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MDCustomRx.com

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[Supplements](#)

[Events](#)

[Blog](#)

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



Numb or Cold Fingers and Toes? It Could be Raynaud's.

Raynaud's disease causes some areas of the body — such as fingers and toes — to feel numb and cold in response to cold temperatures or stress. It can also affect other areas, such as the nose, lips, ears and even nipples. In Raynaud's disease, smaller arteries that supply blood to skin narrow, limiting blood circulation to affected areas (vasospasm). Affected areas turn from white to blue and, then, as the blood returns, they flush red. After warming, it can take 15 minutes for normal blood flow to return to the area.



Raynaud's disease affects 5 to 10 percent of Americans, but only 1 in 10 of those with symptoms seek treatment. Females are about nine times more likely to be affected than males.

Secondary Raynaud's, also called Raynaud's phenomenon (RP), is caused by an underlying problem such as autoimmune disease, lupus, rheumatoid arthritis, or Sjogren's syndrome. Some of these diseases reduce blood flow to the fingers and toes by causing the blood vessel walls to thicken and the vessels to constrict too easily. Although secondary Raynaud's is less common than the primary form, it tends to be more serious. Signs and symptoms of secondary Raynaud's usually appear around age 40, later than for primary Raynaud's.

Secondary RP is often refractory to standard therapies and is a therapeutic challenge. A small prospective study of patients with secondary RP associated with connective tissue

discovery found that compounded 5% sildenafil cream improved arterial blood flow to the fingers, which suggested that the blood vessels were dilated by the medication.

By prescription, our compounding pharmacy can prepare medications as topical creams and gels that are not commercially available.

We are your problem-solving pharmacy! Your questions are welcome.

References:

J Am Acad Dermatol. 2018 Jan;78(1):189-190.

<https://my.clevelandclinic.org/health/articles/raynauds-phenomenon-vascular>

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Our Vitamin Coach, Dan Zatarski, R.Ph., Pharm.D. is available to discuss supplement options that could help with drug induced nutrient depletion (DIND).

SCHEDULE A CONSULTATION

UPCOMING EVENTS

Events are held at

M D Custom Rx
19035 W Capitol Dr #105
Brookfield, WI 53045

Cost: \$10 per person – receive back as supplement credit the day of event. Call 262-373-1050 or register online!

REGISTER NOW

The Benefits of CBD Oil

With Dr. Dan Zatarski, PharmD, RPh

Benefits of Cannabidiol

Source: British Journal of Pharmacology

- Reduces Nausea and Vomiting
- Suppresses Seizure Activity
- Combats Psychosis Disorders
- Combats Inflammatory Disorders
- Combats Neurodegenerative Disorders
- Reduces Blood Sugar Levels
- Combats Anxiety and Depression Disorders



Wednesday, February 27th

6:30pm – 8:00pm

The Science of Living HAPPY, THIN, and FREE

With Dr. John Whitcomb, M.D.

Bright Line Eating is the best way to lose weight!

You are 55 times more likely to succeed with this method than any other.

Learn how your neuroscience sabotages your weight loss.

Once you learn this, your roller coaster ride is over, forever!

**Wednesday, March 13th
6:30pm – 8:00pm**

