



# Medicine Cabinet Alert!

Telephone Directory

Customer Service

(941) 748-4501  
ext 6415 and ext 6417  
(941) 741-2960

Employee Health Benefits  
(941) 748-4501 ext 6403

Member Advocacy  
(941) 748-4501 ext 6407,  
ext 6409, and ext 6411

Lifestyle Assistance and  
Modification Program (LAMP)  
(941)741-2995

Diabetes/Nutrition Program  
(941) 748-4501 ext 6410

Communications Coordinator  
(941)748-4501 ext 3967

Fitness/Exercise Programs  
(941)748-4501 ext 3979

Pharmacy Advocate  
(941) 748-4501 ext 6406

Prescription Solutions  
(800) 797-9791

Precertification  
(941) 741-2963

## Combating Obesity

Over 30% of American adults are considered obese, and another 30% are considered overweight. Since being overweight or obese can lead to a variety of other health problems, maintaining a healthy weight is more important now than ever. Obesity is defined as having an excessive amount of fat. Calculating a BMI, or body mass index, is one of the most common ways to determine if a person is overweight or obese. A BMI of 25-29.9 is considered overweight, and a BMI of 30 or higher is obese. If you'd like to calculate your BMI, visit [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/).



Obesity is mainly caused by eating too much while exercising too little. Certain diseases and medications can make it difficult for some people to maintain a healthy weight. Illnesses such as hypothyroidism (an underactive thyroid) and depression can lead to weight gain. **Medications that may cause weight gain include:**

- Tricyclic antidepressants
- Certain other mental health medications
- Prednisone (steroid)
- Methylprednisolone (steroid)
- Oral contraceptives (birth control)
- Prandin (diabetes)
- Glucotrol (diabetes)
- Amaryl (diabetes)
- Actos (diabetes)
- Avandia (diabetes)

Although these illnesses and medications can make it more challenging to lose weight, it is still possible to lose weight by eating healthy and exercising (as directed by your doctor). If you are concerned about weight gain after starting a medication, talk to your doctor or pharmacist for help.

## Over-the-Counter (OTC) Weight Loss Products

With so many weight loss products in stores, it's tempting to think that a pill will drop the weight. Some of these products may lead to weight loss, but most people gain weight back when they stop taking the product. Also, many weight loss products contain ingredients that are untested and may be unsafe. For example, some OTC weight loss products include ingredients like bitter orange, heartleaf, and hoodia. Some experts believe that these ingredients can be harmful. However, not all OTC weight loss products are bad.

One of the only OTC weight loss medications the FDA has approved is Alli. Alli works by blocking the absorption of some dietary fat. While Alli has been proven to work, it is not a miracle pill. People who use Alli still need to exercise and must limit the amount of fat in their diet. The low-fat diet is especially important – not only for weight loss but also to reduce unpleasant side effects. These side effects include stomach pain, loose stools (diarrhea), and oily or fatty stools. These side effects can be worsened by eating foods that are high in fat. If you are considering taking Alli, talk to your doctor first.

### New Generics!

Manatee members pay \$0 copay for **all generic medications at MHN Preferred Network Pharmacies!** Several brand medications are now available as generics or will be soon, including:

Brand Name	Generic Name (\$0 Copay)	Used For
Differin Gel 0.1%	Adapalene Gel 0.1%	Acne
Yaz	Gianvi (Drospirenone-Ethinyl Estradiol)	Birth control
Augmentin XR	Amoxicillin & K Clavulanate	Antibiotic
Tarka	Trandolapril-Verapamil HCl	Hypertension

# Medicine Cabinet Alert!

## One less sugary drink per day could keep the high blood pressure at bay

Studies have shown that simply cutting back on sugary drinks by just one serving can help lower blood pressure. Sugary drinks include sodas, fruit juices and fruit drinks, and coffee or tea with sugar. The average American drinks approximately 2 sugary drinks per day. This is equal to **21** teaspoons of sugar or 359 calories! The American Heart Association recommends:

