

Pharmacy Tomorrow from Prescription Center

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RARE, UNUSUAL,
And
MADE TO ORDER DRUGS

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Q. What is a camel's hair brush made of? A. Squirrel fur.

Each month, **Pharmacy Tomorrow**, this newsletter, is available at www.RXFIXER.COM. Five issues are currently posted. Short excerpts, properly credited, may be quoted. Rx Fixer contact info and services are given, as is our privacy policy.

Too much of a good thing can be wonderful. - Mae West

Nalbuphine is Safe, Effective Long-Term:

Dr. James S. Howard, III, a psychiatrist who consulted at the Veteran Affairs Medical Pain Clinic in Fayetteville, North Carolina typically maintained seventy patients on **Nalbuphine** (Nubain) by injection. There was no observable withdrawal. Dr. Howard explains in the *American Journal of Pain Management* for January Nalbuphine achieves analgesia almost equivalent to morphine without euphoria, sedation, tolerance, or depressed respiration. *AJPM and private discussions*.

"With what strife and pains we came into the World we know not: but it 'tis commonly no easy matter to get out of it." Sir Thomas Brown, c. 1860

Chicken and Bird Flu:

The World Health Organization (WHO) confirms that when poultry products are safely handled and properly cooked, humans are not at risk of acquiring bird flu. Always wear gloves when handling raw chicken and be sure poultry and eggs are well cooked.

Wall Street Journal

Children seldom misquote you. They repeat word for word what you should not have said.

No more PHENERGAN for Little Tots:

The FDA is warning against giving Phenergan (promethazine) to patients under two years old. Twenty-two cases of respiratory depression have been reported in children on Phenergan. The FDA notes anti-nausea drugs are not to be used for the treatment of uncomplicated vomiting. Rx Center **GINGER JOLLYPOPS** are safe and effective for nausea.

Good health is the slowest possible rate at which one can die.

Smart or Stupid?

A 14-year-old milked venom from a rattlesnake and injected it into an arm vein in a suicide attempt. After five, very uncomfortable, days of in-hospital treatment he recovered without sequela. *Southern Medical Journal*. Why not just let the snake bite?

Do not let your cowboys grow up to be girls. -Willie Nelson.

We hear obesity is spreading.

Dropper Bottles (Droptainers):

Prescription Center **EXCLUSIVE**: Ten ml sterile ophthalmic droptainers to be available in July 2006.

That light travels faster than sound is the reason some appear bright until they speak.

Incidentally and By the Way:

3,000 IU of FISH OIL a day for adults and 1,000 IU a day for pets can make dry eyes more comfortable. *CORNEA Mar 2003*.

Sudafed as effective for allergy relief as montelukast (**Singulair**): *Archives of Otolaryngology*.

Bristol-Myers has approval to sell a once-a-day **patch for depression**. It is an MAO inhibitor.

CHD patients on **antidepressants** 55% more likely to die in a three-year period than other CHD patients. Duke University Medical Center.

A **once-a-day RITALIN type patch** is undergoing development.

Citracal Prenatal+DHA is the first prenatal with **Omega 3's**. (**Mission Pharmacal**).

Auto squeeze clips onto an eye drop bottle helping patients with weak fingers dispense the medication.

(\$3). Drops can also be dispensed in an **oversized bottle** (7ml in 15ml bottle) for easier administration.

Q: Why is it necessary to pay the government for a postage stamp to mail your income tax payments?

A: Unknown. (IRS= Income Removal Service).

Eating a diverse diet including four servings of **fruit** daily can make your **RealAge** four years younger. **Vegetables** cut stroke odds another three percent. Fruits contain **potassium** (lowers blood pressure), **Fiber**, and nutrients to help **keep cholesterol** levels in check.

We never get enough of that which we really do not want.



What do you mean Sparkey has been fixed, was he broken?

Reality is an illusion created by an alcohol deficiency.

Learning is remembering. - Socrates.

Most people would rather live with old problems than new solutions. - John C. Maxwell.

SAD SARD:

SARD's is **Sudden Acquired Retinal Degeneration**, or rapid onset blindness, usually in older spayed female dogs, especially goldens and schnauzers. Affected animals have low levels of **estrogen, and sometimes, androgens and progesterone**. Since menopausal women have low levels of the same hormones, can there be a cause/effect relationship in women with short arm syndrome - **poor eyesight**, and hormone withdrawal? -- Personal correspondence: Christi Warren, DVM, DACVO and Melanie Mineo, DVM, ACVO Board Eligible, May 2006.

