



Indiana Medicaid Drug Utilization Review Board Newsletter

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Indiana Medicaid DUR Board

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Key Strategies in Reducing Cardiovascular Disease in Women: Risk Factor Evaluation and Prevention

Background

Worldwide, cardiovascular disease (CVD) is the largest single cause of death among women, accounting for one third of all deaths; this includes 38.2 million women living with CVD in the United States, but does not include those in the population who are at risk for developing the disease.¹ To put the prevalence of CVD in the United States into perspective, consider that in 2006, \$403 billion was spent for health care costs, including expenditures related to lost productivity.¹ This compares with \$190 billion in expenditures for cancer and \$29 billion in expenditures for human immunodeficiency virus in 2006.¹

Recommendations

Because CVD is largely preventable, Primary Care Providers should take an active and significant role in reducing the incidence of CVD in their patients.² In 2007, the American Heart Association issued evidence based guidelines for CVD prevention in women ≥ 20 years of age.¹ This guideline summarized the most current recommendations for both primary and secondary prevention of CVD in women, and incorporated results of other large landmark trials.³⁻⁹

The average lifetime risk for CVD in women is very high, approaching 1 in 2, so prevention is important in all women. Guiding CVD prevention is recognizing the spectrum of CVD and further classifying female patients as being at high risk, at risk, or at optimal risk.² Even presence of a single risk factor at age 50 is associated with a substantially increased lifetime absolute risk for CVD and shorter duration of survival. When considering the aggressiveness of preventive therapy, health care providers should consider medical and lifestyle history, Framingham risk score, family history of CVD, and other genetic conditions (e.g., familial hypercholesterolemia). Table 1 details the classification of CVD risk in women.

The classification of CVD risk in women places a great deal of emphasis on lifetime risk versus short-term absolute risk. More aggressive measures should be targeted in women at high risk of future events due to established CVD and/or multiple risk factors. This includes importance of a heart-healthy lifestyle and consideration of the risks and benefits of starting aspirin for stroke prevention.

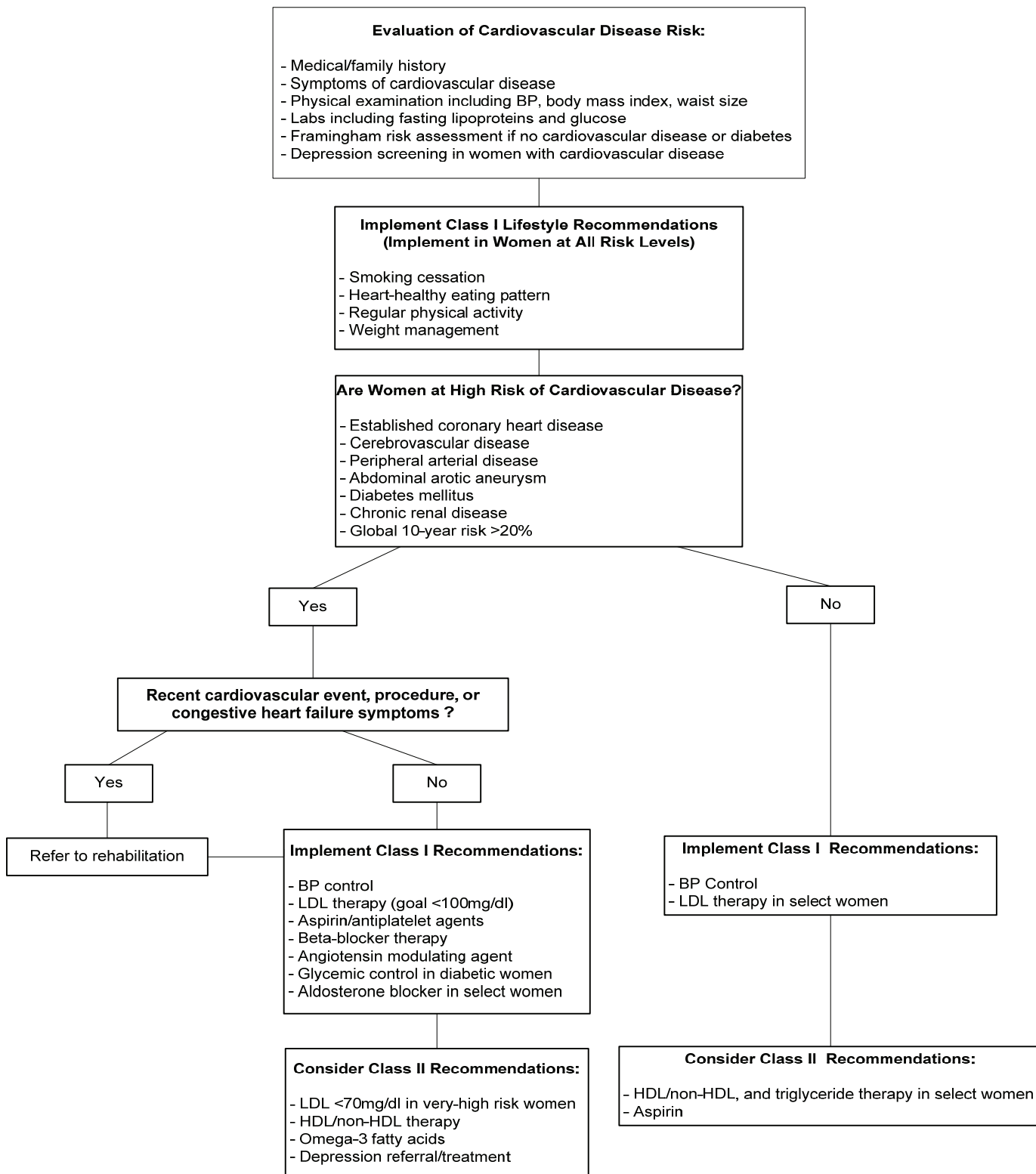
Table 1: Classification of CVD Risk in Women¹

