

Pharmacy Tomorrow from Prescription Center

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Monthly, *Pharmacy Tomorrow*, this newsletter is available at www.RXFIXER.com

Research shows in all of human history, no wife has ever shot her husband while he was washing dishes.

Foreign Drug Confusion: For whatever reason some Americans buy drugs from foreign countries. Since the death of the US dollar, these drugs can cost more than in the US. More problematic is confusion of drug names. In Canada, **omeprazole** is Losec instead of Prilosec; **cetirizine** is Reactine, not Zyrtec. In Mexico **Simvastatin** has 10 names, none of them Simvastatin; In India **Atorvastatin** has more than 30. Sometimes the name is the same but the active ingredient is different. If you must import medicines, maybe drugs not yet available here, seek advice of a local pharmacist with known foreign colleagues. Pharmacists do not import drugs for resale.

He who has health has everything...

Recent comments by Mark Houston, MD, author of **WHAT YOUR DOCTOR MAY NOT TELL YOU ABOUT HYPERTENSION:** Long term use of THIAZIDE diuretics (example HCTZ) in doses as low as 6.25 mg daily increases the chance of insulin resistance. His suggested alternate is ADAPAMIDE. To discontinue HCTZ, taper down for 6 weeks. Dr. Houston lists as brain/nerve nutrients: A Lipoic Acid, Acetyl L Carnitine, Phosphatylserine, Omega-3 fatty acids, Inositol, Chelated Magnesium, to name a few.

Every 15 seconds a child dies from lack of access to clean water.

PPI's Increase Hip Fractures: Acid Blockers, Nexium, the purple pill, Prilosec, Prevacid, Zantac, Tagamet, and others interfere with the body's absorption of calcium. Additional supplemental calcium is advised but cannot prevent osteoporosis.

Age is a feeling, not a number. Ibid

Eye Surface Neoplasia: Data suggest that topical **INTERFERON ALPHA-2b** compares favorably to surgical treatment. *Ophthalmology*, Aug. **Interferon Alpha-2b is no longer available in the US.** Rx Center inventory is estimated to suffice until 2009.

In 1714, Gabriel Fahrenheit invented the mercury thermometer. Sir Centigrade lived 100 years later. "Mercury" thermometers now contain only colored alcohol.

Ho Hum, Drug Prices Increase: Not knowing who will live in the White House next year, drug companies are increasing drug prices from as little as 100% to more than 1000%. Acthar, which treats spasms in babies, increased from \$1,650.00 a vial to \$23,000.00. Cosmengen, which treats tumors, increased from \$16.79 a vial to \$593.75

A pina colada contains 75 grams of sugar, 625 calories.

Migraine PREVENTION: Olmesartan/Benicar may be useful in headache prevention. Data reveals a 31% reduction in headaches in patients with hypertension who were treated with Benicar. Ten to 40mg a day is taken. - Hospital Pharmacy. *Pharmacy Tomorrow*, Aug 08 names several natural substances found useful for headache prevention. See www.RXFIXER.com

Do not worry about people from your past; there is a reason why they did not make it to your future.

PAWS for Thought; Diagnose Skin Cancer by "Smelling." Olfactory cues from breath or body odors have aided in making diagnoses since the early days of clinical practice. Dogs are better diagnosticians than humans. Dogs can smell the difference between both early-and late-stage lung and breast cancers. Some can detect skin cancers. Research is conducted at Monell Chemical Senses Center, Philadelphia.

If you ever need a helping hand, you will find one at the end of each of your arms.

Ophthalmic penetration enhancers or absorption promoters allow use of lower dosages of medications in eye drops and decrease the side effects. Almost all ophthalmic drugs appear to penetrate the cornea by simple diffusion. The solution of triglycerides used by Rx Center as a vehicle (identified as C-Nut on the label) for Tacrolimus and Cyclosporine while technically not a penetration enhancer, enlarges the intercellular space and permits better penetration of the actives. This effect has not been attributed to any other oil including olive oil and corn oil. --Industrial Pharmacy.

Avoid biting when a simple growl will do.

Inhaled MANNITOL Improves Lung Function in Cystic Fibrosis Patients by increasing water content of the airway surface liquid and improving the clearance of mucous. Chest 2008.

The cure for anything is salt water: sweat, tears, or the sea.
Isak Dinesen 1885-1962

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

L-tyrosine & dl-phenylalanine slow release oral capsules as a natural treatment for narcolepsy.

