

The Mortar & Pestle:

MD Custom Rx's monthly e-newsletter

August 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



Problems Swallowing?

Do you or someone you know have problems swallowing? Dysphagia (difficulty or discomfort in swallowing) is a problem for many people, especially stroke victims, the elderly and people with advanced dementia.

Difficulty with swallowing oral medications increases the risk of aspiration (breathing in a foreign object or sucking food or the medication into the airway) which can lead to pneumonia. Also, hospice and palliative care patients often develop complications such as impaired gastrointestinal absorption, nausea, vomiting, delirium, or cognitive impairment, all of which would complicate the ability to take required oral medications. These are some of the reasons why alternative routes of administration, including transdermal or rectal, can be very helpful.



Transdermal preparations are applied topically and absorbed through the skin. If a patient has fluctuating or declining liver function, transdermal administration may be advantageous because transdermal meds do not need to pass through the liver before being absorbed, like oral medications do. Transdermal medications can be compounded to treat pain and inflammation, spasms, and nausea/vomiting.

Ask our compounding pharmacist for more information. We are happy to answer your questions and work together with physicians, patients and their families to compound the most appropriate medication, strength and dosage form for each patient. Bring us your medication problems!

[Consultant Pharmacist. 2016 June; 31\(6\):313-9.](#)

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GUT HEALTH: TRUTH, LIES, AND BEST KEPT SECRETS

Stomach acid is GOOD for you -
the "purple pill" is not!!
Gut health is vital to immune function and
overall health.
The healing powers of Manuka honey.

Thursday, August 25th, 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!

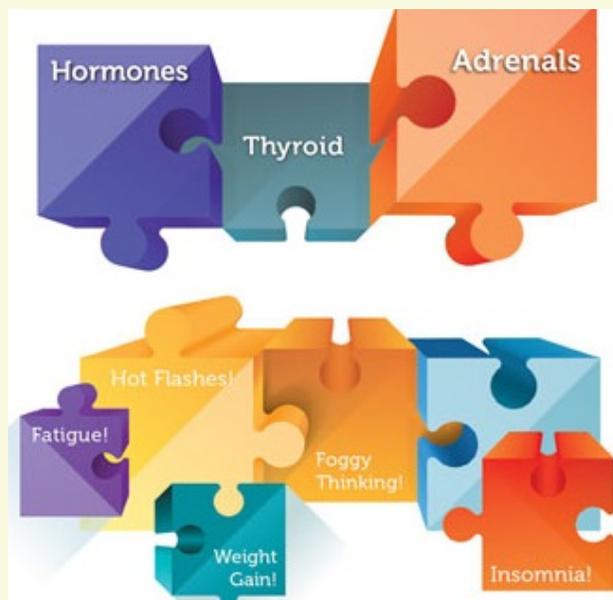
Stay up-to-date with all our events!

REGISTER NOW: Solving the Hormone Puzzle Conference

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

Learn from the experts 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



**REGISTER NOW FOR THIS
EXCITING EVENT!**

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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