

## Pharmacy Tomorrow from Prescription Center

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Information gleaned from more than 100 publications.  
Not intended as medical advice.

### Mobile Phones Source of Infections

Cultures of the hands & mobile phones of 200 physicians and ICU health care workers found that 95% were contaminated and 90% admitted to never cleaning their phone. Routine decontamination with alcohol-containing disinfectants is recommended - Clin -Antimicro.

**Diabetes/Alzheimer's: Metformin** (Glucophage) used by itself in the treatment of diabetes may facilitate the development of **Alzheimer's**. This, and not the disease, may be the cause of Alzheimer's in diabetics.

If a pig has a heart attack, do you call a HAMbulance?"

**Underlying Coronary Artery Disease** increases the risk of a heart attack during & after driving in heavy traffic. A. Peters, PhD. Institute of Epidemiology.

**Gnawing Problem:** Is your dog chewing you out of house and home? Dogs tend to chew on inappropriate things when bored, anxious, or craving attention. If you find your dog chewing inappropriately, take the item and walk away. If he is chomping on his toy, pet and praise him. *DogAge*.

**Migraines in the ER:** prochlorperazine (Compazine) 10 mg and metoclopramide (Reglan) 20mg with 25 mg diphenhydramine (Benadryl) is the preferred migraine treatment in emergency rooms by physicians and by 77% of returning patients. - Ann Emerg Med.

Required reading: [Outsmart Your Cancer](#), Pierce

**Sildenafil (Viagra)** is advertised to aging men with warnings about heart failure and inability to exercise. Now comes the recommendation to use sildenafil in the treatment of heart failure, claiming results similar to inhaled nitrous oxide. -Access Medicine.

Intellectuals solve problems, geniuses prevent them.  
A.Einstein.

**Sildenafil Improves Women's Antidepressant-Related Sexual Function:** Premenopausal women and women having had hystorectomies can overcome adverse sexual effects caused by SSRIs (antidepressants) by taking Viagra says *Journal of the American Association*, July.

Computers make very fast, very accurate mistakes

**Cannabis Cigarettes Reduce Neuropathic Pain:** The June *Journal of Pain* reports smoked marijuana may reduce pain for patients who do not respond to traditional drugs or who are denied adequate doses of analgesics. It is especially useful in terminal patients who need not be concerned by the loss of brain cells. Obama, R U Listening?

**Migraine Help from Jeffrey Dach MD:** FEVERFEW is an ornamental herb prescribed by Dioscorides 2000 years ago. Taken daily it gives a profound reduction in the frequency and intensity of migraines. It is not effective if taken only after an attack has started. *Cephalgia* reports 600mg a day of MAGNESIUM GLYCINATE reduces migraine attacks by 40%. *Neurology* reports patients who regularly took 400mg daily of Vitamin B2 (riboflavin) had 40% fewer migraines. (Note: Magnesium and B2 can and should be taken together).

Women will never be as successful as men because they have no wives to advise them. -- Dick Van Dyke

**Chocolate stimulates the same part of the brain** as morphine and marijuana; the same part of the brain that controls libido. Maybe the custom of giving chocolates started here.

**AT LAST:** *Postgraduate Medicine*, "Physiological data and clinical outcomes demonstrate that Bioidentical 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 HRT."

Who can communicate joy better than a puppy?

**Second Generation (Newer) Antidepressants are All Equally Effective:** The American College of Physicians has determined Wellbutrin, Celexa, Cymbalta, Lexapro, Prozac, Luvox, Remeron, Serzone, Paxil, Zoloft, Desyrel, & Effexor differ only in cost & side effects. Treatment is to be continued 4 to 9 months after a satisfactory response in patients with an initial bout of depression and longer for patients with 2 or more episodes. – Annals of Internal Medicine.

**Udder failure: A cow that does not give milk.**

IBS (Irritable Bowel Syndrome) patients have pain, discomfort, constipation and/or diarrhea. Treatments include peppermint oil, fiber, antispasmodics (Donnatal, hyoscyne, both Rx), and an absolute for every patient, Symbiotic therapy. Several new IBS treatments are available, all with side effects ranging from blood loss to death. – BMJ.

