

CHEM RX

TABLET

Best Wishes for a Happy, Healthy New Year

Great Beginnings

As we begin the New Year at Chem Rx, we are focused on our commitment to continually improve client services and make your experiences as a valued Chem Rx client even better. To this end, we have some exciting improvements underway.

We are investing in a new phone system that will greatly improve your phone experience with Chem Rx: shortened waiting time, ease of contacting your desired party and better accessibility.

We are also committed to improving our order filling and delivery process. We are increasing the number of routes with fewer stops per route in order to provide your deliveries in a more timely fashion. We are adding staff in several departments, which will shorten the filling turn-around time and therefore get your medications to you faster.

We look forward to a wonderful year ahead and as always, are very appreciative of your business and continued support. Your comments and suggestions are welcome at any time.

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DID YOU KNOW?

Care with Grapefruit and Certain Medications

It has been documented that ingesting grapefruit or grapefruit juice can negatively interact with certain medications. Medications that have been known to interact are the following:

Cholesterol Drugs such as Lipitor (atorvastatin), Mevacor (lovastatin), and Zocor (simvastatin);

Calcium Channel Blockers such as Norvasc (amlodipine), Cardizem (diltiazem), Procardia (nifedipine), and Calan (verapamil);

Immunosuppressants such as Neoral and Sandimmune (cyclosporine), and Prograf (tacrolimus); and

Certain antibiotics such as Erythromycin (sold under many brand names).

Health Care providers are urged to advise patients taking these drugs to abstain from grapefruit and grapefruit juice.

Aspirin ≠ Heart Aid

New research questions the benefits of daily aspirin to reduce the risk of heart attack or stroke. Aspirin can increase the risk of internal bleeding, posing additional risks for the user. Selective aspirin treatment should be evaluated on a case-by-case basis by the physician.

Raffle

Send in a question to “Ask the RPh” or request an article topic and you’ll automatically be entered into a raffle for a surprise gift. Send to shanna@chemrx.net.

RECIPE OF THE MONTH

To honor all your New Year’s Diet Resolutions...

Light Chocolate Chip Cookies

INGREDIENTS: $\frac{3}{4}$ Cup Packed Brown Sugar, $\frac{1}{4}$ Cup Sugar, 6 TBS. Butter, $\frac{1}{2}$ Tsp. Vanilla Extract, 1 Egg White, 3 TBS. Water, 1 $\frac{1}{2}$ Cups All Purpose Flour, $\frac{3}{4}$ Tsp. Baking Soda, $\frac{1}{4}$ Tsp. Salt, and $\frac{1}{2}$ Cup Semi-sweet Chocolate Chips.

DIRECTIONS: Preheat oven to 350°. In medium bowl, cream butter with both sugars. Stir in the vanilla, egg white, and water. Sift together flour, baking soda, and salt, then add to creamed mixture. Add chocolate chips. Drop dough in spoon-fulls onto ungreased cookie sheets. Bake for 8-10 minutes and then allow to cool. Drink with DIET Soda.

ENJOY

FDA Issues Pain Medication Public Health Advisory

On January 9, 2012, the FDA advised patients and healthcare professionals of a potential problem with opiate products manufactured and packaged for Endo Pharmaceuticals by Novartis Consumer Health at its Lincoln, Nebraska, manufacturing site. Dr. Edward Cox from the FDA's Center for Drug Evaluation of Research, said: "Due to problems incurred when these products were packaged and labeled at the site, it's possible that tablets from 1 product may have been retained in the packaging machinery, and then may have carried over into packaging of another product." Further, "this could result in an incorrect pill of 1 medicine ending up in the bottle of another product," he said. "The likelihood of this occurring in medication dispensed to medication is low," he emphasized.

According to the advisory, the following products may be affected:

- *Opana ER* (oxymorphone hydrochloride) extended-release tablets CII
- *Opana* (oxymorphone hydrochloride) CII
- oxymorphone hydrochloride tablets CII
- *Percocet* (oxycodone hydrochloride and acetaminophen USP) tablets CII
- *Percodan* (oxycodone hydrochloride and aspirin, USP) tablets CII
- *Endocet* (oxycodone hydrochloride and acetaminophen USP) tablets CII
- *Endodan* (oxycodone hydrochloride and aspirin, USP) tablets CII
- morphine sulfate extended-release tablets CII
- *Zydone* (hydrocodone bitartrate/acetaminophen tablets, USP) CIII

"Endo Pharmaceuticals reports that they are aware of only 3 product mix-ups with respect to these products since 2009," Dr. Cox said. "Endo is not aware of any patient having experienced a confirmed product mix-up, or any adverse events attributable to a product mix-up," he added. He also noted that an FDA review of the Adverse Event Reporting System database from January 1, 2009, through January 6, 2012, for the Endo Pharmaceutical opioid products manufactured at the Lincoln, Nebraska, facility failed to turn up any reports of adverse events directly related to manufacturing problems. The FDA advises patients and healthcare professionals to check any opiate medicines made by Endo in their possession and to ensure that all tablets are the same. For more information, patients and healthcare providers can also contact Endo Pharmaceuticals' call center at 1-800-462-3636.

In the advisory, the FDA says they expect there will be "periods of shortages for these products" in the coming weeks, and they are actively working with Endo Pharmaceuticals and Novartis to "minimize the degree of impact." As a precautionary measure, Novartis Consumer Health has initiated a voluntary recall of the other non-opiate products made at their Lincoln, Nebraska, manufacturing facility. These products include all lots of *Excedrin* and *NoDoz* products with expiration dates of December 20, 2014, or earlier, as well as *Bufferin* and *Gas-X Prevention* products with expiration dates of December 20, 2013, or earlier, in the United States.

