NAME BRAND VS. GENERIC PRESCRIPTIONS

Generic drugs are less expensive because generic manufacturers don’t have the investment costs of the developer of a new drug. New drugs are developed under patent protection.

Q: What are generic drugs?
A: A generic drug is a copy that is the same as a brand-name drug in dosage, safety, and strength, how it is taken, quality, performance, and intended use.

Q: Are generic drugs as safe as brand-name drugs?
A: Yes. The FDA requires that all drugs be safe and effective. Since generics use the same active ingredients and are shown to work the same way in the body, they have the same risks and benefits as their brand-name counterparts.

Q: Does every brand-name drug have a generic counterpart?
A: No. Brand-name drugs are generally given patent protection for 20 years from the date of submission of the patent.

Q: What is the best source of information about generic drugs?
A: Contact your physician, pharmacist, or insurance company for information on your generic drugs. Also, visit the FDA Web site at fda.gov/cder/ogd/.

Source: webmd.com

QUESTIONs TO Ask YOUR DOCTOR OR PHARMACIST

Why are you suggesting this dosage?
Prescriptions with a higher dose of the same drug could end up costing hundreds of dollars more, depending on where you shop. Pay especially close attention if you’re visiting a dispensing doctor who gives you the drug directly instead of having it filled by a pharmacist.

Can I use a lower-cost generic?
Generic drugs have the same active ingredients, strength, quality, and safety as their name-brand counterparts, but they can cost hundreds of dollars less. A low-cost alternative is bound to hit the market eventually.

Is there an OTC alternative?
Over-the-counter drugs won’t usually put more than a $20 dent in your wallet, so it’s worth asking if you really need a prescription for treatments like nasal sprays. Your pharmacist might know even more about specific OTC medications than your doctor does.

Or would a prescription be cheaper than this over-the-counter product?
Sometimes, a prescription medication actually costs less than a similar OTC option.

Can I get free samples?
If your physician writes an expensive prescription, it’s worth asking if you can get samples. Drug companies hand out around $18 billion worth of samples a year.

For a list of covered prescriptions on the MUST health plan visit mustbenefits.org/explore-plans/pharmacy

Source: www.rd.com

Average annual cost of therapy: Generics vs. brand-name drugs

Source: www.rd.com
SUMMER EYE HEALTH

SHORT-TERM EFFECTS
Briefly exposing an unprotected eye to UV rays usually won't cause any symptoms. But prolonged or intense UV exposure without eye protection can cause a condition called photokeratitis. This can be thought of as sunburn of the cornea, the clear window on the front of the eye. UV rays cause death of the outermost layer of cells of the cornea. This results in severe pain affecting both eyes, which begins 6 to 12 hours after exposure.

LONG-TERM EFFECTS
Repeated exposure to UV radiation without adequate eye protection can result in permanent eye damage. Eye diseases associated with chronic UV exposure include the following:

Cataracts—The normally transparent lens of the eye becomes cloudy. This causes blurred vision and eventually blindness if untreated. It is estimated up to 20% of cataract cases are caused or made worse by UV exposure. Wearing sunglasses remains one of the most effective ways of preventing cataract formation.

Pterygium—This is a benign growth of conjunctival tissue on the cornea. The conjunctiva is the transparent membrane overlying the sclera (the white part of the eye) and usually does not cover the cornea. Although non-cancerous, the presence of a pterygium can cause chronic irritation, redness and inflammation.

Macular degeneration—This is a degenerative disease affecting the central part of the retina (the macula) responsible for central vision. Macular degeneration may result in severe visual impairment. Wearing sunglasses is therefore important to limit excessive light exposure of the retina.

Cancer—Although less common, chronic UV exposure is associated with increased rates of certain types of eye cancers. These are: squamous cell carcinoma of the conjunctiva, melanoma within the eye, and skin cancers of the eyelid and around the eye where people do not routinely apply sunscreen.

