

## Pharmacy Tomorrow from Prescription Center

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**Glucosamine**, alone or with chondroitin interacts with Warfarin (**Heparin**). Glucosamine has antiplatelet effects and chondroitin is a heparin like compound. Modified chondroitin was the contaminant that prompted the recent heparin recall. **Will the officials who lowered the Medicare allowable for heparin below its actual cost, tempting suppliers to cheat, please report to prison, to be tried for murder.** -- Pharmacist's Letter

Democracy is NOT a spectator sport.

For 6 months, 55 women with **THINNING HAIR** took 15ml **SILICA GEL** daily. These women experienced thicker hair within 3 months, results improved with continued use. -- *Kosmetische Medizin*.

Government is not the solution, it is the problem.

**RESTLESS LEG SYNDROME (RLS)** is a neurological disorder that causes uncomfortable sensations in the legs – creeping, burning, tingling, and tugging – and an irresistible urge to move them. Symptoms begin or worsen while resting, and interfere with sleep. There is no cure but two drugs can alleviate symptoms. RLS is not to be confused with leg cramps, which can be alleviated with several oral and topical treatments. --*Neurology*

Every parent should remember that one day their children would follow their example, not their advice.

**SERIPHOS** to help your **BRAIN**, your **GAME**: German researchers tested heart rate, stress levels and quality of golf game. Then they gave the golfers 200 mg of Seriphos O-T-C or a placebo (sugar pill) daily 42 days. When retested the Seriphos group experienced less stress & improved golf scores. The placebo group experienced no improvement. After 3 months, the dose was adjusted. --*Health & Healing*.

**To relieve aches & pains without the stomach distress of Motrin. Vioxx, etc. take o-t-c KAPREX.**

Women with good appetites who regularly eat breakfast are more likely to give birth to boys; light eaters more likely to have girls.

In patients at least 80 years old, those with **systolic blood pressure less than 140 mm Hg** had a higher mortality than patients with **higher** blood pressure. --Am Family Physician.

Researchers concluded the use of **SSRIs (Paxil, Prozac, Zoloft, Celexa)** in older women was associated with a decrease in bone mineral density & an **increased risk of fractures**. -- American Family Physician.

"I know that you believe you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant."

For each **5 years retirement was delayed**, the mortality risk was reduced ten percent. Age, smoking, weight, and education were not a factor. **Early retirement increased the risk of dying from cardiovascular disease**.

--Am Journal of Epidemiology.

"Life is one fool thing after another whereas love is two fool things after each other." -- Oscar Wilde

Gary, we are all trying to determine the best ways to administer **Oxytocin**. J. F. MD prescribes short acting sublingual (under the tongue) tablets, 10 units, and long-acting capsules, 10 units per capsule. These can be given twice daily for **fibromyalgia** or for **orgasm** enhancement or both. I prescribe 10 unit long acting capsules, 1 or two 4-6 hours pre-sex activity or 1 or 2 every 12 hours for fibromyalgia. I have had some good results and some non-responders. Hope this helps. Gene. -- Personal E-mail from Eugene Shippen, M.D., author of *The TESTOSTERONE SYNDROME*.



"What's the difference between being addicted to painkillers and just really, really liking them a lot?"

**Incidentally & By-The-Way:** Studies show that long-term night workers have a higher risk of breast cancer risk than women who do not work at night. -International Agency for Research on Cancer. <><> Last year the rate of tuberculosis (TB) in the U.S. fell to its lowest point ever according to the Centers for Disease Control & Prevention in Atlanta. <><>

**Although ALS remains fatal** advances have been made improving quality of life and survival time. Specific medical interventions have been developed to correct swallowing difficulties and diaphragmatic dysfunction. -Adis Data. <><>

**For PAIN,** Tramadol (Ultram) is compared to morphine, both by mouth. Morphine again, again, and again proves to be more effective, safer, less expensive, have fewer side effects, and definitely to have been successful in more patients over more decades. The one advantage of tramadol may be, 25 mg given 2 hours before sex may delay PE - premature ejaculation. -palliative drugs.com

**"Borrow money from a pessimist - they don't expect it back"**

Nighttime Aspirin may delay progression of prehypertension to hypertension. Nighttime aspirin resulted in a decrease of 5.4 in systolic blood pressure and 3.4 in diastolic BP, without any change in physical activity. <><>

**Nearly 50 million in the US and 1.3 billion worldwide smoke. Novel pharmacological approaches to smoking cessation are being developed: Oral & pulmonary nicotine delivery, antidepressants, nicotine partial agonist, and nicotine vaccines.** -Adis Data. Benefits of stopping smoking are rapid, 61% of the benefit was realized within 5 years. <><>

**Combination therapy** (methotrexate plus cyclosporine) more effective in early rheumatoid arthritis than methotrexate alone. - Annals of the Rheumatic Diseases.