Seminars

Register at www.chemrx.net

See Seminar photos on Chem Rx's Facebook Page and on our Website.

Please contact a member of the Chem Rx Education Team for further information:

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2012 Seminars*

Chem Rx Long Beach (Leonard's of Great Neck)

3/1 – CFO Educational Seminar

3/29 - All Industries

5/10 – Spring Educational Seminar

6/21 - Summer Educational Seminar

9/12 – Fall Educational Seminar

9/20 – Fall Educational Seminar (Eger Health Care, Staten Island)

12/6 – Winter Educational Seminar

Chem Rx New Jersey

3/13 – Spring Educational Seminar (The Westwood, Garwood)

6/6 – Summer Educational Seminar (Ocean Place, Long Branch)

9/6 – Fall Educational Seminar (The Imperia, Somerset)

12/4 – Winter Educational Seminar (Forsgate, Monroe Township)

Chem Rx Albany (The Desmond Hotel, Albany)

5/14 – Spring Educational Seminar

10/2 – Fall Educational Seminar

* All Dates subject to change



Ask the Pharmacist

Q: One of the most frequent questions for pharmacists is whether their prescribed medications can or will cause a weight gain. Monitoring weight gain is important to reduce the risk of diabetes and/or cardiovascular disease.

A: There are a number of medications that are known to cause weight gain:

Corticosteroids: These drugs may increase weight with long-term use. They are known to stimulate appetite while reducing the body's ability to absorb glucose.

Atypical antipsychotics: (Clozaril, Zyprexa, Risperdal, Seroquel, Abilify, and Geodon) Since 2004, the FDA requires manufacturers of certain antipsychotic medications to add a warning statement to doctors prescribing these drugs regarding the increased risk of diabetes and hyperglycemia that can result from weight gain from the use of the drugs.

Clozaril and Zyprexa most likely to cause weight gain. Abilify and Geodon are the least likely in this class to significantly cause weight gain.

Antidepressants: The most likely antidepressants that cause weight gain are the MAO inhibitors, tricyclics and mirtazapine. SSRI's also cause weight gain when used long term. Less weight gain is associated with bupropion, venlafaxine and duloxetine.

Hypoglycemics: Sulfonylureas and insulin can lead to increase in weight.

Hormonal Contraceptives: The older forms caused weight gain primarily due to increased water retention, the newer lower dose forms not likely to cause long term weight gain.

Generic Forecast 2012

The following drugs are expected to be released in generic form as follows:

Brand Name	Generic Name	Dosage Form	Projected Launch
Lexapro	Escitalopram Oxalate	Tabs	2/12
Geodon	Ziprasidone	Caps	3/12
Lexapro	Escitalopram Oxalate	Solution	3/12
Boniva (Inj & 2.5MG)	Ibandronate Sodium	Inj. & Tabs	3/12
Cutivate	Fluticasone Propionate	Lotion	3/12
Seroquel	Quetiapine Fumarate	Tabs	3/12
Advandamet	Metformin/Rosiglitazone	Tabs	Q1 2012
Avandaryl	Glimepiride/Rosiglitazone	Tabs	Q1 2012
Avandia	Rosiglitazone	Tabs	Q1 2012
Avalide	Irbesartan/Hydrochlorothiazide	Tabs	4/12
Avapro	Irbesartan	Tabs	4/12
Combivir	Lamivudine/Zidofudine	Tabs	Q1 2012
Stalevo	Carbidopa/Levodopa/Entacapone	Tabs	4/12
Provigil	Modafinil	Tabs	4/12
Plavix	Clopidogrel	Tabs	5/12
Viramune	Nevirapine	Tabs/Suspension	5/12
Lescol	Fluvastatin SOD	Tabs	6/12
Lescol XL	Fluvastatin SOD ER	Tabs	6/12
Ziagen	Abacavir	Tabs	6/12
Maxalt	Rizatriptan	Tabs/ODT	6/12
Clarinex	Desloratadine	Tabs	7/12

WORTHY EVENTS

It is our privilege to support our clients and participate in their fundraising efforts.

1/24 – Palladia’s 11th Annual Friends of Palladia Breakfast (Executive Office)

1/31 – AHRC NYC Foundation’s 32nd Annual Thurman Munson Awards Dinner (Grand Hyatt, New York)

2/11 – Community Options, Inc. Cupid’s Chase 5K Run

To have your event posted, please e-mail shanna@chemrx.net.

SODUKU

See Solution on the next page. No peeking!

				1				6
		8	3					
	1		4	5	8			
					2	5	7	
				4				1
	5					3		
		4	1			2		3
			7					
		2		9		7	8	5

Holiday Cheer from your friends at Chem Rx



Acetaminophen

Take care to avoid a “staggered overdose,” which can occur when even a slight amount of acetaminophen is taken over a period of several days. Dosing should strictly adhere to manufacturer instructions. In addition, acetaminophen can combine poorly with alcohol. Many over the counter and prescription medications contain acetaminophen (for example, Thera-Flu and Percocet), so taking these products in combination with acetaminophen can cause unintended or staggered overdose.

Sudoku Solution

7	4	5	2	1	9	8	3	6
2	9	8	3	7	6	1	5	4
3	1	6	4	5	8	9	2	7
4	6	1	9	3	2	5	7	8
8	2	3	5	4	7	6	9	1
9	5	7	8	6	1	3	4	2
5	7	4	1	8	3	2	6	9
6	8	9	7	2	5	4	1	3
1	3	2	6	9	4	7	8	5

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Please feel free to submit your questions, comments

or suggestions to Chem Rx via e-mail to shanna@chemrx.net.

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