"If people are coming to work...if they're making mistakes freely and fearlessly....if they're having funif they're concentrating on doing things, rather than preparing reports and going to meetings—then somewhere you have a leader. -Robert Townsend.

The High Cost of Low Thyroid (T-3):

The body can not make T-3 without **iodine**. A simple skin test is a quantitative test for iodine deficiency. Americans no longer get adequate iodine from low salt diets. Fluoride and Chlorine (water, swimming pools) reduce the body's store of iodine. Supplemental **iodine capsules** are available. Adequate T-3 is necessary to stimulate release of **progesterone** from the ovary to maintain pregnancy. There is a high prevalence of hypothyroidism (**thyroid deficiency**) in male patients with **melanoma**. **Synthroid** supplements T-4 only. Healthy bodies with adequate enzymes convert T-4 to T-3. Many can not. **Armour Natural Thyroid** contains T-3 and T-4. - George Gilson, MD, PhD.

Gastric Acid is Required for Proper Absorption of Synthroid, according to the April 27 issue of *The New England Journal of Medicine*. Patients on **Antacids** such as TUMS and drugs taken to reduce the amount of acid produced in the stomach, TAGAMET, ZANTAC, PRILOSEC, NEXIUM, and PREVACID require as much as 80% more Synthroid.

MELATONIN, 3mg daily in 6 months produced remarkable improvement of thyroid function. -Ann NY Ac Sc

ALZHEIMER'S' EYE TEST:

Count every "F" in the following text. Answer in column two.
FINISHED FILES ARE THE RE
SULT OF YEARS OF SCIENTI
FIC STUDY COMBINED WITH
THE EXPERIENCE OF YEARS...

Wrong, read it again, ALOUD.

Everything that counts can not necessarily be counted. -Einstein.

Join the Movement

To **Magnesium Glycinate/Malate**, the safe, all natural alternatives to sustained sleep and "double flush" bowel movements. A deficiency of magnesium causes muscle weakness and mental depression. Three 600 mg. capsules of magnesium Glycinate/Malate in the evening enables restful sleep and daily, comfortable bowel movements for adults.

Let the size of your God set the limits of your dreams. - Dr. Frank Harrington.

Good Life, Long Life Menu: High fiber, whole grains, LOW fat, no white bread, potatoes, sugar, carbonated beverages.

Consuming animal protein, dark carbonated drinks, caffeine, sugar, low testosterone = **osteoporosis**

America is paying as much for gas as for a bottle of water or 2 bottles of beer but not \$6 a gallon as in 1918.

Administration of Eye Drops and Ear Drops:

1. To clean a crusty eye before using eye drops, swab from the inside of the eye to the outside.
2. Immediately after drops are put in the eye, hold a finger over the inside corner of the eye.
3. Never put **ear medicine in the eye**.
4. To open the **EAR canal of an adult pull backward and upward**.
5. To open the **EAR canal of a child**, pull backward and downward.
6. Appropriate **EYE drops** may be used in the **EAR**.

A video reviewing these instructions is at <http://cop.uams.edu/med2/eye/eye.html>, Allow several minutes for it to load. - JAPhA.

When you reach the end of your life will you wish you had spent more time at the office?

Of Mice and Men:

In *Veterinary Drug Handbook*, Third Edition, by Donald C. Plumb, on page 834 (index gives page 836) the potencies of ophthalmic **TACROLIMUS** are given as 0.1 to 0.3%. Attempts to reach Dr. Plumb are unsuccessful but searches of **ACVO Proceedings** of the last five years do not substantiate this.

Six F's, yes SIX (I got 5).

Prescription Center

"We make drugs better."

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The best things in life aren't things.

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. **Fumagillin** ophthalmic drops for ophthalmic infection unresponsive to conventional treatments.
2. **Atarax-hydroxyzine** pediatric liquid to replace brand and generic formulas no longer made.
3. **B-L-T** (not a sandwich) local anesthetic in lieu of topical **cocaine**, now ultra expensive.
4. **Lidocaine 4.4%**, isotonic nasal gel for migraine headaches.
5. **Natamycin** ophthalmic and **itraconazole/DMSO** ophthalmic for an uncooperative **HIPPO**.
6. **New 2 ml size droptainers of NALBUPHINE 1.2% ophthalmic analgesic.**
7. **Oral Iodine capsules** for hypothyroidism - "low" thyroid.

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.

Just when the caterpillar thought the world was over, it became a butterfly.