

Pharmacy Tomorrow from Prescription Center

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RARE, UNUSUAL
AND
MADE TO ORDER DRUGS

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OUR 50th YEAR <> © January 2010

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Monthly, **Pharmacy Tomorrow**, this newsletter is available at www.RXFIXER.com
This information is gleaned from more than 100 publications. Some of it as far back as 1950 BC (before computers).

LACTOSE INTOLERANCE: Most adult mammals, including cats are lactose intolerant. In other words, it is not healthy for adult cats to drink milk. Likewise milk is a poor source of calcium, when heated to an adequate temperature for pasteurization, calcium is destroyed. - Annul Review Genetics.

How long does a member of the Fed serve? Until he gets caught!
(In the 1950's Fed head Bernanke was working behind the soda fountain of the family owned drug store in Dillon, SC).

What IS Co-Q10: Co-Q10, the everywhere energy nutrient, is a vitamin-like substance naturally present in food and also produced by the human body. Every cell in the body contains Co-Q10. Without it cells cannot survive. This includes the heart, liver, and muscles. Energy levels may be increased by supplementing with a soluble non crystalline Co-Q10, and taking a daily vitamin-mineral supplement necessary for Co-Q10 production in the body. Small amounts are obtained from the diet: beef, soy, fish and nuts. Except in rare circumstances we do not advise soy.

**Statins DECREASE Co-Q10 levels:
Lovastatin, Simvastatin, and Pravastatin
decrease Co-Q10 levels in humans. Other
Statins may also do so.**
---- pdr for nutritional supplementns

For reasons given in the box most patients on cholesterol drugs (statins) present with muscle cramps, starting in the legs. Excessive exercise can cause the same symptoms/deficiency. When cramps extend to the heart muscle, the problem eliminates itself. (Pun intended). All adults need to take 100mg or more of Co-Q10 daily and statins patients need to take 200 mg or more twice a day. CoQ10 = ubiquinone = everywhere (in the body).

Annual question: **Is POINSETTIA toxic? No.** A 50-pound child/pet must eat 500 leaves to cause symptoms.

APhA Poisoning & Toxicology Handbook.



Thanks to all for a marvelous 2009 as well as the previous 49 years.



Time is the longest distance between 2 places. -Tennessee Williams, the Glass Menagerie.

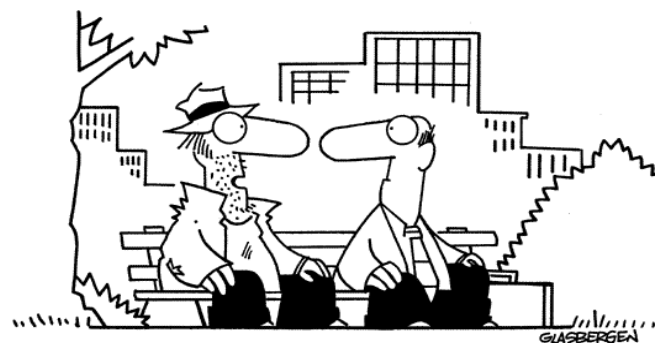
Add to Vegetables for Energy: Toasted Sesame Seeds, loaded with magnesium, can also be added to batters (bread, cookie, etc).

Right for the Macula: I recommend supplementing with DHA (not DHEA) and LUTEIN, 2 nutrients proven important to vision. -Robert Abel, Jr. M.D., award winning ophthalmologist.

Dr. Abel's Tips for the Eyes:

1. Wear UV & blue blocking sunglasses.
2. Don't smoke.
3. Manage medical problems.
4. Drink 6 to 8 glasses of water a day.
5. Eat a balanced diet rich in vegetables, fruits and unsalted nuts.
6. Eat 2 or 3 servings a week of deep, cold-water fish (not deep fried).
7. Get regular eye exams and keep your eyeglasses prescription current.
8. Moderate alcohol (wine) consumption.
9. Stretch and exercise regularly.

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**"I'm wealthy beyond my wildest dreams!
Unfortunately, my dreams were never very wild."**

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Examples of Compounded (Customized) Prescriptions of Potential Interest:

Glycopyrrolate 0.5% Topical Solution for sweaty feet.

Plantar Warts: 5FU 5%, Salicylic Acid 15%, Cimetidine 5%, 2DDG 0.2%, topical.

