

FALL/WINTER 2012

updates from the koshland pharm staff

Fall Open House

At a pharmacy open house the evening of September 27th, guests took advantage of free skin consultations. Guest Betsy J. later commented about the Rx Skin Therapy facial cleanser: "The scrub is the best product in that category I have ever used." You can check out Rx Skin Therapy products on our website at koshlandpharm.com/rxskintotherapy, or ask for a free sample with your next visit.

Two new pharmacy technicians join Koshland Pharm team

Our mission here at Koshland Pharm is to dispense high-quality, customized prescriptions in a timely manner, and we've hired two new staff members to accomplish that goal. Koshland Pharm was pleased to welcome new pharmacy technicians **Dana Gill** and **Adam Figueroa** to our team this summer.

Refill Requests

As the winter holidays approach, please remember to call in refill requests 2-3 days ahead for pick-up, allowing 2 additional days for shipping. Or ask us about our auto refill option. Because each medicine is made-to-order, advance notice for refills is greatly appreciated.



Prescriptions for Health

A Newsletter from

Koshland  Pharm
Custom Compounding Pharmacy

featured PRACTITIONER



Each **Prescriptions for Health** newsletter features a Bay Area practitioner with a unique approach to health and healing.

Dr. Jerome Weiss founded and practices at the Pacific Center for Pelvic Pain and Dysfunction in San Francisco.

Practice Approach

"You only see what you look for, and you only look for what you know." I saw that quotation on the wall of a radiologist's office in the Netherlands. It highlights a common problem in the area of chronic pelvic pain, which is that a majority of people with this condition do not receive an accurate diagnosis because doctors do not have a lot of training in this field.

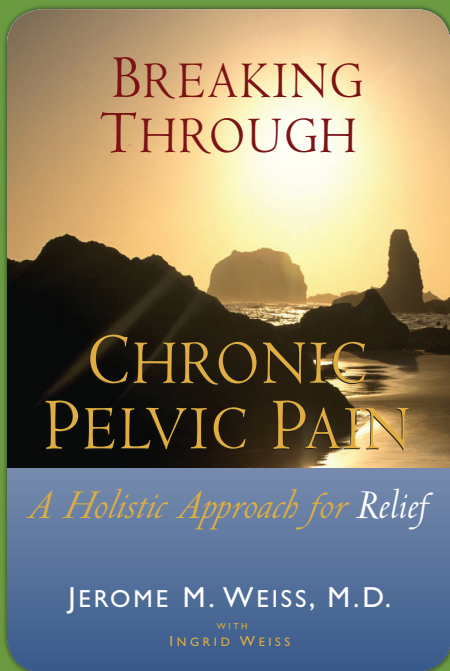
Our clinic's holistic, interdisciplinary approach to chronic pelvic pain developed over many years. I began working in a private practice as a urologist in 1967, and soon became frustrated with my limitations in treating patients with urinary urgency and frequency, as well as with intractable pelvic pain symptoms. This frustration led me on a long quest for better knowledge and techniques to successfully treat my patients.

An important discovery developed after I had studied and practiced acupuncture with a doctor of oriental medicine. From this study, I learned the importance of seeing the body as a whole, integrated system. I came to realize that, figuratively speaking, you can't take the bladder out of a patient as though it were an automobile part, work on it, and put it back. Rather, to ensure successful results, a physician must treat the entire person to bring about balance, as does an acupuncturist or herbalist.

Although some of my patients responded to acupuncture treatments, not all did, which led me to continue my search. An important break-through came when I learned about

"myofascial trigger points" and pudendal nerve pain. Trigger points are tender bands of muscle fibers that have been damaged and overstressed, so they develop sensitive knots of tissue. When they are activated, pain may also be experienced elsewhere in the body. I learned that internal and external manual treatments could be used to eradicate trigger points, normalize shortened muscles, and decrease connective tissue hypersensitivity. While this approach worked for many patients, for some, symptoms did not improve. I learned that some patients have pudendal nerve injury, or a nerve in the pelvic floor that is being compressed. For these patients, sometimes more invasive internal treatment is helpful, such as injections with anesthetic agents.

