

# The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

September 2019



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## 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*

## Topical Pain Gels are the Forerunners in Arthritis Pain Relief

Osteoarthritis (OA) is a leading cause of pain and disability. In the next decade, OA of the hands, knees and lower back is expected to be one of the major challenges of maintaining physical function and quality of life as the elderly population grows.



Oral Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) such as ibuprofen are a common therapy for OA, but because oral doses result in high drug levels throughout the body, drug interactions and side effects like gastrointestinal irritation can result. Oral NSAIDs are also a concern in patients who have declining kidney function. Therefore, topical NSAIDs like ketoprofen gel are preferred because topical NSAIDs provide pain relief at the site of application while avoiding high drug levels elsewhere in the body, and side effects are reduced.

In general, gel-based formulations diffuse more quickly across the skin and are better absorbed into local tissues than ointments and creams. Gels also have better cosmetic acceptability since they spread and vanish more readily and don't leave a greasy residue.

***Ask our compounding pharmacist about the benefits of topical pain relievers, and which preparation might be best for your unique needs.***

## READ MORE ABOUT TOPICAL AND TRANSDERMAL PAIN MEDICATIONS

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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).

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