

Quote of the Month

"You can lay down and die, or you can get up and fight, but that's it -- there's no turning back."

Jon English

Pharmacy News

May 2010

American Cancer Society to Launch Choose You Movement to Help Women Take Action to Prevent Cancer

The American Cancer Society, the nation's largest voluntary health organization, today will launch a new nationwide movement to shine the spotlight on a sobering statistic: one in three women will get cancer in her lifetime. Choose You (www.chooseyou.com) is designed to inspire women to take action and put their health first in order to stay well and help prevent cancer.

[Click here for the rest of the story](#)



Colonoscopy Prep in a Pill May Be Easier to Swallow

One reason many people dread a colonoscopy is the unpleasant preparation, which often requires that they drink a gallon of prescribed fluids to clear out their bowels before the procedure. But an industry-funded study suggests that a pill could negate the need for so much liquid. Researchers from Henry Ford Hospital report that people preparing for the test were able to take a pill approved as a treatment for chronic constipation and avoid half of the liquid requirement.

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Generics Now Available For Cozaar, Hyzaar, & Flomax

The FDA has assigned the generic versions of these drugs an "AB" rating, which means they are considered equivalent to the brand-name drug. Click on the links below to find out more about these medications.

[Click for info about Cozaar](#)

[Click for info about Hyzaar](#)

[Click for info about Flomax](#)

Aspirin May Increase Risk of Crohn's Disease

A new British study finds that people who take aspirin every day have a higher risk of developing Crohn's disease, a potentially devastating digestive illness. But it's still not very likely that aspirin users will develop the condition, and the study's lead author said patients should keep in mind that aspirin lowers the risk of heart disease.

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No One Antidepressant Raises Suicide Risk More Than Others

A new study finds no particular antidepressant is more likely to boost the risk that adults starting on such medication will kill themselves or try to commit suicide. In the past, there have been reports that antidepressants, especially selective serotonin reuptake inhibitors such as Prozac and Paxil, raise the risk of suicidal thoughts or suicide attempts, especially in children and teens.

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Salix Drug Effective For Bowel Symptoms

A pivotal trial of Salix Pharmaceuticals Ltd's (SLXP.O) Xifaxan has shown the antibiotic relieves symptoms, other than constipation, of irritable bowel syndrome, according to the company. Results from the 1,260-patient trial of a 550 mg dose of the drug were presented at the annual Digestive Disease Week meeting in New Orleans.

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New Nicorette mini Lozenge Offers Convenient, Pocket-Sized Support to Help Smokers Looking to Quit

To better help meet the needs of smokers who are quitting, Nicorette® launched a mini-sized stop smoking lozenge that dissolves up to three-times faster than other stop smoking lozenges and can double a smoker's chances of successfully quitting versus placebo.

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Think You're Lactose Intolerant? You Might Be Wrong

If you've cut down on milk because you think your gut can't tolerate the sugar in it -- called lactose -- you might be doing your health a disservice, a new study suggests. Researchers found that in fact, more than half the patients who thought they couldn't digest lactose were mistaken.

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Is OJ as Good a Source of Vitamin D as Supplements?

A glass of orange juice may not only help the vitamin pill go down. A new study suggests that fortified varieties can also help the body's vitamin D levels go up - just as effectively as the supplement itself. The finding could bring a welcome addition to a very short list of sources for vitamin D, which is thought to help fend off an array of health problems including brittle bones, diabetes, and cancer.

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That Pill You Took? It May Well Be Theirs

Pfizer's corporate jet is at the disposal of its chief executive, Jeffrey B. Kindler, for business travel and a limited number of personal trips. Top Merck executives also have use of that drug maker's corporate aircraft. But when William S. Marth, the chief executive of the largest prescription drug supplier in the United States, travels cross-country, he flies commercial. On trans-Atlantic trips, Mr. Marth, who runs Teva North America, shuns first class, opting for business class instead. "The day they get their own plane," says Ronny Gal, an analyst at Sanford C. Bernstein who tracks Teva and is a devotee of the stock, "is the day I downgrade them."

[Click here for the rest of the story](#)

May Health Awareness

[American Stroke Month](#)

[Better Hearing & Speech Month](#)

[Clean Air Month](#)

[Asthma & Allergy Awareness Month](#)

[Celiac Disease Awareness Month](#)

[Click here for the full list of May](#)

[Health Awareness Topics](#)

Many Don't Seek Prompt Help After 'Mini-Stroke'

Three out of 10 people who suffer a minor stroke or a "mini-stroke" don't get medical help in time, upping their likelihood of going on to have a major stroke, new research shows. While the importance of rapid treatment for stroke is now widely recognized, less is known about whether people who suffer mini-strokes get prompt care.

[Click here for the rest of the story](#)

How Does Your Child Hear and Talk?

The development of communication skills begins in infancy, before the emergence of the first word. Any speech or language problem is likely to have a significant effect on the child's social and academic skills and behavior. The earlier a child's speech and language problems are identified and treated, the less likely it is that problems will persist or get worse.

[Click here for the rest of the story](#)

Cleanest and Most Polluted Cities in the US

The American Lung Association's tenth annual State of the Air Report has released its list of cities with the Ozone and Particle Pollution being the 2 most widespread pollutants. These 2 pollutants can cause symptoms ranging from shortness of breath, asthma attacks, chest pain, heart attacks and even premature death.

[Click here for the rest of the story](#)

Are Gluten-Free Foods Healthier?

A good friend of mine has celiac disease, which means she can't eat any foods that contain these "evil" ingredients: wheat, rye, barley, and possibly oats. If she does, she pays the price with painful stomach cramps, bloating, gas, and diarrhea, but the scary thing is that it can even be fatal. She's not alone; it's estimated that one in 133 people in America suffers from this disease.

[Click here for the rest of the story](#)

New Drug Offers Hope to Celiac Sufferers

Even if Janet Smith could give her 13-year-old daughter, Heather, a drug that would let her eat gluten, she wouldn't necessarily do it. The Brooklyn mom has been monitoring everything Heather eats since she was an infant, making her special foods and keeping her on a strict, gluten-free diet. It hasn't been easy — the slightest trace of gluten can make Heather sick for weeks — but Smith isn't convinced that a drug would be better.

[Click here for the rest of the story](#)

Practice Sun-Safe Behaviors to Reduce Risk of Skin Cancer

As the seasons turn from spring to summer, we spend more time outdoors, which means more exposure to the sun and its damaging rays. May is Melanoma/Skin Cancer Detection and Prevention Month, which raises awareness about skin cancer and melanoma, the deadliest form of skin cancer. It is a good reminder to practice sun-safe behaviors and to examine your skin for suspicious moles and lesions. Melanoma is the most serious form of skin cancer.

[Click here for the rest of the story](#)

Top 4 Seasonal Allergy Mistakes

Allergies (also called "allergic rhinitis" or "hay fever") are nothing to sneeze at -- just ask the approximately 60 million people in the U.S. who suffer from them. If you have seasonal allergies, watch out for common mistakes that could aggravate them, says Dr. James L. Sublett, section chief of the pediatric allergy department at the University of Louisville School of Medicine in Kentucky. Steer clear of these four most common slipups, according to the American College of Allergy, Asthma and Immunology.

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