

# Carel's Pharmacy & Compounding Center

Rich McCormack, DPh  
Mark Corrales, DPh

1810 W. Gore Blvd. Lawton, OK 73501  
Phone: (580) 355-4540 Fax: (580) 248-2012  
carelsrx@sbcglobal.net

Issue 24  
January 2007

Do you have patients coming to you for help with their New Year Resolutions? Below is a list of resolutions from our patients along with a sample of a customized medication to help them reach their goal:

## 1) To Lose Weight

**PCS Capsules** is a compounded treatment for weight loss. They contain Phentermine 37.5mg, St. John's Wort Standardized Extract and Chromium Picolinate. Phentermine is a controlled prescription medication used as a short-term supplement to diet and exercise in the treatment of obesity. It stimulates the central nervous system which increases the metabolism and decreases your appetite. St. John's Wort is a herbal medication used to treat depression, anxiety and/or sleep disorders. It is used in the PCS Capsules to decrease cravings. Chromium Picolinate is a trace mineral that aids in processing of carbohydrates and fats in the body. It also helps cells respond properly to insulin. Chromium Picolinate has been used to build muscle, prevent and treat diabetes and promote weight loss. PCS capsules are taken once daily. They are normally prescribed for a short period (1 to 3 months).

## 2) To Quit Smoking

**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.

## 3) To Get Rid of that Pesky Wart

**Deoxy-D-Glucose 0.2%/Ibuprofen 2%/Cimetidine 10% PLO Gel** is a topical treatment used in the removal of warts. It is applied to the wart or warts three times daily for three weeks. Deoxy-D-Glucose acts as an anti-viral. Cimetidine helps to destroy or stop the reproduction of the virus. Ibuprofen used topically aids in the absorption of the other medications.

## 4) To Get Joint Inflammation Under Control Without Oral Medication

**Ketoprofen Gel** is a topical anti-inflammatory used to treat inflammation of the joints. It is commonly used as a 10% to 20% formula with a pea-sized amount massaged into affected area three times daily. It is usually dispensed in a one or two ounce container. Ketoprofen Gel is especially useful on painful joints such as knees, elbows and/or wrists.

## 5) To Get That Nail Fungus Under Control Before Summer Returns

**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.

If you have any questions regarding these therapies or any other medication related problems, please call our specially trained compounding pharmacists and staff at (580) 355-4540.