



LAS COLINAS PHARMACY

COMPOUNDING & WELLNESS CENTER



Issue 1 Volume 1 • December 2010-March 2011

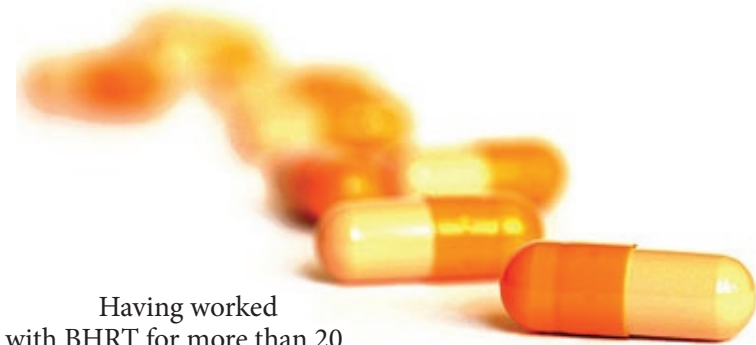
Bio-Identical Hormone Confusion



Written by Jim Hmcir RPh

Women (and men) come in every day confused about their Bio-Identical hormone therapy. Patients get bombarded with opinions and information by well-meaning friends, sensational news reporters, talk show hosts, books, magazine articles and health care professionals. Much of this

information is negative creating doubt in their minds about their decision to use BHRT (bio-identical hormone replacement therapy).



Having worked with BHRT for more than 20 years, I have learned and evolved in my understanding of the risks and benefits of balanced Bio-Identical hormones in the body. I take advantage of every opportunity to further expand my hormone knowledge base by attending seminars with presenters recognized as top national experts in this field. At Las Colinas Pharmacy, patient safety must come first!

During each seminar, I am looking for new information and new studies that either prove my patients are getting the best therapy--- OR --- studies and information which might cause me to change my thinking and therapy protocols. For instance, a couple of years ago, I attended a lecture by Dr Rebecca Glaser MD, a nationally

known breast surgeon. Since breast cancer surgery was the mainstay of her practice, she decided to analyze a huge number of studies to determine which factors might decrease the risk of breast cancer. She was surprised to learn that good testosterone levels were a huge dynamic in the body's defense against breast cancer. Incorporating these facts into my belief system, I now place extra emphasis on maintaining adequate testosterone levels.

Newly emerging studies, meta-analyses of old studies, and years of patient experience continue to reinforce the belief that the balanced use of Bio-Identical Hormone Therapy gives women (and men) the best chance of optimal health; especially when compared to patients on pharmaceutical drug therapies or to those who have chosen no therapy at all.

So why do we continue to hear negativity? For one reason, the pharmaceutical companies really took a hit in sales when the 2002 Women's Health Initiative Study (WHI) revealed an increased risk of breast cancer, heart disease and stroke in women on their drugs Premarin and Provera. These hormones are NOT bio-identical to human hormones. Premarin (pregnant-mares-urine) is horse estrogen and Provera is a chemicalized version of natural progesterone with different effects and different side effects. The drug manufacturer Wyeth immediately started damage control and hired a well known gynecologist, Dr. Wulf Utian MD as a spokesperson. He was also appointed to lead an artificially created consumer group- the North American Menopause Society (NAMS). NAMS is also substantially funded by Wyeth Pharmaceuticals, and together they disseminate miss-information about Bio-Identical Hormones to physicians and to the public.

Wyeth also went to the FDA to discredit BHRT and to try and force the FDA to ban compounded BHRT,

— Continued on page 4



Stress

Why is it that, as we get older, stress seems to invade our lives?



Written by Dennis Burke RPh

In our younger days we were able to concentrate, complete tasks, and cope with day-to-day living. On the other side of the coin we were able to rest, relax, and enjoy our days. Now it seems as if everything has suffered; achievements are more difficult because of our inability to focus, stress follows because of lack of achievements, home life is affected, relationships suffer, and to complete the circle we can no longer escape the agitation of the whole situation because relaxation and rest are distant memories.

Today's multi-tasking life style and high paced society propels us into this situation. If you are experiencing any of the following there is an ANSWER!!

Do you experience?

