

Ask us how we can help your patients with the rising costs of prescription medications.



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262.373.1050  
MDCustomRx.com

## The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

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### 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

*Following are examples of how our compounding pharmacist can work together with physicians and their patients to meet specific needs. Our previous newsletter discussed PAIN MANAGEMENT, PALLIATIVE CARE, HORMONE REPLACEMENT THERAPY and DERMATOLOGY. Additional topics follow. We welcome your questions.*

Our compounding pharmacy differs from traditional pharmacies because we have received extensive additional education and training in the art and science of compounding. Together with specialized equipment, this enables us to offer unique solutions to medication problems, such as:

**Individualized Dosing** - We can compound a dosage form that contains the optimal dose of drug (based on age, weight, and disease state) that is needed to treat the problem, but which minimizes the risk of adverse effects.

**Change in Route of Administration** - Some drugs are commercially available only as injections or oral dosage forms. A patient may be NPO or unable to swallow. We can typically formulate the needed medication in an alternate dosage form such as a topical or transdermal gel.

**Convenient Combinations** - Taking multiple prescriptions can be inconvenient and costly. We can combine various compatible medications into a single preparation that contains the needed



concentrations of each drug, which can simplify a medication administration schedule and improve compliance. Also, a synergistic effect can be achieved when certain medications are used in combination.

**Sugar, Preservative, Dye, or Lactose-Free Preparations** - Elixirs, syrups, and suspensions may contain preservatives such as alcohol which can cause reactions or gastrointestinal irritation, or sugar which makes the medication undesirable for patients with diabetes. Our compounding specialists can prepare sugar-free and preservative-free dosage forms. If a patient is allergic to a dye or other excipient or has a lactose intolerance, we can compound the medication without the problem-causing additives.

**Flavoring** - We flavor medications to make them more patient-friendly and improve adherence. Banana, watermelon, root beer and coffee are a few of the options.

**Unavailable or Hard-to-Find Medication** - Drugs may be temporarily unavailable, or drug companies may stop manufacturing products for which there is limited demand. We can usually obtain the needed drug as a pharmaceutical grade chemical and compound a customized formulation.

## AUTOIMMUNE DISORDERS

There are more than 80 types of autoimmune conditions, including:

- \* Fibromyalgia
- \* Chronic fatigue syndrome
- \* Celiac disease / sprue
- \* Hashimoto's thyroiditis
- \* Multiple sclerosis
- \* Myasthenia gravis
- \* Rheumatoid arthritis
- \* Sjögren syndrome
- \* Systemic lupus erythematosus

Our pharmacist can help people with autoimmune disorders. Depending on the cause, ask us about:

- \* the potential benefits of restoring hormone balance.
- \* professional quality nutritional and herbal supplements that can support immune function.
- \* customized medications to relieve symptoms that have not responded to commercially available drugs.

## COMPOUNDING FOR SPORTS MEDICINE

We can help weekend warriors and professional athletes stay on top of their games! Our compounding pharmacy can customize medications for problems that are often unresponsive to conventional therapy, such as:

- \* Athletes Foot
- \* Excessive Perspiration (Hyperhidrosis)
- \* Fungal Infections
- \* Hemorrhoids
- \* Muscle aches
- \* Acute or Chronic Pain

Analgesics and anti-inflammatories often have side effects, such as drowsiness, that are problematic for an athlete. We can compound medications in topical dosage forms that are absorbed through the skin and provide relief directly at the application site while reducing undesirable effects that can hamper performance.

Ask us about "rectal rockets" which simultaneously deliver medications (such as lidocaine and hydrocortisone) internally and externally for the treatment of hemorrhoids!

## PODIATRY

The following problems can be helped with compounded medications:

- \* Anti-Fungal Therapy
- \* Arthritis/Inflammation
- \* Athlete's Foot
- \* Diabetic Neuropathy
- \* Molluscum Contagiosum
- \* Nail Infection/Removal
- \* Plantar Warts/Warts
- \* Wound Care
- \* Iontophoresis and Phonophoresis

### Therapy for Onychomycosis (Fungal Nail)

A recent large prospective study has shown that onychomycosis is among the most significant predictors of foot ulcer in patients with diabetes. As the severity of onychomycosis may be associated with the length of time the individual has had the infection, early intervention is advisable owing to the progressive nature of the fungal infection. If left untreated, thickened toenails can cause pressure and irritation, and thus act as a trigger for more severe complications.

In the treatment of onychomycosis, compliance, drug interactions and the potential for adverse events associated with antifungal therapy are important considerations. Diabetic patients frequently take concomitant medications, and therefore, topical therapy may be preferred. Most antifungal medications are not used topically and are not commercially available as topical preparations due to concerns about lack of penetration. However, we can solve this problem by dissolving the preferred antifungal agent in pharmaceutical grade DMSO (a penetrant enhancer). Because topical therapy results in lower systemic blood levels of medications, topical therapy reduces the potential for serious adverse events associated with oral antifungal therapy.

**Ask us about Urea Plasters for Non-Surgical Nail Removal.**

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### 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.  
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### PCAB Accreditation

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