

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

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www.rxfixer.com gary@rxfixer.com
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Now & for 6 months, **Pharmacy Tomorrow**, this Newsletter is available at www.RXFIXER.com

Information gleaned from more than 100 publications.

Common sense is instinct, and enough of it is genius.

Had a request for STYROFOAM bandage. XERAFOAM maybe?

Drug Info:

0.6mg Colchicine is available only as expensive COLCRYS tablets, generics are no longer made.

Studies show DHEA 13mg suppositories improve libido, sexual dysfunction, atrophy, dryness & itching in postmenopausal women. (Rx).

All patients taking statins (and many others) need CoQ-10 daily to prevent cramping.

Dabigatran, brand name PRADAXA IS A NEWLY APPROVED ALTERNATIVE TO COUMADIN as an anticoagulant in atrial fibrillation (A-Fib). That finger stick monitoring is not required equalizes the extra expense of Pradaxa. It is taken twice a day. **The NEW drug of 2010.** Prescription required.

OPTIMMUNE ophthalmic ointment is unavailable for another year. Rx Center's Compounded Cyclosporine ophthalmic ointment 0.25% in 5 Gm. (king size) tubes is equivalent, and available NOW.

K9 name of the month is "BARKEY." Feline is EARS."

A boy sat up all night wondering what happened to the sun. Finally, it dawned on him...

Your Choice, Brains or Ears: *Regenerative Medicine* reports it may be possible to reverse hearing loss by transplanting cells taken from the brain into the ear. Auditory hair cell defect where cells in the inner ear are damaged may be corrected by transplanting ependymal cells from the brain into the ear. Tests are underway.

Is democracy being allowed to vote for the candidate you dislike least?

GENERICS to the rescue: During 2011 generic versions of (among others) Lipitor, Plavix, Zyprexa, Levaquin, and Xalatan may become available reducing 2011 US drug sales by \$30 billion. Unique is 3 brands of generic Xalatan will become available at the same time.

A "fad," something that goes in one era and out the other.

The use of Performance-Enhancing Supplements for athletes dates back to the ancient Greeks, who used deer muscle to improve speed and lion heart to boost bravery.

Want to triple the passion? Try oysters, Arugula, Pine nuts, Cinnamon, Yams & Chocolate – just not all together.

FDA: Are Asthma Drugs Safe? Patients taking Serevent, Symbicort, or Foradil have a small increased risk of asthma-related hospitalization, especially children. Advair does not increase risks. Intal & Tilade, which are not steroids, are not under review.

My opinions are my wife's, and she says I'm lucky to have them.

<><>

A blonde named her dogs ROLEX & TIMEX; they are watchdogs.

"Drug" Abuse: Methamphetamine (meth) is being made from Nexcare instant cold packs since fertilizer is not easily available. It is mixed with Sudafed, etc. in a Coke bottle to create instant meth. – Pharmacist's Letter. <><> **Especially during the 'flu season** if prescribed an anti(against)biotic, the appropriate pro(for)biotic is needed to replenish the good bacteria.

Aspire to inspire before you expire.

<><> **Acne & Dermatologist:** Contrary to advertising, acne treatment is not a one size fits all, one treatment condition. Occasionally other conditions such as endocrinopathies are involved. First line of therapy usually combines Retin-A (Rx needed) with various formulations in bases tailored to skin type. Oral therapy may be required. – Medscape Dermatology.

Sir Isaac Newton, England's Master of the Mint first standardized the price of gold, in 1717. He invented calculus and first observed a prism separates light into all colors except lavender. He had no descendents.

Know Your
MEDICINE
Know Your
PHARMACIST

Why do we make lemonade from artificial flavors & furniture polish from real lemons?

GLYCOBIOLOGY is the study of “sugars.” **D-Mannose** makes the bladder wall so slippery bacteria cannot adhere and infect. **XYLITOL** (in many gums & candies) cannot be digested by yeast, fungus, and **bacteria**, which die after consuming it. **2DDG** (2 Deoxy-D-Glucose), a sugar from red sea algae, prevents **virus** from multiplying. **FOS** (Fructoolegogaccharides) feed gut bacteria & intestinal tract cells, may cure **digestive diseases** such as Crohn’s, IBD, & Ulcerative colitis. **SUCROSE, GLUCOSE, & FRUCTOSE** feed yeast & fungal cells & make **THEM** healthier. Mercola.com: when searched for **SUGAR** shows 76 ways sugar can ruin your health. <>>A **sweet** that protects your **SMILE: DATES**, which contain fluorine, fiber, and nutrients.