| Risk Status | Criteria |
|--------------|---|
| High Risk | <ul style="list-style-type: none"> • Established coronary heart disease • Cerebrovascular disease • Peripheral arterial disease • Abdominal aortic aneurysm • End-stage or chronic renal disease • Diabetes mellitus • 10-Year Framingham global risk $>20\%$ |
| At Risk | <ul style="list-style-type: none"> • ≥ 1 major risk factor for CVD, including: cigarette smoking, poor diet, physical inactivity, obesity, family history of premature CVD, hypertension, dyslipidemia • Evidence of subclinical vascular disease • Metabolic syndrome • Poor exercise capacity on treadmill test and/or abnormal heart rate recovery after stopping exercise |
| Optimal Risk | <ul style="list-style-type: none"> • Framingham global risk $< 10\%$ and a healthy lifestyle, with no risk factors |

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The American Heart Association recommendations for CVD in women are categorized into lifestyle, major risk factor, and preventive interventions. Figure 1 highlights the recommendations in an algorithm format.

Figure 1. Prevention of Cardiovascular Disease in Women¹



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Conclusion

Cardiovascular disease is responsible for more deaths annually in women when compared to men. Fortunately, this disease is preventable and through recognition of risk factors and the use of evidence-based practice guidelines, the health of women with this disease can be improved.

For more information from the American Heart Association on Cardiovascular Disease in women, use the following link:
<http://www.americanheart.org/presenter.jhtml?identifier=1200011>

The National Coalition for Women with Heart Disease internet website may be a good reference for your female patients with CVD risk factors: <http://www.womenheart.org/>

Table 2 has been included to provide a cost comparison of generic vs. brand name agents relevant to this article, for Indiana Medicaid Fee-for-Service Program. See page 4 of this newsletter.

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Table 2. Cost Comparison of Generic vs. Brand Name Agents for the Indiana Medicaid Fee-for-Service Program*

