

## Quote of the Month

**"In the practice of tolerance, one's enemy is the best teacher."**

*Dalai Lama*

## Pharmacy News

May 2011

### With Liposuction, the Belly Finds What the Thighs Lose

The woman's hips bulged in unsightly saddlebags. Then she had liposuction and, presto, those saddlebags disappeared. Photo after photo on plastic surgery Web sites make liposuction look easy, its results transformative. It has become the most popular plastic surgery, with more than 450,000 operations a year, each costing a few thousand dollars. But does the fat come back? And if it does, where does it show up? Until now, no one knew for sure. But a new study, led by Drs. Teri L. Hernandez and Robert H. Eckel of the University of Colorado, has answered those questions. And what he found is not good news.

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### After Heart Attack, Certain Painkillers May Raise Risk for Recurrence

Even a week's worth of some non-steroidal anti-inflammatory drugs could be hazardous, study finds. People with a history of heart attack are at increased risk of suffering another attack or dying after even a week of taking certain types of prescription and over-the-counter painkillers, including Advil, Motrin or Voltarin, a large new study suggests. Danish researchers analyzed nationwide records of almost 84,000 heart attack survivors and found that those who used certain non-steroidal anti-inflammatory drugs (NSAID) for one week faced a 45 percent heightened risk of another heart attack. Three months' use raised the risk to 55 percent.

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### Popular Heartburn Meds May Boost Fracture Risk

Study sees possible link to proton pump inhibitors such as Prilosec, Prevacid and Nexium. Reinforcing U.S. health officials' concerns, new Korean research suggests that long-term use of popular heartburn drugs such as Prilosec, Prevacid and Nexium is linked to an increased risk of fractures. Scientists conducting a meta-analysis of 11 studies published between 1997 and 2011 found that proton pump inhibitors (PPIs), which reduce stomach acid production, were associated with a 29 percent increased risk of fracture. This included a 31 percent higher risk of hip fractures and a 54 percent heightened risk of vertebral fractures.

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### Sanofi Receives FDA License Approval For New Influenza Vaccine

Sanofi-Aventis (EPA:SAN) (NYSE:SNY) said Tuesday that its vaccine division, Sanofi Pasteur, has received a licensing approval from the US FDA for its new flu virus vaccine that is injected with a short, thin needle in through the mid-level layer of the skin, instead of the muscle, of those being vaccinated. The vaccine, Fluzone Intradermal, will be used for immunization against the influenza virus in adults aged 18 to 64, and represents the first flu vaccine licensed in the US that uses a small needle for a skin injection.

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### Antibiotics That Reduce Gut Bacteria Linked To Obesity

Scientists believe that the widespread use of antibiotics may be playing a significant role in exacerbating the obesity epidemic. Growing evidence suggests that oral antibiotic medicines may be affecting the growth of beneficial bacteria in the human intestine which is influencing whether some people put on weight when they overeat or take too little exercise, they said. The latest study, which has yet to be published in a peer-reviewed scientific journal, centres on a technique for counting the bacterial genes in the human intestine. It found that lean people are likely to have a more diverse community of gut flora compared to obese individuals.

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### Doctors Prescribing Meditation, Yoga More Often

Study authors say earlier use of such treatments might benefit health-care system. Mind-body therapies such as yoga, meditation and deep-breathing exercises appear to be gaining more acceptance in mainstream medicine, according to a new study. Mind-body therapy is used by more than one-third of Americans, and that number is rising, the researchers noted. They found that one in 30 Americans using some type of mind-body therapy was referred to the treatment by a medical provider.

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### Exercise During Pregnancy Benefits Baby's Heart

Exercise during pregnancy benefits not just the mother's heart, but her baby's heart as well, a new study finds. The results show regular exercise during pregnancy lowers the heart rate of the fetus, and this effect persists for a month after the baby is born. A low heart rate indicates that the baby's heart is in good health, much like an adult that has gone through training.

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### More Added Sugars, More Pounds?

Study found body weight went up with increases in sugar intake over 27 years. As Americans' intake of sugars added to processed and home-cooked foods rises, so, too, does body weight, according to a study that followed Minnesota residents for 27 years.

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### Simple Quiz Speeds Diagnosis of Autism in Infants

A brief screening in a pediatrician's office can detect autism-like symptoms in children as young as 12 months old, giving them an important head start on treatment, according to a study published Thursday. The screening used in the study also flagged some babies who later turned out to be developing normally, raising a false alarm for families. But early diagnosis and treatment of autism and other developmental delays are thought to improve outcomes, and researchers said the benefits of early intervention outweighed the downsides.

