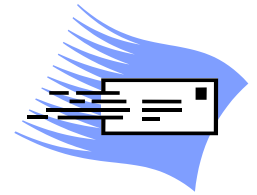




ManateeChoice Health Plan

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 Benign Prostatic Hypertrophy (BPH)

Did you know that approximately 50% of men over the age of 60 have some signs and symptoms of an enlarged prostate? An enlarged prostate rarely causes problems in men under 40, but having a father or brother with prostate issues increases your chances of having problems as well. If you notice that your symptoms are getting worse and medication is not helping, talk to your doctor about other treatment options. Untreated prostate gland enlargement can lead to a number of complications, including those found below.

Acute Urinary Retention	Urinary Tract Infections (UTIs)	Bladder Stones	Bladder Damage	Kidney Damage
<ul style="list-style-type: none"> • Sudden and painful inability to urinate • Serious acute urinary retention requires catheterization to drain the bladder 	<ul style="list-style-type: none"> • Frequent UTIs may result in surgical removal of part of the prostate if not treated 	<ul style="list-style-type: none"> • Mineral deposits caused by the inability to completely empty the bladder • Can cause infection, irritation, and blood in the urine 	<ul style="list-style-type: none"> • When the bladder isn't emptied over time, the muscular wall of the bladder stretches and weakens until it can no longer contract properly 	<ul style="list-style-type: none"> • Urinary retention causes high bladder pressure and can allow bladder infections to reach the kidneys



Medications Used To Treat BPH



Alpha Blockers

Relax bladder neck and prostate muscles to make it easier to urinate

Work quickly in 1-2 days

- Hytrin (Terazosin)*
- Cardura (Doxazosin)*
- Flomax (Tamsulosin)*
- Uroxatrol (Alfuzosin)
- Rapaflo (Silodosin)
- Minipress (Prazosin)*

5 Alpha Reductase Inhibitors

Shrink the prostate by preventing hormonal changes responsible for prostate growth

Several weeks or months before improvement; may also cause erectile dysfunction and decreased sexual desire

- Proscar (Finasteride)*
- Avodart (Dutasteride)

* denotes generic available

Contrary to popular belief, you cannot prevent BPH or the urinary problems it may cause. Home treatment cannot stop the prostate from getting larger, but it can help reduce symptoms. To the right are some home treatment options that may help to reduce your symptoms.

Only your doctor should tell you when a medication should be discontinued. Stopping your BPH medication without a doctor's permission may cause your symptoms to worsen.



Avoid caffeine and alcohol because these make your body get rid of water and cause increased urination.



Practice "double voiding." Urinate as much as you can, relax for a few moments, and then urinate again.



If you can, avoid medications that make urination more difficult such as over-the-counter antihistamines, decongestants, and certain allergy pills.

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 \$38 or more each month, totaling **\$456 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 Avodart	40% of the drug cost (Approximately \$41)	50% of the drug cost (Approximately \$52)
Cost of Generic Flomax or Proscar	\$0 No cost to member	15% of the drug cost (Approximately \$14)
Cost of Generic Cardura, Hytrin, or Minipress	\$0 No cost to member	Approximately \$5
If you use brand Avodart instead of generic Flomax or Proscar, it will cost you an extra...	\$492 (\$41 x 12 months) <u>-\$0 (\$0 x 12 months)</u> =\$492 per year	\$624 (\$52 x 12 months) <u>-\$168 (\$14 x 12 months)</u> =\$456 per year
If you use brand Avodart instead of generic Cardura, Hytrin, or Minipress, it will cost you an extra...	\$492 (\$41 x 12 months) <u>-\$0 (\$0 x 12 months)</u> =\$492 per year	\$624 (\$52 x 12 months) <u>-\$60 (\$5 x 12 months)</u> =\$564 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.

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

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Published July 2010