(Continued next page)



featured PRACTITIONER (continued)

I believe it is important to approach each patient's condition with the persistent "why" question that children often ask. For example, when a patient has a pudendal nerve injury, what I look at is the mechanics of the problem. Sometimes the reason for the injury is that the muscles in the pelvic floor are tight. By continuing to ask "why," often what we find is that the source of the problem can be traced to the feet. Patients might have feet that are flat, so they put a lot of stresses on the outside of the legs that then reflect all the way up into the hip rotators. If I try to correct the muscle tension in the hip rotators without addressing the problems of the feet, then we're just treading water. So a referral to a podiatrist can be important. This shows how important it is to try and find the underlying cause of whatever you are looking at.

Perhaps most importantly, I've found you have to listen to your patient. One of my mentors in medical school taught me, "Listen to your patient; he or she is giving you the diagnosis." You really have to tune in to what your patient is saying, all the ramifications, all the details.

The Role of Compounded Medications

We use **custom compounded medications from Koshland Pharm** (such as an

amitriptyline/gabapentin/bupivacaine cream and diazepam suppositories) for muscles that are tight and for vulvar pain (vulvodynia) to desensitize the delicate tissues. I certainly want to make my patients as comfortable as possible and overall, I have found these compounded preparations to be a valuable addition to my treatment repertoire.

Current Inspirations

I am in the editing stage of writing a book, *Breaking Through Chronic Pelvic Pain: A Holistic Approach for Relief*. The book is written so that it can be used by all different audiences - patients, physical therapists, and doctors. It includes many pictures and techniques - nerve blocks and different examples of what I do to treat chronic pelvic pain. Patients can get an overview, but also doctors can look at illustrations and also get something from it. My wife is helping me with the final editing. I think it's going to be a great book, if we can ever get it wrapped up!

My other on-going inspiration is the experience of helping patients get better. A group of patients I think about are patients who have had difficult deliveries and have had incredible pelvic floor and vulvar pain - for as many as 50 years. And they get better. This is the kind of thing that keeps me going.

further READING

Additional modalities in Dr. Weiss's holistic approach to treating chronic pelvic pain...

- Physical therapy
- Homeopathic remedies
- Acupuncture
- Nutritional therapy
- Biofeedback, a behavioral therapy that uses exercise, mind-body quieting, diaphragmatic breathing, and instruments that monitor muscle activity to learn how to control some things in the body often thought to be outside of one's control
- Qigong, a practice that incorporates gentle body movements with visualization techniques that together promote physical and emotional well-being and mental clarity
- Feldenkrais Method, which uses gentle, neurologically-based movements and touch to help the patient learn more functional, non-injurious movement patterns

For more information about chronic pelvic pain, including causes, symptoms, and diagnoses, see:

koshlandpharm.com/weiss

current NEWS

Naturopathic Medicine

Opening of Accredited School of Naturopathic Medicine in California

Bastyr University California (located in San Diego) opened its doors in September, 2012 and became the first and only accredited school of naturopathic medicine in the state.

koshlandpharm.com/bastyr

Bioidentical Hormone Replacement Therapy

Update on the KEEPS trial results

Initial results have been reported for the KEEPS trial (Kronos Early Estrogen Prevention Study). This clinical trial spanned four years; was randomized, double-blinded, and placebo-controlled; compared oral estrogen therapy with transdermal estrogen therapy in conjunction with cyclic progesterone; and included 737 healthy participants aged 42-58 who started therapy within three years of the onset of menopause. Initial findings suggest that estrogen/progesterone therapy started soon after menopause has a favorable safety profile and relieves many menopausal symptoms.

koshlandpharm.com/KEEPS



veterinary MEDICINE

Cisapride Available Again

Cisapride powder, a raw ingredient used to make a veterinary medication often used to treat gastrointestinal conditions in animals, is once again available. Koshland Pharm can now provide cisapride in customized doses specified by veterinarians to treat individual cats and dogs.

