



A Partnership for Medical Excellence

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PHARMACY MONTHLY NEWSLETTER

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In The News:

Asthma Patients Still Uncontrolled per the Asthma G.A.P. in America II

*This study found that 97% of Americans understood that uncontrolled asthma posed serious health risks to themselves

*However after being prescribed long-term treatment, 70% discontinued their treatment under the assumption they were controlled [\[Link\]](#)

Acid Suppressive Therapy Related to Hospital-Acquired Pneumonia

*Patients admitted in the hospital for at least 3 days, excluding any ICU stay

*Acid suppressive therapy included any proton pump inhibitor or any histamine₂ receptor antagonist

*Individuals receiving acid suppressive therapy were 30% more likely to develop HAP; Statistical significance was only seen in subset analyses for PPI users [\[Link\]](#)

Fenofibrate 200mg/day Reduces Risk of Minor Amputations in Type 2 Diabetics

*One in ten diabetics require an amputation yet there are few treatments available to reduce this event

*The FIELD Study shows that fenofibrate may be helpful at reducing the risk in diabetics without known large vessel disease [\[Link\]](#)

Colon Cleansing and Irrigation Not Proven Beneficial and May Be Harmful

*Ways to rid the body of toxins and has been seen frequently on television commercials and on Internet advertisements lately

*Many are in capsule form with ingredients usually containing fiber and laxatives, such as cascara or magnesium oxide, but may also include vitamins, minerals, amino acids, herbals and probiotics. Irrigation uses enemas to inject herbs and liquids into the colon

*Complications come with either method including bloating, cramping, diarrhea and more severe events (more notably seen with irrigation methods) such as extensive abscesses, electrolyte imbalance and heart failure [\[Link\]](#)

Pharmacy—Clinical Sound Bytes:

- **Prevacid® 15mg capsules to be marketed OTC sometime in 2009.** [\[Link\]](#)
- FDA soon to reduce immediate release **acetaminophen** from 500mg to 325mg and decrease single adult dose from 1000mg to 650mg in hopes to reduce hepatotoxicity occurrences in the U.S. Currently, APAP overdose is the #1 reason for acute liver failure in U.S. [\[Link\]](#)
- The **Today Sponge®** is back on the market at local CVS/Longs Drugstores, Walgreens and Duane Reade this summer. [\[Link\]](#)
- SAMHSA and FDA launch **methadone** education campaign. [\[Link\]](#)
- Highest dose of **Lyrica® (pregabalin)** seen to reduce number of hot flashes in women. [\[Link\]](#)
- ODT version of **Lamictal** approved by FDA. [\[Link\]](#)
- **ACTOplus MET XR®** to be available late this year. [\[Link\]](#)
- New atypical antipsychotic approved to treat adults with chronic schizophrenia, **Fanapt® (iloperidone)**. [\[Link\]](#)
- Eli Lilly announces start of late-stage clinical trial of **solanezumab** used to prevent the progression of mild-moderate Alzheimer's. [\[Link\]](#)

Safety Updates:

[Submit ADR^s to MedWatch Online!](#)

- **AndroGel® 1% and Testim® 1%** (both topical testosterone) receive black box warnings due to adverse effects children have experienced after coming in contact with these products. [\[FDA News\]](#)
- FDA updates 11 **anti-epileptic medication** labels to include increased risk of suicide. [\[See Updates\]](#)
- Study shows that **SSRI** use in pregnancy statistically increases risk of gestational hypertension.
 - Patients' risk increased more so with use beyond 1st trimester
 - The study did not have the power to evaluate specific SSRIs. [\[Link\]](#)
- **Children's OTC cough and cold** medication labeling **still** shown to be confusing to parents.
 - 86% of parents thought it was appropriate to administer the OTC product to children less than 2 years of age [\[Read More\]](#)
 - Featured in June issue of *Pediatrics*
- Not only did the FDA remove **Hydroxycut®** from the market, but also 72 other weight-loss formulas. [\[Nationwide Alert\]](#)
 - These supplements included prescription medications over recommended daily doses, chemicals not available in the U.S., drugs that have been pulled from the market and included diuretics, laxatives, anti-seizure medications
 - New Power** → Makers of OTC supplements & herbals must relay serious health complaints from consumers to the FDA now. [\[Link\]](#)



Ask RPh to submit
ADR to Medwatch



New Generic Approvals*:

[Each have a Medicare exception from Tier changes until 1/1/2010]

Topiramate, generic for Topamax®

Amphetamine/dextroamphetamine salts extended-release, generic for Adderall XR®





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Emerging Therapies & the Drug Pipeline:

Pulmonary Arterial Hypertension—[Adcirca®](#) (tadalafil) received FDA approval 5/26/2009. This drug is aimed at improving exercise intolerance in pulmonary arterial hypertensive patients. This medication uses the same chemical as brand name Cialis®. Its competitor on the market is Revatio® whose active component is composed of Viagra's chemical substance, sildenafil.

