

Formulary changes affect out-of-pocket costs for patients

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Medications that are preferred appear on the UK formulary and are available at a lower cost to the patient. Non-preferred, or non-formulary, medications are still available but at a much higher cost to the patient.

If you currently are taking one of the medications listed in the chart (at right and on page 3), talk to your doctor about switching to a formulary alternative in the same drug class. Your doctor or pharmacist can answer any questions you might have about the new changes.

As one of the most accessible health care providers, our pharmacists and staff remain committed to providing the best care possible. Please don't hesitate to contact us if you have any questions about the 2006-2007 UK formulary. Contact **PharmacistCARE** at (859) 323-4742 or 323-8987.

Drug Name	Preferred (Formulary) Alternatives
Cosopt®	Brimonidine tartrate, Alphagan P®, Trusopt®
Detrol®/Detrol LA®	Ditropan XL®, Oxybutynin
Epogen®	Aranesp®, Procrit®,
Lipitor®	Simvastatin, Lovastatin, Crestor®, Vytorin®
Norvasc®	Felodipine ER, Nifedipine ER, Sular®
Paxil CR®	Paroxetine immediate release
Proventil®HFA	Generic Albuterol, Ventolin®HFA
Travatan®	Lumigan®, Xalatan®
Yasmin®28	Ortho Evra®, Ortho Tri-Cyclen Lo®



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LIVING HEALTHIER WITH DIABETES



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Tips for traveling with diabetes

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Summer has officially begun, and with its arrival we all start thinking about going away for the weekend, taking a family vacation, or maybe even leaving the country for a relaxing trip. With all this excitement, we may forget all the planning involved. Our heads start spinning when we think about packing for ourselves and our families, making arrangements for the pets, deciding who will pick up our mail, and going shopping for new things to take with us. But in order to have a great “get away,” we must remember to take steps that ensure our good health while we’re there.

At home it is easier to remember because we are in a routine. Don't worry about getting out of your schedule, because we are one step ahead of you on planning your trip and making arrangements for your diabetes care. Read over this list of ideas as you plan for your trip, and relax once you arrive.

Think ahead so you can have an enjoyable trip and not let diabetes control your vacation.

Research airline, bus and train policies for traveling with diabetes. Be prepared to show a letter from your physician proving you have diabetes and require insulin

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Introducing the first inhaled insulin

In mid-July, Exubera®, the diabetes treatment that can be inhaled, will be available for the first time. This inhaled insulin may be used for Type 1 or Type 2 diabetes to help control hyperglycemia. Exubera® is short-acting and is taken 10 minutes before each meal. It may be the only treatment required to control blood glucose in some patients, while others will need a long-acting insulin or oral diabetes medication in addition to inhaled insulin. This depends on what type of diabetes you have, as well as your blood sugar goals. Exubera® is supplied in 1 mg blisters (equal to 3 units of injected insulin) and 3 mg blisters (equal to 8 units of injected insulin).

Exubera® Inhalation Powder, created by Pfizer Inc., is an inhaled insulin taken 10 minutes before meals.

insulin. Exubera® has not been tested in children and teen-agers, so it should not be used in patients under 18 years of age. Side effects of Exubera® include cough, dry mouth, chest discomfort and low blood sugar. Because this medicine is inhaled, it may affect your lung function. Your doctor will have you take a breathing test before you start on Exubera®, and periodically throughout your treatment.

Exubera® truly is a breakthrough in diabetes treatment. It could change the way you manage your blood sugar! If you have questions, contact your health care provider or **PharmacistCARE** at (859) 323-4742.

You should not use Exubera® if you smoke or have quit smoking within the past six months, if you have a poorly controlled lung disease (asthma, emphysema) or if you are allergic to

Traveling with diabetes (continued from Page One)

and other diabetes supplies. Inquire about meal types served during plane flights and bus/train rides.

Across time zones, your insulin requirements may need adjustment. If you're traveling east, your day gets shorter in duration and you may need less insulin. Conversely, if you're traveling west, your day gets longer and you may actually require more insulin. This mainly applies to traveling outside of the United States. For travel within the United States, insulin requirements may not change, but your insulin timing may change.



An airplane's cabin has less air pressure in flight than when it is sitting on the ground. When drawing up insulin during a flight, you should inject only half the amount of air into the vial as you normally would.

Vaccinations should all be up to date before traveling, especially when traveling to a foreign country. Get your vaccinations at least a month in advance to permit them to take effect and to allow recovery time if you have a reaction to the vaccine ingredients. For more information on vaccine requirements during travel, go to www.cdc.gov/travel/vaccinat.htm.

Educate those with whom you will be traveling about your diabetes. Inform them about signs of hypoglycemia and how it should be treated. If you are traveling alone, identify an appropriate person (i.e., flight attendant, another passenger) to tell about your condition and what to do in case of an emergency.

Log your blood glucose readings and monitor more often while on vacation. Activity levels and eating habits may vary while you are traveling, and you may require more intensive therapy to maintain normal glucose levels.

