

Welcome to Clinical Tidbits

Where clinicians share up-to-date health treatment information based on publications and research from reputable medical journals.

Clinical Tidbits is brought to you Quarterly by
The Family Practice and Counseling Network
**Editor / Author: Donna L. Torrisi, MSN,
CRNP**

*To contribute or comment, simply email your TIDBIT
to: DONNA@RHD.ORG*

Issue No. 21

Fall 2005

**Pharmaceutical Assistance is at hand
...for patients who cannot afford the cost of
medications they need.**

Two websites can be helpful:

www.needymeds.com,

www.RxHope.com

**Also visit RXASSIST.ORG to find out whether patients
qualify for assistance programs.**

Child and Adolescent Tidbits

Immunizations- CDC recommends that all college freshman who live in dormitories should receive the new meningitis vaccine, Menactra. It is also recommended for all 11 and 12 year old children. Prescriber's Letter, April 2005.

Pertussis Booster for Teens- Boostrix is the new vaccine that combines Td and Pertussis. Clinical Advisor June 2005.

Bed Sharing Increases SIDS Risk for infants under 11 weeks- couch sharing poses the greatest risk, sleeping between parents is the most dangerous position. J. Pediatrics, July 2005.



Pharmacology Tidbits- New Drugs

- **New Sleeping Pills: Lunesta, Rozerem, Ambien CR-** Rozerem, the only one not controlled and costs less than the others, Ambien and Lunesta increase sleep duration, Lunesta leaves bitter aftertaste. Prescriber's Letter, Sept. 2005.
- **Boniva, new Biphosphonate-150 mg.** Given once a month. Same GI precautions and adverse effects. *NP J. July-Aug. 2005.*
- **New Diabetic Drug-** Pramlintide (Symlin)- separate injections before meals: it works by slowing gastric emptying. Decreased appetite also a benefit from the slower gastric emptying. *NP J. July-Aug. 2005.*



Pharmacology Tidbits-same drug, new use

- **Zmax**- single dose oral suspension azithromycin, fewer GI adverse effects. Clinical Advisor, August 2005.
- **Statins**- may aid in colorectal cancer prevention by 50%; zocor and pravachol were used in the study. *N.Eng. J. May 2005.*
- **Metformin for Polycystic Ovary Syndrome revisited**- reduced progression to Diabetes by 31%.; 90% resumed regular menstruation after six months. *Am. Fam. Phys. June 2005.*



Pharmacology Tidbits-more news on old drugs

- **Vitamin B12**-oral route also effective; use 1,000 mcg. daily for mild to moderate deficiency. Pres. Letter, July 2005.
- **Alendronate and Osteopenia**- for postmenopausal Caucasian women in US with osteopenia and no hx of fractures, this drug is not cost-effective. *Ann. Int. Med, 142; 2005.*

Women's Health Tidbits

Calcium plus Vitamin D cuts PMS risk-

Intakes of calcium 1283 mg/day with 706 IU/day of Vitamin D assoc. with 30-40% decrease in developing PMS. Arch Int. Med; 164, 2005.

Contraceptive Sponge coming back this

Fall- Contains nonoxynol-9, is 90% effective, similar to diaphragm; available over the counter.

Pres. Lett. June 2005.



Asthma Tidbit

ADULTS WITH MILD PERSISTENT ASTHMA

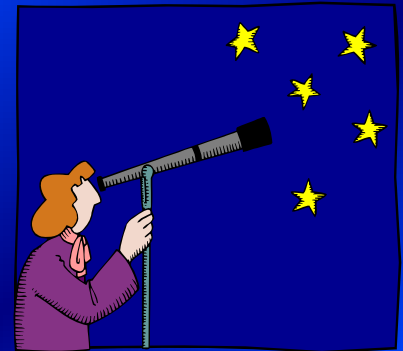
MAY NOT NEED DAILY LONG TERM CONTROL MEDS BUT MAY DO FINE BY TAKING INHALED STEROIDS ONLY WHEN THEIR SYMPTOMS FLARE WHICH IS NOT THAT OFTEN. **This is a new finding and is counter to NIH guidelines.

N. Eng. J., 2005; 352.

Dermatology/Infectious Disease

Community Acquired Methicillin-resistant Staph aureus skin infections are usually treated with TMP/SMX, monocycline, doxycycline or clindamycin, but resistance is growing. Make sure to culture. Pres.Lett., July 2005.

Tidbit dedicated to Anna Gard



Gastrointestinal Tidbit

SSRI Antidepressants and GI Bleed

Risk is similar to NSAID. SSRI's inhibit platelet function; combo with NSAD may increase risk of GI bleed 12 fold. *Prescriber's Letter, July 2005.*

Statins and Glitazones safe in non-alcoholic Fatty Liver Disease

Statins reduce inflammation in liver and improve LFTs and liver size. Glitazones improve ALT and reverse liver changes. *Prescriber's Letter, July 2005.*



Alternative Health Tidbit

Echinacea not effective in prevention or alleviating symptoms of the common cold. *New Eng. J. Med*, July 2005.

Omega 3 Fish Oil- A 2 Gram supplement daily improves heart function by decreasing heart rate variability and decreases fatal arrhythmias. *Chest*, 2005; 127.



**Look for the next edition in
Winter 2005**

***Wouldn't you like to see your
name next to a tidbit contribution
in the next issue?***

***Email contributions to:
donna@rhd.org***