

Pharmacy Tomorrow from Prescription Center

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Each month, **PHARMACY TOMORROW**, this newsletter, is available at www.RXFIXER.com

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Ripley Plus:

1969: Patient X born with bladder defect. 1976: Surgery, Duke University corrects problem, 7 days in hospital. 1977: X has gum surgery. 1998: X delivers non-identical twin girls. 2007: Twin B has similar bladder surgery at Duke University as outpatient. Twin A has similar gum surgery. GARxY

There is suspicion; years ago, a Monk translated a word as CELIBATE instead of correctly as CELEBRATE.

Television & the Developing Brain:

-- David Perlmutter, MD, FACN. Author of *The Better Brain Book*, *Raising a Smarter Child by Kindergarten*, and other best sellers.

"When children watch television, they are not engaging in fundamentally necessary activities for brain and social development." When a child is watching TV he/she is not playing, not socializing, not interacting, not exercising, not reading, and is exposed to violence which increases aggressive behavior.

Marie Winn in *The Plug In Drug* relates language development problems to the conversations not had. The American Academy of Pediatrics advises children 2 and under should never watch TV.

Eyeglasses are never lost; you just cannot find them.

Karo Syrup Tough on Arteries:

High fructose corn syrup, aka Karo, used to sweeten beverages causes fatty deposits in arteries and boost LDL, "bad" cholesterol. - ADA

How can you count chickens before they hatch?

A straw vote only shows which way the hot air blows. - O. Henry

First K-9 Drug Approved in 10 Years:

VETMEDIN (pimobendan) chewable tablets manage signs of canine congestive heart failure. About 6 million dogs in the US suffer from congestive heart failure.

One new drug a decade requires off label (nonapproved) use of other drugs. A practice opposed by the FDA and the Courts.

The Russian Atomic Energy agency is developing floating nuclear energy reactors to tow into third world ports to provide electricity, for a fee.

I-THEANINE, the Miracle Amino Acid:

L-theanine is a unique amino acid found only in green tea and a rare mushroom. L-theanine produces relaxation without drowsiness, improves learning ability (memory), and reduces blood pressure. No side effects are known. There are no dangerous dosage limits. One capsule of I-theanine contains the amino acids of 40 cups of green tea. Adult and children's dosage forms are available. The brand name is Suntheanine. -Food Science & Technology. This is the only readily available study of use in humans. Many studies on the effects in rats are available. (Why do rats get all the good meds first and free?)

Studies show stress and a "junk-food" (high carb) diet can make mice fat.



If I was YOUR pet I'd run away

Money will buy a fine dog, but only kindness will make him wag his tail.

Babies and Safe Sunscreens:

Journal of Family Practice, May 2006: The risk and benefits of sunscreen use for children under the age of 6 months are unknown. Keep infants out of direct sunlight and covered with protective clothing.

For others: Rub in well, reapply often, and use UVA/UVB sunscreen with SPF 15 or higher. (SPF is only for UVB, there is no rating for UVA). UVA rays cause cancer, wrinkles, and photosensitivity.

Neutrogena's *Helioplex* combines UVA/UVB protection in a broad coverage. The American Academy of Dermatology recommends *Aveeno Continuous Protection* and *Aveeno Baby Continuous Protection SPF 55*. Consumer Reports picks *Neutrogena Ultra Sheer Dry-Touch SPF 45* and *No-Ad Sunblock Lotion Maximum SPF 45*. Do not use sunscreen/insect repellent combos. Sunscreens need applying often, DEET should not be. Pharmacist's Letter.

Cannibal: One who is fed up with people

Examples of Recently Customized (Compound-ed) Prescriptions of Historical Interest:

Fluoride 20 mg slow release capsules given with Bi-Est (natural estrogen) to increase bone mineral density and reduce fracture risk from osteoporosis.

A gel combining topical Clindamycin (antibiotic) and tretinoin (Retin A), effective for adolescent acne.

Topical Vitamin A (Retinol) with niacin to efface wrinkles in naturally aged skin.

There are no Rottweilers, no Pit bulls, and no killer dogs in Switzerland. The Swiss dog symbol is the loveable life saving St. Bernard.

For stretch marks & scarring, new or old: Tamoxifen, allantoin, antihistamine, in shea butter base.

HVP/Genital warts & plantar warts: Cimetidine + Ibuprofen + 2 DDG

For cracked heels: Urea 40%, Salicylic acid 30%, Betamethasone 0.5% ointment.

Handkerchief: Cold Storage.

For numbing to suture, etc: LAT; Lidocaine 4% Epinephrine (Adrenalin) 1:2000 Tetracaine .5%.

Candida/fungal: Tea tree oil, gentian violet suppositories.

Transdermal oxybutynin for overactive bladder.

To make your whole house smell "fresh," put a cinnamon stick in the vacuum bag.

Prescription Center

"We make drugs better."

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Senior citizens happy hour - a nap.

Statins/Lipitor, BAD:

References: *Phychosom Med; Expert Opinion, Drug Safety; Am Journ Med; Biochim Biophys Acta; PDR*. Required reading: *Lipitor, Thief of Memory, from Amazon.com & Satin Drugs Side Effects from spacedoc.net*.

A retired professor, taking *Zocor*, was diagnosed with rapidly progressing Alzheimer's. A few months off *Zocor*, his cognitive function is normal.

Three years on *Lipitor*, and a 50-year-old, wracked with pain, weakness, & poor concentration had to close his business. Has improved.

More "Statins = Bad Memory" in July *Health & Healing Newsletter*, by Julian Whitaker, MD.

Incidentally and By-The-Way:

Potential bladder irritants: alcohol, carbonated beverages, chili, chocolate, coffee, artificial sweeteners, spices, vinegar.

H2 Blockers, Tagamet, Zantac, etc., may cause memory loss in older African Americans.

The darker the beans the better for protein, fiber, folate, and antioxidants.

Discouragement is disenchanting self-love...

Lactobacillus (Florajen3) good bacteria may relieve atopic dermatitis.

Study finds Tacrolimus (Protopic) more cost-effective than pimecrolimus (Elidel) in atopic dermatitis.

New nonsteroidal cream, Atopiclair, for atopic dermatitis is effective, safe in infants, children.

Lifestyle changes are better than drugs.

Aquafresh is selling dental bleaching trays and bleach, non-prescription.

Aripiprazole (Abilify) treatment may relieve migraine headache. (5mg a day titrated to 10mg a day over 30 days).

Daily nasal saline irrigation with special device may be only treatment needed for chronic rhinosinusitis.

After 2 days in the hospital, I took a turn for the nurse.

Low glycemic index carbohydrate diets better for weight loss and lipid profiles.

Fluorescent lighting and computer screens deplete the system of essential antioxidants.

Official allergen of the year 2006, Fragrance.

Belladonna, n. In Italian, a beautiful woman; In English a deadly poison. Essentially the same in both languages. -The Devil's Dictionary.