



Specialty Medicine Compounding Pharmacy

116 N Lafayette, Suite B  
South Lyon, MI 48178

# Competent Compounding

Phone: (248) 446-2643  
Toll Free: (886) 446-2643  
Fax: (248) 486-1906  
www.specialty-medicine.com  
Hours: Mon-Fri 10am-6pm

December 2005 Jessica Cameron PharmD (cand)

## 'Tis the season....the upper respiratory infection season

This is the time of year that cold and flu medications fly off the shelf in any local pharmacy. If you or your family are having any symptoms of a respiratory infection, this is a good newsletter to read.

The term "upper respiratory infection" includes infections of the pharynx, sinuses, epiglottis, trachea, larynx, and even the common cold. These infections can be caused from bacteria or viruses. Being able to tell which causes the infection is important because it can tell you the best way to treat it. An infection caused by bacteria needs an antibiotic. An infection that is caused by a virus will clear up without an antibiotic. In fact, antibiotics will do nothing to improve the symptoms.

Inflammation of pharynx, larynx, epiglottis, and the common cold are

caused by viruses. Inflammation of the sinuses is usually from bacteria. Usually the sinus infection occurs after a person already has a viral infection.

Helping to save money and not taking medications that are not needed are important reasons to know whether an infection is viral or bacterial. Here are a few ways to tell.

It is likely bacterial if:

- Sudden onset
- Headache

It is likely viral if:

- You have several days of runny nose or coughing.
- If your symptoms tend to migrate (e.g. first you have congestion in your chest, and a few days later you have a sore throat and then later a runny nose).

When reviewing your symptoms, how they started, and how they progressed, if you think it is a bacterial

infection, make a doctor's appointment! Your doctor may give you a prescription for an antibiotic. Your doctor may go through how many times a day you should take it and if there is anything you need to know while taking it. If your doctor does not go through these things with you, ask your pharmacist! Your pharmacist can tell you if there are foods you should avoid or if there are interactions with any of your medications. It is important for you to be a well-educated patient.

If, however, you think your infection is from a virus, get your coat on and go to your local pharmacy. There you can find the ap-

propriate medications you can take to help get you feeling better. There are a lot of medications on the market that have 3 to 4 different ingredients to treat different symptoms. Only take medications to treat what you are experiencing. Do not treat symptoms that you do not have. Take the minimum number of medications that you need. Bottom line: When you go to the pharmacy to buy medications to get through the season, look at the back of the box to see what is in the various products. Think about how you feel before you buy anything, and buy products that treat only the symptoms you are having.

Here are examples of what products to use to treat your symptoms:	
Symptom:	Drugs that treat it:
Congestion (stiffness)	Pseudoephedrine, phenylephrine
Fever	Acetaminophen (Tylenol)
Runny nose	Diphenhydramine (Benadryl) loratadine (Claritin)
Cough	Dextromethophan
Chest Congestion	Guaifenesin

## Specialty Medicine Compounding Pharmacy

The demands of modern compounding have led to the creation of pharmacies devoted solely to this art. Specialty Medicine Compounding Pharmacy has been serving your community for over six years. Here we specialize in bio-identical

hormone replacement therapies and veterinary medicine, to name a few. We have all the facilities and equipment needed to make anything from topicals to capsules and sterile injectables. We do not accept insurance, but do provide claim

forms with prescriptions we fill. So, next time a patient wants a compound you're unsure of - we'd be happy to serve them!



Kenny Walkup, RPh has attended training classes through the American Pharmaceutical Association to give flu shots. Specialty Medicine is a Medicare provider and biller for flu shots for Medicare recipients.