

HEALTH *Matters*

A RESOURCE TO HELP KEEP YOU INFORMED

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Acetaminophen Products and Doses!

You'll hear talk about lowering the maximum recommended dose to 650 mg/dose and 3250 mg/day down from 1000 mg/dose and 4000 mg/day. People do not realize that acetaminophen is a narrow therapeutic index drug, meaning the toxic dose is not much higher than the therapeutic dose. Just 6g/day for 2 days can cause liver toxicity in some patients.



In fact it is easy for a patient to get too much due to multiple source acetaminophen products. Mixing oxycocet which contains 325 mg of acetaminophen along with acetaminophen 325 mg or 500 mg many times per day may easily put the patient over the daily recommended dosage which is known as 3250 mg when used regularly.

Remember, 650 mg of acetaminophen works almost as well as 1000 mg for pain ... and it is **safer**. Heavy drinkers or people with liver damage should keep acetaminophen **well below** 3250 mg/day or 650 mg every four to six hours.

Cold remedies or anti-allergic medications may also contain acetaminophen and have to be considered in the equation. **Ask questions! Be informed! Be vigilant!**



More interactions!

The tamoxifen's benefits may be reduced when combined with fluoxetine, paroxetine or sertraline. This interaction results in a higher risk of breast cancer recurrence. It is suggested to use citalopram, escitalopram, fluvoxamine or venlafaxine for depression. Some of these medications may also be used for hot flashes where the same interaction applies.

If you have requests, suggestions or comments for future issues, your feedback may be directed to

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An update of Omega – 3s

It is suggested by epidemiological and clinical trials that omega - 3 fatty acids have cardiovascular benefits. The amount needed is not definite. The American Heart Association (AHA) recommends



everyone eat fatty fish twice a week. Our **Canada's Food Guide** also **recommends eating fatty fish twice a week**. For secondary prevention consuming fatty fish or fish oil supplements at a dose of 0.5 to 1.8 grams EPA plus DHA per day reduces cardiac and all-cause mortality. For patients with heart disease, the AHA recommends one gram daily of DHA plus EPA from fatty fish (preferred), or supplements with medical supervision.

A copy of the full update on Omega – 3 Fatty acids may be provided on request.

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