

## Pharmacy Tomorrow from Prescription Center

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FOR PEOPLE & PETS.

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**Darvon, Darvocet, Propoxyphene**  
No longer available in US. Nov 2010.

For 6 months after publication, *Pharmacy Tomorrow*,  
this newsletter is available at [www.RXFIXER.com](http://www.RXFIXER.com)

Information gleaned from more than 100 publications:

**TWYNSTA** is a new single pill 2 ingredient hypertension treatment. One Twynsta tablet provides safe effective 24 hour BP reductions in 87% of at risk hypertensive patients, such as those with diabetes or metabolic syndrome. Hypertension is responsible for more deaths than high cholesterol, diabetes, or smoking. Just a 2mmHg reduction in systolic blood pressure decreases the risk of heart attacks and stroke by 7-10%. Patients are more likely to remember to take a once a day pill and reduce the likelihood of having a stroke. (Am I reading a significant benefit of this med is it needs to be taken just once a day)? One of the ingredients in Twynsta, telmisartan is Micardis, the other, amlodipine is Norvasc.

**You cannot out think a person who does NOT think.**

Both the November PHARMACIST'S LETTER & MEDICAL LETTER feature **DABIGATRAN (Pradaxa)** as a possible alternative to **Coumadin** for patients with **atrial fibrillation**. It is the first new oral anticoagulant in over 50 years. It does not need monitoring and has fewer drug and food interactions. It is as expensive as Coumadin & monitoring, requires 150mg twice a day dosing.

Obviously, he has learned nothing and forgotten everything.

**Abdominal fat dramatically increases risk of death** – Death & Dying, Weight & Obesity. **High fat pregnancy diet causes obesity-promoting changes in fetal brain.** –World Health.net

Politicians are the only people who create problems and then campaign against them.

**This spice curbs snack attacks:** In a recent study after 8 weeks **SAFFRON** helped overweight women snack 50% less. It may alter levels of stress-boosting brain chemicals and help decrease anxiety and depression.

---Inflation is not the same as higher prices...

### Pup E. Dog Tip of the Week:

Your dog's skin struggles with winter weather, overheated houses, and low humidity, too. Brush often to stimulate circulation and increase production of oil glands. Shampoo less than weekly and use a moisturizing doggie formulated shampoo. If dry skin persists, take Pup E. to a DVM. Itching can be a symptom of a serious problem, hypothyroidism, etc.

--DogAge

What is happiness? A good cigar, a good meal and a good Woman...or a bad woman; it depends on how much Happiness you can handle. George Burns.

### Holiday Foods Harmful to Dogs & Cats:

Chocolate, grapes, raisins, cherries, apricots, almonds, macadamia nuts, onions, any gum/candy containing "Xylitol," alcohol, and raw eggs which cause skin and hair coat problems. – ASPCA's Animal Poison Control Center, 1-888- 426-4435, [www.aspcacenter.org](http://www.aspcacenter.org)

What one knows is of little moment, if one knows how to learn. – Henry Brooks Adams.

RealAge Benefit: Maintaining your weight and body mass index at a desirable level can make your RealAge as much as 6 years younger.

Why do black widow spiders kill their males after mating?  
To stop the snoring?



To the artist there is never anything ugly in nature.

--- Rodin

### Examples of Recently Compounded (Customized) Prescriptions of Historical Interest:

**Vagifem** 25mcg are no longer made, can be compounded. Ten mcg suppositories (still made) usually work as well as 25 mcg with less systemic absorption.

Caffeine, Tranilast, Augmented LCD topical for **Psoriasis**. Used with **Florajen-3 probiotics capsules**.

Our friendly FDA (see next column) wants to require all compounded drugs be made from commercial dosage forms. Making eye drops from tablets will be difficult AND, most drugs used in the US are imported in their finished dosage form from China and India where there is little quality control.

And, AND if Sarah needs help with her soap box, China and/or India can deny Americans access to medications. This was a problem for the US during wars of 1776, 1861, 1916 and 1941.

Reality is the leading cause of stress. -Lily Tomlin.

Dark eyes can be the result of abnormal levels of thyroid & iodine or bacterial overgrowth in the colon.

Internal/External suppositories, 2 day "cure" of hemorrhoids.

Thanksgiving comes after Christmas for parents of young children.

**Muscle/Backache:** MSM by mouth, and topical Ketoprofen, Ketamine, amitriptyline cream.

All purpose nipple cream for **breastfeeding**.

**Vulvodinia topical:** Amitriptyline 2, Atropine 5, Clonidine. For atrophy, DHEA vaginal cream 10mg/ml or 13 mg suppositories.

Expenditures rise to meet income.

A 60 year old woman was relieved from abdominal cramps of several weeks duration after a BM from which she recovered 26 intact Promethrium (Brand-name progesterone) capsules. Now, just the facts in addition to the above: Prometrium capsules contain peanut oil, the oil more people react to; if Prometrium capsules do dissolve the blood levels peak in 4 hours and are back to zero in 6 hours; cannot happen with compounded Natural Micronized Progesterone Konstant capsules.

You may be old if you think LIBIDO is Italian pasta; at breakfast you hear snap, crackle and pop and you are not having cereal, your sweetie says "wanna neck" and you hand her chicken; and your sex drive shifts into park.

Up to 15% of babies and toddlers don't get enough iron. They should not receive cow's milk until after 12 months. It does not contain much iron and can inhibit iron absorption.

## Prescription Center

915 Hay Street, (910) 485-2167

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December 2010

**Must See; Must See:** [www.burzynskimovie.com](http://www.burzynskimovie.com), *Burzynski, The Movie* shows how the FDA & the US drug manufacturers (one & the same) harassed Stanislaw Burzynski, MD, PhD trying to "steal" his proven & effective treatment for some forms of cancer to eliminate competition for their inferior products. And to think he came to the US from Poland to have more freedom to conduct research. Three years of research went into making the movie. ~Pharmacist's Letter.

### Incidentally & By-The-Way:

Required reading – **The Gluten Connection**, Lieberman. **What the New Year needs is an ANTI-STUPIDITY pill**. Know any monkeys with colon cancer? Bananas are rich in Vitamin B6 which a large new study shows may reduce the risk of colorectal cancer 20%. *Ca Epidemiology* Jan 08.

When money is tight and is hard to get, a pint of plain is your best bet. – Flann O'Brien

CDC recommends pneumococcal vaccine for all smokers. Pfizer (US drug mfgr.) is being sued, again, for consumer fraud and unjust enrichment saying the drug company promoted Neurontin (gabapentin) for medical conditions for which it knew the drug was not effective.

Probiotics for infants? Yes, standard of care for C-Section babies & those not breast fed. These good bacteria help digestion; improve absorption of nutrients, and aid elimination while strengthening the immune system. Infants get 1/2 capsule daily until age 6 months. *WSJ & Lancet*.

Working together is how success is achieved.

**Pills & Skills:** <><> Pet names of the week: "Motor Boat" for K9 and "Blue Jay" for a feline. **Some, men and women are eating pumpkin seeds to decrease urgency, great snack and great for world travelers**. CDC has named Lincoln, NE the healthiest city in the US with Huntington, WV as the least healthy. <>Pistachio nuts lower bad cholesterol levels. **Going to church cuts risk of death. Behavior, Death & Dying**.



**PRESCRIPTION CENTER WILL**

**CLOSE EARLY(4PM) DEC.24TH & DEC.31ST**

*Happy, Merry*