| Generic Name | Generic \$ / Quantity Listed | Brand Name | Brand \$ / Quantity Listed |
|--|------------------------------|-------------------|----------------------------|
| Antidepressants (SSRIs / SNRIs) | | | |
| Citalopram 20mg | \$3.18 (60 tabs) | Celexa 20mg | \$170.75 (60 tabs) |
| Duloxetine | Generic unavailable | Cymbalta 20mg | \$105.18 (30 caps) |
| Escitalopram | Generic unavailable | Lexapro 10mg | \$85.01 (30 tabs) |
| Escitalopram | Generic unavailable | Lexapro 20mg | \$88.71 (30 tabs) |
| Desvenlafaxine 50mg | Generic unavailable | Pristiq 50mg | \$107.42 (30 tabs) |
| Desvenlafaxine 100mg | Generic unavailable | Pristiq 100mg | \$107.42 (30 tabs) |
| Fluoxetine 20mg | \$0.74 (30 caps) | Prozac 20mg | \$123.61 (30 caps) |
| Paroxetine 20mg | \$4.58 (30 tabs) | Paxil 20mg | \$97.05 (30 tabs) |
| Sertraline 50mg | \$2.50 (30 tabs) | Zoloft 50mg | \$79.83 (30 tabs) |
| Venlafaxine 75mg | \$20.89 (30 tabs) | Effexor 75mg | \$70.94 (30 tabs) |
| Proton Pump Inhibitors | | | |
| Esomeprazole 20mg | Generic unavailable | Nexium 20mg | \$157.80 (30 caps) |
| Lansoprazole 30mg | Generic unavailable | Prevacid 30mg | \$157.45 (30 caps) |
| Omeprazole 20mg | \$7.14 (30 caps) | Prilosec 20mg | \$148.52 (30 caps) |
| Pantoprazole 20mg | \$98.19 (30 tabs) | Protonix 20mg | \$120.05 (30 tabs) |
| Rabeprazole 20 mg | Generic unavailable | Aciphex 20mg | \$164.84 (30 tabs) |
| Psychotropic Agents | | | |
| Aripiprazole 20mg | Generic unavailable | Abilify 20mg | \$566.10 (30 tabs) |
| Clozapine 100mg | \$189.26 (180 tabs) | Clozaril 100mg | \$1065.04 (180 tabs) |
| Haloperidol 10mg | \$104.18 (90 tabs) | Haldol 10mg | Brand Unavailable |
| Haloperidol 20mg | \$209.75 (90 tabs) | Haldol 20mg | Brand Unavailable |
| Olanzapine 10mg | Generic unavailable | Zyprexa 10mg | \$384.30 (30 tabs) |
| Olanzapine 20mg | Generic unavailable | Zyprexa 20mg | \$768.44 (30 tabs) |
| Paliperidone 6mg | Generic unavailable | Invega 6mg | \$351.33 (30 tabs) |
| Perphenazine 4mg | \$75.97 (90 tabs) | Trilafon 4mg | Brand Unavailable |
| Perphenazine 8mg | \$92.27 (90 tabs) | Trilafon 8mg | Brand Unavailable |
| Quetiapine 300mg | Generic unavailable | Seroquel 300mg | \$308.13 (30 tabs) |
| Quetiapine XR 300mg | Generic unavailable | Seroquel XR 300mg | \$295.47 (30 tabs) |
| Quetiapine 400mg | Generic unavailable | Seroquel 400mg | \$362.13 (30 tabs) |
| Risperidone 0.5mg | \$31.71 (30 tabs) | Risperdal 0.5mg | \$131.74 (30 tabs) |
| Risperidone 1mg | \$32.57 (30 tabs) | Risperdal 1mg | \$140.03 (30 tabs) |
| Risperidone 2mg | \$37.22 (30 tabs) | Risperdal 2mg | \$234.05 (30 tabs) |
| Risperidone 4mg | \$40.07 (30 tabs) | Risperdal 4mg | \$369.26 (30 tabs) |
| Ziprasidone 60mg | Generic unavailable | Geodon 60mg | \$218.05 (30 caps) |
| Ziprasidone 80mg | Generic unavailable | Geodon 80mg | \$218.05 (30 caps) |
| Sleep Agents | | | |
| Eszopiclone 2mg | Generic unavailable | Lunesta 2mg | \$132.93 (30 tabs) |
| Ramelteon 8mg | Generic unavailable | Rozerem 8mg | \$110.86 (30 tabs) |
| Zaleplon 10mg | \$10.63 (30 caps) | Sonata 10mg | \$118.79 (30 caps) |
| Zolpidem Tartrate 10mg | \$1.18 (30 tabs) | Ambien 10mg | \$141.16 (30 tabs) |
| Zolpidem Tartrate ER | Generic unavailable | Ambien CR 12.5mg | \$134.51 (30 tabs) |
| Temazepam 15mg | \$2.10 (30 caps) | Restoril 15mg | \$280.20 (30 caps) |
| Temazepam 30mg | \$2.73 (30 caps) | Restoril 30mg | \$280.20 (30 caps) |
| Statins | | | |
| Atorvastatin 20mg | Generic unavailable | Lipitor 20mg | \$120.24 (30 tabs) |
| Fluvastatin 40mg | Generic unavailable | Lescol 40mg | \$78.97 (30 caps) |
| Lovastatin 20mg | \$3.41 (30 tabs) | Mevacor 20mg | \$67.63 (30 tabs) |
| Lovastatin ER 20mg | Generic unavailable | Altprev 20mg | \$138.36 (30 tabs) |
| Pravastatin 40mg | \$4.86 (30 tabs) | Pravachol 40mg | \$168.12 (30 tabs) |
| Rosuvastatin 20mg | Generic unavailable | Crestor 20mg | \$107.58 (30 tabs) |
| Simvastatin 40mg | \$2.34 (30 tabs) | Zocor 40mg | \$147.28 (30 tabs) |

