

Pharmacy Tomorrow from Prescription Center

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Each month, *Pharmacy Tomorrow*, this newsletter, is available at www.RXFIXER.com

Information gleaned from more than 100 publications; not intended to be medical advice.

It's not what you go through in life, but what you GROW through.

Recently approved is **Onglyza** (AstraZeneca) for treatment of Type 2 diabetes. A side effect is headache. -E-mail from FDA.

You cannot manage what you cannot measure.

Home-Gym Helps Brain: If you have a long term relationship with your treadmill, stationary bike, or elliptical trainer, keep that love alive. Over the long term exercise gives you the brain structure of someone years younger. The chicken or the egg? It is not clear whether exercise improved brain health or if "smarter" people are more likely to exercise. Regardless, regular exercise can make your **RealAGE®** as much as 9 years younger. American Journal of Neuroradiology.

Artificial intelligence is no match for natural stupidity.

Pet Obesity: A "HUGE" Problem: The US has the fattest pets (and owners) in the world. Veterinarians are reluctant to discuss this with overweight owners. Excuses include constant hunger, disinterest in exercise, and thoughts of being "fat & happy." -Veterinary Practice News.

Junk is something you keep for years and throw away 3 weeks before you need it.

NEW: EquiRab, the first rabies vaccine specifically for horses. EquiRab; every horse, every year.

CLOSED LABOR DAY MONDAY.
Emergency prescriptions available at usual after hours fees.

You can't judge a book by its cover. -Ancient Maxim. It is only shallow people who do not judge by appearances. -Oscar Wilde.

"No woman in her right mind would use conventional (horse/synthetic) hormone replacement therapy when compounded bioidentical hormones are available, a specialized prescription designed for your own unique individual needs." Julian Whitaker, MD

BioIdentical ("natural") hormones have endured a 50 million year clinical trial. That the human race has survived is adequate evidence of effectiveness and safety. -Jeffrey Dach, MD, jeffreydach.com

A successful man is one who makes more than his wife spends



**RARE, UNUSUAL
AND
MADE TO ORDER
DRUGS**

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

Flurbiprofen base Ophthalmic sans additives in 10 ml & 15 ml droptainers with significant economy.

Cidofovir 0.5% ophthalmic drops, 99+% stable at room temperature for 4 months plus. Effectiveness / Stability testing in process at Colorado.

Nalbuphine 1.2% ophthalmic analgesic drops, tissue studies (no eye discomfort) ongoing at Ohio U. Made possible by a \$30,000 grant from Prescription Center

DICLOFENAC Ophthalmic Solution, preservative free in 10 ml droptainers at usual cost of 2.5 ml size.

Cantharidin 0.7% topical gel as a 1 time application/ treatment for warts.

Cromolyn sodium preservative free inhalation.

Ketoprofen Lidocaine Amitryptiline 20/5/2 topical for neuropathy.

Budesonide Enteric Coated 2 mg capsules. (Strength not commercially available).

Iso-K Non-Steroidial Analgesic Topical Gel to relieve muscular aches & pains, bruises, etc.

The only way to get rid of temptation is to yield to it. –Oscar Wilde.

Grandma sez: Too treat bruises, sprain, etc, use RICE.

Rest the injured part; Ice the affected area; Compress with an elastic (Ace) bandage; Elevate the injured area above waist height.

Some Products Containing, Tylenol, APAP, Acetaminophen, etc. are DarvoCET, PercoCET, Akla-Seltzer Plus, Excedrin, Goody's, Sinutab, TheraFlu, Vicks Cough-Cold, DayQuil, NyQuil.

Read labels to avoid taking multiple products containing Tylenol simultaneously.

Protein levels that decline with age can be reversed by testosterone injections, suggesting beneficial effects for aging men.

A compound found in blueberries may prevent the development of asthma.

Consuming a diet rich in zinc and omega-3 fatty acids may help to prevent age-related macular degeneration.

New drugs still in clinical trials can be obtained by individuals under new FDA rules.

FDA: "Pharmacists can still compound preterm-labor drug." In an about face, FDA has admitted individual compounding pharmacists still are the preferred source for recently approved hydroxyprogesterone caproate, and at 1/10 the cost.

Prescription Center

"We make drugs better." Ask?
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Compounding to tighter tolerances than USP.

Pills & Skills: <><> Pet names of the week." for K9, "Enuff" and for a feline "Demon."

Life without lust would be pretty lackluster.

Incidentally & By the Way: Non-branded (generic) drugs make up 78% of all prescriptions dispensed. Contrary to recent claims in the lay press (newspaper), the monthly cost of drugs for many patients will not get cheaper as soon as current patents expire within the next year; the PREMARIN patent expired fifty plus years ago and the price has only increased. In addition, only 3 brand name drugs (Lipitor, Plavix, Singulair) are in the list of most commonly prescribed medications. The others are already generic. The most prescribed drug, also the most abused, is VICODIN (hydrocodone) and its equivalents. Many prescriptions for it go to the black market distorting individuals treatment cost.

**Prescription Center accepts VISA,
Master Card, & Discover at the
Pharmacy & by telephone.**

Intellectuals solve problems. Geniuses prevent them

Vitamin D2 or D3? The only "advantage" to D-2 (Rx only) is part of the cost may be paid by insurance. Otherwise D-3 (over-the-counter) is more effective, has fewer side effects and a longer duration of action. Vitamin D is essential for the utilization of calcium. **Vitamin D-2 and D-3 are not bioequivalent and should not be considered interchangeable.**

Volunteers are not paid – not because they are worthless, but because they are priceless.

Colorectal Cancer Patients without metastases regularly taking aspirin (dose unspecified) live longer.-JAMA

Kudzu, No Chaser: For years, the kudzu vine despised in this country has been used in China for headaches, hangovers, and allergies. Now, researchers find kudzu pills reduced the desire for beer by one-half.

-Natural Solutions.

Life is a gift....Unwrap it.