On the other hand you have different fingers.

**Customized Prescriptions (Compounds) of Historical Interest:**

**Scar Cream:** Trinilast 1%, Caffeine 0.1%, Lipoic Acid 3% in emollient base. **For Itching:** Trinilast 1% lotion. **Chapped Lips:** 5% lysine lip balm. **Quicker Viagra:** Sildenafil 20 mg sublingual troches. **Sinus Infection:** Xylitol 7.5%, 2-deoxy-D-glucose 0.2% in normal saline. Can be combined with oral antifungal therapy for severe asthma with fungal sensitization. –Am Journ of Respiratory Med. Hyper tonic saline rinses may flush out allergens & mucous.

Support bacteria, they are the only culture you have.

**Nail Fungus:** Terbinafine 1.67%, Clotrimazole, Undecylenic Acid, & Tea Tree Oil. **Wound Healing:** Misoprostol 0.0024%, Phenytoin 5%, Gentamicin 0.2%, topical gel. **Heavy Metal Poisoning:** Penicillamine 100mg/ml Oral was used for pet ducks who drank from a rusty fountain. **Rosacea:** Silymarin 0.7%, Dimethyl Sulfone 10 to 15%, Hyaluronic Acid 1%, in hypoallergenic, alcohol free Cream. – Journ Cosmetic Derm.

The Constitution only gives people the right to pursue happiness. You have to catch it yourself. –Benj Franklin.

**Staying Sharp:** 50 minutes of exercise, such as walking 3 times a week, improves memory. Improvement may last 12 months after just 8 months of exercise. Also, abdominal obesity during midlife triples the risk of dementia at age 70. – Julian Whataker, MD

Heavy drinkers have a smaller total brain volume.

**Prescription Center**

**"We make drugs better."**

**915 Hay Street, (910) 485-2167**

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A failure is not always a mistake.—BF Skinner.

**Incidentally & By-The-Way:**

**Frequent migraines** are associated with lowered risk of breast cancer. Cancer Epidemiology/ <><> **Omega-3** supplements can relieve minor menopause-related **DEPRESSION** and **hot flashes**. <><> **MILNACIPRAN** approved as third agent for management of **FIBROMYALGIA**. <><> **STATIN** drugs for lowering cholesterol cause acute amnesia and long term memory problems. J.Whitaker, MD. <><> People with **Celiac** disease have a higher risk of thyroid disease – *Endocrinology*.

It is easier to prevent bad habits than to correct them.

B. Franklin

<><>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. <> Drinking hot apple & blackcurrant cordial relieved common **cold/flu** symptoms. <><> **AIDS** patients treated with **STEM CELLS** no longer needed antiviral drugs. One was also cured of **leukemia**. *Worldhealth*. For chonic sinus problems, hyper tonic saline rinses flushes our allergens & mucous. *New Age* **Zolpidem Oral Spray** for short term treatment of **insomnia**. <><> The color of **TOPIMAX** tablets has changed.

Lincoln called Harriet Beecher Stowe (Uncle Tom's Cabin) "the little woman who started the big war."

<><>SSRI's (Read: *Talking Back to Prozac*.) **5HTP (5-hydroxy-tryptophan)**, an amino acid available without a prescription can increase Serotonin without side effects. Taken near bedtime it promotes restful sleep. Do not take both 5HTP and an antidepressant. <><> **Dr. Julian Whataker** emphasizes the need for **Alpha Lipoic Acid** (antioxidant), **Omega-3s** (heart, brain), **Resveratrol** (antioxidant), **Cinnamon** (normalizes blood sugar), **Lutein** (eyes/skin), **Lycopene** (prostate), **Potassium** (cardiovascular). **Iodine** (skin, hair, breast)

**Pets of the month: Feline, "Brown Sugar;"**  
**K-9 "Cocomoe."**

Most patients with acne report an improvement when they follow the low-glycemic diet known as the South Beach Diet. **No white:** Bread, pasta, rice, potatoes, sugar.