



Specialty Medicine Compounding Pharmacy

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Fibromyalgia in Compounding Pharmacy

Fibromyalgia (FM) is a chronic condition that affects more than 10 million people in the United States. Although the cause is still unknown, researchers believe that FM is due to an abnormal process in the nervous system leading to widespread body pain, extreme fatigue, sleep disturbances, and sensitivity to touch, light and sound.



The pain associated with FM is chronic and intense; all parts of the body are affected to a different degree. People with FM have described their pain as stabbing, shooting, aching, throbbing, twitching, numbing, tingling, and burning. FM is often difficult to diagnose since its symptoms have many similarities to other disease states and there are no specific diagnostic tests, such as an x-ray or blood work. Most healthcare providers use guidelines set by the American College of Rheumatology to make the diagnosis. According to these guidelines, a patient must have chronic widespread pain on the right and left side of the body as well as above and below the waist. A patient must also feel pain in at least 11 of 18 possible tender points when light pressure is applied. In general, treatment for FM includes self-care and medications such as analgesics, antidepressants, and anti-seizure drugs. By

working closely with doctors, compounding pharmacies have developed specialized transdermal medications for fast and effective relief of pain. Transdermal medications combine the ingredients of traditional oral pain medications into a topical gel, cream or spray that can be applied directly to the site of pain. Since transdermal medications are applied directly to the areas where pain is the worst, they release the medication where it is needed most. The medicine is not absorbed throughout the entire body since it does not have to pass through the gastrointestinal tract, reducing many possible side effects such as an upset stomach. Often, fibromyalgia patients are placed on a variety of medications to help manage all the symptoms of the disease. Compounding pharmacies can combine many medications into a single topical gel, cream or spray in order to eliminate the use of multiple products. Some examples of drugs that can be used in transdermal medications are DHEA, lidocaine, gabapentin, amitriptyline, ketoprofen, and anesthetics. At Specialty Medicine Compounding Pharmacy we can provide customized medications for personalized relief of pain as well as improved quality of sleep. Give us a call if you have any questions!

For more information about FM, please visit the National Fibromyalgia Association at <http://www.fmaware.org/>.



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The Use of Cyclosporine in Veterinary Dermatology

Atopic dermatitis is an allergic skin disease in dogs and cats caused by hypersensitivity to common substances in the environment. Itching, the hallmark symptom of atopic dermatitis, as well as several other



symptoms, have been commonly treated with antihistamines, steroids, and allergen-specific therapy for the immune system; these treatment strategies have had many limitations including multiple side effects and a longer time to onset. By controlling inflammation with a faster onset and less side effects, cyclosporine, a drug that can adjust the immune system response, has proven to be effective in treating atopic dermatitis as well as several other feline and canine skin disorders. Due to the limitations of the traditional treatment options, many veterinarians believe the use of Atopica (cyclosporine, modified) first-line is more appropriate than waiting until other treatment options have failed. Atopica is a version of cyclosporine that increases the consistency and amount of absorption in dogs. Due to the recent interest in cyclosporine for the treatment of skin disorders, in the next few years we may see it being used as first-line treatment for many canine and feline skin diseases, whether they are from a dysfunctional immune system or other unknown causes.

Hormone Therapy and Reduced Colorectal Cancer Risk

Colorectal cancer, also known as colon cancer, is the fourth most common form of cancer and the second-leading cause of cancer-related death in the Western world. Symptoms include blood in the stool, narrower stools, change in bowel habits and general stomach discomfort. It is most common in people over 50, in which the risk increases with age, polyp growth, a fatty diet, Ulcerative colitis and Crohn's Disease. Hormone replacement therapy (HRT), which has been used by women for decades to reduce the symptoms of menopause, has recently been shown to reduce the risk of colorectal cancer. Recent studies have found that combined HRT, with estrogen and progestin, has reduced the risk of colorectal cancer by about 40%, in which the effect diminishes after two years of discontinuing HRT. Estrogen-only HRT did not show a reduction in risk. Although HRT has showed a risk reduction in colorectal cancer, the decision to use HRT after menopause should be made by each woman and her doctor after weighing the possible benefits and risks.



For more information about this subject go to National Cancer Institute's Menopausal Hormone Use webpage at <http://www.cancer.gov/cancertopics/factsheet/Risk/menopausal-hormones>.