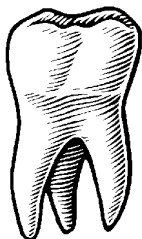


# MEDICAL ARTS PHARMACY NEWSLETTER

# HEALTH Matters

A MONTHLY RESOURCE TO HELP KEEP YOU INFORMED

MARCH / APRIL 2006



## APRIL IS NATIONAL ORAL HEALTH MONTH!

Having healthy gums and teeth is not just about looking good!

Its also about staying healthy.

Unhealthy gums and teeth can cause painful infections, tooth loss and difficulty eating and speaking. Poor oral health also put seniors at greater risk for developing or making worse, serious health problems such as heart disease, stroke, pneumonia and diabetes. Experts suspect this is due to oral bacteria that get in the bloodstream. A regular brushing and flossing would avoid such contamination! Also keep in mind, phenytoin is known to increase the risk of gingival hyperplasia thus requiring the importance of a good dental hygiene!

Wellbutrin XL is a new once a day formulation of bupropion available in 150mg and 300mg extended-release tablets.

Provincial drug formulary is anticipated.

As of June 2006, Reminyl b.i.d. will no longer be available. It will be replaced by the once daily format, Reminyl ER, which is available in strength of 8mg-16mg and 24 mg. A list of residents taking reminyl b.i.d. will be sent to the Medical Director of each facility for conversion to Reminyl ER. The criteria for ODB coverage remains the same, 347 for first 3 months then 348, to be re-evaluated in 1 year. The L.U. code will be carried over to the new formulation.

**NEW & NOTEWORTHY**

## AN OUTBREAK IN THE TREATMENT OF ADULTS WITH TYPE 1 AND TYPE 2 DIABETES!

January 27, 2006, US Food and Drug Administration approved the first inhaled insulin. Exubera should be available this summer in the U.S. It will be an alternative to short-acting mealtime insulin. The insulin will come in 1mg and 3mg blister packs. This works out to be equivalent to about 3 and 8 units of injectable insulin. Some patients will need multiple inhalations.

Meanwhile in Canada, Health Protection Branch (HPB) approved in February 2006, LEVEMIR, an insulin analog. This insulin has a more predictable glucose lowering effect than Lantus or NPH insulin. LEVEMIR is only available in 3ml penfill cartridges. LEVEMIR is a new option for long-acting insulin especially in patients having episodes of hypoglycemia on NPH!!!!

## BEST PRACTICE!



Is the pharmacy aware of residents who require to have their medications crushed!

There are a few reasons for not crushing medications such as:

- Sustained Released Medications (Adalat XL, Tylenol Arthritis Pain ER, Biaxin XL, ...)
- Medications that can be inactivated in the stomach (Losec, Pariet, Pantoloc)
- Enteric- Coated Medications (EC ASA, Arthrotec, Divalproex...)
- Medications with poor taste (citalopram, ciprofloxacin, cefuroxime...)
- Medications that can be irritating (alendronate, diflunisal...)
- Medications that can be teratogenic (finasteride (Proscar), mycophenolate (Cellcept)...)

**For a list of medications not to be crushed contact Josée, Suzie or Harry!!!**

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

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You can also consult all Medical Arts Pharmacy Newsletters from our website at

**www.medicalartsparmacy.ca**

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