

## Pharmacy Tomorrow from Prescription Center

Gary Newton, FACA, Pharmaceutical Chemist; Gerald Mizelle, Consultant Pharmacist  
915 Hay Street, Fayetteville, NC 28305, (800) 682-4664, Fax (910) 485-3335

A TOP TEN  
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[www.rxfixer.com](http://www.rxfixer.com) [gary@rxfixer.com](mailto:gary@rxfixer.com)  
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Monthly, **Pharmacy Tomorrow**, this newsletter is available at [www.RXFIXER.com](http://www.RXFIXER.com)

You are not entitled to the American Dream, you must earn it.

**Premedication may limit the pain of mammograms.** A study was done in Idaho to determine if premedication can relieve pain during mammogram. A numbing gel such as **Lidocaine 4%/Tetracaine 4%** was applied to the breast and chest wall an hour before the procedure. Discomfort was significantly reduced. –Radiology Online.

**I am always doing things I can not do. That's how I get to do them.** –Picasso.

**Change Your Genes in 3 Steps in 3 Months:** Step 1: Eat right. This means a plant based diet. Step 2: Walk at least 30 minutes a day. Step 3: Spend 60 minutes a day de-stressing, does not need to be all at one time.

**A man isn't poor if he can still laugh.**

**Q: What does PHARMACEUTICAL GRADE mean when applied to drugs/supplements? A: Nothing** more than an indication the advertiser acknowledges the universal integrity of pharmacists. The term is not defined in scientific literature; the USP, Homeopathic USP, Ghen & Raines, or any text, etc.

**Those who say it can't be done shouldn't interfere with those who are doing it.**

**After just 14 days taking a proton pump inhibitor (PPI- Nexium, Prilosec, Protonix, Prevacid, the purple pill, etc.)** the chance of having community-acquired pneumonia **increases**. Additionally, PPI's prevent absorption of Vitamin B-12 in the stomach. A new UK study found older people with higher levels of B-12 experienced less brain shrinkage, a cause of reduced cognitive function. An editorial in JAMA states B-12 produces reliable & effective treatment even in severe cases. (Injections not required). Aetna is sending alerts, without clinical proof, PPIs may decrease the effectiveness of Plavix (clopidogrel), to prevent blood clots.

**Dr. Randolph in From Hormone Hell to Hormone Well** mentions the use of topical progesterone cream to prevent **RESTLESS LEG SYNDROME**. Anecdotally 25mg applied near bedtime and taking the iron supplement, taker-friendly OptiFerrin-C helps. Magnesium Glycinate 600mg, 2 capsules near bedtime may help more and faster.

**Eat right, exercise regularly, die anyway.**

**What is NOT Wrong With Artificial Sweeteners?**

“Almost any artificial sweetener has been a by-product of experiments where the person doing the experiment accidentally tasted the chemical and noticed it was sweet.” – *Sigarettes: Sugar Addiction & Your Health*. True, you should remove sugars from your diet. But, if you think artificial sweeteners are the way to deal with that sweet tooth, think again. Artificial sweeteners are used for 2 reasons: weight loss & sugar addiction. They help neither. They often make cravings worse while introducing chemicals that should not be in your body. Your best bet to avoid sugar is to avoid sugar. If you must have a sweetener, two without side effects are **STEVIA & Xylitol**.\* **Xylitol** is a natural sugar with little effect on blood sugar. Gummy Bears with Xylitol decrease bacteria in the mouth possibly preventing cavities. Stevia is an herb (think natural) that tastes sweet without calories. It may help with blood sugar control. Like other drugs, artificial sweeteners have side effects ranging from headaches, to diarrhea, to neurological problems and other symptoms. Aspartame (NutraSweet) was once the most complained about food additive on the planet, including the cause of loss of hearing. **\*DO NOT GIVE TO ANIMALS.**

**A synonym is a word you use when you can't spell the word you first thought of.**

**The Green That KO's Blood Sugar Damage: Broccoli:** Higher intake of vegetables and fruit in men, but not in women, may reduce risk of colorectal cancer, regardless of race. Different vegetables or fruits and different continents did not show an advantage. *American Journal of Nutrition*.

**I used to be indecisive, now I'm not so sure.** - W.C. Fields

**The next time you see an obnoxious (to you) looking person that smells like a rotten egg, be slow to criticize:** Hydrogen Sulfide (H<sub>2</sub>S) made in human intestines and also responsible for the odor of rotten eggs is a major physiologic vasodilator and regulator of blood pressure. –*SCIENCE*.

