

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

July 2020



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MDCustomRx.com

Greetings!

Thank you for entrusting in the compounding services at MD Custom Rx to help meet the unique medication needs of your patients. We are excited to share our monthly newsletter with you and look forward to continuing to be your medication problem solvers. Please don't ever hesitate to let us know how we can be of further assistance to you and your practice.



Sincerely,
Dan, Monica and John

Do Your Patients Have Difficulties Taking Their Medications?

Often patients are labeled “non-compliant” when they actually want to comply but are non-adherent because they cannot take or tolerate their medications. Of course, non-adherence typically means less effective outcomes, but compounded medications can help to improve adherence and outcomes.



Here are some of the reasons that patients do not take their medications, and how our compounding pharmacist can help:

- Gastrointestinal upset caused by oral medications: **we can usually compound the needed medication into a transdermal gel so that the medication is absorbed systemically but bypasses the GI tract.**
- Bad taste or texture: **we can flavor medications and depending on the patient and drug, can compound as a solution, suspension, lollipop, lozenge, or topical/transdermal preparation.**
- Difficulty swallowing or nothing permitted by mouth: **medications can be compounded into dosage forms that are not commercially available for a different route of administration.**

- Difficulty breaking tablets or measuring a dose: **we can compound medications in the dose that is most appropriate for a specific patient.**
- Allergies to dyes or lactose, or sensitivities to sugar, alcohol or preservatives: **our specially trained professionals can compound medications that are free of problem-causing excipients.**

We work together with practitioners and their patients and customize medications to meet each patient's unique needs.

Oxytocin Therapy

Oxytocin is a hormone produced in the hypothalamus and released by the pituitary gland. The understanding of oxytocin's function has expanded dramatically to reveal a complex neuromodulator with the capacity to modify human social behavior ranging from bonding and sexual activity to autism and addiction. Oxytocin induces a general sense of well-being including calm, improved social interactions, increased trust, and reduced fear as well as endocrine and physiological changes. Therefore, in addition to known uses in childbirth and lactation, oxytocin has the potential to enhance interpersonal relationships and individual well-being, with applications in disorders characterized by persistent fear, repetitive behavior, reduced trust and avoidance of social interactions.

Oxytocin is subject to degradation in the gastrointestinal tract and therefore has traditionally been administered by injection instead of orally. Our pharmacy can compound oxytocin by prescription as a nasal spray, troche, sublingual dosage form, or vaginal cream or gel, to facilitate convenient administration.

Oxytocin therapy can be helpful for the following:

- Male Sexual Function
- Autism Spectrum Disorder
- Migraine
- Posttraumatic stress disorder (PTSD)
- Weight Loss
- Addiction/Substance Use Disorders

[J Affect Disord. 2011 Apr;130\(1-2\):1-9.](#)

Ketamine for Treatment-Resistant Depression

Growing evidence of the rapid antidepressant effects of intranasal ketamine represents a promising advance in treatment-resistant depression (TRD) therapeutics. Most studies report a duration of response up to 7 days and remission up to 3-5 days after a single dose. Investigators enrolled more than 200 patients aged 18 to 64 years at 39 sites in the United States, Germany, Poland, Spain, and the Czech Republic. All of the participants had not responded to at least two previous antidepressants. Between August 2015 and June 2017, patients were randomly assigned to receive daily for 4 weeks a newly initiated open-label antidepressant plus intranasal esketamine or placebo. The mean age for each treatment group was 44.9 and 46.4 years, respectively; women constituted 65.8% and 57.8% of the groups, respectively. All of the participants had moderate to severe TRD, with mean baseline MADRS scores of 37.0 and 37.3, respectively.

The primary efficacy endpoint (change from baseline to day 28 on the MADRS total score) was significantly greater for the treatment group compared with the placebo group (adjusted mean difference, -4.0; 95% confidence interval [CI], -7.31 to -0.64; 1-sided P = .01). "Response was rapid in onset and increased over time during repeated dosing," per the investigators.

More of the patients who received esketamine achieved remission, defined as a MADRS total score of 12 or less at day 28, than those who received placebo (52.5% vs 31.0%,

respectively; P = .001). Response rate, defined as achieving at least a 50% improvement over baseline on the MADRS, was achieved by 69.3% vs 52.0% of the groups, respectively.

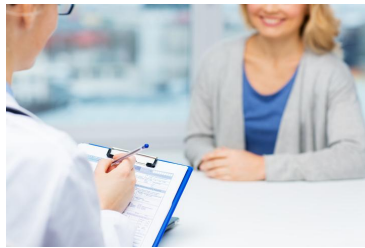
"Most adverse events ... subsided spontaneously by 60 to 90 minutes post dose," said presenting author Vanina Popova, MD. In addition, "there was no pushback" in regards to the nasal delivery system. "The route of administration was well received, and it was certainly more convenient than intravenous administration," she said.

While this study used an isomer of ketamine (eskatamine), intranasal ketamine has been shown to be effective with minimal side effects. Ask our pharmacist for more information about compounded intranasal ketamine.

American Psychiatric Association (APA) 2018. Abstracts P7-065 and P8-054.. [Psychiatry Clin Neurosci. 2018 Aug;72\(8\):623.](#)

MD Custom Rx Educational Events

We regularly offer educational events at the pharmacy. Be sure to share our events with your patients. [VISIT OUR WEBSITE](#) to see our schedule and to register. If you are interested in speaking on a topic, please contact the pharmacy.



Write a Prescription for a Compound

Learn more about how to write a prescription for a compounded preparation.

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Collaborative BHRT Prescribing

Learn more about our Collaborative BHRT Prescribing Program.

[LEARN MORE](#)

PCAB Accreditation

Why it's important to use a PCAB Accredited Compounding Pharmacy?

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Would you share your experience with MD Custom Rx?

At MD Custom Rx, we strive to provide the best quality of care. Your comments are important to us and they will help us to continue to improve the services we provide.

[Please take a moment to review us.](#)

