

Pharmacy Tomorrow from Prescription Center

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RARE, UNUSUAL
AND
MADE TO ORDER DRUGS

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

Information gleaned from more than 100 publications.

Notable New Drugs in the Pipeline: A yet unnamed vaginal cream of plant (not horse) derived conjugated estrogens by Barr Labs. **DUREZOL**, (difluprendate) by Siron, an ophthalmic corticosteroid for inflammation & pain post ocular therapy. **EPIDUO**, a combination product for topical treatment of acne by Galderma. **LATISSE** (bimatoprost), by Allergan, an ophthalmic solution to enhance eyelash growth. **PRISTIQ** (desvenlafaxine), by Wyeth, to treat depression. The aptly named **RAPAFLO** (silodosin), from Watson, for benign prostatic hyperplasia (BPH). (Aptly named). **RELISTOR** (methylnaltrexone), by Wyeth, for opioid-induced constipation. **REQUIP XL** (ropinirole), a once a day formulation from GSK for Parkinson's. **TOVIAZ** (fesoterodine), from Pfizer, for overactive bladder. **VIMPAT** (lacosamide), by UCB, an antiepileptic.

Generics are now available for **KEPPRA & LAMICTAL**.

Had a request for **STYROFOAM** bandage. **XERAFOAM** maybe?

Drug Withdrawals:

(1) **Colchicine Injection** due to misuse in a few instances. (2) **Papain topical**, regulatory issues. (3) **ENDRATE** (edentate disodium) by Hospra, due to name confusion with edentate calcium disodium.

K9 name of the month is "POOPIE." Feline is **EARS**."

From last month: **Moisturizers, Good & Bad**, a "safe" brand is **ARBONNE**

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?

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. <><> **Preventing this year's flu** may require both Tamiflu and Flumadine to cover types A & B and the H1N1 strain. Amantadine is also an effective preventative. – CDC.

Health news: Women with large chins may cheat more.

<><> **Pristiq** is touted as effective as Effexor XR and better tolerated. European regulators disagree with this. As with Effexor, when discontinuing Pristiq, it must be tapered, which is difficult with just one size available & it will not break. Venlafaxine Extended Release tablets are bioequivalent to Effexor XR at lower cost and without these potential problems. – *Drugs Today*.

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. <><> **A 24-hour amoxicillin** (Moxatag) is available at a ridiculous price. Penicillin, given just twice a day is more effective and less expensive. If allergic, take azithromycin, Keflex, or Suprax. – Arch Dies Child.

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.

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** (Fructoolegosesaccharides) 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 BiIdentical (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, BiIdentical hormones remain the preferred method of HRT.” Kent 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 content of coffee.....

Prescription Center

“We make drugs better.” Ask how.

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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.



“Uh, Mr. Pomeroy—as you know, every fourth baby in the world is Chinese...”