



Specialty Medicine Compounding Pharmacy

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Competent Compounding

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Katie Zasuwa, PharmD (cand) June 2008

Specialty Medicine Compounding Pharmacy in Full Bloom

Spring is now in full bloom and with it Specialty Medicine Compounding Pharmacy has an updated and cutting edge new look. Most of this is not obvious to our patients but is definitely expanding our opportunities to serve you better! Recently, the newly constructed clean room, which is used to compound sterile medications, passed the state required regulated inspection. This allows for SMCP to continue providing quality sterile products in a newly advanced clean room! The home of the previous clean room has now been turned into a new lunch room for the staff at SMCP. Walls were torn down to allow a large table and chairs to fit this new space for all to enjoy lunch together everyday! No more crowded lunch breaks! The heat and electrical upgrades have been performed and are now complete. This did cause some distraction and mood lighting at times but we did not miss a beat in meeting our main goal – to serve our patients with quality products and superb service!

With the remainder of the space acquired from South Lyon Pharmacy in February, a conference room/lecture hall was under construction which will have a multitude of uses for SMCP and the community once finished. The conference room has been renovated and is looking great. It has recently received a fresh coat of paint and a new ceiling and looks absolutely stunning. A new floor will be put in shortly to complete the look. It is anticipated that the newly renovated conference room will be open for full utilization in just two short weeks! We want to thank you for working with us during this hectic and extremely exciting time for our business. The benefits of this remodel will be plentiful once complete for our staff, our growing business, and most importantly our patients!

Veterinary Corner: Feline Diabetes

Just as there are two types of diabetes in humans, cats can also suffer from both Type 1 and Type 2 Diabetes. To define them Type 1 is where there is no production of insulin in the body and Type 2 is where insulin does get produced by the body but the body just does not have an appropriate or effective response. Diabetes affects about 1/100 cats in the United States which also affects the pet owners. A major risk factor is obesity of the cat which can be caused by cats being kept indoors and eating a high carbohydrate diet. Obesity contributes to the development of Type 2 diabetes by predisposing cats to insulin resistance. Other risk factors include increased age, being male, decreased activity level, having other illnesses like hyperthyroidism, and being on other medications like steroids which can alter blood glucose levels.

Signs and symptoms can include increased appetite, thirst and urination as well as weight loss. Fatigue, weakness, and a scruffy appearance may be evident as grooming may cease. Poor glucose control caused by diabetes may predispose your cat to recurrent infections, like bladder infections, as the ability to fight off bacteria is impaired. Only your veterinarian can diagnose your cat by testing for elevated blood glucose levels (normal = 75-120 mg/dL) so it is important to make an appointment if any of these signs are noticed.

If your cat is diagnosed with diabetes be sure to discuss your cat's habits and lifestyle with your veterinarian. It is possible to control your cat's diabetes with improvement in diet (high protein, lower carbohydrate), increased exercise, and losing weight! If lifestyle modifications are attempted but fail it is critical to get proper medical treatment to avoid complications from diabetes such as nerve toxicity and enlargement of the liver. Possible treatment can include twice daily insulin injections or



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tablets taken by mouth that lower blood sugar (i.e. the sulfonylurea Glipizide). Glipizide is started at a dose of 2.5 mg twice a day but is not appropriate for all cats. Preferred treatment is insulin as there are many kinds available and have proven effective for blood glucose control in cats. Lifestyle modifications should be used in conjunction with any type of medication added to a cat's regimen. All of this may seem overwhelming if you are the owner of a newly diagnosed diabetic cat but it is important to remember that close blood sugar monitoring along with compliance with a treatment regimen will help to improve the prognosis of your cat's diabetes, improving their quality of life, keeping them around for you to love for years to come!

The Controversy Surrounding Use of Estriol

Bio-identical hormones are hormones which are chemically identical to the hormones naturally produced in one's own body. The Endocrine Society defines them as "compounds that have the exact same chemical and molecular structure as those produced in the human body". The use of bio-identical hormone therapy (BHRT) is quite vast and is growing rapidly. Recently, the FDA has become concerned regarding the use of BHRT; especially over products containing estriol. Estriol is one of three estrogen hormones found in the body, in addition to estradiol and estrone, and is the weakest of the three.

The issue the FDA has with BHRT and estriol is regarding the claims that are being made regarding safety, effectiveness, and the talk of superiority to FDA regulated medications. The FDA recently sent letters to seven pharmacies that made false and misleading advertising on their compounded drugs containing estriol. They are concerned that both doctors and patients will be swayed by these claims and they want to get out the information about these compounded medications so that an educated decision can be made after weighing the risks and benefits of therapy together. Estriol is compounded into

medications for patients and compounded medications are not regulated by the FDA. There is actually no product containing estriol that has any FDA approval; however recently an estriol containing product (Trimesta) moved to Phase III clinical trials in the US. Unapproved drugs are not something out of the ordinary and not necessarily cause for alarm as herbal medications bought and consumed frequently by the American public also are not tested or regulated by the FDA.

As women go through menopause there is a drop in hormones and with that may come hot flashes, vaginal dryness, and thinning of the bones. Estriol is proposed to be beneficial with alleviating some of these symptoms; yet being the weakest estrogen it is believed to be less linked to cancer, and may even have a protective effect on the breasts. The FDA's enforcement regarding this issue requires that pharmacies wanting to compound medications containing estriol for patients acquire an FDA-sanctioned investigational new drug application. The goal of this is not to ban compounding of medications that may be useful to patients but to promote the appropriate use of these hormones to patients and doctors, to allow for informed and educated decisions when deciding whether to utilize this type of treatment; as well as to deter pharmacies from making false claims or poorly made products. If you are interested in any type BHRT get educated and discuss it with your doctors and pharmacists!

This is Toby

I got a new dog! After a two year absence of our furry four legged friend, Bailey, we got a new puppy. His name is Toby and he is a golden doodle. He is 16 weeks old and about 35 pounds. He will grow to be about 70-75 pounds when full grown. For those who have had puppies, please say a few prayers as he is still very much a puppy.

