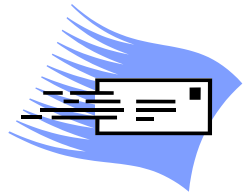




ManateeChoice Health Plan

Fast Facts



For more information, contact your Pharmacy Advocate, Dr. Chris Williams
941-748-4501 Ext. 6406 CWilliams@ManateeYourChoice.com

FAST FACTS is published by the Manatee Health Network (MHN) to provide Members with the opportunity to better understand medical conditions, various treatment options, and the impact of these options on member costs. **FAST FACTS** should be used in addition to the advice of your physicians, pharmacists, & other healthcare professionals.

IMPORTANT INFORMATION

Maintenance Asthma Inhalers

Did you know that approximately 25 million Americans suffer from asthma? One of the most commonly used medications to treat asthma is an inhaler. When most people think of inhalers, they imagine people who take their medication only when they are having an asthma attack. However, maintenance inhalers contain medications that must be taken daily to prevent such attacks from occurring.

It is extremely important to take these medications each and every day as prescribed because the medication will not be as effective if only taken once in a while. Additionally, maintenance inhalers will not stop an asthma attack that has already started. Maintenance inhalers can contain many different medications, including those listed below.

What side effects can I expect?

While side effects are uncommon when taking maintenance inhalers as at the recommended dose, some people do experience side effects such as the ones listed below in the blue and green boxes.

Some of these side effects can be reduced or prevented by using a spacer with a metered-dose inhaler. Also, rinsing the mouth out with water after using the medication and spitting the water out can help. This water should not be swallowed though, as this could increase the potential for side effects. Side effects can also be reduced by following the doctor's directions carefully.

QVAR	• beclomethasone
Pulmicort Flexhaler	• budesonide
AeroBid	• flunisolide
Flovent	• fluticasone
Asmanex Twisthaler	• mometasone
Azmacort	• triamcinolone
Symbicort	• budesonide and formoterol
Advair	• fluticasone and salmeterol

Not sure if you're using your inhaler correctly?

Many people have trouble using their inhaler.

Ask your doctor or pharmacist to show you how to use it!

Sore mouth, sore throat, or hoarseness

Decreased bone thickness in adults

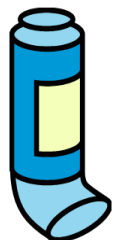
High blood pressure or fluid buildup in the eye (glaucoma)

Clouding of the lens of the eye (cataract)

Temporary delayed growth in children

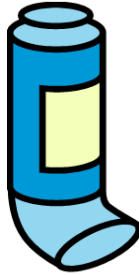
Cough and spasms of the large airways (bronchi)

Fungus infection in the mouth (thrush)



To the right is a list of the most common asthma triggers.

Avoiding or reducing your exposure to these agents may decrease your chances of having an asthma attack.



Cold, Flu, and Sinus Infections	Tobacco Smoke	Sinusitis
Perfumes	Heartburn	Cleaning Agents
Wood-burning Fireplaces	Stress, Anxiety, or Anger	Cold Air or Changes in Temperature or Humidity

Ways to Save

- Members save on brand name prescription drugs when they fill them at MHN Preferred Network Pharmacies. The MHN Preferred Network includes all Sweetbay Pharmacies throughout Florida, as well as Foster Drugs and Pelots Pharmacy.
- If you and your doctor decide that one of these preferred brand prescription medications is right for you, you can save \$13 or more each month, totaling **\$192 or more per year in savings!**
- Check out the following chart to see your potential savings:

	MHN Preferred Pharmacy (Costs per Month)	Non-Preferred Pharmacy (Costs per Month)
Cost of Brand Advair, Symbicort, Asmanex, Flovent, or QVAR	20% of the drug cost (Approximately \$27)	25% of the drug cost (Approximately \$34)
Cost of Brand Pulmicort Flexhaler or AeroBid	40% of the drug cost (Approximately \$40)	50% of the drug cost (Approximately \$50)
If you use Pulmicort Flexhaler or AeroBid instead of Advair, Symbicort, Asmanex, Flovent, or QVAR it will cost you an extra...	\$480 (\$40 x 12 months) -\$324 (\$27 x 12 months) =\$156 per year	\$600 (\$50 x 12 months) -\$408 (\$34 x 12 months) =\$192 per year

Only your doctor can decide which medication is right for you. If you and your doctor decide to try a different medication, your doctor just needs to write (or call-in) a prescription for one of these products.

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.

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