

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

July 2016

Greetings!

At MD Custom Rx, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.

Sincerely,
Dan, Monica and John



The Burden of Unexplained "Female Pain"

This newsletter discusses a subject that is difficult for many women and health care professionals to talk about openly, yet in a recent study in a U.S. urban area was reported by almost 7% of women aged 18-64 years. Women should not suffer needlessly. It's a problem we can help with customized medications.

The problem is vulvodynia, defined as chronic pain in the area around the opening of the vagina (vulva) for which there is no identifiable cause. Vulvodynia can occur in women of any age. The burning or sharp knife-like pain, tingling or itching, or pain on contact can last for 3 months or longer, and can be debilitating. Pain or discomfort is typically only on one side and may be most pronounced while sitting, and least prominent when lying down.

The study revealed that only 3% of women meeting vulvodynia criteria were actually diagnosed with vulvodynia. Most women remain undiagnosed following multiple physician visits. Physicians such as dermatologists, urologists, and gynecologists are largely unfamiliar with chronic vulvar pain not attributable to a specific disorder such as herpes genitalis, lichen planus, cancer (e.g. squamous cell carcinoma), or neurological disease



(e.g. postherpetic neuralgia).

Often, even with thorough testing, no obvious cause can be identified, and ongoing chronic vulvar pain becomes a true mental and physical burden for affected women.

In a substantial proportion of women, pain can be relieved with appropriate doses of prescription medications including tricyclic antidepressants, serotonin-noradrenaline reuptake inhibitors, pregabalin, and compounded topical gabapentin cream.

Contact our compounding pharmacist to confidentially discuss this or other problems. Our compounding pharmacists work together with physicians and their patients to customize medications based on each patient's unique needs. We welcome your questions.

Reference: [J Pain Res. 2015; 8: 845-849.](#)

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Come hear how our cows are dangerous to us!! MILK'S ROLE IN UNLOCKING THE KEY TO IMMUNE DYSFUNCTION

Join Dr. John Whitcomb, M.D. as he discusses how A1 milk is known to develop autism, schizophrenia, diabetes and heart disease.

Learn how you can protect your family with healthy milk, now available in Wisconsin!



Wednesday, July 20, 2016

6:30pm - 8:00pm

Call 262-373-1050 to register. SPACE IS LIMITED!

MD Custom Rx, 19035 W Capitol Dr. Suite 105, Brookfield, Wisconsin

\$10 per person - receive back as supplement credit the day of event!

Stay up-to-date with all our events!

REGISTER NOW: Solving the Hormone Puzzle Conference

Optimal Hormone Balance cannot be achieved without correcting Thyroid and Adrenal function.

Come and Learn from the experts in the field how to

make the pieces fit and work in harmony

September 17th, 2016
Country Springs Hotel
Doors open at 8am
(1st speaker 8:30am)
2810 Golf Road
Pewaukee, WI 53072

Speakers:

Monica Zatarski, PharmD, RPH
Thyroid Complexities - One Size Does Not Fit All

Dr. Debra Muth, RNC, WHNP, ND,
MSNH, Herbalist, BAAHP
Estrogen, Progesterone, Testosterone - Making the Pieces Fit

Thomas Houle, Functional Medicine Consultant, OMP
Stress!! The Missing Piece of the Hormone Puzzle

Early Bird Fee: \$50
After September 1st: \$65



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