Here is a test to find if your mission on earth is finished. If you are alive, it is not. – Richard Bach

MAGIC Drink makes you Eat Less: Consume 200 less calories a day by drinking lots of **WATER**. People who primarily drink water consume 9% less calories from sugary beverages. Hunger could actually be thirst. Water is also essential to your health. Maintaining your weight and body mass index at a healthy level can make your RealAge as much as 6 years younger.

Old bankers never die, they just lose interest.

Risky Supplements Before/After Surgery: Most supplements need to be discontinued 2 weeks before surgery & not resumed until all risk of bleeding is gone. Over 60 supplements can potentially increase bleeding: **GINKGO BILOBA, garlic, ginger, vitamin E, saw palmetto, Policosanols, willow bark (aspirin)**, etc. **Valerian, kava & L-tryptophan** may increase sedation from anesthesia. **EPHEDRA, bitter orange, guarana**, etc. increase blood pressure. On-line energy products contain “outlawed” ephedra. **St. John’s wort** is associated with vascular collapse during anesthesia.

The national debt is so large the next generation will have to pay it, which explains why babies scream at birth.

AT LAST: *Postgraduate Medicine*, “Physiological data and clinical outcomes demonstrate that Bioidentical (natural) hormones, **BHRT**, are associated with lower risks, including the risk of breast cancer, and cardiovascular disease, and are more efficacious than their synthetic and animal-derived counterparts. Until evidence is found to the contrary, Bioidentical hormones remain the preferred method of hormone replacement.” K Holtort, MD

Heavy drinkers have a smaller total brain volume.

Incidentally & By-The-Way:

HGH or Human Growth Hormone production by the pituitary gland decreases with age. This results in degeneration of the body or **aging**. Daily injections (Rx required) of HGH can slow or reverse the aging process. --*Health & Longevity* <>> A recent study found drinking **GREEN TEA** may enhance exercise induced loss of abdominal **FAT** & improve **triglyceride** levels. Green tea contains 1/2 the caffeine of coffee.....

Prescription Center
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To know who a person is, give her authority.

..... **Omega-3** supplements can relieve minor menopause-related **DEPRESSION** and **hot flashes**.

Money does not make you happy. I now have \$50 million but I was just as happy when I had only \$48 million. A. Schwarzenegger.

<>> “**D**” is for **DEMENTIA**. Researchers find that compared to those with optimum levels of vitamin **D**, those with the lowest levels were twice as likely to be **mentally impaired**. Dr. M. Eisenstein (info@homefirst.com) advises 1,000 plus IU daily for all adults, and to prevent/treat **head colds**, 50,000 IU a day & probiotics for 3 days. As with all double-edged swords, too much is too much. Rx Center has a way you can determine your Vitamin-D level with a drop of blood from a finger stick, the way diabetics test their blood sugar. <>> Symptoms of **AUTISM** improved in children supplemented with **MAGNESIUM & Vitamin B6**.

A new book, *The Short Story of Money*, has only seven words: “Here it is and there it goes”.

<>>**SSRI**’s increase the brain’s Serotonin levels with side effects like suicidal tendencies & tragedies like the Columbine High School massacre. (Read: *Talking Back to Prozac*.)

5HTP (5-hydroxy-tryptophan), an amino acid available without a prescription can increase Serotonin without these side effects. Taken near bedtime it promotes restful sleep. Do not take both 5HTP and an antidepressant. <>> When people with stiff, sore, osteoarthritic **knees** took a **GINGER** extract for 6 weeks, they felt better than patients given “blank” pills. Ginger spice, tea or capsules are effective. <>> **To thin respiratory MUCOUS**, stop all dairy. Give **N-acetyl cysteine**, and systemic digestive **ENZYMES**.

Obesity & Osteoarthritis: A high BMI (body mass index) was significantly associated with knee and hand osteoarthritis but not with hip OA. There was no change with gender or age, in 1854 patients followed for 10 years. –BUM Musculoskeletal Disorders.



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