- Stress
- Low mood or mood swings
- Anxiousness, irritability, agitation, tension, panic attacks
- Difficulty concentrating, focusing or remembering
- Sleep disturbances or difficulties
- Headaches
- Fatigue, lack of energy
- Weight issues, food cravings

The ANSWER is that the body's stress response system is dysfunctional. It is a physical problem interconnected with your emotional issues. The brain chemicals that help us to respond to stress appropriately can be in limited supply due to diet, stress, exposure to toxins, and/or genetics.

Las Colinas Pharmacy and Wellness Center can help! We test the level of your brain chemicals, called neurotransmitters, and then suggest all natural ways to restore your balance.

Isn't it time you stopped stress from invading your life? Take the first step today and ask your pharmacist about Las Colinas Pharmacy and Wellness Center's services.

We Want You To Have Healthy Pets!



Written by Karen Moody Pharm D

Does your pet have difficulty swallowing medication? Does your pet hate the taste of medication? Trying to get your animal to swallow a tablet is not easy! We can prepare deliciously flavored suspensions and treats to make the medicine go down in the most delightful way. You may not like the taste of liver but Fido will! In addition we also formulate some of our medications into transdermal ear gels that don't require you to make the animal swallow ANY medication!

Do you have an exotic pet that needs special medication?

Call us for information about veterinary compounding. We specialize in formulating unique medication products for individual animals just like yours! We have access to ingredients that are no longer available in the general market such as cisapride, phenylpropanolamine, and diethylstilbestrol. Whether you have a cat, dog, horse, guinea pig, snake, turtle, ferret, or bird we can help you and your pet by making medicines that are easy on both of you. Our specially trained pharmacists make flavored suspensions, transdermals (drugs absorbed through the skin), chewables, capsules, eye and ear preparations, injectables, and many other dosage forms. We employ a wide variety of flavors and bases to make sure your pet loves the taste of the medication.



We provide excellent service for you, your animals, and your veterinarian. You can rely on the pharmacists at Las Colinas Pharmacy for expertly compounded medications that insure your animal is getting the best results from medications prescribed by your veterinarian.



We compound a wide variety of sterile products including intravenous and subcutaneous injections, ophthalmic solutions and irrigation solutions.

Some examples include:

- Intrathecal (injected into the middle of the spine)
- Intravenous antibiotics
- Injections - aqueous and oil vehicles
- Ophthalmic solutions and ointments
- IV admixtures
- Inhalation solutions
- Bladder irrigating solutions
- Vitamin / mineral injections
- Trimix Injections - a three-drug cocktail used to treat erectile dysfunction.
- Veterinary Medications for all species

Because of strict USP 797-guidelines for sterile compounding, it is important for physicians and patients to choose a compounding pharmacy they can trust. That is why so many patients and doctors choose Las Colinas Pharmacy for their sterile compounding needs!

Sterile Lab



Written by
Stacey Hightower CPhT

Making a Sterile product is the most critical and difficult type of compounding that a pharmacy will perform. The staff at Las Colinas Pharmacy have a combined 50 years of Sterile Compounding Experience. Whether preparing a sterile or a non-sterile compounded prescription, we are totally committed to our patients' well being. Our pharmacists and technicians have completed specialized training and maintain certification in sterile technique and sterile products preparation.

All sterile products compounded at Las Colinas Pharmacy are prepared in a state-of-the-art clean room. A clean room is a climate-controlled room that has been equipped with a Laminar Airflow Hood and Hepa-filters to provide a particulate-free (germ-free) environment helping to ensure the safety of your compounded prescription.

Our clean room is governed by the U.S Pharmacopeia (USP) <797> which regulates pharmaceutical laboratories that produce and disseminate Compounded Sterile Preparations (CSPs). The purpose of the rules in USP <797> is to reduce risks to patients. It was written to be an enforceable set of standards and was adopted by The Texas State Board of Pharmacy. USP <797> covers a variety of topics including the extensive training of compounding personnel, handling and storage of CSPs, design, layout, and maintenance of the clean room environmental conditions for the production of CSPs. Our clean room is independently certified every 6 months and has been shown to exceed the standards set forth by <797>.

Las Colinas Pharmacy is in compliance with these standards and has extensive Quality Assurance Procedures. This ensures the Compounded Sterile Products our patients receive are sterile, free of pyrogens (fever causing agents), endotoxins (bacteria), particulates, and the drugs are the correct potency and purity. Our CSPs are sent to independent labs and tested for all of the above. We maintain continuous records and logs of our formulas, procedures, lot numbers, and expiration dates.

