

39303 Country Club Drive
Suite A-26
Farmington Hills, MI 48331

800-836-2303
www.hdrx.com

Health Dimensions Wellness News

JUNE 2008

Update: Estriol, Wyeth, FDA, Capital Hill and Your Access to Care

Back cover:

Skin Care Tips
Vanicream Sale

Next Issue:

Alzheimer's Disease
and Compounds for
Cognitive Functions

More Than a Specialty Pharmacy

- PCAB accredited
- A full line of nutritional supplements*
- Automatic Refill Program
- Custom prescription compounding for humans and animals
- Pain treatment consultations
- Menopause consultation
- Nutritional and healthy lifestyle seminars
- Sterile compounding services

*If you already purchase supplements from your medical professional, we encourage you to continue doing so.

On June 2, 2008 hundreds of pharmacists visited their representatives in Washington, D.C. to ask for support of House Resolution 342. The point of this resolution is to demand that FDA reverse its plan to stop prescription compounding with estriol. Before the capital hill visit, there were 6 sponsors. At last count 26 congressmen and or senators have joined in support.



Scott Popyk, R.Ph. FIACP
Health Dimensions Founder on the
steps of the Capital Hill building

Estriol is commonly prescribed by physicians as part of bio-identical hormone replacement therapies for women. Wyeth Pharmaceuticals, a manufacturer of a horse-estrogen product, has asked FDA to stop the compounding of estriol, asserting issues of safety, etc. Ironically, Wyeth is the manufacturer of a European product that contains estriol. Compounded estriol is also prescribed for the treatment of multiple sclerosis (MS). In fact, a manufactured estriol drug is undergoing clinical trials right now for the treatment of MS.

By FDA's own admission, there are no known safety issues with estriol. However, for my part, I visited Senators Stabenow and Levin and Representatives Knollenberg and McCotter and discussed the importance of physician and patient access to care and HR 342.

As during past appointments with my representatives, the meetings were cordial and the aids expressed support

in principle, but stopped short of full commitment. So, follow-up is critical and this is where you come in. By clicking www.savemymedicine.org you can send a pre-drafted letter directly to your representatives. This letter may also be customized if you wish.

If you have already sent a letter, another will be twice as good. These reminders make our democratic process work and truly make a difference. Thank you in advance for getting involved.

Topical B Vitamins Treat Skin Inflammation

Traditional Therapies

Eczema is a non-contagious inflammatory condition of the skin marked by redness, itching and weeping lesions which become encrusted. Psoriasis is a non-contagious chronic, inflammatory skin disease characterized by scaly patches. In each case, various inflammatory chemicals are produced in our bodies which yield these symptoms.



producing system (endocrine system). Depending on the condition, other therapies include immunomodulating drugs, light therapy, coal tar, antihistamines and moisturizers.

Topical B Vitamins: a New Tool

Since successful treatment varies from patient to patient, physicians prescribe various combinations of the previous therapies, hoping for optimal results. Now, biochemists have learned that certain B vitamins have powerful anti-inflammatory activity that can be beneficial in the treatment of the symptoms of

For many decades topical steroid creams have been the mainstay of treatment for various inflammatory conditions of the skin. However, steroid creams can harm skin and interfere with the function of our hormone

Continued on Back

(continued from page 1)

eczema and psoriasis.

Specifically, research shows that topically applied B12 and niacinamide (B3) interrupt the diverse and complex messaging system that causes inflammation in our bodies. Knowing this, we should consider whether poor nutrition may contribute toward inflammation of the skin. Research does show that topically applied B12 and niacinamide are useful to treat conditions of eczema and inflammatory acne. Further, the biochemistry strongly suggests these nutrients should be helpful for treating psoriasis.

To date, our pharmacists have prepared these vitamins alone and in combination for eczema and acne for

physicians/patients who wished to avoid the use of steroids and antibiotics. If you would like more information, our pharmacists are available for consultation.

* * * *

The FASEB Journal, 2003; 17:1377-1379, M. Nomazi Nicotinamide: a potential addition to the anti-psoriatic weaponry

Mol Cell Biochemistry, 1999; 193(1-2):119-25, RW Pero et al, Newly discovered anti-inflammatory properties of benzamides and nicotinamides

Br J Dermatol. 2004 May;150(5):977-83; Stucker M et al, Topical vitamin B12--a new therapeutic approach in atopic dermatitis-evaluation clinical trial

Six Summer Skin Care Tips

Skin behaves differently from season to season, and as a result, skin care routines should adjust with the weather.

1. Skin tends to become more oily in the summer. In most climates, humidity climbs during the hot season. As humidity rises, so does moisture content in the skin. As a result, skin becomes less dry and requires lighter moisturizers. Look for hyaluronic acid based products for light-weight hydration.

2. Use a facial mask. Masks help to absorb excess oil and clean pores. Frequent use of these products will help keep skin looking more clear and a little less shiny.

3. Carry an oil absorber with you for late afternoon touch-ups.



4. Cleansers and toners may also need a little boosting. Something with salicylic acid will help control blackheads as well as keep skin smooth and soft.

5. Vitamin A products can make the skin more sensitive to the sun. During the summer months, it would be smart to switch to a Vitamin C based product. You will still get the anti-wrinkle benefits, but vitamin C will help protect against UV rays as well.

6. Acne patients may want to find alternatives to Accutane, Retin-A, and Benzoyl Peroxide if they plan on spending time in the sun. All three acne treatments make skin more sensitive to the sun, making skin more vulnerable to sunburn. Switch to an AHA or salicylic acid routine for the summer. Alphahydroxy acids do not increase the skin's burning potential nearly as much as the aforementioned products.

(Source available upon request)

Don't Forget The Sunscreen!

Vanicream sunscreen:

- ⇒ Has an SPF of 35
- ⇒ Blocks UVA and UVB rays
- ⇒ Free of oil, dyes and fragrances

Unlike other sunscreens, **Vanicream** doesn't use a chemical barrier, it utilizes Zinc Oxide as a physical barrier, providing you with the best form of protection available, while you enjoy the summer sun!

Now on Sale!
15% Off

Sale Ends June 30, 2008

Paying For Prescriptions

Did you know that your HSA (Health Savings Account) or Flexible Spending Plan can be used to pay for your compounded prescriptions?

Save out-of-pocket expenses by utilizing the account you have with your employer.