Nalbuphine 1.2% ophthalmic analgesic drops, tissue studies (no eye discomfort) ongoing at Ohio U. Made possible by a \$40,000 grant from Prescription Center. **Recent published study used Nalbuphine in an unbuffered solution of bacteriatic saline which is obviously irritating.** Nalbuphine ophthalmic causes discomfort in dry eyes. If needed use a drop of "tears" first.

Headline: "8 Foods That Kill Your Appetite." Just 8?

Male ED, Erectile Dysfunction: Previously Dr. Eugene Shippen ("The Testosterone Syndrome") advised 2 sub-q injections a week of low dose testosterone. He also suggests 10mg of testosterone with 10mg of DHEA, daily in a topical base containing IMU oil. For male **URINARY FREQUENCY** he advises low-dose Cialis daily.

Diabetic Neuropathy: Ketamine 10%, Gaba 6%, Clonidine 0.2%, Nifedipine 2% Topical.

Heel Spurs: Amitriptyline 2%, Baclofen 5%, Ketamine 5%, Ketoprofen 10% Topical.

PSEUDOBULBAR Affect in ALS & MS: Dextromethorphan (DM) 30mg and Quinidine 30mg proven effective while avoiding nausea and vomiting resulting with larger doses. 150 MS patients treated for 12 weeks had a response rate of 84%. 140 ALS patients treated for 28 days reported better quality of life and a decrease in laughing/crying episodes.

MS: Low dose naltrexone, 0.5 mg to prevent constipation... may be useful in treating FIBROMYALGIA.

There is no such thing as a small disaster.

Thyroid Capsules, porcine, same ingredient as Armor. Azithromycin for suspension.

Muscular Discomfort: Keto-10, keta-10, Gaba-6, clon-0.2 cream.

Joint Pain/Arthritis: Ibuprofen 20% (Motrin) topical, no gastric irritation.

Methylcobalamin 12.5mg/ml preservative free injection. Used with children with autism & adults with MTHFR mutation.

Cefazolin topical **ophthalmic** antibiotic 33.3 mg/ml.

Alicia Agard, ND, PhD (Naturopathic, homeopathic physician, PhD in nutrition, will be at Prescription Center on a full time basis beginning December 10, 2009.

You cannot change what has happened but you can change what happens next.

Commercially available **MEXILETINE 150mg, etc** is not commercially available. Chemical for compounding is in stock.

Prescription Center

"We make drugs better."

**915 Hay Street, (910) 485-2167
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Our 50th Year

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There are good ships and there are pirate ships, ships that sail the sea. Yet the best ships are friendships and may they always be.

Pills & Skills: <><> Pet names of the week: for Equine "Beloved," and 3 felines: "This One," "That One," & "The Other One."

Never be the first to get old.

Is the yearly "squeeze" now a "Stretch?" Mass confusion exists on guidelines for breast examination. The most reliable, thermography to detect heat is not mentioned. Supposedly the stretch results in less exposure to radiation.

A newly proposed 4 drug regimen for **H. pylori (stomach ulcer)** may be better than standard 3 drug treatment.

Paranoid song: Santa Claus is coming to Town to Get Me.

BREAKthrough for Joint Health: Undenatured type II collagen (Uncooked Chicken Soup for Your Joints) helps repair and rebuild joint cartilage, reducing pain and improving mobility. Trade name OsteoTec, has also been compounded for many years.

If it ain't broke, fix it till it is.

The FDA approves generic oral disintegrating ARICEPT for Alzheimer's for patients with difficulty swallowing; there they go again copying compounding pharmacists.

The National Research Council studied the body's response to **NATURAL VITAMIN E** compared to synthetic vitamin E. Some results: The brain utilized 5.3 times more natural, the heart 1.9 times, and muscles 1.7 times. Vitamin E is essential, should be taken with meals and not at the same time as iron.

Vaginal dryness is the result of a hormone deficiency. If a prescription is not available, **SLIPPERY STUFF & Good Clean Love** (actual names of commercial products) is helpful temporarily.

Gastrointestinal operations are being used throughout the world to treat **DIABETES** in carefully selected patients. - Annals of Surgery.

Prescription Center accepts VISA, Master Card, & Discover at the Pharmacy & by telephone.

A migraine-generating conundrum: Last year the US stock market suffered a historic crash, there were even suicides, making it a "killer bear market."