

MEDICAL ARTS PHARMACY NEWSLETTER

HEALTH Matters

A MONTHLY RESOURCE TO HELP KEEP YOU INFORMED

APRIL / MAY 2007

FACT BOX

PREVENTION OF HEART DISEASE IN WOMEN

About half of women will get cardiovascular disease but it is often preventable. Aspirin is suggested for women 65 and older... unless they are at risk for bleeding due to previous ulcers or GI bleeding. Advise taking 81 mg to 325mg/day. If they can not take aspirin, clopidogrel (Plavix) can be taken. Plavix is currently reimbursed by ODB (Ontario Drug Benefit) Program through the Limited Use (LU) and section 8 (Individual clinical review) mechanisms.

Omega-3 fatty acids may help reduce the risk of heart attack, stroke, and death in women with heart disease. Suggest 1 g daily. No other vitamin or supplement is actually recommended to prevent heart disease.

Remind women of the importance of exercising at least 30 minutes daily, maintaining a healthy diet (5 fruits and vegetables per day), and not smoking.

PROCESS	INDICATIONS	CRITERIA
Limited Use (Hospital based Initiation)	ACS : Acute Coronary Syndrome	Reason for Use (RFU) Code: 375 and SAN code of the hospital (365 day supply)
Limited Use (Hospital based Initiation)	PCI: Percutaneous Coronary Intervention	Reason for Use (RFU) Code: 376 and SAN code of the hospital (365 day supply)
Section 8 (Secondary prevention of vascular ischemic events) Fax to: 1-866-811-9908	Myocardial Infarction (if not captured by ACS definition) Stroke /TIA (Transient Ischemic Attack) Unstable angina (not hospitalized) Peripheral vascular disease (e.g.amputation or gangrene) Peripheral vascular surgery Others	Reimbursed where the patient has failed, is allergic to or intolerant to ASA or ticlopidine (12 months supply) Reviewed on an individual basis every year (need new Section 8 every year)

NEW MEDICATION

Champix (varenicline) is the first partial nicotine agonist. It also helps block nicotine from binding to receptors... so that patients get fewer pleasurable effects from smoking. It works at least as well as Zyban to help smokers quit. Tell patients to set their quit date 1-2 weeks after starting Champix... to allow time for the drug to reach effective levels.



DRUG SAFETY:

There is concern about glitazones ((Avandia and Actos) now reimbursed by ODB) increasing fractures of the arm, hand, ankle, and foot in women, but so far not the hip or spine and not seen in men. Suggest monitoring bone density in women who are at risk for fractures or fall.

This Newsletter was written By Josee Lemay B.Sc.Pharm.
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Note: Review of section 8 may take a few weeks; MAP will send you a form two months before to remind **physicians to submit renewal requests at least one month prior to expiry.**