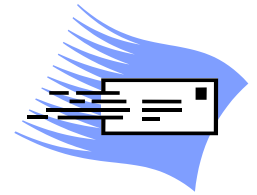




# ManateeChoice Health Plan

## Fast Facts



For more information, contact your Pharmacy Advocate, Dr. Chris Williams  
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**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

#### Treating an Overactive Bladder

One in six adults in the United States is affected by an overactive bladder. A common class of medications used to treat an overactive bladder is the anticholinergics. An overactive bladder can be caused by weak bladder muscles. This can make you feel like you need to urinate even when your bladder isn't full because your bladder is sending a "false alarm" signal to your brain. Anticholinergic medications work by blocking the signal to the brain that triggers this constant feeling of needing to urinate. Below are some of the most commonly prescribed anticholinergic medications.

Oxybutynin (Ditropan) <small>*generic</small>	Tolterodine (Detrol)	Darifenacin (Enablex)	Solifenacin (Vesicare)	Trospium (Sanctura)	Fesoterodine (Toviaz)
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There are many foods, drinks, medications, and lifestyle choices that can make it harder to control your bladder, such as those listed to the right. Limiting these activities or talking to your doctor about other medication choices may help to improve bladder control.

#### Who is most likely to experience a loss of bladder control?

- Women are more likely than men to have bladder problems due to pregnancy, childbirth, and menopause. However, men with prostate problems can still experience an increased urge and frequency of urination.
- The elderly and those increasing in age may experience a loss of bladder control due to a decrease in muscle strength.
- Smokers
- Those who are overweight could experience a decrease in muscle strength and bladder control.

**Decrease Caffeine and Alcohol** intake to decrease the constant urge to urinate. These are both diuretics and can stimulate the bladder causing this feeling of urgency.

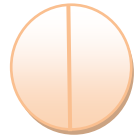
**Drink 8 glasses of water each day.** Drinking too much, especially in a short amount of time, increases the amount of urine your bladder has to deal with, and this can be especially troublesome at night. Drinking too little can cause the urine to become concentrated and can irritate your bladder increasing your urge to go.

**Avoid bladder irritants** such as carbonated drinks, tea, coffee (decaffeinated too), artificial sweeteners, corn syrup, and foods and beverages that are high in spice, sugar and acid, such as citrus and tomatoes. These can aggravate your bladder and cause a loss of control.

**Talk to your doctor about your medications.** Certain drugs such as some heart and blood pressure medications, muscle relaxants, sedatives, and other medications may make it more difficult to control your bladder.

## Ways to Save

- Generic medications are **\$0 copay** for Manatee members at MHN Preferred Network Pharmacies! Members also 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 generic prescription medications is right for you, you can save \$26 or more each month, totaling **\$312 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 Vesicare	20% of the drug cost (Approximately \$26)	25% of the drug cost (Approximately \$33)
Cost of Brand Detrol LA	40% of the drug cost (Approximately \$49)	50% of the drug cost (Approximately \$61)
Cost of Generic Ditropan	\$0 No cost to member	15% of the drug cost (Approximately \$6)
If you use Vesicare instead of generic Ditropan it will cost you an extra...	\$312 (\$26 x 12 months) -\$0 (\$0 x 12 months) <b>=\$312 per year</b>	\$396 (\$33 x 12 months) -\$72 (\$6 x 12 months) <b>=\$324 per year</b>
If you use Detrol LA instead of generic Ditropan it will cost you an extra...	\$588 (\$49 x 12 months) -\$0 (\$0 x 12 months) <b>=\$588 per year</b>	\$732 (\$61 x 12 months) -\$72 (\$6 x 12 months) <b>=\$660 per year</b>

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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