

# Pharmacy Tomorrow from Prescription Center

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COMPOUNDING  
50 YEARS FOR  
PEOPLE & PETS

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OUR 52<sup>nd</sup> YEAR <> © June 2011

**Our "product" is our knowledge & experience.  
Put the power of the chemist to work for you!**

**DHEA, Calcium, & Vitamin D3** can greatly increase spinal bone density in women, is not as effective in men, or in hip bone density. No one should supplement DHEA without having their natural levels tested. Blood tests are available through a physician and non-Rx saliva test through pharmacies. Patients on DHEA/CA/D for 2 years had bone density improvement equal to patients on Biphosphonates (Fosamax, etc). We predict within 2 years Fosamax will no longer be manufactured.

**CELEBREX study, TV claims**, questioned by The Center for Public Integrity: CPI asserts Celebrex, Naproxen, and ibuprofen unnecessarily put patients at risk. Try herbal KAPREX. In stroke patients NSAIDs increased risk for death 45%.

**"Buy More; Save More."** Grandmother said, **"Buy nothing, save everything"**.

**POLYPILL** promising: 50 years ago any combination of drugs in a tablet/capsule was criticized as increasing chances of side effects. Now, a polypill of a blood pressure drug, a statin, and aspirin is claimed more effective than any of the drugs given alone or together. L. Lancet.

**"Special prices while supplies last."** When all are sold, is the price more?

**For Today's FAT LOSS:** Just say NO to fructose which is 1.7 times as sweet as sucrose. Sucrose/sugar decreases food intake; fructose increases food intake. The use of high fructose corn syrup (Karo) in soft drinks and junk foods may be the culprit in the rise in teenage obesity... Labels will change from "high fructose corn syrup" to "corn sugar." A safe sugar alternative is XYLITOL.

**Sweetened beverages must be limited to one a day.**

**Treat the Earth Well.** It was not given to you by your parents, but loaned to you by your children.

**What was prescribed most last year?**

**Brand name – Lipitor, patent expires next year. Generic – various generic forms of Vicodin. (Generics now make up 78% of all prescriptions.)**

**Selected "PEARLS" from last month's Symposium at MUSC = The Medical University of South Carolina entitled EVIDENCE BASED DRUG THERAPY; (20 HOURS OF LECTURES):**

Home blood pressure monitoring predicts risk of stroke better than in-office measurement, and encourages use of prescribed medication. (Use an automatically inflating arm cuff). <>> Chlorthalidone (Hygroton) or indapamide (Lozol) are preferred diuretics (fluid pills) over HCTZ (hydrochlorothiazide). Loop diuretics, Lasix, furosemide, etc. must be dosed twice a day.

**Nature, time and patience are the best physicians.**

2010 Dietary Guidelines for Americans, the DASH Diet: Sodium intake less than 2300 mg; if age 51 or older, all African Americans, anyone with hypertension, diabetes, or chronic kidney disease reduce sodium to less than 1500 mg. Diet to consist of vegetables, fruits, low-fat milk and milk products, whole grains, poultry, seafood and nuts. Less red and processed meats, sweets and limit sweetened beverages to one a day. Dr. Agard of Prescription Center staff (PhD in nutrition) can instruct you. (Appointment please).

**Twenty-nine percent of coastal Carolina residents are obese, compared to 18.4 percent in Colorado and 31.6% in Mississippi. Overweight defined as BMI of 25 to 29. Obese = BMI of 30 or more. Calculation of BMI incorporates weight in pounds, height and comorbidities including diabetes, hypertension, etc.**

Of overweight over 20 years old, 66% will become obese adults.

Adults: Establish goal of 10% weight loss over 6 months -- 1 or 2 pounds a week.

All reduced calorie diets work. **Only calorie reduction produces effective weight loss.**

**Obesity today is diabetes tomorrow. Every 3rd day insulin injections are a possibility in the not too distant future.**

*(More Pearls later, maybe)*

The US FDA has approved TRADJENTA (Linagliptin) to improve blood glucose control in adults with type 2 diabetes, alone or with other therapies.

