



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

Carrie Tashjian, PharmD (cand)

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Are You Eating Right for Your Blood Type?

Research over the past 30 years has shown evidence that your individual blood type may predetermine your risk of getting certain diseases such as cancer, heart disease, and diabetes. Your blood type may also help determine the biochemistry of your digestive system and how it will function when you eat different kinds of foods. There has been speculation that a person who eats the appropriate food for their blood type will maintain a higher overall healthiness including weight management.

Most talk began when Peter D'Adamo, ND published his book, *Eat Right 4 Your Type*, in which he claims that people who adjust their diets to their specific blood type will fare better than those who don't. One proposal that D'Adamo makes is that lectins cause agglutination (clotting) of blood cells in an individual with the wrong blood type, which in turn may create serious liver or kidney problems. He also claims that different blood types affect the secretory function of the body differently. For example, D'Adamo says that type O blood is capable of producing higher than normal stomach acid levels, therefore making these people more susceptible to gastric ulcers.

Although many people do believe your diet should correlate to your blood type, there is still speculation about the truth behind this claim. Some research states that even though people with one blood type may show high blood pressure, high blood sugar, or increased stomach acid, there are people with the same blood type that have the opposite of all three. Therefore the claims are inconclusive and can not be accurately applied to any one blood type as a whole. The results of this diet are not clinically proven and are subjectively left up to the patient.

Below is a brief summary of the recommended foods for each blood type. Recommended reading for more information is *Eat Right 4 Your Type*, by Peter D'Adamo, ND.

Type A: Fruits and vegetables, high carbohydrate, low fat, avoid dairy products, animal fats and meats because they have thicker blood and a more sensitive immune system.

Type B: Consuming a balanced diet (fruits, vegetables, grains, fish, dairy, and meat) but avoiding chicken is ideal

for this blood type. They have the highest chance at resisting every day diseases including heart disease and cancer.

Type AB: Should eat a vegetarian diet, and only on rare occasions some meat (no chicken), fish, and dairy.

Type O: High protein, low carbohydrate, lots of fruits and vegetables. Eat whole wheat products and avoid dairy and nuts. Type O patients are more susceptible to hypothyroidism, high stomach acid, and thinner blood with an increased resistance to clotting.

New Drug Approved for Congestive Heart Failure in Dogs

Congestive heart failure (CHF) is one of the most common heart problems seen in dogs today. It is especially common in smaller breeds and older dogs. CHF is an abnormal functioning of the heart that leads to an increase in salt and water retention, which causes fluid build-up in the lungs. Symptoms include coughing, difficult breathing (dyspnea), weight loss, and fatigue. Although your veterinarian may suspect CHF in your canine, a physical exam will most likely be done to confirm diagnosis. This usually includes the general exam with emphasis on stethoscope examination (auscultation) of the heart and lungs, chest radiograph (X-ray), blood pressure reading, an electrocardiogram (EKG), and an ultrasound examination of the heart (echocardiogram).

Common treatments used in dogs include:

diuretics ("water pill"), such as furosemide (lasix)

nitroglycerin paste that is usually applied topically to the ear or abdomen

angiotensin converting enzyme (ACE) inhibitor such as enalapril (Enacard) or benazepril, which block circulation of harmful hormones and prevent salt retention, and



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a salt restricted diet.

A new drug was approved in May as adjunct treatment for CHF in dogs. Vetmedin (Pimobendan) is the first drug approved by the FDA for congestive heart failure in dogs in over 10 years. A 56-day trial was conducted to assess the safety and efficacy of Vetmedin with 355 dogs randomly assigned to receive Vetmedin or Enalapril (Enacard).

Vetmedin dilates the blood vessels which will help reduce the amount of work the heart has to do to function properly. It is approved to be used in combination with other CHF treatment therapies such as diuretics or ACE inhibitors. It is important to recognize that Pimobendan is only approved for the treatment of CHF in dogs and should not be used in cats or any other species. It is also most effective at relieving the signs and symptoms of congestive heart failure and not reversal of the underlying cardiac problem. Vetmedin may be prescribed as a life-long therapy or for as long as benefit is seen. There are certain side effects associated with this drug and should be discussed with your veterinarian before beginning therapy. If you have questions about this new drug you should contact your veterinarian or visit the FDA website for further information. The full text article released by the FDA regarding Vetmedin can be accessed at <http://www.fda.gov/OHRMS/DOCKETS/98fr/2007-141-273-fois001.pdf>.

Possible New Indication for Progesterone in Traumatic Brain Injury

Progesterone, a naturally occurring steroid hormone, is widely accepted as one of the most important hormones in the female reproductive system. Progesterone is commonly used in combination with estrogen as natural hormone replacement therapy in post-menopausal women. Recently, a published study cites

progesterone use in acute traumatic brain injury (TBI) due to its suspected neuro-protective effects.

ProTECT, which stands for Progesterone for Traumatic brain injury--Experimental Clinical Treatment, a 3-year, phase II randomized, double-blind, placebo-controlled trial was a small pilot study conducted to test the safety and efficacy of intravenous progesterone in patients with traumatic brain injuries. 100 patients were enrolled at Grady Memorial Hospital in Atlanta, Georgia and received progesterone or placebo in a 4:1 ratio respectively. The investigators found that patients who received progesterone had a significantly lower risk of dying within 30 days compared to patients who received placebo. This study analysis suggested that progesterone caused no harm and may be beneficial in traumatic brain injuries.

Traumatic brain injury is a huge public health problem. Each year, 1.5 to 2 million people suffer a traumatic brain injury and 50,000 die as a result of it. Currently there is no proven treatment that improves outcome of TBI patients. Previously there were no human trials using progesterone in TBI, although there is data supporting its neuro-protective effects in animals, including decreased cerebral edema, prevention of neuronal loss, and improved functional outcomes.

Although this was only a pilot trial, the results may have warranted further studies using progesterone in traumatic brain injuries. A phase III, larger trial would need to be conducted in order to confirm the safety and effectiveness of progesterone in TBI. If progesterone does prove to be a safe and successful option for acute traumatic brain injuries it could be the first time in 30 years that there is a promising drug that can potentially improve a patient's outcome after a serious head injury.

Wright DW, Kellerman AL, Frankel M, Clark PM et al. ProTECT: A Randomized Clinical Trial of Progesterone for Acute Traumatic Brain Injury. *Ann Emerg Med.* 2007;49:391-402.

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!

