



MEDICARE NEWS

May 2019 Edition

My goal with this newsletter is to:

1

KEEP YOU INFORMED

I will be sharing current articles about the changes in Medicare

2

ANSWER YOUR QUESTIONS

I'm available to answer issues specific to you

3

STAY CONNECTED

I want to make Medicare coverage as simple as possible

858-935-9120

[Why Drug Costs Are So Difficult To Bring Down](#)

Talk about a dichotomy. These both happened a few weeks ago. **AARP launched its "Stop Rx Greed" campaign to lower drug prices.** The message is that Americans are spending an excessive amount on prescription drugs, the cost of which likely topped \$330 billion in 2018. To give a little perspective, the highly lucrative NFL generated less than \$15 billion during the 2017 season.

On the same day the AARP message went out, there was a health care conference where biopharma management enthralled the crowded room with descriptions of **potentially curative therapies for rare diseases that would generate sales of \$1 billion annually.** The patient population for some of these treatments is only 1,000, implying a cost of \$1 million per person.

As we know, on one side are the drug and biotechnology corporations, their employees, investors, and shareholders. They insist that high-priced new drugs are justified by the hundreds of millions of dollars spent on their development. And although R&D costs should have input, it should not necessarily be the most influential part of determining the final price. On the other side, the vocal opposition to high drug prices comes from many sources. With the most impact felt by the payers, who are sometimes patients, but most often are insurance companies. Who balk at very costly new therapies for everything from cancer to hepatitis.

Despite our present environment where so many industries have been regulated by deflationary competitive forces — retail, traditional media, banking, and brokerage commissions — the pharmaceutical industry has maintained its moat around pricing. It will, no doubt, continue the fight, which will be longer and more

[Thanks for Your Referrals!](#)

Trisha R referred
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"We try hard to recognize every referral but if we missed anyone, please let us know.

Just send us a quick email so that we can acknowledge you.

We want all of you to know that it is our privilege to serve you.

The greatest compliment you pay us is the referral of your family and friends.

Thank you!!!"

[Birthdays!](#)

May

T Doerr
N Hughes
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J Christensen
K Davis
S Mroz
N Renner
C Christensen

difficult to win, in part due to the mixed interests between the participants in this battle.

Academic institutions and medical centers receive funding from drug companies and often share in the success of drugs developed in their labs. Foundations that focus on rare diseases and support research efforts within for-profit firms now participate in a windfall from products that eventually reach the market. For example, the Cystic Fibrosis Foundation sold its royalty rights for several drugs to Royalty Pharma for \$3.3 billion a few years ago, a milestone transaction for a charitable foundation. Royalty Pharma assumed that future profits from these drugs would exceed their acquisition price of billions of dollars.

Politicians, from Donald Trump to Hillary Clinton, Bernie Sanders and most of the Democrats running for the 2020 nomination, speak of lowering prescription drug prices as one of their goals. Even those politicians truly wanting to lower drug prices, one complexity is that Medicare, which many candidates want to expand, has no authority to negotiate thanks to an ill-advised policy passed by Congress that has been in effect since 2006. Changing this law will require action.

[Tips to Sleep Better at Night](#)

We all know a good night's sleep is important, but did you know it's just as important as diet and exercise. Research shows that poor sleep has **immediate** negative effects on our hormones (which run our whole bodies), physical performance and brain function. It can also cause weight gain and increase our risk of disease. Yicks! Here are some evidence-based tips to sleep better at night.

[Increase Bright Light Exposure During The Day](#)

Our bodies have a natural time-keeping clock known as our circadian rhythm. Daily sunlight or artificial bright light (special bulb or light fixture) can improve sleep. One study in older adults found that two hours of bright daylight exposure increased the quality and quantity by 80%.

[Reduce Blue Light Exposure in the Evening](#)

Exposure to light during the day is beneficial, but nighttime light exposure has the opposite effect. Blue light (smartphones, computers, and TVs) tricks our bodies into thinking it's daytime. Since most of us may not want to stop our evening screen time, one popular solution is to wear glasses that block blue light.

[Reduce Irregular or Long Daytime Naps](#)

While short power naps are beneficial, long or irregular napping during the day can negatively affect our sleep. One study noted that while napping for

30 minutes or less can enhance daytime brain function, longer naps can negatively affect health and sleep quality. If you're having trouble sleeping at night, try stopping or shortening your naps.

Try going to Sleep and Waking at Consistent Times

We all know that our habits run our day-to-day lives. Our body's circadian rhythm functions on a set loop, aligning itself with sunrise and sunset. Being consistent with our sleep and waking times can aid long-term sleep quality. Try going to sleep at a similar time each night and allow your body to wake up naturally.

