

Optimum Wellness Pharmacy Newsletter



Compounding and What We Can Do for You!

Pharmacy compounding is the art and science of preparing personalized medications for patients. Compounded medications are made based on a practitioner's prescription in which individual ingredients are mixed together in the exact strength and dosage form required by the patient. At one time all prescriptions were compounded, but it has then declined since mass production of medication starting in the 1950s.

Compounding medications allow the compounding pharmacist to work with the patient and the prescriber to customize a medication to meet the patient's specific needs. The products that we produce are non-commercial products that you can't find anywhere else and pharmacists prepare small quantities of a prescription more frequently to ensure stability of the product for its intended use. The compounds are free of alcohols, dyes, preservatives and sugars. We can accommodate all of your allergies/food intolerances as well!

At Optimum Wellness Pharmacy, we use the highest quality ingredients in a state of the art lab to prepare compounds indicated for hormone replacement, pain relief, pediatrics, veterinary, dental, flavor specifications, allergies to certain ingredients and so much more. We can prepare creams, capsules, suppositories, lollipops, popsicles troches, liquids, etc. We will work with you and your specific needs so you are able to get your medication dispensed how you prefer.

The common perception is that compounding is cost prohibitive in most cases. This is simply not true at Optimum Wellness Pharmacy as we strive to find affordable solutions that will save you money over commercially available products in many cases. We realize the majority of our customers are cost-sensitive and we will gladly work with you.

Contents

Special Interest Articles

Compounding	1
Alzheimer's, Dementia	2
High Cholesterol	3

Sidebars

Genetic Testing	2
PPI Warnings	3



Genetic Testing

Optimum Wellness has partnered with PGxOne™Plus and some local doctor's offices in the area to provide genetic testing for their patients. This test is of no cost to you, and you and your doctor get information on how over 300 medications work in your body before they prescribe you anything. This allows for a safer medication choice, and you will know what works best for you if you happen to change doctors. This test also looks at the genes in your body that are used to break down certain types of medications. For example, CYP2D6, CYP2C19, CYP3A4, and ApoE.

It is a painless process, where we will just get a cheek swab right in the doctor's office or you can stop in our store. We send off the sample and get the results sent to your doctor.

If you are curious about what your body can break down, call or stop in to see if your doctor has an agreement with us and if not, we will set that up for you!



Alzheimer's disease, Dementia and how to treat the symptoms.

Alzheimer's disease is the number one cause of dementia. Reduced blood flow to and within the brain, are a leading cause, which is known as vascular dementia. It is critical to stay heart healthy throughout your life to decrease your risk. Alzheimer's-related dementia is an abnormal brain condition that can result in acute memory loss. It is caused by aging, genetics, poor heart health, and many unknown reasons.

Symptoms of changes you can see with dementia:

- Cognitive differences (new forgetfulness, not knowing common facts)
- Reduction in daily functioning (difficulty driving, getting lost)
- Personality changes (easy frustration, disinterest)
- Problem behaviors (nighttime restlessness, OCD, wandering)
- Mental health issues (depression, abnormal beliefs, anxiety)

Risk factors for Alzheimer's include:

- Older age
- Family history
- Having the apolipoprotein E, (ApoE) gene
- Abnormal brain MRI findings
- History of cardiovascular disease

What Works?

Note: The supplements mentioned here will hopefully have some ability to slow the disease or improve some aspects of the condition. They will not cure Alzheimer's or Dementia.

- Vitamin E
- Huperzine A
- Panax ginseng
- Korean red ginseng
- *Bacopa monnieri*

****All of these ingredients can be found in our Memory Plus Product****

Bottom line is that heart healthy = brain healthy!

High Cholesterol and How to Help Lower your Levels

Cardiovascular disease (CVD) has been the top killer of men and women for the last 100+ years, and LDL is the most dangerous type of cholesterol. High or unhealthy cholesterol can be manifested in high levels of LDL (bad cholesterol), high levels of triglycerides (amount of fat in the blood), or low HDL (good cholesterol). Cholesterol is the foundation for our hormones. We need it to make estrogen, testosterone, and even vitamin D. It is a key component of cells, but too much of it starts to cause clogging of the pipes. LDLs are stickier than triglycerides, so it makes them more dangerous when your levels are high.

Increasing the risk of cholesterol problems and CVD include:

- Obesity
- Poor diet
- Tobacco
- Genetics
- Lack of exercise
- Certain medical conditions (diabetes and autoimmune diseases)

There are no symptoms of CVD until you have an event like a heart attack or stroke, but here are some subtle tip-offs that could tell you something is abnormal. Sexual dysfunction, especially in younger men and women could be an early sign that something isn't right.

A simple cholesterol test is a good way to see where you are at with your LDL, triglycerides, and HDL levels. Even though half of first time heart-attack patients have normal levels, you can talk to your doctor about this other blood test called hs-CRP or High-sensitivity C-reactive protein blood test. It is a measure of inflammation in your body, including your arteries, which lead to clots and heart attacks. A hs-CRP level below 1mg/L is ideal and anything above 2mg/L is too high! Some diseases and some medications could provide a false value, so if you have/are taking any of these you shouldn't get this test at the moment:

- Bad case of arthritis
- Flu
- Taking immunosuppressive medications (steroids)

What can you take to help with your cholesterol levels?

The popular cholesterol-lowering medications are the statins. You want to make sure you are taking the lowest possible dose that is still effective for you. Long-term use of statins at high doses can slightly increase the risk of all kinds of problems. By taking a moderate or lower dose statin, combined with lifestyle changes like diet and exercise, you are increasing your chances of helping to prevent diseases. If you can't tolerate a statin there are some supplements you can take to help lower your levels.



New PPI warnings

PPI or proton pump inhibitors, were the 9th most prescribed medication in 2015. These drugs work by dramatically diminishing the amount of acid made by glands that line the inside of the stomach. It provides relief for people with heartburn.

The downside of getting rid of stomach acid, is that it is important for the absorption of some vitamins and minerals and for killing some of the harmful bacteria that we may swallow. These drugs may also reduce the effectiveness of clopidogrel (Plavix), which is a drug that prevents blood clots.

There are new studies out that have linked the long-term use of a PPI (Nexium, Prevacid, Prilosec) increases your risk for chronic kidney disease compared to using a different class of heartburn drugs called H2 blockers, like Pepcid AC and Zantac. One way they think they are related is that PPIs interfere with the body's ability to absorb magnesium and deficiencies in magnesium could increase the risk of kidney disease.

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High Cholesterol cont.

Lowering LDL specifically:

- Red yeast rice
- Soluble fiber (especially psyllium, but also glucomannan, inulin, pectin, guar gum, oat beta-glucan, and barley beta-glucan)
- Phytosterols (plant sterols and stanols)

Lowering triglycerides or increase HDL:

- Omega-3 (this WILL NOT lower LDL, high doses of Omega-3 can actually increase LDL levels)- dose needs to be at least 1,000mg combined EPA and DHA.

All of these products can be found in the store. Our Omega-3 meets the quality standards to lower triglycerides.

Most of the information in this newsletter came from the book: The Supplement Handbook written by Mark Moyad, MD, MPH.