*Allowable ingredient amount that could be paid to the dispensing pharmacy as of 04/12/2009, does not include dispensing fee.

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Program Assistance

All prior authorization requests or questions regarding the PDL should be directed to the ACS Clinical Call Center at 1-866-879-0106.

PDL Listing

The fee-for-service PDL listing may be found at the following Web site:
<http://www.indianapbm.com/>

Top 20 Drugs for 4Q 2008

| Top 20 Drugs 4 th Quarter 2008 Ranked by Total Amount Paid | | |
|--|--------------|----------------|
| Drug | Total Claims | Total Paid |
| Aripiprazole | 10,104 | \$4,081,116.35 |
| Quetiapine Fumarate | 11,941 | \$3,329,453.33 |
| Olanzapine | 6,224 | \$3,100,813.58 |
| Risperidone | 14,274 | \$3,018,229.12 |
| Antihemophilic.Factor Hum Rec | 82 | \$2,082,573.20 |
| Topiramate | 6,178 | \$1,736,435.59 |
| Antihemoph.FVIII Plas/ Alb Free | 64 | \$1,695,666.95 |
| Insulin | 9,959 | \$1,555,503.71 |
| Lamotrigine | 7,241 | \$1,541,194.28 |
| Oxycodone HCL | 5,518 | \$1,409,344.04 |
| Divalproex Sodium | 10,799 | \$1,369,122.08 |
| Levetiracetam | 4,827 | \$1,367,559.50 |
| Ziprasidone HCL | 4,415 | \$1,359,598.01 |
| Fluticasone/Salmeterol | 5,579 | \$1,119,428.83 |
| Duloxetine HCL | 7,213 | \$972,591.95 |
| Atorvastatin Calcium | 8,301 | \$928,478.21 |
| Methylphenidate HCL | 8,721 | \$875,715.84 |
| Clopidogrel Bisulfate | 5,963 | \$875,329.05 |
| Fentanyl | 3,664 | \$843,533.91 |
| Amphet. Asp/Amphet./ D-Amphet. | 7,191 | \$819,588.99 |

| Top 20 Drugs 4 th Quarter 2008 Ranked by Total Claim Paid | | |
|---|--------------|----------------|
| Drug | Total Claims | Total Paid |
| Hydrocodone/APAP | 43,701 | \$352,166.24 |
| Aspirin | 39,439 | \$34,470.97 |
| Docusate Sodium | 35,983 | \$74,187.71 |
| Alprazolam | 33,503 | \$194,230.58 |
| Calcium Carb/Vit D | 31,907 | \$61,801.44 |
| Acetaminophen | 30,536 | \$75,582.49 |
| Multivitamins | 26,927 | \$35,875.30 |
| Loratadine | 26,274 | \$244,718.91 |
| Clonazepam | 23,668 | \$110,791.90 |
| Lorazepam | 20,615 | \$113,449.87 |
| Albuterol | 19,582 | \$536,613.54 |
| Multivitamins with Minerals | 15,018 | \$42,426.29 |
| Risperidone | 14,274 | \$3,018,229.12 |
| Lisinopril | 13,883 | \$51,470.27 |
| Levothyroxine Sodium | 13,548 | \$94,676.35 |
| Omeprazole | 13,091 | \$328,681.81 |
| Ferrous Sulfate | 12,916 | \$13,194.87 |
| Diazepam | 12,346 | \$280,271.89 |
| Quetiapine Fumarate | 11,941 | \$3,329,453.33 |
| Omeprazole Magnesium | 11,531 | \$321,905.64 |