

Pharmacy Tomorrow from Prescription Center

Gary Newton, FACA, Pharmaceutical Chemist; Gerald Mizelle, Consultant Pharmacist
915 Hay Street, Fayetteville, NC 28305, (800) 682-4664, Fax (910) 485-3335

RARE, UNUSUAL,
And
MADE TO ORDER DRUGS

www.RXFIXER.com; GARY@rxfixer.com
OUR 47TH YEAR <> © September 2006

Relationships define success.

Each month, **Pharmacy Tomorrow**, this newsletter, is available at www.RXFIXER.COM.

The most important lessons are learned from treatment failures rather than successes.

Do We Need Designated Pedestrians?

Of injured pedestrians and bicyclists tested for blood alcohol content, thirty-four percent were legally drunk, most were middle-aged.

-Journal American College of Surgeons.

Alcoholic drinks made with artificial sweeteners lead to a higher rate of alcohol absorption than from drinks made with sugar-based mixers.

Mastic gum, a resin harvested from trees in Asia, is an excellent appetite suppressant.

Enteric Coating May Reduce Aspirin's Benefits:

Enteric coating aspirin appears to decrease the aspirin's absorption and interfere with its ability to prevent stroke. Increased body weight may further inhibit aspirin's ability. Plain aspirin was more effective. -Royal College of Surgeons, Dublin.

Free advice - it is worth every cent.

Improve Brain Efficiency in Two Weeks:

Healthy volunteers, aged 35 to 69 years, with mild age-related memory complaints took brisk walks daily, used a healthy diet plan which included five meals a day high in fruits and vegetables, omega-3 fats, and low-glycolic-index carbohydrates. Patients did mental puzzles and memory training techniques. Cognitive function and brain efficiency significantly improved in as little as two weeks. - Am. Journal of Geriatric Psychiatry.

The Seven Dwarves of Menopause: Itchy, Bitchy, Sweaty, Sleepy, Bloating, Forgetful, and Psycho.

PREMARIN linked to Risks for Strokes, Dementia:

On April 24, the FDA issued warning that use of Premarin® increased risk of stroke in women less than seventy-years old. Use of conjugated estrogens (Premarin) also increased risk of deep vein thrombosis (DVT) and Dementia. -FDA.

If Viagra, etc. are too effective, two Sudafed tablets help.

Seventy million Americans have sleep issues.

A just published study in *Neurology* equates early onset of **DEMENTIA** with an excess of **COPPER** in individuals consuming **TRANSFATS** and **SATURATED FAT**. Transfats are healthy vegetable oils that are made into solids, as in margarine.

Incidentally and By the Way:

About 50% of autistic patients see an improvement when they follow a wheat-free/gluten-free/dairy-free diet.

Lisac & Assoc. produce three "Good Health Cheese Alternatives" for vegetarians and the health-conscious.

One percent of Americans account for 22% of health care spending, down from 28% in 1996.

The FreeStyle-Flash Blood Glucose Meter was more accurate than One Touch Ultra.

Am Journal of Health System Pharmacy.

An expensive (\$695.00) monthly injection of Vivitrol (Naltrexone) is available to maintain abstinence from alcoholism.

Chondroitin is sometimes used in eye solutions for KCS, corneal preservation and glaucoma. -MayClinic.com

Equivalent doses of furosemide (Lasix) and ethacrynic acid have inhibitory effect on bronchoconstriction in asthma. -Storms Allergy Clinic

Vaccination for tetanus is associated in a 33% decrease in risk of multiple sclerosis; may prevent or delay the development of MS. -Neurology

Menopause is not an estrogen deficiency problem.

Patients treated with medical radioisotopes can trigger an airport radiation alarm for up to ninety-five days.

Love is a force of nature; you cannot control



Bill Clinton is the first pardoned federal felon to serve as president of the US. He was pardoned 1-21-77 by President Carter.

Varicella (Chickenpox) 2nd Shot:

CDC is recommending a booster of the chickenpox vaccine. Two doses will boost immunity from 80% to 99%. Can any drug be 99% effective?

In August, Prescription Center provided for the first time, BOTOX to a dog.