Recent study of compounded trilostane capsules

A recent study published in the Journal of the American Animal Hospital Association (48: 4, July/August 2012) found unacceptable results in the potency and dissolution characteristics of the compounded veterinary medication trilostane (a medication often used in the treatment of dogs who have Cushing's disease) that was provided by eight different pharmacies. Significantly, only one of the eight pharmacy's capsules met the acceptance criteria in all of its tested batches. This study highlights the importance of consistent and rigorous testing procedures like those in place at Koshland Pharm to ensure the potency and efficacy of its customized medications. For example, Koshland Pharm sends numerous samples of its finished products to an outside laboratory every month to ensure accurate dosing.

Accreditation by the Pharmacy Compounding Accreditation Board (PCAB) is one quick way a veterinarian or pet guardian can check to see if its compounding pharmacy has met the highest standards in its profession for efficacy and safety. For further information about the kind of testing a compounding pharmacy should be carrying out on a monthly basis, see:

koshlandpharm.com/evaluate_a_pharmacy

For more information on the recent trilostane study, see:

koshlandpharm.com/trilostane

ask the PHARMACIST

What can a compounding pharmacy do in the area of pain management?

Compounding pharmacies can make many different kinds of medications to help with pain management. We can make an oral drug long-acting (sustained release) or can customize its strength. We can formulate medicated, sugar-free lollipops. We can even make drugs that are no longer commercially available, such as the migraine drugs Midrin® and Cafergot®.

We can also add specific drugs to a highly-specialized transdermal base called Lipoderm®. This penetrating cream makes it possible to apply the drugs directly to the skin at a particular site, offering an alternative to an oral dosage form. Examples of drugs that can be added to the Lipoderm® cream base include:

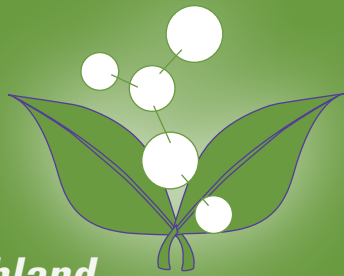
- *anti-inflammatories (such as ibuprofen)*
- *topical anesthetics (such as lidocaine)*
- *analgesics (such as morphine)*
- *muscle relaxants (such as magnesium)*

Read more about compounding for pain management and studies that used the transdermal cream Lipoderm® at:

koshlandpharm.com/painmanagement



Do you have an Ask the Pharmacist question you would like answered in a future newsletter? Please send it to krista@koshlandpharm.com.



Koshland Pharm makes prescription medications tailored to a patient's specific needs. For example, sometimes a patient could benefit from an anti-inflammatory medication in a cream rather than capsule form. To address this kind of specialized need, Koshland Pharm makes high-quality, customized prescriptions and works closely with both patients and their doctors to ensure optimal treatment.

did you KNOW...

...Koshland Pharm has extensive information about quality assurance in compounding on its website, including six key questions to ask when evaluating a pharmacy? See:

koshlandpharm.com/quality



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compounding in the NATIONAL NEWS

As a compounding pharmacy that makes high quality, customized medications to improve patients' health and well-being, we have been shocked and saddened like many others by news of a meningitis outbreak in multiple states tied to steroid injections made by a facility in Massachusetts that called itself a compounding pharmacy. We want to highlight three key issues arising from the recent national spotlight on compounding:

1. **Quality and safety must be the number one priority of every compounding pharmacy.** A pharmacy can currently demonstrate it has met the highest standards for safety and quality in its profession by becoming accredited by the Pharmacy Compounding Accreditation Board (PCAB), a national, non-profit organization established in 2006 by eight leading national pharmacy organizations, including the United States Pharmacopeia and the National Association of State Boards of Pharmacy.
2. **Regulation of best practices in compounding pharmacies must be reviewed and amended on both a state by state and national level.** Compounding pharmacies are currently regulated by their state boards of pharmacy, and variations exist in practice requirements state by state. California has some of the most stringent regulations for compounding in the country. However, due to a loophole in the law, these California regulations currently only apply to in-state pharmacies, so pharmacies shipping in to California from out of state are not being subject to the same strict regulations. This loophole needs to be changed.
3. **A triad relationship between patient, doctor, and pharmacist is essential in the compounding profession, where one prescription is made specifically for one patient pursuant to a prescription from a licensed practitioner.** This triad relationship ensures accountability and increases the likelihood of optimal outcomes as the pharmacist, doctor, and patient are in communication about the particular medication being taken.