**Affiliate:**  
**American Assn Anti**  
**Aging Medicine**  
**A4M**

## **RECENTLY COMPOUNDED PRESCRIPTIONS OF SIGNIFICANCE:**

Peyronie's Disease: Verapamil 15% topical.

Hemorrhoids:

Aloe Vera 3%/Vitamin E 100IU/ZnO 3% as Internal-External Suppository used 1 at bedtime usually just 2 days. Above ingredients can be varied with alternate analgesics, anti inflammatories, and antipruritics.

Hyperhidrosis:

Clidinium 1% or 2% Roll-On

Topical deodorant of choice may be applied after the chosen formula above.

(Botox injections are especially effective).

**The economy is down but vasectomies are up!**

Folic acid chewable.

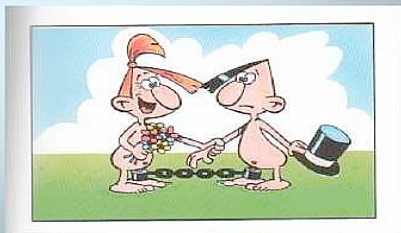
Progesterone, DHEA, Testosterone, Bi-Est TROCHES.

Hydroxyprogesterone caproate injection to prevent preterm labor.

Cyclosporine 0.25% ophthalmic ointment, preservative free, to replace Optimune 0.2% reported to be on back order for another year.

Tacrolimus 0.02% ophthalmic drops.

## **WHAT DOES A MARRIAGE MEAN?**



*.... being together now and forever..*

Baclofen slow-release capsules.

Diclofenac 7.5ml preservative free ophthalmic drops.

NALBUPHINE 1.2% ophthalmic drops – patent pending to Prescription Center.

Cyclosporin/Tacrolimus combination ophthalmic drops.

Demecarium Br ophthalmic drops.

Cidofovir 0.5% ophthalmic drops.

Diethylstilbesterol 1mg tablets.

TPA 25mcg/0.1 ml single dose syringe.

**Prescription Center**  
**“We make drugs better.” Ask.**  
**915 Hay Street, (910) 485-2167**  
**Fayetteville, NC 28305**  
**Our 52nd Year**  
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◇◇ Correcting hormonal deficiencies can eliminate addictions. ◇◇ Calorie restriction is the only proven method of life extension. ◇◇ Just say **KNOW** to drugs. ◇◇

*Do unto others, then hide. (Jay, age 4).*

◇◇ Women who use oral contraceptives have an increased risk of asthma if they are of normal weight or overweight. Lean women do not. Women on birth control also need 50 mg of vitamin B-6 a day. ◇◇

*“For A Limited Time.” Is this the same as “Till Death Do Us Part?”*

Sixty-five percent of patients with chronic pain report delayed onset of sleep and frequent awakenings during the night. Hope Labs “Sleep Naturally,” a combination of herbs to induce sleep is more effective than AMBIEN and without side effects such as memory loss. Magnesium Glycinate Plus by Rx Center enables deep, restful sleep without side effects, except it enables adequate bowel movements. ◇◇

*Let's make illegal guns, illegal.*

**WYETH Caught AGAIN:**

**Now**, the Justice Department and 16 states have entered lawsuits against Wyeth Labs claiming they overcharged Medicaid millions of dollars. – Wall Street Journal.

**Got a Craving for Junk Food; Forget Moderation:** Just a taste & you will overcome your craving. NO! One taste will trigger more hunger 25 minutes later. **REAL AGE BENEFIT:** Avoiding saturated and Trans fats can make your RealAge more than 4 years younger.

**The secret of getting ahead is getting started.**

There is no evidence that colonic cleansing or irrigation for “detoxification” is beneficial and may be harmful. Magnesium Glycinate Plus is healthy and an adequate daily detox. ◇◇

◇◇ Dental disease increases risk of heart disease. (Always pondered how the age of a horse can be determined by looking in the mouth). ◇◇ **ULORIC** (Febuxostat), new for chronic treatment of **gout**, more effective than allopurinol (Zyloprim). ◇◇ Vitamin C may help prevent gout in men.