- For men: No more than **9** teaspoonfuls of sugar per day  
For women: No more than **6** teaspoonfuls of sugar per day



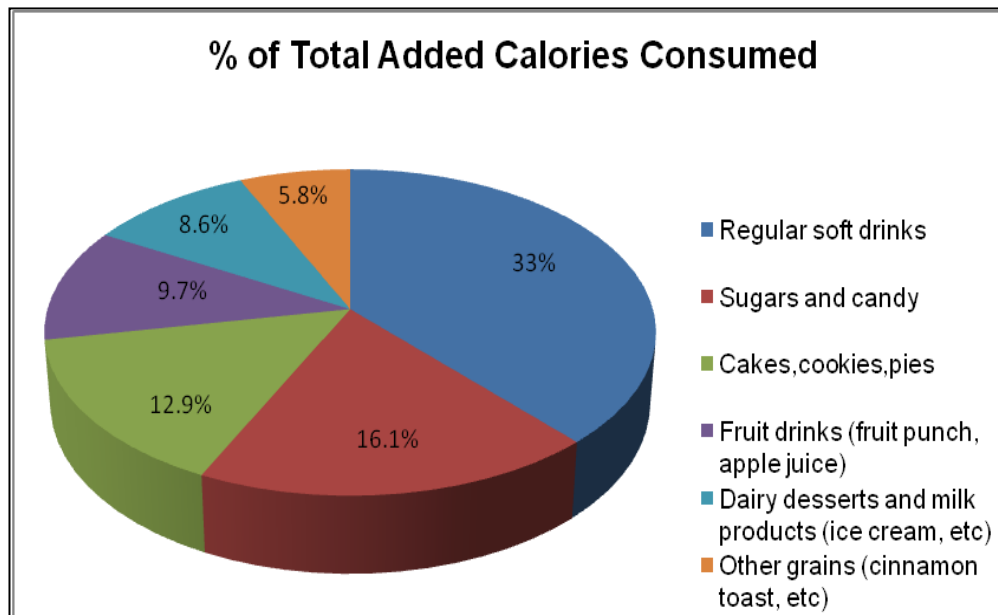
If you're not ready to quit drinking sugary drinks, start by cutting back one sugary drink per day. Your heart, and your figure, will thank you! Unnecessary sugars, such as those found in foods rich in carbohydrates or sugary drinks, can increase one's risk of developing certain heart problems such as high blood pressure, heart attack, and stroke.

## Simple Steps to Cut the Sugar

The American Academy of Family Physicians recommends the following:

- Limit consumption of high sugar containing foods such as desserts and candies
- Replace these foods with items such as fruits and whole grains
- Drink water! Drinking water before meals has been shown to decrease appetite overeating.
- Avoid processed foods like fast food or frozen items such as TV dinners.
- Replace real sugar with sugar substitutes such as Splenda or Stevia (or just use less sugar)
- Use caution when choosing foods labeled as "reduced fat". These foods often contain higher amounts of sugars than the non-reduced fat product.

The following chart lists the major sources of sugar consumed by Americans:



*\*Source: American Heart Association, 2009*

### **Manatee Health Disclaimer**

The information in this newsletter is not a substitute for medical advice. It is for reference only and should not be used to determine treatment for your specific medical conditions-only a health care provider can do this. You should seek prompt medical care for any specific health issues and consult you physician regarding the use of over-the-counter products to treat any medical condition or consult your physician regarding the use of prescription or over-the-counter products to treat any medical condition or before starting any new diet, fitness, or supplement regimen.

**Prescription Benefit Manager:**  
**Prescription Solutions, Inc.**  
**For: Manatee Health Network**  
**Bradenton, Florida**

**Prepared by:**  
**Pharmacy Healthcare Solutions, Inc.**  
**P.O. Box 101632**  
**Pittsburgh, PA 15237**

**Editor: Melissa Sherer Krause, Pharm.D.**  
**Contributors:** Christopher K. Williams, Pharm.D.,  
Ann Johnson Patrick Hervol  
**Designer: Linda Richardson**