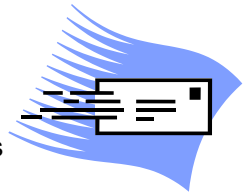




ManateeChoice Health Plan

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

Depression

Over 15 million Americans suffer from depression. A person with depression may feel sad, helpless, or guilty, among other emotions, to the point of interfering with daily life. These feelings can cause a person to lose interest in activities that were once pleasurable. They can also have trouble concentrating or even stop eating. Fortunately, many treatment options exist for helping a person cope with depression.

Treatment for Depression

Most experts agree that people who have depression should receive two types of treatment: medication and talk therapy. Medications that can help treat depression include selective serotonin reuptake inhibitors (SSRI's), serotonin-norepinephrine reuptake inhibitors (SNRI's), tricyclic antidepressants (TCA's), and other agents such as Olepro (trazodone extended release), a serotonin reuptake inhibitor/antagonist. These medications are similar because they all act by increasing the levels of certain chemicals, such as serotonin and norepinephrine, in the blood to help treat depression. The main differences among these medications are the side effects.

The following table lists some commonly used medications in each class, and their respective side effects. Note that both SSRI's and SNRI's share similar side effects.

SSRI's	SNRI's	TCA's	Others
<ul style="list-style-type: none"> • Celexa (citalopram)* • Lexapro (escitalopram) • Prozac (fluoxetine)* • Paxil (paroxetine) * • Zoloft (sertraline) * 	<ul style="list-style-type: none"> • Cymbalta (duloxetine)* • Effexor (venlafaxine)* • Pristiq (desvenlafaxine) 	<ul style="list-style-type: none"> • Elavil (amitriptyline)* • Pamelor (nortriptyline)* • Vivactil (protriptyline)* • Anafranil (clomipramine)* 	<ul style="list-style-type: none"> • Wellbutrin (bupropion HCl)* • Aplenzin (bupropion HBr)* • Desyrel (trazodone)* • Olepro (trazodone)
<ul style="list-style-type: none"> • Weight gain • Loss of libido • Difficulty sleeping or trouble staying awake 	<ul style="list-style-type: none"> • Dizziness • Headache 	<ul style="list-style-type: none"> • Dry mouth • Blurry vision • Constipation • Urinary retention • Forgetfulness • Weight gain • Fast heart rate 	<ul style="list-style-type: none"> • Upset stomach • Headache • Insomnia • Anxiety • Dizziness
<p>* Denotes Generic Drug Available</p>			

In general, people who use an SSRI have fewer side effects than people who use a TCA. Elderly patients often experience more side effects from TCA's, so SSRI's may be a better choice for people in this age group. However, other health factors also play important roles in determining which drug will work best for each person. Only your doctor can decide which medication is right for you. Always talk to your doctor before starting or stopping any medication.

Ways to Save

If you are currently taking a brand name medication such as Aplenzin or Oleptro, you may be able to save money by switching to a generic prescription medication.



- 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 a generic prescription medication is right for you, you can save \$40 or more each month, totaling as much as **\$500 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 Aplenzin	40% of the drug cost (Approximately \$74)	50% of the drug cost (Approximately \$92)
Cost of Brand Oleptro	40% of the drug cost (Approximately \$39)	50% of the drug cost (Approximately \$49)
Cost of Generic Bupropion SR or Trazodone	\$0 No cost to member	15% of the drug cost (Approximately \$15)
Cost of Generic SSRI's (Citalopram, Fluoxetine, Paroxetine, or Sertraline)	\$0 No cost to member	15% of the drug cost (Approximately \$10)
If you use Aplenzin instead of generic Bupropion SR or a generic SSRI, it will cost you an extra...	\$888 (\$74 x 12 months) <u>-\$0 (\$0 x 12 months)</u> =\$888 per year	\$1104 (\$92 x 12 months) <u>-\$180 (\$15 x 12 months)</u> =\$924 per year
If you use Oleptro instead of generic Trazodone or a generic SSRI, it will cost you an extra...	\$468 (\$39 x 12 months) <u>-\$0 (\$0 x 12 months)</u> =\$468 per year	\$588 (\$49 x 12 months) <u>-180 (\$15 x 12 months)</u> =\$408 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 your 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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