**"When choosing between two evils, I always like to try the one I've never tried before."**

Topical **VITAMIN A** (Retinol) 0.4% lotion reduces wrinkles in naturally aged skin, after 24 weeks. - Archives of Dermatology. **The fruit that fights wrinkles: PAPAYA to make collagen. More food for your face: Walnuts, whole grains, less fats & refined carbs. <> <>** **Whole eggs or egg whites? Yolks contain 90% of the calcium, iron, phosphorous, zinc, thiamine, and all of the fat soluble vitamins A, D, E, & K in the egg. <><>** And, it is endorsed by wood peckers - Pine bark extract eases symptoms of osteoarthritis. **PYCNOGENOL**, from the bark of the maritime pine lowered joint pain 55%, reduced stiffness 53% and increased mobility almost three-fold. <><> **For CHRON's: Six capsules of Floranen3 probiotics daily, 3 teaspoonfuls of 95% FOS daily and S boulardii for c diff toxins.**

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**"We make drugs better."**  
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Girls are like phones. They love to be held and talked to, but if you press the wrong button you'll be disconnected!

**Duke University** defines the **APPENDIX** as a store house of friendly bacteria, designed to repopulate the colon after disease. Patients without appendix who struggle to overcome disease need probiotics as described above. <><> **Analysis of a major population-based study suggests an association between allergies and suicidality.** -Am. Psychiatric Association.

I've been in love with the same woman for forty-one years.  
If my wife finds out, she'll kill me. -- Henry Youngman

**CINNAMON, 8 days a week:** People use it for - diarrhea, intestinal upset, flatulence, to stimulate appetite, bacterial and parasitic infections, the common cold, influenza, and dysmenorrhea. - Natural Medicines Comprehensive Database.

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

**Wart Gel;** Cimetidine 10%, 2-DDG 0.2%, IBU 2% Gel. Apply bid. Do not cover. <><> **Acetyl-D-Glucosamine 2% Niacinamide 5% topical cream for "Age Spots."** <><> **Acyclovovir 3% ophth oint. <><>** **For sleepless child with ADHD:** 3% magnesium chloride hydroxyethylcellulose topical gel. (Up to 20% can be used). Rub on back along spine before bed. **Magnesiumforlife.com <><>** **Topical trinitlast w/B-12 for dogs losing hair. Also give QUERCETIN orally. <><>** **Anti-wrinkle cream (smile lines, crows feet) DMAE 4% CoQ10 1% Lipoic acid 5%. Unless pharmaceutical grade, DMAE "stinks."** <><> **For molloscum: Beetle Juice topically. <><>** **Sterile glycerin injection for trigeminal neuralgia.**

**Live hemorrhoid or tape worm?**

**Iodine is** an essential trace element. In US 95% tested are low. Some symptoms: Poor eyebrow growth, slow reflexes, puffiness under eyes, very dry skin and hair, hair loss, estrogen dominance (breast Ca), infertility, low thyroid, always cold, brittle nails, headaches, low energy. Iodine plus conventional treatments improves breast Ca survival. For benign fibrocystic breast, lower caffeine intake, add Vit-E, fish oil, topical progesterone, iodine. The minimum adult need is 13mg a day; Japanese diet gives this, US diet, very little. A simple, 5-minute patch test at Rx Center (\$7) can estimate deficiency. Non-Rx iodine tablets are available. 100,000 times US RDA - recommended daily allowance- is safe. Bread (is made with bromine) and beverages containing "bromine" or "brominated vegetable oil" deplete iodine. Table salt is a poor source. Ref. "Iodine, Why You Can't Live Without It."