WHEN SHOULD SUNGLASSES BE WORN?
Sunglasses should be worn at all times when outdoors during the day when the UV index is 3 or above as there is no defined “safe level” of eye exposure to UV radiation. They should also be worn regardless of cloudiness, as more than 90% of UV rays can penetrate through clouds. UV rays also reflect off sand, water and snow. The eyes of children are particularly susceptible to UV radiation, so children should be encouraged to wear sunglasses as soon as they can tolerate them.

Source: theconversation.com/health-check-will-i-damage-my-eyes-if-i-dont-wear-sunglasses-68582 68582
4 TIPS TO HAVE A HAPPY & HEALTHY SUMMER

Summer is the perfect time to turn off the tube, get off the couch, head outside, and explore. These tips will help to keep the fun going while ensuring health and happiness.

STAY HYDRATED—DRINK PLENTY OF WATER!
High temps during summertime can increase the amount of water we need to consume. The typical recommendation is 64 oz. of water per day, but with additional moderate physical activity, your water intake needs can double.

Getting enough water benefits mind and body, enhancing concentration and cognition while also improving endurance and physical performance.

EXERCISE MODERATELY
If you feel you’re out of shape, introduce an exercise regimen slowly and work your way up to higher-intensity workouts.

Start slowly and gradually build up to enjoy the workout and benefit from the exercise. In addition to the physiological and physical benefits, our minds also improve with added activity.

GET YOUR GRILL ON

JALAPEÑO-LIME CORN ON THE COB
YIELD 6 SERVINGS • PREP 10 MINUTES • TOTAL TIME: 15 MINUTES

RECIPE BY—FOOD NETWORK

INGREDIENTS
1 stick butter
1 lime, juiced and zested
1 small jalapeño, seeded
1 clove garlic
1 teaspoon sweet paprika
6 ears corn on the cob, husked

Rich, oxygenated blood enters our brain, sharpening our reasoning and thinking, and awakening out mental faculties.

EAT FRESH, SEASONAL, AND LOCAL PRODUCE
Watermelon, tomatoes, cantaloupes, cucumbers, summer squash, and berries—to name a few—are yummy foods that are abundant during the summer. These delicious fruits and veggies are filled with healing nutrition and nourishing juices. For example, watermelon is high in lycopene, a compound with strong antioxidant properties that protect the body from aging and inflammation. Fruits of summer are jam-packed with minerals and vitamins, including magnesium and Vitamin C, which are lacking in the diets of many Americans.

CLOCK ADEQUATE SLEEP
Generally speaking, the more physically active you are, the more rest your body requires. Experts estimate that over 40% of American have difficulty sleeping and suffer from sleep deprivation, a condition that predicts medical issues later in life.

When possible, adopt a bedtime routine. Avoid eating and working late. Turn off the television and smart devices 30 minutes prior to going to bed—the blue light emitted from electronics prevents the body from releasing melatonin, a hormone that promotes sleep. End the day with deep breathing, quiet reflection and light stretching to let your body know that it’s time to sleep. Clock eight-nine hours of sleep per night most nights of the week.

Source: www.seormc.org

MARINATED GRILLED SALMON
YIELD 6 SERVINGS • PREP 30 MINUTES • TOTAL TIME: 45 MINUTES

INGREDIENTS
1/2 cup reduced sodium soy sauce
1/4 cup olive oil
2 tablespoons dark brown sugar
1-inch section of fresh grated ginger
2 cloves garlic, grated
2 pounds salmon, cut into fillets

Mix together soy sauce, olive oil, brown sugar, ginger, and garlic. Add salmon fillets skin side up into the marinade and place in the fridge for 15-45 minutes.

Heat grill to 350°F and preheat with the lid closed for 10-15 minutes. Remove salmon from marinade and place skin side up on grill. Cover and cook for 4 minutes. Flip carefully using a spatula. Cook for 20-25 minutes longer until fish is flaky. Serve immediately.
OUTDOOR PARTNER WORKOUT IN THE PARK

REPEAT 3-4 TIMES WITH AS LITTLE REST AS POSSIBLE BETWEEN EXERCISES AND SETS.

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