Don't Drink Alcohol

Drinking alcohol at night can negatively affect our sleep as well as the systems that run our bodies. Alcohol is known to cause or increase sleep apnea, snoring and disrupted sleep patterns. It also alters nighttime melatonin production, which plays a key role in our body's circadian rhythm.

Relax and Clear Your Mind in the Evening

Many people have a pre-sleep routine that helps them relax. Relaxation techniques before bed have been shown to improve sleep quality. Some strategies are listening to relaxing music, reading a book, taking a hot bath and deep breathing.

The Bottom Line

Sleep plays a key role in our health, and with studies showing that insufficient sleep is linked to increased risk of obesity, heart disease, and type 2 diabetes it's time to give sleep our full attention.

California... It's a Great Place To Live

San Diego County Fair – Ozsome The 2019 San Diego County Fair, invites guests to skip down the yellow brick road and enter into an "Oz-some" world inspired by L. Frank Baum's classic tale, "The Wonderful Wizard of Oz." Journey to the Emerald City, at the largest annual event in San Diego County & the largest county fair in America. With all the adventures you'll encounter, you'll discover, "There's no place like the Fair."

Legacy Week – Honoring Our Heroes – Memorial Day Weekend

The USS Midway Museum is the heart and soul of Memorial Day celebration in San Diego. The lineup of activities range from a Wreath Memorial ceremony, benefit concert, family activities, blood drive, interactive exhibits and more. Each element of Midway's Legacy Week commemoration is designed to honor and remember our heroes and celebrate our military heritage. Come experience one of San Diego's most iconic museums. <https://www.midway.org/visit/buy-tickets/>

Chocolate Festival Spend Saturday, May 11 from 10am – 4pm at San Diego Botanic Garden's famous Chocolate Festival! Enjoy dozens of delectable chocolate tastings, demonstrations, a chocolate fountain, and more. This family-friendly event also features lots of children's activities and a variety of Mother's Day gifts. Bring Mom and enjoy a beautiful walk in the Garden between tastings! Free with Paid Admission or Garden Membership.



Taste of Julian – A rural Dining Adventure Looking for a reason to get out of town? The Taste of Julian allows you the opportunity to sample the culinary delights Julian has to offer, all in one afternoon, including our famous apple pie. This year, on May 18th many of the town's restaurants, wineries and breweries will be participating in this self-guided culinary tour of the historic mountain town's unique restaurants. Tickets are \$25 per person in advance. Print your receipts when purchasing tickets online, then check in at the Julian Town Hall, corner of Hwy 78 & Main Street. You will be given a wristband and a map of participating restaurants. The self-guided tour allows participants to visit participating restaurants at their own pace, in any order they choose from 1:00 to 5:00 PM. Enjoy the unique atmosphere each restaurant has to offer. While you're sampling the local cuisine, be sure to browse through its charming shops, and enjoy its old-fashioned ambiance and history of our town. Taste of Julian is a fundraiser to enhance and protect this historic district. <https://visitjulian.com/to-see-do/special-events/taste-of-julian/>

[Barbie's Tuna Salad](#)



I know, I know... who needs another Tuna Salad recipe? Well, with thousands of rave reviews, you must try this one.

The person who listed it on AllRecipes said this, "I got this recipe from a friend who used it in her catering business many years ago. The secret ingredients are the curry and Parmesan cheese! Odd combinations but this makes a terrific tuna sandwich! She used it for an appetizer with gourmet crackers and people always wanted her recipe. It has been my favorite recipe for tuna salad for many, many years."

ers and people always wanted her recipe. It has been my favorite recipe for tuna salad for many, many years."

Ingredients

1 (7oz) can white tuna, drained & flaked
6 tablespoons Mayonnaise
1 tablespoon Parmesan Cheese
3 tablespoons Sweet Pickle Relish

1/8 teaspoon dried Minced Onion Flakes
1/4 teaspoon Curry powder
1 tablespoon dried Parsley
1 teaspoon dried Dill Weed
1 pinch Garlic Powder

In a medium bowl, stir together the tuna, mayonnaise, Parmesan cheese, and onion flakes. Season with curry powder, parsley, dill, and garlic powder. Mix well and serve with crackers or as a sandwich. If you can, make it a day in advance, you won't regret it!

<https://www.allrecipes.com/recipe/98579/barbies-tuna-salad/>

[Medicare Made Easy](#)

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