

Pharmacy Tomorrow from Prescription Center

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RARE, UNUSUAL,
And
MADE TO ORDER DRUGS

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OUR 47TH YEAR <> © August 2006

My memory is as good as ever, just shorter.

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

Dinosaurs always leave huge footprints.

Quote Sans Comment:

To remove a tick: Cover the tick with a liquid soap-soaked cotton ball for fifteen seconds. Lift away cotton ball and tick.

A guy asked a girl "Will you marry me?" The girl said "NO!" The guy lived happily ever after...

Put Your Best Foot Backward:

Walking backward burns more calories, improves coordination, and gives your heart and lungs a better workout, if you maintain your speed. *Exercising regularly can make your RealAge nine years younger.*

Yearly, termites do more damage than earthquakes and hurricanes combined.

Vitamin E and Vitamin E:

The National Research Council of Canada found the body prefers natural Vitamin E with 5.3 times more in the brain, 3.6 times more in blood, and 1.9 times more in the heart. Natural Vitamin E is d-alpha tocopherol, d-alpha tocopheryl acetate or d-alpha tocopheryl succinate. Synthetic Vitamin E is dl-alpha tocopherol, or dl-alpha tocopheryl acetate/succinate. Packages should be labeled "100% NATURAL-SOURCE VITAMIN E."

I WENT ON THE 30 DAY DIET; I LOST A MONTH.

Merck at it Again; Ghosts of Vioxx:

A new disease with possible orthopedic implications is recognized with increasing frequency in the jaw. It presents as painfully exposed bone. All patients with this condition have been prescribed **BISPHOSPHONATES**, Aredia, Zometa, **Fosamax**, Actonel, and Boniva, to prevent osteoporosis. The most widely used is one tablet a week Fosamax by Merck.--Kushner and Brian Alpert, U. of Louisville School of Dentistry.

The black box in a commercial airplane is orange...

Yeah, Right, Great Idea, Again:

The Senate has voted 68-32 to allow individuals to import prescriptions from Canada. Three times previously, after passage of similar laws, the Justice Department ignored the Senate, while the President and the FDA intervened on behalf of US drug manufacturers, who make major political contributions.

Prescription Center Exclusive; Ten ml sterile ophthalmic droptainers.

At last, we can dispense 10ml of cyclosporine in the appropriate container.

As confused as a baby in a topless bar...

One Drop or Two?

The adult eye holds up to thirty microliters. The average volume of an eye drop is 35-50 microliters. Medical Letter consultants agree one drop of a drug is sufficient treatment. If more than one drug is to be given, five minutes, or more must separate dosing. Any ointments should be used last.

Natural does not always mean safe.

Incidentally and By the Way:

Pine bark extract may treat ADHD in **BOYS**. - *European Child & Adolescent Psychiatry*, May 13, 06.

Alarm device preferred for treating bedwetting. - *Evidenced-Base Child Health*, 2006;1:5-8

Vitamins E and C plus Ibuprofen (Motrin) may protect against Alzheimer's. - *American Academy of Neurology*, April 7, 2006.

South Korea plans to export 10,000 nurses to U.S. - *Korean Nurses Association*.

New COMBIVENT inhalers must be shaken vigorously ten seconds before each puff.

Quinolones just fade away: TEQUIN has not been recalled, it just is not made anymore, no official explanation. Levaquin is expected to meet the same fate. Cipro may soon be the only oral "floxacin" available.

The main cause of death in US females is not breast cancer but Cardiovascular Disease (CVD) caused by an imbalance of hormones, primarily estrogen and progesterone. Eldred Taylor, MD

More than 56% of prescriptions filled in the US are filled with generics, yet they account for only 13% of prescription expenditures. The 44% of Rx filled with brand name drugs cost 87% of the drug budget.

Use your life as a means of living, not just to postpone death...



Which lunch was made/flavored by a compounding pharmacist and is not yucky?

The healthiest part of a donut is the hole. Unfortunately, you have to eat the rest of the donut to get there.

To Drink or Not to Drink:

For years we have been told to drink eight glasses of water a day. The formula to determine daily need of water is: Divide body weight in pounds by two. This is the number of OUNCES of water you need daily. EXAMPLE: A person weighing 160 pounds, divided by two, equals 80 pounds and eighty ounces of water daily. A glass of water is 10 ounces, our example person needs eighty divided by 10 or 8 ten-ounce glasses of water a day. Beverages containing caffeine eliminate fluids. For each glass of caffeinated beverage consumed, another glass of water is needed. Drinking too much water eventually causes serious health problems.

Diet Tip #97: Eat ice cream to reduce your craving for sweets.

