

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

"All things change; nothing perishes." ~Ovid~

My (Your) Allergy Test is a home test kit that requires a finger stick of blood. It tests 10 allergies from cat to mold. See www.immunetech.com 800-807-1968.

Who is afraid of Virginia Woolf? Ghosts? She died in 1941

Unused Drug Disposal: Best not to flush, edible fish are being polluted. Crush, grind, etc., mix with coffee grounds or kitty litter, pour on liquids, seal in leak proof plastic and trash. ~FDA Consumer Health Info.

Actual advertisement, "Loans to get out of debt." Grants or gifts maybe?

Top 5-dollar volume drugs in US, 2007: Lipitor, Nexium, Advair, Plavix, Seroquel. Number 8 is Prevacid, putting two frequently unneeded, potentially dangerous drugs in the top 10, although taken for years have not been tested for more than 6 months. (Stomach acid is needed to enhance immunity and to facilitate absorption of calcium and B vitamins). Safe alternative for many, Angostura Bitters 20 minutes before meals.

I am O.C.D.: old, cranky, and demented.

"Good" bacteria ease hay fever symptoms: A daily dose of probiotics, (non-Rx) good bacteria, can change the system's response to grass pollen and provide relief. ~Clinical & Experimental Allergy. Probiotics, brand name FLORAJEN3 are shown to reduce symptoms of eczema.

"How do I love thee? Let me count the ways." Elizabeth Barrett Browning loved Robert Browning in seven ways.

Healthy Foods to Fight Afternoon Slumps: Water, Brazil nuts, dried dates, peanut butter on whole wheat. ~RealAge.com

Americans snivel at \$4/gallon of gas but not at Gatorade or milk for about the same, or with some liquids with the faint odor of sewage selling for more. Gas will be \$5/gallon in 2008 and 2x that before 2010.

"Sleep Driving" is defined as rising out of bed and driving during an apparent state of sleep, often with no memory afterward. (There are great opportunities here if staff could work in their "sleep"). Most reports of this condition are associated with zolpidem (**Ambien**).

I did not say it is your fault, I said I am going to blame you.

Women's Diets Linked to Cause of Death: Women who eat a diet rich in vegetables, fruits, legumes, whole grains, fish & poultry may reduce their risk for death according to the June issue of *Circulation*. Women who follow a "Western" diet of red & processed meat, refined grains, French fries, & sweets may increase their risk.

Consumption of coffee or tea daily appears to protect male smokers against at least 1 type of stroke. ~*Stroke* June 08.

There is really a **Journal of Negative Results**. Why?

Skipping Doses of Antiepileptic Drugs Can Be Fatal: A new study shows not taking antiepileptic drugs regularly is associated with a 3-fold increase in mortality risk among epilepsy patients, compared to those who are adherent. The study shows more emergency department visits, hospital admissions, motor vehicle accidents, and fractures in noncompliant patients.

Scientists in Finland said they had replaced a patient's upper jaw with a transplanted bone cultivated from his own stem cells. **WSJ**

To Cleanse or Not to Cleanse: "Everybody" will tell you normal isotonic saline is favored to cleanse acute wounds. Actually, tap water is more effective at reducing infection. No difference in infection rates were seen if wounds were not cleansed. ~*Cochrane Database Syst Rev. 2008*

Definition, "OSTRICHISM;" to denote a refusal to confront or acknowledge a problem.

Dosing Pain Meds: Most analgesics reach a ceiling when increasing the dose does not increase relief. MORPHINE, the safest, the least expensive and most effective analgesic does not. ~MEDSCAPE EM

I am not going to starve to death just so I can live a little longer.

Examples of Recently Compounded (Customized) Prescriptions of Historical Interest:

Sucralfate/metronidazole in water based gel to heal almost any lesion including stomatitis.

Fosamax Suspension – commercial product unavailable.

Testosterone drops, 5 mg/drop, 4 drops under tongue anytime an energy boost is needed or just before sex. For men only. Any dosing of supplemental testosterone is not affected by this boost. E. Shippen, MD.

Time flies when you are having rum.

Rx Center ophthalmic drops do not contain olive oil, which is irritating, or corn oil, which is unstable. Unless otherwise prescribed, the solvent is a solution of triglycerides derived from coconut seed. Additives or preservatives are not used. The ointments contain only a combination of petrolatums to obtain the required consistency. All ophthalmics have tested at 99% potency for 6 months or longer, stored at room temperature.

If you are not part of the solution, you are part of the precipitate.

For rashes/itch, dose and flavor to patient preference, pet or people: Hydroxyzene 10mg/ Prednisone 1mg/ml.

DMSO, sodium bicarbonate, lidocaine, heparin, & hydrocortisone bladder irrigation for interstitial cystitis. IJPC.

Bromelain 4% and Bromelain by mouth for scar tissue.

I am on a Valium diet. I take four and I am too drunk to eat.

Natural insect repellent spray: Citronella, tea tree oil, penny royal, vanillin, alcohol. PCCA (Vitamin B-1 orally helps).

Dry mouth after radiation: Mylanta 369ml, Lidocaine 1% Viscous 79 ml, Morphine 10mg/5ml 32ml. Morphine provides excellent pain relief. Swish & spit/swallow up to 4 times a day as needed.

Ibuprofen 5% topical clear gel. Contains alcohol.

Atenelol and methimazole transdermal ear gel for a pet.

Die! That is the last thing I will do.

“Safe” Sunscreens: Micronized zinc oxide, Z-Cote and micronized titanium, T-Cote. Both form a colorless barrier on the skin and block UVA & UVB. The micronized particles may be absorbed. (Jungle Juice rumored to be an excellent sunscreen is gorilla sweat.)

Never judge a book by its movie.

Prescription Center

“We make drugs better.”

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7-22-08 Happy 39th Heidi

If Patrick Henry thought that taxation without representation was bad, he should see how bad it is with representation.

Incidentally & By-The-Way:

Vegetables are the most dangerous foods. Farms, processing plants have little supervision. Washing is difficult, most cooking is at low temperature. Rinsing with vinegar water or peroxide may help. ~P. Auwaerter, MD. <>> There is no heartworm treatment approved for cats. Relief of symptoms is available. <>> Do not be lazy, be lean. <>> Vitamin D is not a vitamin. It is a steroid hormone.

If airport runways were downhill, airplanes would use less fuel taking off.

ICHD, The International Classification of Headache Disorders identifies and categories more than 100 different kinds of headaches with diagnostic criteria and treatment. ~Headache. <>> Exenatide (Byetta) in a new tablet formulation, containing the ingredient used to make resorbable sutures, **WHEN AVAILABLE**, will control type 2 diabetes with just 1 dose a week. ~UNC School of Medicine.

Pet name of the week “Pup E. Dog”

During every office visit, patients need to be screened for Pre-Travel Services. Will an upcoming trip require vaccinations, help with altitude illness, motion sickness, diarrhea preventative & treatment, sunburn/skin irritation, malaria, venous thrombosis prevention, soap, & ORS (oral Rehydration salts)? CDC will provide preventative guidelines based on the destination.

High prices cure high prices.

Topiramate For Heavy Drinkers: Topamax is reported in June 08 *Archives of Internal Medicine* to curb heavy drinking and reduce the risk of developing heart disease, hypertension, and liver cirrhosis in alcohol dependent individuals.

If people do not want to go to the movie, nobody can stop them.

King Pharmaceuticals is no longer making Cortisporin, Florinef, Humatin, Kemadrin, Intal etc. No reason is known. Most of the d/c'd items can be compounded.

Under some circumstances refill “prn” can mean 3 years