

The Nature Cure

People living with the most trees, grass, and other greenery around them had lower levels of the stress hormone epinephrine than those in less green neighborhoods, a University of Louisville study found. They also had lower levels of compounds that damage cells and higher levels of blood cells that help repair artery linings. Don't live in a green area? Spending time in a local park or natural area can also have health benefits other research shows.



Dancing Helps Your Health

In a Japanese study, women between 75 and 84 who danced regularly were more likely to retain independence in five activities – including bathing and dressing – than non-exercisers. They were also more apt to carry out the activities than those who walked or did calisthenics. Researchers say dance may have helped because it combines movement, balance, endurance, and focus.

**Previous issues of Newsflash
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The Fast Way to Make Food Healthier

Eating well at home can be a challenge as we get older, especially as households (and often, appetites) shrink. Many of us turn to convenience foods that, though fast and easy, don't always provide enough nutrients that we need and are often high in sodium, sugars, or calories.

You need not abandon convenience food or become a slave to the stove, thankfully. We've taken a look at five quick-fix meals and suggest easy ways to make them more nutritious and satisfying – in hardly any time at all.

PACKAGED GRAIN MIXES. It's tempting to call these dinner when all you have to do to prep them is boil water and add a packet of seasonings. But your meal will lack balance. A grain alone is not a complete meal. Adding some vegetables and protein, in addition to using some care when you shop for and prepare your grain, can help you make it a balanced plate. Try:

1. Choosing a product made with whole grains, i.e. wild rice, quinoa, whole-wheat couscous.
2. Using half the seasoning packet. You'll still get plenty of flavor, but slash the sodium.
3. Adding protein by mixing in chopped chicken, beans or tofu, and topping the blend with almonds or sesame seeds. Make it a power bowl by adding greens, proteins and veggies.
4. Stir in a bag of stir-fried or steamed cauliflower rice to stretch your grain.

CANNED OR BOXED SOUP. The biggest concern when it comes to soup is sodium. Low- or lower-sodium soups are a good place to start. What's more, many canned soups are too low in calories, protein, and vegetables – fine for a starter course but lacking if it's your main meal. Turned a canned soup into a healthy dinner by:

1. Adding steamed frozen vegetables, such as cauliflower, peas and carrots, or spinach.
2. Mixing in a can of low-sodium beans, like chickpeas or kidney beans, for fiber and protein.
3. Serving it on top of ½ cup of a whole grain, like brown rice or farro.
4. Diluting the sodium by adding 1 cup of water.

SANDWICHES. Any meal that doesn't require silverware to eat definitely falls into the “easy” category. Unfortunately, a fork and a knife aren't the only thing you'll skip when you choose this simple go-to. Many times veggies and fiber are missing from sandwiches, while they can still be high in calories, salt, and fat. Help your sandwich stack up by:

1. Starting with whole-grain bread; the fiber you'll get is good for your heart and will help the meal feel more satisfying.
2. Swapping some of the cold cuts which can be high in sodium, for extra vegetables.
3. Upgrading your condiment from mayo, which adds calories and fat but little valuable nutrients to mashed avocado or hummus.

FROZEN DINNERS. Freezer meals can be incredibly convenient and surprisingly tasty. But, they can also be a minefield of calories, salt and fat. Look for meals that have between 300 to 500 calories, less than 4 grams of saturated fat and 600 mg of sodium, while containing 5 or more grams of fiber and 10 to 20 grams of protein. Then make your frozen meal better by:

1. Serving it with a big side salad
2. Steaming or microwaving a bag of frozen non-starchy vegetables, such as zucchini; mix together with the prepared meal in a bigger bowl.
3. Finishing it off with some fruit, like an orange or sliced watermelon.

COLD CEREAL. A bowl of cereal is a perfect meal for someone who needs healthy food, fast – if you balance it out, that is. Cereal is a grain, so to make it a complete meal, add protein and fruits or veggies. Start by choosing a whole-grain cereal with little or no added sugars. Then try:

1. Adding in some fruit, like defrosted blueberries or sliced bananas.
2. Sprinkling it with nuts or seeds, like almonds or pumpkin seeds, for crunch and protein.
3. Using cereal as a base for a parfait – layer it with yogurt, berries and flaxseeds.



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
Aklief (trifarotene)	Topical Foam	Treatment for Acne
Amzeeq (minocycline)	Topical Foam	Treatment for Acne
Beovu (brolucizumab-dblil)	Injection	Treatment for Macular Degeneration
Biorphen (phenylephrine hydrochloride)	Injection	Treatment for Hypotension
Bonsity (teriparatide)	Injection	Treatment for Osteoporosis
Gvoke (glucagon)	Injection	Treatment for Hypoglycemia
Ibsrela (tenapanor)	Tablets	Treatment for Irritable Bowel Syndrome
Inrebic (fedratinib)	Capsules	Treatment for Myelofibrosis
Jynneos (smallpox and monkeypox vaccine)	Injection	Prevention of Smallpox; Prevention of Monkeypox
Nouriaz (istradefylline)	Tablets	Treatment for Parkinson's Disease
Reyvow (lasmiditan)	Tablets	Treatment for Migraine
Rozlytrek (entrectinib)	Capsules	Treatment for Solid Tumors, Non-Small Cell Lung Cancer
Rybelsus (semaglutide)	Tablets	Treatment for Diabetes Type 2
Scenesse (afamelanotide)	Implant	Treatment for Erythropoietic Protoporphyrria
Secuado (asenapine)	Transdermal System	Treatment for Schizophrenia
Talicia (amoxicillin, omeprazole and rifabutin)	Capsules	Treatment for Helicobacter pylori Infection
Turalio (pexidartinib)	Capsules	Treatment for Cystic Fibrosis
Vumerity (diroximel fumarate)	Capsules	Treatment for Multiple Sclerosis
Ziextenzo (pegfilgrastim-bmez)	Injection	Treatment for Neutropenia Associated with Chemotherapy

PREPARING FOR THE UNEXPECTED

A health emergency can be stressful and overwhelming. Get this essential paperwork ready in advance. It may help save your life.

- An up-to-date list of medical conditions and current medications,** along with any over-the-counter drugs or supplements you take. Keep a copy on your fridge and another in your wallet, along with your health insurance card. If you arrive at a hospital unconscious, the medical team will go through your purse, wallet or phone in search of this information.
- Contact Information.** Every single person should have a list of who to contact, the name of their primary care doctor, and any specialists. Also add an "In Case of Emergency" (ICE) contact to your phone and to a sticker in your case.
- Legal and medical documents.** Keep all of your relevant documents together and accessible, including a complete medical history for each family member, consent-to-treat forms (for children), durable power of attorney, living will, and healthcare proxy info.

