

# Carel's Pharmacy & Compounding Center

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Recap of Featured Compounds from June 2005 to October 2005:

## Bio-Identical Hormone Replacement Therapy

**Testosterone 0.5% in Cosmetic HRT Cream** is commonly used in females to treat low libido, fatigue and other signs of testosterone deficiency. The normal starting dose is 0.1mL applied topically in the morning three times weekly to once daily to the inner arm, upper thigh or abdomen area.

**Testosterone 4% in Cosmetic HRT Cream** is commonly used to treat Andropause in males. The normal starting dose is 0.5mL (20mg) applied topically to abdomen area, upper thigh or inner arm every morning. The dose may be increased in 20mg increments until desired levels are reached. Patients prefer the compounded cream vs. commercially available gels due to price as well as amount applied. The patient normally uses 5 grams of gel at a time while only 0.5 grams of cream is used which eases the applications process.

## Treatment for Mouth Sores

**Acyclovir/Lidocaine Lip Balm** is commonly used to treat cold sores. It treats both the pain and the virus associated with cold sores in a single tube for about the same price as a single ingredient product. Acyclovir/Lidocaine Lip Balm is a prescription product and is dispensed in a 5 gram lip balm tube for easy use by the patient. It is applied five times daily and as needed to the affected area. If necessary, a sun-screen may be added.

**Stanford Modified Mouth Rinse** is a combination of several medications used to treat canker sores including: Diphenhydramine, Hydrocortisone, Nystatin and Tetracycline. The patient generally uses two teaspoonfuls of the rinse to swish and spit.

## Smoking Cessation

**Nicotine Lollipops** are used for smoking cessation. They are a combination of nicotine and sweeteners combined in a sugar free sorbitol base. They are available in 2mg and 4mg strengths. Patients use the lollipop when they feel the urge to smoke and then return the lollipop to the container for later use. If the smoker uses less than 1 & 1/2 packs per day, they use 2mg lollipops for four to five weeks. If the smoker uses an excess of 1 & 1/2 packs per day, they use 4mg lollipops for two to three weeks then decreasing to 2mg lollipops for another 2 to 3 weeks. One lollipop generally lasts 4 to 5 smoke breaks.

## Nail Fungus Treatment

**N2** is prescription anti-fungal nail polish used to treat onychomycosis. It is a combination of Miconazole, Clotrimazole, and Ibuprofen in a DMSO base. Tea Tree Oil, which has anti-fungal properties may also be added if desired. It is applied once daily to the affected nail bed(s) until the nail has grown out clean. Penetration into the nail bed is achieved through the use of DMSO. N2 nail polish allows the patient to bypass side effects associated with oral therapy and is extremely cost efficient when compared to oral therapy.

## Hospice Compounding

**ABHR PLO Gel** is a combination of medications to treat nausea and anxiety. The medications include: Lorazepam, Diphenhydramine, Haloperidol and Metoclopramide. The normal dose is 0.5mL to 1mL every six hours as needed for nausea and anxiety.

**Hydrocodone 10mg SR Capsules** is an extended-release pain medication. It is beneficial in patients who need pain control without the excess acetaminophen. The normal dose is 1 capsule every twelve hours.