



TRICARE
MANAGEMENT
ACTIVITY

OFFICE OF THE ASSISTANT SECRETARY OF DEFENSE
HEALTH AFFAIRS
SKYLINE FIVE, SUITE 810, 5111 LEESBURG PIKE
FALLS CHURCH, VIRGINIA 22041-3206

September 2010

638383 201001583 1
JOHN Q PUBLIC
123 STREET NAME
CITY, ST 99999

Dear TRICARE Beneficiary:

We are writing to inform you of recent changes to the Department of Defense (DoD) TRICARE Pharmacy Program Uniform Formulary. On July 23, 2010, the Director, TRICARE Management Activity approved recommendations from the DoD Pharmacy & Therapeutics (P&T) Committee. The DoD P&T Committee evaluated the safety of Quaaliquin and determined that this medication should be subject to "Prior Authorization." This special placement means your provider (the prescriber) must obtain authorization for Quaaliquin to be filled. Currently, the only Food and Drug Administration (FDA) approved use of this drug is for the treatment of malaria.

Your medication history indicates that you are using or have used Quaaliquin recently. If you are using this medication for the treatment of malaria, you may contact Express Scripts, Inc., for the prior authorization form and information. You can also visit the TRICARE website to download the form from the "prior authorization" link provided at (1) after my signature below. If you are using this medication for leg cramps or for a condition other than the treatment of malaria, we encourage you to talk to your health care provider about an alternative medication. The majority of Quaaliquin's use in the United States is for the treatment or prevention of night time leg cramps, a use NOT approved by the FDA. We have included information about leg cramps on the following pages.

For questions, call TRICARE Pharmacy Program at 1-877-363-1303. For assistance in converting a prescription to Home Delivery, call the Member Choice Center at 1-877-363-1433, or use the on-line conversion tool at (2) below. We at TRICARE are proud to serve our nation's military heroes and their families and are committed to providing them the best possible health care.

Sincerely,

Thomas J. McGinnis
Rear Admiral, R.Ph., USPHS
Chief, Pharmaceutical Operations Directorate

Encl. (a/s)

- (1) <http://www.tricare.mil/mybenefit/home/Prescriptions/Medications/PriorAuthorization?>
- (2) <http://www.express-scripts.com/TRICARE>

Leg Cramps

Leg cramps are sudden, painful, muscle contractions which usually occur at night or when lying down. They are common, affecting as many as half of all people over age 50. Most of the time, the cause is unknown. After talking with you and reviewing your medications, your health care provider may or may not recommend that you have some simple lab tests.

Some things you can do to prevent painful leg cramps:

- Dehydration can make leg cramps more frequent. Drink plenty of water during the day, unless your doctor has told you to limit your fluid intake.
- Ride a stationary bike for several minutes before bedtime.
- Do calf-stretching exercises (see next page) before bedtime.
- Keep blankets and sheets loose at the foot of the bed.
- Get regular exercise to condition leg muscles.

If you do experience leg cramps, try doing the following:

- Ice the affected area
- Massage the area where you feel the cramp
- Elevate the leg
- Apply heating pad to affected area
- Flex foot (toes point up)

Leg Cramps (Cont'd)

Calf Stretch #1

Stand facing a wall or kitchen counter. Move one leg back. Keep the back leg's knee straight and heel flat on the floor. Lean forward until a stretch is felt in the back of the calf and knee. Hold the stretch for 5 seconds, then relax. Repeat 5 stretches 2 to 3 times daily. Repeat with the other leg.

Calf Stretch #2

Stand facing a wall or kitchen counter. Move one leg slightly back. Bend both knees slightly, then lean forward until a stretch is felt in the calf of the back leg. Hold the stretch for 5 seconds, then relax. Repeat 5 stretches 2 to 3 times daily. Repeat with the other leg.

REFERENCES:

1. The Pharmacist's Letter Volume 26, No. 6; July 2010
2. Patient communication letter: Leg Cramps. Pacific Medical Centers, 2010
Seattle WA

www.tricare.mil is the official Web site of the
TRICARE Management Activity,
a component of the Military Health System
Skyline 5, Suite 810, 5111 Leesburg Pike,
Falls Church, VA 22041-3206