Revised Guidelines for Diabetic Neuropathy:

Listed in order of low side effects, low cost.

Low dose tricyclics, Elavil®, etc.

CYMBALTA, also helps depression. \$100 a month.

Effexor, if you can not take Cymbalta.

Lyrica, easier to dose than gabapentin (Neurontin), \$125 a month.

Gabapentin, more dose related side effects.

Opioids, morphine and Dilaudid, safe when needed.

Stop smoking, check blood glucose and feet daily. -Pharmacist's Letter.

Additionally, with all treatments, an anhydrous topical gel of Ketamine 10%, gaba 6%, Clonidine 0.2%, and nifedipine 2% rubbed in four times a day as needed, possibly the safest, quickest, local relief.

CONSTIPATION affects twenty-eight million adults annually in the US. It is the cause of 2.5 million physician visits and 92,000 hospitalizations. More than twice as many women are effected than men. Effective, safe, natural, inexpensive treatments abound as do very expensive prescriptions.

HI May = PD:

In ninety-three pairs of twins studied, the twin with a head injury resulting in loss of consciousness developed Parkinson's disease 3.8 times more often than the uninjured twin. Typically, injury occurred thirty years before onset of the disease. The association was stronger in identical twins.

-Annals of Neurology, July.

Carvedilol (Coreg) Suppresses Hiccups:

A fifty-nine year old man was hospitalized for nausea, anemia, and two years of constant hiccupping. He previously failed ranitidine (Zantac, 150mg twice a day), chlorpromazine, the gold standard, (Thorazine 25mg. four times a day), ondansetron (Zofran) pantoprazole (Protonix), and tegaseroid (Zelnorm), in various doses, as well as metoclopramide IV (Reglan), injections of Botox, and a vegal nerve stimulator. Coreg, 6.25mg. four times a day was effective and improvement was maintained at a 5-month follow up. It is not reported if the patient took Viagra, Cialis, etc.

-Journal American Board Family Medicine. .

The ASPCA Animal Poison Control Center managed more than one-hundred-seventy cases of products containing the artificial sweetener XYLITOL last year. The sugar substitute is used in gums and candies.

Aspirin, taken thirty minutes before NIACIN (nicotinic acid) reduces temporary rash and hot flashes.

The Eisenhower Interstate System requires that one mile in every five must be straight. These sections are meant to be used as airstrips in emergencies.

Testosterone / Beer / Dong Quai:

Men and women produce the same hormones but in different amounts. All hormones must be in adequate amounts and proper ratios. Men and women with excess weight, as well as compounding pharmacists who do not glove and mask, tend to have excess estrogen. According to Dr. Zava, DONG QUAI reduces estrogen levels. In THE TESTOSTERONE SYNDROME by Dr. Eugene Shippen reference is made to a patient who although on supplemental testosterone was impotent until his daily beer consumption was reduced from seven to two hops containing beers a day. This reduced his estrogen levels.

If hops are affecting you adversely, read *Sacred and Herbal Beers: The Secrets of Ancient Fermentation*, by S.H. Buhner. (Not reviewed).

Antarctica is the only land on our planet that is not owned by any country.

Prescription Center

"We make drugs better."

915 Hay Street, (910) 485-2167

Fayetteville, NC 28305

Pharmacists Gary, Gerald, Marcus, Mindy, Debbie

© September 2006

The side effect of some drugs is poverty.

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. See Diabetic Neuropathy in previous column.
2. Vidarabine ointment.
3. ACTH Gel, U-40, U-80.
4. Propoxyphene, Dextromethorphan, Caffeine capsules for headache.
5. Vitamin A Ophthalmic Ointment.
6. Aluminum Hydroxide Capsules, 500 mg.
7. PZI Insulin, U100, U 40.
8. Stanazol tablets, injection.
9. Cisapride (Propulsid) tablets and suspension, **Veterinary Use Only.**
10. Spirinalactone 2-5%, Progesterone 2%, Azelaic Acid 2% apply twice a day for three or more months to remove facial hair.

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.

Last month, we assumed our comment, all pharmacists who do sterile compounding must have vasectomies, was obviously satire until a lady called to insist if men must have vasectomies, women must also.