

# Pharmacy Tomorrow from Prescription Center

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Three In One? A Texas Veterinarian found a mouse inside a PIT VIPER inside a boa constrictor.  
-Veterinary Practice News

## Do It Yourself Anemia Meter:

Biosafe Medical is selling an over-the-counter device that checks blood hemoglobin levels from one or two drops of blood, to provide a cost-effective way to detect possible anemia at home. [www.ebiosafe.com](http://www.ebiosafe.com)

A candle is not dimmed by lighting another candle. "Let your light so shine....."

## Quantitative Acupuncture,

### A Therapeutic Tool in Myofascial Syndromes:

In four cases evaluated data showed normalization in one or more parameters. The study was properly conducted and documented although comparison to a pharmaceutical anti-inflammatory, analgesic transdermal compound could provide more authenticity. - MEDICAL ACUPUNCTURE, Vol 19, #1, 2007

We all hear the danger of global warming but considering American utilities plan to build 150 coal plants - the world's dirtiest fuel - it is clear people are not listening. "You isn't gonna learn what you don't wanna know" Jerry Garcia. We're drowning in information and starving for knowledge. - Rutherford Rogers.

## Warning on Use of Topical PROTOPIC and ELIDEL\*\* and the Death of Common Sense.

Alan B. Fleischer, Jr., MD

Philip Howard, in his treatise, *Death of Common Sense: How Law is Suffocating America*, provides a series of outrageous anecdotes which clearly reveal that our body politic does not always make sound decisions. There is theoretic risk of danger in rats from these agents; human data suggest a protective effect from cancer. FDA chose to warn on the basis of weak and faulty data. These actions represent a "death of common sense" and have profound impact on our ability to safely care for patients. \*\* Tacrolimus and pimecrolimus.

Don't let people, problems, and pain in your past, pause your present, punish your person, prison your potential, and paralyze your progress.

## Fish Oil May Relieve Pain:

Fish Oil / Cod Liver Oil may relieve neck and low back pain according to *SURGICAL NEUROLOGY*. The use of NSAIDs (Motrin, Aleve, Naprosyn, Celebrex, etc.) are effective for neck and back pain. However gastric ulcers, bleeding and death are associated with their use. In a survey 78% of patients took 1200 mg (2 teaspoons) and 22% took 2400 mg of fish oil. Of 125 patients, 59% discontinued NSAIDs, 80% reported less pain, and 88% plan to continue fish oil. (Pharmacist's comment: Also taking glucosamine or glucosamine with chondroitin gives additional pain relief safely).

They Walk Among Us: An employee was sunburned during her drive in a convertible. She did not think she would burn "because the car was moving." (And they reproduce).

## New Drugs of 2006:

Very few new, not "me-too" drugs of benefit to the average patient were introduced. Of interest: ANTHELIOSIS SX, a better sun screen; PYLERA to eradicate *H pylori*; OMNARIS for allergic rhinitis; INVEGA for schizophrenia; RANEXA for angina pectoris; TEVA for Parkinson's; JANUVIA for diabetes; IDENIX for hepatitis; CHANTIX to quit smoking; and LUCENTIS for macular degeneration.



"I gotta admit, Doc, this ain't ezzackly whut I thought you meant when ya sed I needed shots. . ."

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Why do humans smell the flowers, but seldom, if ever  
smell one another? - The Dog.  
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### “Me Too” Drugs to Extend Patents:

Big Pharma (US drug manufacturers) have long introduced almost identical copies of drugs going generic. These newly patented copies are then promoted as better drugs, and at a higher price. Examples:

**INVEGA** as a once-a-day *Risperdal* (risperidone). Long acting risperidone can be made.

*Pristiq*, without any known advantage over *Effexor*.

*Clarinet*, not as effective and four times as expensive as generic *Claritin*.

*Nexium*, not proven better than *Prilosec generic* or over-the-counter. Usual dose of Nexium is 40 mg, of Prilosec 20 mg. Methyl donors are safer and almost as effective.

*Coreg CR* (controlled release) for *Coreg*. Coreg CR is given once a day at a higher dosage, 40 mg once-a-day instead of 12.5 mg twice a day.

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**Integrity is The Root of Success.**  
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### Examples of Customized (Compounded) Prescriptions Of Historical Interest:

Phenytoin, misoprostol, and metronidazole applied directly to stasis ulcer, nifedipine and pentoxifyline applied around the outer edges.

Minoxidil (Rogaine), Retinoic acid, K-Az-Dig gel for Male Pattern Baldness.

Cidofovir (Vistide) 3% topical gel for venereal warts.

Zinc pyrithione and clobetasol topically for PSORIASIS, symbiotics and low dose naltrexone by mouth.

Estriol vaginal cream or suppositories for vaginal dryness. (Estriol is not absorbed into the blood stream).

Triclosan Dental Floss.

Low dose vardenafil to heighten female sexual response.

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**In heaven will I get my parts back? The Dog.**  
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### Saliva Tests for Cancer?

Ignored by mainstream medicine, pharmacists use saliva to detect physical conditions as varied as adrenal fatigue to hypothyroid. Breath-a-lyzer tests are accepted without question. The American Association for Dental research has invested more than \$80 million for saliva test to detect oral cancer, Sjogren's, measles, breast cancer, cystic fibrosis, and Alzheimer's. - **HealthDay 3/22/07**

**Prescription Center**  
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### Incidentally and By-The-Way:

**Fix the skin you are in!** Some cancers may be due, in part, to our getting insufficient vitamin D. - Health Gazette. (No sunscreen = skin cancer; sunscreen = no vitamin D.

The effects of generic Warfarin and its brand name equivalent (Coumadin) were unquestionably identical. - JAMA.

The body reacts differently to different brands; it is dangerous to switch brands.

The only way for obese people to avoid getting diabetes and an earlier-than-normal death is to exercise and diet so they return to a normal weight. - British Medical Journal.

Xenia (half-strength) is now non-prescription.

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**Iran has 1/10 of the world's oil but needs so much it may start rationing next month.**  
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Pine bark extract reduces symptoms of endometriosis. Journal of Reproductive Medicine.

Antipsychotics and benzodiazepines speed deterioration in Alzheimer's disease. Neurosurg Psych.

Low dose, slow release morphine safely reduces chronic cough. - Respiratory & Critical Care Med.

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**Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom. - George Herbert.**  
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Breast-Feeding enhances vision development in infants. - American Journ Clinical Nutrition.

Loneliness Increases risk for Alzheimer's like dementia. - Archives of General Psychiatry.

Folic acid improves memory in older adults. - The Lancet

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**San Francisco's home sales fell in January for the 24<sup>th</sup> straight month, and prices dropped to their lowest in 18 months. - S. F. Chronicle.**  
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### Irritable Bowel Syndrome (IBS):

**(Not to be confused with Irritable Brain Syndrome).**

IBS affects 10-15% of individuals. Most treatments focus on relief of symptoms. Otilonium bromide, a spasmolytic, given with diazepam improves abdominal pain and distension and reduces diarrhea. Two adverse reactions have occurred in ten years. - Clinical Drug Investigation.

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**Ignorance is the mother of admiration. - Chapman.**  
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