**You have become a mature person when keeping a secret gives you more satisfaction than passing it along.**

**Cold Stops the Digestive Process.** Avoid cold food & drink in the evening when digestion is weakest. Ginger assists digestion and detoxification.

**FDA has approved fingolimod/Gilenya to reduce relapses and delay progression in MS, multiple sclerosis.**

The mind of the bigot is like the pupil of the eye; the more light you pour upon it, the more it will contract.

- - - Oliver Wendell Holmes

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

**Flurbiprofen Ophthalmic** sans additives in 10 ml & 15 ml droptainers.

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

**DICLOFENAC Ophthalmic Solution**, 7.5 ml preservative free at usual cost of 2.5 ml.

Equivalent of **OPTIMMUNE Oph Oint** which may again be available mid-2012.

When you're right, no one remembers. When you're wrong, no one forgets.

Soluble fiber is used to lower **cholesterol & blood sugar**. Insoluble fiber helps with **bowel problems, constipation**. For a supplement to **increase fiber in the diet**, use FiberPro a supplement combining soluble/insoluble. – Pam Smith, MD

**Why Are They (you) Called Potheads?** Australian researchers examined adult, long term (20 years) regular marijuana users. Smokers had smaller brains, were more depressed, and scored poorer on learning tests. (Was reduced mental capacity a result of drug use or the cause)?

Success is going from failure to failure without a loss of enthusiasm. - Winston Churchill

### Arginine

“A few grams of prevention is worth a ton of cure.” NO, Nitric Oxide, produced in the body from the amino acid, arginine, is so important it was “Molecule of the year” in 1992. NO is necessary for thought, breathing, the heart beat, circulation, intestinal movement, the immune system, and muscular movement. NO production decreases with age. Arginine is available as a nutritional supplement. Some drugs that **decrease NO** levels in the body are: Prozac, Xanax, Valium, blood pressure medications, Tagamet, alcohol, tobacco. – Harry Elwardt, PhD.

**PLEASE READ: NO More Heart Disease, How Nitric Oxide Can Prevent, Even Reverse, Heart Disease & Strokes, by Dr. Louis J. Ignarro, Nobel Laureate in Medicine.**

It is within reason to expect to live independently to age 120. – Mark Houston, MD, author of *What Your Doctor May Not Tell You About Hypertension*.

**The Prescription Center drawing at the American College of Veterinary Ophthalmologists Conference was won by VOTS member REBECCA FREDRICKS.**



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## Prescription Center

“We make drugs better,”

Ask us how?

915 Hay Street, (910) 485-2167

Fayetteville, NC 28305

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**Halloween Tombstones:** - See I told you I was sick.

### Incidentally & By-The-Way:

Massage may relieve acute postoperative pain. <> IV chelation study for autism called off by the National Institute of Mental Health. Equally effective non-prescription oral chelation is available. <> Acetaminophen (Tylenol) use is linked to asthma in adults and children.

**Halloween Tombstones:-** Here lies the Pillsbury Dough boy - He will rise again.

Many Americans routinely exercise, but what about their brain? Brain exercise can stave off dementia, Alzheimer's, and memory loss. Learn to knit, play ping-pong, write with your opposite hand, play an instrument, listen to books on tape, learn a new language. AND, feed your brain. Eat antioxidant-rich fruits and vegetables (or take supplements), eat/take Omega-3 fatty acids, cold water fish, flax, and hemp.

Some people talk in their sleep. Lecturers talk while other people sleep.

**Pills & Skills:** <><> Pet names of the week: “Ping Pong” for a K9 and “Stuff” for a feline. <><> **Secret # 1: Eat Breakfast.** <> Daily use of 10,000 IU of Vitamin D-3 has proven safe. <> Taking digestive enzymes daily increases absorption of nutrients and meds. <> **Men who avoid cow-dairy have a 30% reduction in the risk of prostate cancer.** <> Eating almonds may reduce cholesterol. – *Mens Health*. <> **Caffeine, after exercise, helps muscles refuel.** – *Exercise*.

Proven: Vegetarians (not Vegans) live longer. – *Nutrition*. **LECITHIN (Non-Rx) safely reduces high triglycerides.** <> Artichoke & Milk Thistle fortify, protect, heal and detox the liver.