Be An Honorary Compounder:

VUSION, at \$60 a tube is for diaper rash only and only **IF** due to Candida (yeast). The treatment of choice is to give, for pennies a day, Florajen/FOS probiotics (good bacteria) by mouth when taking antibiotics and/or to treat Candida caused rash. Content of a Florajen capsule can also be sprinkled on the rash. Vusion contains only miconazole 0.25% which is sold in 2% cream without a prescription at a very low cost. If the 0.25% strength is needed, mix 1 teaspoon of 2% Miconazole with 7 teaspoons of A&D ointment or of DermCream.

Studies show pesticides are a cause of reproductive defects in alligators in Florida - most noticeably, small penises.

Daytrana "Ritalin" Patch:

Doses of DAYTRANA, the new methylphenidate (Ritalin) \$5 per day patches, do not correlate with oral doses. (A 10 mg. tablet and a 10 mg. patches are not equal). Effects begin two hours after applying the patch and lasts three hours after the patch is removed.

Men over 45 with low testosterone are twice as likely to be diabetics.

Thyroid Confusion:

Levothyroxin (Synthroid) absorption as well as Calcium absorption requires stomach acid. Patients on the "purple pill," Prilosec, and other acid suppressors may need a much larger than normal dose of Synthroid and calcium. A free T3 (active thyroid) level check may be needed.

Armour Natural Thyroid is absorbed better than synthetic Synthroid, at lower cost.

TUMS are calcium carbonate, an insoluble, poorly absorbed form of calcium. Tums are antacid, not to be taken with calcium or as a calcium supplement.

There is not, has never been, a lab test to determine deficiency of Premarin or Provera in humans.

Sleep Like A Baby, but Dry:

Five-HTP, for many is a safe "sleeping pill." It does not cause memory loss and morning hangover as sleeping aids such as Ambien and Benadryl. **IT CAN NOT BE TAKEN IF TAKING ANTIDEPRESSANTS OR IMITREX LIKE DRUGS.**

Very low dose MELATONIN, if of animal origin, can promote sleep in all ages. Suntheanine, from green tea, provides relaxation, eases nervous tension, and irritability without **ANY** known side effects, day and night.

For most, the problem is not going to sleep but awaking several times during the night. **MAGNESIUM GLYCINATE/MALATE** taken to bowel tolerance at bedtime can maintain sleep for seven hours and enable going to sleep again if awakened. As a bonus, it produces large, comfortable BM's daily. **MORE >>>>>**

Misfortune, the kind of fortune that never misses. -Devil's Dictionary

Prescription Center

"We make drugs better."

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Happiness is sharing a life -Michael Landon.

>>>>More Magnesium Please:

Magnesium deficiency can cause high blood pressure, heart disease, irregular heart beat, edema, headache, and asthma. January 2005, in **Stroke**, low magnesium was shown to be a cause of PAD, or peripheral artery disease with symptoms including leg pain. An adult needs 600 mg. of ELEMENTAL magnesium daily. "Magnesium deficiency intensifies adverse STRESS reaction that can be life threatening." *Journal American College Nutrition.*

I have a very responsible job. I am responsible for everything that goes wrong.

Compounder's Advantage:

Pharmacists can customize a new treatment immediately; a drug manufacturer needs seven years, or will discontinue a needed product when it is no longer profitable. Examples of compounded prescriptions:

1. A transdermal (topical) "bomb" of sedatives and tranquilizers for a patient with dementia that could not be controlled and would not take meds orally.
2. An antifungal, immunity enhancing, probiotic vaginal gel for a patient without relief for ten years. Annual treatments in the dermatology department of a major medical school gave her two weeks of relief a year. Hormone levels had never been checked.
3. A Heinz 57 plus a Baskin Robbins 31 combination of soothing skin chemicals and anti-itch drugs that in one day relieved (not cured) a severe intractable itching of seven years duration.
4. A placebo (sugar filled) orange pain capsule so effective the patient called 911 after taking a double dose. She had been counseled the Rx was too strong to ever take more than directed.
5. A bladder irrigation of heparin and sodium bicarbonate with oral arginine-ec and quercitin to relieve interstitial cystitis, IC.

Examples are just that and are not to promote any drug. We are available to discuss with physicians and their patients alternative treatments. Most require a prescription.

If your mind goes blank, be sure to turn off the sound.

PERISHABLE
FIRST CLASS

THIS LABEL ON YOUR
PRESCRIPTION DOES NOT
ALWAYS MEAN IT IS HEAT
RELATED PERISHABLE, JUST
NOT TO BE DELAYED.

The new USP regulations for pharmacies compounding sterile prescriptions require all male staff to have vasectomies.

Truth is Stranger Than Fiction:

Skip the movies, work with us! A guardian called to refill his puppy's eye drops, and to make a special request, "Please make them beef flavored."