vision

Making the following lifestyle changes can play a role in reducing your risk of developing cataracts, diabetic retinopathy, glaucoma, and age-related macular degeneration (AMD), or can slow the progression of those eye disorders if you already have them.

- **Eat right.** A healthful diet high in green leafy vegetables, fish, fruit, and other food high in antioxidants may help protect against age-related eye diseases.
- **Watch your weight.** Obesity has been linked to the progression of AMD and an increased risk of cataracts, diabetic retinopathy, and glaucoma.
- **Exercise.** Regular physical activity may reduce your risk of developing AMD, lower eye pressure linked with glaucoma, and reduce diabetic retinopathy's progression.
- **Control blood pressure, blood sugar, and cholesterol levels.** Consult your doctor about a program that's right for you.
- **Shield your eyes.** Wearing sunglasses and a hat with a wide brim to protect you from ultraviolet rays may help delay cataracts and help reduce the risk of AMD.
- **Don't smoke or drink too much.** Smoking is associated with all four eye disorders, and too much alcohol is known to increase the risk of cataracts.