Letters From The Lab

The labs at Las Colinas Pharmacy are constantly buzzing with activity. During the time you spend in the pharmacy, you probably have noticed several masked, gloved, and lab-coated individuals weighing, mixing, and creating your prescriptions. You might have wondered how the process works. So, we thought we would show you how we make one of our most common prescriptions: sublingual triturates.

Sublingual triturates or trits, as they are more commonly called, are tablets usually containing hormones that dissolve quickly underneath the tongue. When we make trits, we use molds that create fifty trits at a time. So, after doing the appropriate math, we accurately weigh out the correct amount of drug powder to make the desired strength tablet and document our work. This powder quantity will not completely fill the molds we use; therefore, we mix a lactose powder base to fill out the remaining mold volume.

Once we have weighed out both powders, they are thoroughly mixed together via a process called geometric dilution. This powder mixture is then turned into a paste using a mixture of ethanol and water; this paste is then flavored, pressed into molds, and left to dry for a specific time duration. The trits are then removed from the molds, counted, and after a final check by a pharmacist, are ready to be dispensed to patients.



Side Effects from Cholesterol Lowering Medications?



Written by Alexi Gill, Pharm.D.

When it comes to cholesterol-lowering agents called statins (including Lipitor, Crestor, Mevacor, Pravachol, Zocor, and Lescol) there are several side-effects that can be a nuisance. While these medications are generally well-tolerated, they can cause leg cramps, muscle fatigue and brain foginess.

Statin medications have been shown to decrease the production of Coenzyme Q-10, which is one of the body's natural antioxidants and energy factors. To replace this essential compound, we recommend taking CoQmax CF by Xymogen; 2 softgels daily.

Since statins (cholesterol-lowering medications) are metabolized in the liver, we also recommend adding Super Milk Thistle X by Integrative Therapeutics which supports liver function; 2 capsules each morning. Lastly, it is also important to take a vitamin B complex supplement to support metabolism and maintain healthy muscle tone. An excellent option would be our B-Complex-75 by DaVinci Laboratories; 1 capsule each morning. It is extremely important to follow up with your doctor every 6 months to check your liver function tests while taking statins. Also, if the leg or low back cramps become severe, notify your doctor as this may be a rare but serious reaction to the statin medications. If you have an interest in controlling your high cholesterol naturally, we have several options, just ask one of our pharmacists and we will be glad to help!

Reference:

Jellin JM, Gregory PJ, Batz F, Hitchens K, et al. Pharmacists Letter/Prescriber's Letter Natural Medicines Comprehensive Database. 8th ed. Stockton, CA: Therapeutic Research Faculty; 2006:pg 349-353, 888-890.

Bio-Identical Continued from page 1

in particular the hormone Estriol, a safe and naturally occurring estrogen in women. Interestingly, Wyeth manufactures and markets Estriol in Europe, but argued to the FDA that Estriol was "too dangerous for patients" (here in the USA).

Speaking of the FDA, this government agency was created to oversee pharmaceutical manufacturers, but was given no authority over pharmacists compounding (mixing in house) prescriptions—including BHRT. The FDA tried to ban compounded BHRT anyway. To date, public outcry and political pressure from congress has prevented the FDA from acting against BHRT, but we know it will be a continual fight. We suggest you visit the website www.iacprx.org and register so you too can be counted in the struggle against illegal FDA interference in patient choice.

Given that many doctors, the media, and your next door neighbor are not aware of this type of inside information, they will consider and quote Dr. Utian M.D. and the North American Menopause Society as credible sources of professional information. Shouldn't Dr. Utian and NAMS be introduced and treated as any other advertising commercial entity, biased towards the products that pay their salaries, rather than as unbiased experts? So the next time you hear a sensational and scary news report or a well meaning Dr or friend offering a warning about BHRT, please feel free to give us a call. We will be happy to help you better understand the information discussed, the context of that information, and how it might affect your personal health.

Weight Loss/Detox Seminar

Don't forget

Sign up for our 21 Day Weight loss/Detox Seminar happening in January 2011

Seats are limited, reserve yours now!

Contact Debbie Maris-Blotz C.N. CPhT
972-580-1814 press 1 and ask for Debbie

LAS COLINAS PHARMACY COMPOUNDING & WELLNESS CENTER

4835 N. O'Connor Rd. | Suite 130 | Irving, TX 75062
Phone: 972-580-1814 | Fax: 972-650-1072
www.lascalinaspharmacy.com