Magnesium 5% Guiafensin 3% massage gel for muscle spasms and for nocturnal leg cramps. (Additional ingredients may be added on a patient specific basis).

Vitamin D3 4,000 IU per Gm. and B-12 anhydrous topical eczema, mild psoriasis, safe during pregnancy.

Tranilast anti-allergen oral capsules.

Half the failures in life arise from pulling in one's horse as he is leaping. -JC Hair

For SHINGLES: Eliminate high glycemic carbs including all sweets; take six Florajen3 probiotics and 1 teaspoon FOS daily. Topically, apply Ketoprofen, Dibucaine & ZDDG in a penetrating base,

DES, diethylstilbestrol tablets for man and beast.

For narcolepsy or as an appetite suppressant, diethylpropion 75mg. modified release capsules.

80% of the electricity in France comes from nuclear without ever having an accident.

Topical TRANILAST 10%, an antiallergenic, applied to healed shingles to stop burning in minutes.

Heparin is back (for a price) to compound creams for varicose veins and irrigations for interstitial cystitis.

A UREA/TEA TREE ointment to thin diseased nails. Used too long will remove the nail.

NaCl, plain old salt capsules that are no longer commercially available, still prescribed. (Sea salt is preferred, David Brownstein, MD).

Two hydrogen atoms walk into a bar. One says, "I think I've lost an electron." The other says, "Are U sure?" The first says, "Yeah, I'm positive."

Dr. Pepper-UP, Papaverine, Regitine, and Alprostadil penile injection to immediately overcome ED for 2 hours.

Oral and topical ophthalmic Interferon A2B antiviral.

Various forms of Injectable Vitamin B12.

We understand the Kremlin has a Tsarbucks.

Cidofovir 0.5% ophthalmic drops, 99+% stable at room temperature 120 days.

Nalbuphine 1.2% ophthalmic analgesic drops, 99+% stable 12 months at room temperature. Pat Pending.

DMSA suppositories for heavy metal chelating.

Magnesium Glycinate, melatonin capsules for "deep sleep," bowel regularity, and muscle relaxation.

All great truths begin as blasphemies. -Oscar Wilde

Prescription Center
"We make drugs better."
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Within limitations, the future can be foreseen. Charles Dow

Incidentally & By-The-Way:

Half of gun deaths are suicide. <><>After exercise caffeine helps the muscles refuel. <><>Daily cups of tea "benefit heart health." <><>Eating almonds may reduce cholesterol. <><>Vegetarians live longer. <><>Just one can of RED BULL drink can increase stroke risk.<><>Oral supplements of trace minerals may reduce blood pressure.

The more things a man is ashamed of, the more respectable he is. - George Bernard Shaw...

Most breast cancer patients are deficient in Vitamin D3 (and iodine). Patients with known deficiency take 10,000 units a day, adults take a minimum of 1,000 u a day -up from 400 u. <><>Surgery for obesity reduces cardiovascular events, lowers blood pressure, may eliminate diabetes, corrects cholesterol levels, increases life span, and reduces cost of clothing.

I admit it, I am a hypochondriac. However, I manage to control it with a placebo (sugar pill). - Dennis Miller.

Pills & Skills: <><> Pet names of the week: "Useless" for a K9 and "Hot Dog" for a feline. <><> <><> Many infants get acid-suppressive drugs (Prilosec, Prevacid, etc) that are simply happy-spitters. Most benefit in these treatments come from the sodium bicarbonate (baking soda) added during compounding. <><>Muscular strength in men linked to longevity.

Men with pierced ears are prepared for marriage. They know pain and jewelry.

Tea drinking may help protect against mental impairment and decline. <><> New Alzheimer's vaccine clears plaques but does not stop disease progression. <><>About 5% of kids have ADHD-CDC. <><>Obesity levels in China are rising fast; thank you McDonald's. <><>Cancer survivors also used "complimentary methods."

A mental hospital behind left field in Chicago's old West Side Park is purportedly the origin of the term "out of left field."

Triamcinolone acetonide suspension for intraocular use is FINALLY available. <><> Keep your urinary tract healthy: Drink plenty of water, avoid sweets, take D-mannose, cranberry, and hibiscus extract. (D-Mannose will stop 90% of all urinary tract infections in just 24-48 hours).

Oxymoron, clean coal.