

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.
Call the Journal at 285-7411

Generic drugs and brand-name drugs

Q. Are generic drugs as good as brand-name drugs?

A. According to the U.S. Food and Drug Administration: “A generic drug is the same as a brand-name drug in dosage, safety, strength, quality, the way it works, the way it is taken and the way it should be used. The FDA requires generic drugs have the same high quality, strength, purity and stability as brand-name drugs.”

More than 70 percent of prescription medications taken today are generics, which are identical or “bioequivalent” to a brand name drug.

Generics can be as much as 90 percent cheaper than brand-name drugs. According to the Congressional Budget Office, generic drugs save consumers almost \$10 billion a year at retail pharmacies. Even more money is saved when hospitals use generics.

The savings have a simple explanation. There are patents on new drugs; most of them are protected for 20 years. No one else can make or sell that drug while it is under a patent. When the patent expires, other companies can begin to sell a generic version of the drug once it is approved by the FDA. Generic drug makers can sell the drugs for less because they don’t have the high research and development costs.

The FDA won’t permit drugs to be made in substandard facilities. The FDA conducts 3,500 inspections a year to ensure standards are met. Generic firms have facilities comparable to those of brand-name firms.

In fact, brand-name firms are linked to an estimated 50 percent of generic drug production. They frequently make copies of their drugs and sell them without the brand name.

So, substituting a generic for a brand-name drug won’t create any problems? Not exactly.

The FDA acknowledges that a handful of prescription medications have a “narrow therapeutic window.” Too



**Fred
CICETTI**
HEALTH CARE WRITER

little of the generics for these drugs isn’t effective and too much is toxic. Therefore switching to the generic forms of these medications can be difficult.

The FDA uses an average bioequivalence approach. The core of the bioequivalence concept is the absence of a significant difference between drugs. The FDA considers a significant difference to be less than 20 percent.

Generic drugmakers are required to conduct tests to prove that the amount of active ingredient absorbed into the bloodstream from their copies is equivalent to the originals. The FDA said the average variance between the name brand and the generic is 3.5 percent, but about 50 medications vary by 10 percent or more.

While there is no official list, the following drugs are generally accepted to have a narrow therapeutic window. The generics are in parentheses.

Thyroid medications:

Levothyroid, Levoxyl or Synthroid (Levothyroxine)

Blood thinners:

Coumadin (Warfarin)

Heart medications:

Digitek, Lanoxin

(Digoxin)

Psychiatric drugs:

Eskalith, Lithobid

(Lithium)

Antiseizure

Medications: Dylautin

(Phenytoin), Tegretol

(Carbamazepine)

If you would like to read more columns, you can order a copy of “How to be a Healthy Geezer” at www.healthygeezers.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

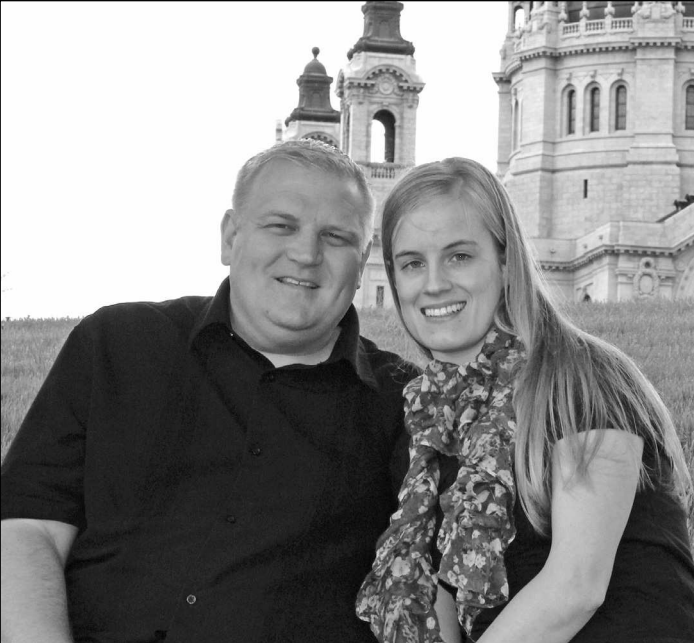
ENGAGEMENTS



CONTRIBUTED PHOTO

NATALIE GUSTAVSON AND BRIAN BURMEISTER

Jim and Linda Gustavson, International Falls, and LeRoy and Cheryl Burmeister, Littlefork, announce the engagement and forthcoming marriage of their children, Natalie Rae Gustavson, International Falls, and Brian LeRoy Burmeister, Littlefork. A Saturday, Aug. 17, 2013, wedding is planned at Cingmars Hall, Littlefork, with a reception at 8 p.m.



CONTRIBUTED PHOTO

JOY ZUPKE AND CORY RINTALA

Mark and Ruth Zupke, of Loman, Minn., are pleased to announce the future marriage of their daughter, Joy Miriam Zupke to Cory Jonathan Rintala. Cory is the son of Ellery and Carol Rintala, of Eveleth, Minn. The couple was engaged Nov. 26, 2012. The bride, a graduate of Rainy River Community College, serves as a licensed practical nurse for Koochiching County Health Department. The groom, a graduate of Pensacola Christian College and Central Baptist Theological Seminary, is the pastor of Northwoods Bible Church in Ray, Minn. Cory and Joy will be united in Christ on Saturday, Aug. 17, 2013. Pastor Ted R. Clarke III will officiate. The couple will make their home in Ray.

MEMORIAM

In memory of **Charles K. (Cubby) Johnson** – Aug. 5, 2009.

Four years ago you were called home.

Our thoughts are ever of you.

You are dearly loved and sadly missed.

God willing, we will meet again.

Your family

BIRTHS

The following births have been reported from La Verendrye General Hospital, Fort Frances.

Born to:

Ken and Melanie Trenchard (nee Brown), Sleeman, Ontario, a son, Brandon Joseph Trenchard, 6 pounds, 7ounces, July 15, 2013.

Kyle Griffiths and Jamie Petrin, Fort Frances, a son, Alexander James Griffiths, 9 pounds, 3 ounces, July 17, 2013.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Bratwurst or alternative
Sauerkraut
Mashed potatoes
Pickled beets
Cookies

TUESDAY

Goulash

Tossed salad
Homemade French dressing
Peaches

WEDNESDAY

Chicken cacciatore
Spaghetti
Wax beans
Cake

THURSDAY

Meatloaf
Baked potatoes
Spinach
Fresh fruit
Bananas

FRIDAY

Fish sandwiches on buns
Cheese slices
Homemade tartar sauce
Baked beans
Coleslaw
Dreamsicle bars

Reaching over 8,000 homes, shacks, and cabins.

Live. Play. Enjoy.

To contribute photos, news or features contact the Editor, Laurel Beager 285-7411 or email laurel@ifallsjournal.com

Reserve Your Ad Space Today!
Contact Your Sales Representative at The Journal 285-7411

Helping you stay linked

WWW.
ifalljournal.com

Public Presentation

Thursday, Aug. 1 • 6:00pm
River’s Edge Villa

OR

Tuesday, Aug. 6 • 2:30pm
Pine Cone Grill

Please join us for a presentation on our new Northwinds Assisted Living.

For more information, Call (218) 285-9563

Good Samaritan Society®
NORTHWINDS ASSISTED LIVING

All faiths or beliefs are welcome.

FIND DEALS in The Journal Classifieds