

Carel's Pharmacy & Compounding Center

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Recap of Featured Prescription Compounds from January 2007 to May 2007 (full newsletter archives available at www.carelspharmacy.com):

New Year's Resolutions

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.

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.

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.

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.

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).

How to Get Your Female/Male Patient Started on Bio-Identical Hormone Replacement Therapy

Please visit our website, www.carelspharmacy.com, to view February/March 2007 newsletters for this information.

Rectal Rockets for Persistent Hemorrhoids

Ketoprofen 1.7%/Lidocaine 2% Rectal Rockets is the original Rectal Rocket formula used to treat persistent hemorrhoids. For best results, one suppository is inserted into the rectum (leaving the base protruding) at bedtime for three nights. It is recommended that an undergarment protector be worn to shield clothing. These have proven most beneficial for new mothers after normal child birth or where external and internal hemorrhoids are present.

Hydrocortisone 2.5%/Lidocaine 2% Rectal Rockets are used to treat persistent hemorrhoids for patients who are allergic to NSAIDs or in patients who NSAID therapy is not ideal. Use as directed above.

Migraine Headaches

Migraine Miracle is a compound treatment for migraine headaches. It contains Ketoprofen 4%, Gabapentin 5% and Tetracaine 2% in an anhydrous gel base. Ketoprofen is a non-steroidal anti-inflammatory used to treat pain. Gabapentin is used to relieve nerve pain by mimicking GABA, an inhibitory neurotransmitter. Tetracaine is a local anesthetic used to numb the area. Migraine Miracle is used by applying a small amount to facial nerve bundles and massaging in for two to three minutes three to four times daily as needed.

RKC Capsules are a compound treatment for migraine headaches. RKC Capsules contain Riboflavin 200mg, Ketoprofen 75mg and Caffeine 65mg. Riboflavin is a benign B Vitamin that helps to utilize the energy stored in brain cells. Ketoprofen is a non-steroidal anti-inflammatory medication used to treat the pain. Caffeine helps the body to absorb the medications. RKC Capsules are prescribed two capsules at onset of headache then one capsule twice daily.