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### MU Plays Role in Physician Jump in E-Prescribing

Federal incentives to support health IT have aided in the growth of the nation's use of electronic prescription by 72 percent in 2010, according to a new report from Surescripts. Surescripts announced the release of "The National Progress Report on E-Prescribing and Interoperable Healthcare" for 2010 on Thursday. The report is the fourth in an annual series that tracks the status of e-prescribing adoption and use in the United States. This year's report measures the growth of e-prescribing from 2008 – before the advent of federal incentives – through 2010 and includes new data that provides further detail on physician adoption of e-prescribing and electronic health records.

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### Novartis Gets FDA Approval For Pancreatic Cancer Drug

Novartis AG's (NOVN.VX) (NVS.N) cancer drug Afinitor has been approved by the U.S. Food and Drug Administration for a rare type of pancreatic cancer that has few treatment options. "Data show Afinitor delays tumour growth and reduces risk of disease progression in patients with advanced neuroendocrine tumours (NET) of pancreatic origin," the Swiss drugmaker said in a statement. "This marks the first approval of a treatment for this patient population in the United States in nearly 30 years."

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## May Health Awareness

Arthritis Awareness Month

Better Hearing & Speech Month

Employee Health & Fitness Month

Hepatitis Awareness Month

Lupus Awareness Month

Melanoma/Skin Cancer Detection & Prevent

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

[Awareness Topics](#)

### 10 Ways You Can Protect Your Joints

Osteoarthritis (OA) is the most common form of arthritis, with nearly 27 million Americans living with it today. No longer considered just a consequence of aging, researchers now have several candidates when looking for a cause: musculoskeletal defects, genetic defects, obesity, or injury and overuse. Find more resources for managing OA at the end of this article.

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### One in Five U.S. Adolescents Has Hearing Loss

Hearing loss among U.S. adolescents has surged, probably because of the use of devices such as earbuds for listening to music, doctors say. Researchers surveyed a sample of children ages 12 to 19 in 2005 and 2006 and found that 19.5 percent had some hearing loss, compared with 14.9 percent in a study covering the years 1988 to 1994, according to a report published today in the Journal of the American Medical Association.

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### Employers Tell Workers To Get a Move On

Between the sheet-cake birthday parties and hours-long, cookie-fueled management meetings, office work has a way of undermining all our plans to live healthfully. Americans spend nearly nine hours at work each day — and our sedentary jobs wreak havoc on our bodies. Three-quarters of adults get little or no activity daily, according to Dr. James Levine, an endocrinologist at the Mayo Clinic in Rochester, Minn. Two-thirds of Americans are overweight, and obesity accounts for 63 million physician office visits each year. Even for active people, sitting all day increases the risk of heart disease and diabetes.

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### Hepatitis Awareness Month

Hepatitis B and Hepatitis C can become chronic, life-long infections which can lead to liver cancer. Millions of Americans are living with chronic viral hepatitis, and many do not know they are infected. Although May is Hepatitis Awareness Month, viral hepatitis needs more attention throughout the year. One of the main findings from last year's Institute of Medicine (IOM) report was the public and health care professionals lacked knowledge and awareness about viral hepatitis.

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### Hepatitis C Infections Rise Among Young

Even as the overall infection rate for hepatitis C is flat, more young adults in Massachusetts are contracting the virus, a new state report shows. State epidemiologist Dr. Alfred DeMaria called it an epidemic affecting cities, suburbs, and small towns: People between 15 and 24 are getting hooked on prescription opiates, moving onto intravenous drugs, and becoming infected when they share needles and other paraphernalia. The rate of infection among teenagers and young adults nearly doubled between 2002 and 2009, the state Department of Public Health reported in a study published yesterday by the Centers for Disease Control and Prevention.

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### For The First Time in 50 Years, FDA Approves a New Lupus Drug

From wiring, to check cashing, solving money troubles and managing her team, being a manager of a bank is always challenging and never boring for Diane Salemi. Imagine keeping all of this straight while fighting a debilitating disease. Doctors diagnosed her with the most common form of lupus -- called Systemic Lupus Erythematosus.

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### New Test Could Improve Lupus Diagnosis

A Swedish research team is developing a test which could detect the early stages of lupus and predict flares in people who already have a diagnosis. The team, led by Christer Wingren of Sweden's Lund University, say they are well on their way to developing the test which could greatly improve the lives of people with systemic lupus erythematosus (SLE). The chronic rheumatic disease affects around five million people worldwide.

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### Malignant Melanoma: The Silent Killer

Summer is just around the corner, and everyone is looking forward to vacation and lots of free time outdoors in the sun. That is why we must be aware of the most dangerous form of skin cancer: malignant melanoma. Skin cancer is the most common of all types of cancer and melanoma accounts for just 5 percent of all skin cancers. However, melanoma is responsible for nearly all of the deaths from skin cancer. It is the most common form of cancer found in people 25 to 29 years old. According to the American Cancer Society, there were 68,000 new cases of melanoma reported and 8700 deaths in 2009. Experts expect to diagnose more than 100,000 new cases this year.

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