



Specialty Medicine Compounding Pharmacy

116 N Lafayette, Suite B
South Lyon, MI 48178

Competent Compounding

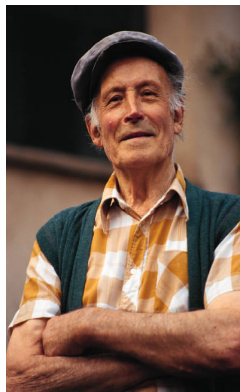
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December 2006

Men's Health

Link Between Low Testosterone and Depression?

A study published in the October issue of *Psychoneuroendocrinology* reported that middle-aged men with depression have a total lower level of bioavailable testosterone as compared to non-depressed men. Bioavailable hormones are those in the circulation that are available to be used by the body. Hormones that are bound to other substances are unusable to the body and are *not* bioavailable to the body. Sidney Kennedy from the University of Toronto in Ontario, Canada, explained that the study aimed to define the base hormonal state of both depressed and non-depressed men.



The study recruited 94 men, including 44 untreated depressed men between the ages of 45 and 60 and 50 men without depression.

The study showed that depressed men had lower levels of testosterone as compared with non-depressed men. Dr. Kennedy stated that "low testosterone is associated with depression, even when you control the effects of age".

It is important to note that the discovery of a potential link to low testosterone levels and depression did not establish testosterone as a treatment option for depressed men. This study did not address this. Future controlled studies would need to be done to establish testosterone as a potential treatment option for depressed men.

Q & A with Kenny Walkup, RPh

Q: What got you started in pharmacy and specifically compounding.

A: In high school I took a career evaluation test and much to my surprise it said to become a pharmacist. I really had no idea exactly what a pharmacist did so I started to do some research. I enjoyed all of the sciences and math was always a favorite subject of mine. I learned through my research that pharmacy was a very good fit for someone with interests similar to mine. In pharmacy school at [Ohio Northern University](http://www.ohionorthern.edu) I really enjoyed the labs, especially pharmacy practice and the compounding segment. It became kind of a joke after I graduated that wherever I worked, all compounds were saved for me.



Q: Why did you decide to open your own pharmacy?

A: After graduation I started working for a chain pharmacy. It was an excellent position, but my true love of pharmacy came from my time working for an independently owned pharmacy in my home town. Deep down I always wanted my own store so that I could do things the way that I believed that they should be done. Owning my own store has given me that freedom. Services that many other pharmacies and pharmacists shy away from I really enjoy. From giving flu shots to my patients, to having people bring their animals to my store to lecturing to pharmacy students at Ohio Northern University and the University of Michigan. I love what I do and hope that that love shows.



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Specialty Medicine Welcomes New Employees

The month of November brought two new employees to our family at Specialty Medicine.

Gary comes to us fresh out of retirement from GoodYear. He joins our team as our Director of Marketing. Gary will focus on marketing our practice to physicians and veterinarians. He will also assist in planning and implementing of our lectures and seminars.

Kathy, Kenny's mother-in-law, was our bookkeeper but decided to retire to warmer climates (Kenny is jealous).

Michelle, Kenny's wife, has joined the team and has taken over Kathy's responsibilities. Michelle is also a pharmacist and enjoys the intricacies of handling the books.

Please take a moment to welcome our new employees if you see them in the store.

News from Veterinary Medicine

Winter Health Tips for Your Pets

1. Keep pets indoors if possible.
2. Be alert to frostbite. Frostbite turns skin red, white or gray and scaly. Contact your vet immediately if you suspect frostbite.
3. Keep dogs on a leash when walking them. Dogs can become disoriented in the cold.
4. Beware of sheltered animals. Outdoor cats and other animals seek shelter under the hoods of outdoor cars. Bang on the hood of the car before starting.
5. Never leave your pets in the car. Hypothermia and freezing are common in the winter.
6. Keep pets as dry as possible. Avoid walking your pet immediately after a bath.
7. Have a clean-up routine. Always wipe pets paws after coming in from the cold. Road salt and other winter chemicals can be irritating to your pet's feet.
8. Protect your pet from indoor fireplaces by using protective grates.



Merry Christmas from the staff of
Specialty Medicine Compounding Pharmacy

May you find this to be a season of
hope, peace and happiness.

Kenny, Diane, Gary, Michelle, Nicole

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 seven years. Here we spe-

cialize 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 ac-

cept 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!