Hyponatremia – [Samsca®](#) (tolvaptan) is the only oral selective vasopressin antagonist for the treatment of patients with clinically significant hypervolemic and euvolemic hyponatremia.

Pharm.D. Monthly Q&A Review:

Incoming e-mail Question:

“Are practitioners putting their patients at risk for hypoglycemia by prescribing **Lantus®** (insulin glargine) at bedtime?”

[Lantus Prescribing Information](#)
[NIH Geriatric Diabetes Guidelines](#)
[ADA 2009 Consensus Statement](#)
[Optimizing Insulin in Nursing Homes](#)

Excerpt of Outgoing e-mail Answer:

For review: Elderly patients are indeed at higher risk for hypoglycemic events than younger patients. However, this is not necessarily due solely to their specific insulin regimen. Due to other complications commonly seen in older diabetics, including renal insufficiency, hepatic failure, and gastroparesis, their risk for hypoglycemia is already high. Improper injection technique, missed meals, irregular diets and alcohol consumption are lifestyle habits that are also additive causes.

- Insulin glargine has been approved for administration at any time during the day and shows less hypoglycemia than any other type of insulin.
- Studies show it is safe to use Lantus in the elderly, but that they are more sensitive to the dose so it is recommended to start low and titrate slowly.
- American Geriatrics Society recommends targeting A1C of < 8% in frail patients, which has been shown to improve QOL more so than intense glucose lowering.

Disease State Or Literature Update:

Dopamine Agonist Approved for Type II Diabetes

New agent approved for Type 2 Diabetes early May 2009, [Cycloset®](#) (bromocriptine) is the 1st dopamine receptor agonist to be approved to improve glycemic control in type 2 diabetics in conjunction with diet and exercise. It can be used in combination with metformin and/or sulfonylureas.

⇒ Limitations of Use

- ◆ Should not be used in Type 1 Diabetes or Diabetic Ketoacidosis
- ◆ Limited efficacy data available in combination with TZDs or insulin

⇒ Dose & Administration

- ◆ Initially, 0.8mg by mouth with food within two hours of waking
- ◆ Increase dose weekly by 0.8mg (one tablet) until maximal tolerated dose is achieved
- ◆ Maintenance dose should be between 1.6-4.8mg once daily

⇒ Contraindications

- ◆ Hypersensitivity to ergot-related drugs, bromocriptine, or to any of the excipients in Cycloset®
- ◆ Syncope migraines
- ◆ Nursing women

⇒ Warnings & Precautions

- ◆ Hypotension
- ◆ Psychosis—may exacerbate or reduce
- ◆ Somnolence

⇒ ADEs

- ◆ Nausea & Vomiting
- ◆ Fatigue, Dizziness
- ◆ Headache

MOA in which Cycloset® achieves glycemic control is unknown. However, it improves glycemic control without increasing plasma insulin concentrations. Bromocriptine does not negatively effect BP or lipid profile and may improve cardiovascular risk.

Glycemic Control vs. Placebo

	Monotherapy	Combo*
A1C	-0.4%	-0.6%
FBG	-23mg/dl	-20mg/dl

*Combination with a Sulfonylurea

Information taken from [Cycloset®](#) package insert.

Formulary Updates:

Tier changes:

Moved from Tier 2 to Tier 1: QVar®

Removal of Prior Authorization requirements:

Prandin, Prandimet, Ranexa, Suboxone, Janumet, Januvia

Additions:

Promacta, Banzel, Vimpat, Xenazine all added to Tier 2 w/ PAR,
Prandimet, Apriso both added to Tier 2

Reviewed by P+T but remain non-preferred (Tier 3)

Trilipix, Toviaz, Aczone, Zolpimist, Reprexain, Moxatag, Vanoxide HC, Naprelan SR, Millipred, Veripred 20



{ [Link to IHA Formulary](#) ↓ }
{ [Tablet Splitting Program](#) ↓ }