Injecting insulin on a plane is slightly different than on the ground. A plane's cabin has less air pressure in flight than when it is sitting on the ground. When drawing up insulin, you should inject only half the amount of air into the vial as you normally would.

Need to carry a list of all medications and how you use them. Include an emergency contact number such as those for your doctor or a family member. Keep this list in an accessible place, like your wallet or purse. **PharmacistCARE** can print an updated list of all of your medications that you can take with you.

Glucagon injection kit: Should be obtained before traveling if you use insulin or have a history of severe hypoglycemia. This is a ready source of glucose that can be injected by a caregiver if you experience hypoglycemia and are unable to eat/drink anything. If you don't already have a prescription, get one during your next medical exam. It can be very useful in case of an emergency.

Wear shoes, even if walking on the beach. It is important to protect your feet from cuts, scrapes and sores by wearing appropriate, closed-toed shoes. This will prevent trauma to your feet that could lead to infection. If you will be exposed to the sun, wear at least an SPF 15 sunscreen and/or coverings such as a hat or sunglasses. This is especially significant if you are on diabetes medications that cause increased sun sensitivity, such as glipizide.

INSULIN TIPS:

- ☞ Keep the insulin vial in its original labeled box.
- ☞ Always make sure your insulin is at room temperature.
- ☞ Don't store insulin in hotel room refrigerators, as they may fluctuate in temperature.
- ☞ Store insulin and supplies in your carry-on luggage on planes; storage compartments for regular luggage are subject to extreme temperatures.
- ☞ If traveling in a car, it is advisable to store insulin in a cooler to avoid unsafe temperatures.
- ☞ Never keep insulin in the trunk of a car, glove box or any other area that could expose it to temperature extremes.
- ☞ Be aware that insulin is packaged differently in foreign countries and the units/dose will not be the same.

Teach yourself emergency phrases in the native language if traveling out of the country. Phrases such as, "I have diabetes," "sugar" or "I need a doctor" could save your life during a hypoglycemic episode.

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Have your glucometer in its case with your carry-on luggage. This justifies why you are carrying lancets and syringes. Make sure both of these are always capped and in their original containers to avoid any issues or danger to airport personnel if your luggage is subject to search.

Diet and exercise cannot be forgotten or neglected while you are on vacation. You should look into foods you might eat ahead of time so you can plan mealtime insulin and oral medication doses. Continue to maintain a healthy activity level throughout the travel. It is important that you find time to stretch during long trips to improve your circulation.

Identification bracelet: Should be worn while on vacation so people know you have diabetes in the case of an emergency. If you do not have one, these can be purchased at your local pharmacy or ordered via the Internet (www.AmericanMedical-ID.com).

At the airport, it is important to notify the screeners that you have diabetes and are traveling with your medication and supplies, or that you have an insulin pump. Be sure to have documentation from your doctor and your insulin properly labeled with your supplies. If you have any specific questions about how to prepare, you can contact the Transportation Security Administration by calling (toll free) 1-866-289-9673.

Before leaving, have a thorough medical examination performed. Notify your physician of your upcoming trip, and see if he/she has any tips or special instructions you should follow. Also, ask for a written letter documenting your condition, and

extra prescriptions for all of your medications and supplies in case you run out.

Emergency food sources should always be kept during all activities of a trip, including the travel time. Foods such as crackers, juice boxes, hard candy or glucose tablets should be readily available in the event of a hypoglycemic episode or in case meals are not served on time.

Things you should pack include foot care products and bandages, a mirror, your glucose meter with extra batteries, a sharps container or something in which to dispose of used supplies, sunscreen, sunglasses and your other medications.

Extra quantities of medications and supplies should be taken with you, along with extra prescriptions. It is recommended that you take twice the medication you will need during the trip to cover any unforeseen circumstances. Insurance will sometimes cover extra medications for travel. However, this may not always be the case. Be prepared to pay out of pocket for the cost of extra medications.

Safely return home from your travel knowing you were prepared!

Even though you are on vacation, you cannot neglect your diabetes care and your health. Hopefully, these few easy tips will help make your trip as stress-free as possible. Enjoy your time off, but most of all enjoy your health. Don't hesitate to contact your **PharmacistCARE** team with questions or concerns or if you need an updated personal medication list to carry with you. You can reach us at (859) 323-4742 or pharmacist@email.uky.edu.

Formulary changes affect patient out-of-pocket costs

Several changes have been made to the University of Kentucky formulary for the upcoming year. These changes may have come as a surprise the last time you visited your local pharmacy, since some of your medications may now cost you more "out of pocket." Beginning July 1, 2006, the drugs listed here moved from the preferred brand-name status to the non-preferred drug list.

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Drug Name	Preferred (Formulary) Alternatives
Avapro®	Benicar®, Diovan®
Avalide®	Benicar HCT, Diovan HCT
Caduet®	Combination Therapy Felodipine ER, Nifedipine ER, Sular® + Lovastatin, Pravastatin, Crestor®, or Zocor® (Simvastatin)
Climara®	Estradiol transdermal patches, Alora®