

AU InforMed

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Key Inforbits

- New practice guidelines for OCD
- **Yellow Book** newly updated
- Postmarketing surveillance – a new idea
- Prosopagnosia
- Topical caffeine – rub on the coffee
- Simple and timeless advice

NEW DRUGS, and other related stuff ...

New Dose Form ... EXTINA[®] (ketoconazole) Foam, 2% by Stiefel Laboratories, which contains the antifungal agent ketoconazole, was approved by the FDA on June 12, 2007. EXTINA[®] Foam is indicated for the topical treatment of seborrheic dermatitis in immunocompetent patients aged 12 years and older, and it will be available in August 2007. EXTINA[®] is administered using VersaFoam technology, a unique, versatile topical drug delivery vehicle that is quickly absorbed into the skin.

<http://www.ptcommunity.com/Daily/DailyDetail.cfm?chosen=65200>

<http://www.extina.com/index.aspx> [Stiefel Laboratories and full prescribing information]

MedWatch ... (7/13/2007) Bayer Healthcare and the FDA notified healthcare professionals and consumers of a **Class 1 Recall of Bayer Ascensia Contour Blood Glucose Monitoring System, Product 7152A**. This system is used by diabetic patients to measure the amount of glucose in their blood and as an aid in monitoring the effectiveness of diabetes management. The product was recalled because the meters reported the wrong units of measure for Canadian users. Instead of mmol/L, which is the appropriate measurement for Canadian users, the meters were reporting mg/dL. Consumers may misinterpret the blood glucose results displayed, overestimate the blood glucose levels, and may have a reaction of hypoglycemia. Patients with questions should call Bayer Healthcare at 1-574-256-3441.

Read the complete MedWatch 2007 Safety Summary, including a link to the manufacturer's Recall notice regarding this issue at:

<http://www.fda.gov/medwatch/safety/2007/safety07.htm#ascencia>

FROM THE MEDICAL LITERATURE ...

Practice Guidelines ... **Treatment of Patients with Obsessive-Compulsive Disorder** ... are available from the American Psychiatric Association. These were developed through an evidence-based process. It is divided into three major sections: Executive Summary; Formulation and Implementation of a Treatment Plan; and Specific Clinical Features Influencing the Treatment Plan. It also includes a section for Educational Resources for Patients and Families.

Work Group on Obsessive-Compulsive Disorder: Koran LM (Chair), Hanna GL, Hollander E, Nestadt G, Simpson HB. Practice guideline for the treatment of patients with obsessive-compulsive disorder. *Am J Psychiatr.* 2007 Jul;164(7):1-53.

Echinacea ... not dead yet ... A new meta-analysis study of the value of echinacea in prevention and treatment of the common cold shows that it is of benefit. The authors used a variety of statistical techniques to analyze the data. The outcomes were that the use of Echinacea reduced the incidence of the common cold by 58% (OR 0.42; 95% CI 0.25 – 0.71) and the duration of a cold by 1.4 days (WMD -1.44, -2.24 to -0.64; p=0.01). Also, assessments were made for publication bias and for heterogeneity of the data. In both cases, the factors seemed unlikely to influence the data but, it was not ruled out. The authors also raise the point that safety was not assessed, that there are concerns about adverse reactions (GI in particular), possible effects on the QT interval and blood pressure, and that echinacea is a P450 3A4 enzyme inhibitor.



Shah SA, Sander S, White CM, Rinaldi M, Coleman CI. Evaluation of Echinacea for the prevention and treatment of the common cold: A meta-analysis. *Lancet Infect Dis*. 2007 Jul;7:473-480.

“Yellow Book” is available ... The Centers for Disease Control and Prevention (CDC) has released an updated version of the "Yellow Book," the definitive guide to healthy international travel. It covers a range of health risks from the ordinary of sunburns, auto accidents and travelers' diarrhea, to the extraordinary of avian flu and natural disasters. New features include an expanded section on preventing injuries and life-threatening blood clots that develop while sitting for hours on a plane, as well as the latest recommendations for immunizations and malaria prevention. The biennial health guide, named for its yellow cover, is officially titled "Health Information for International Travel" and serves as the authoritative guide for travel health recommendations. The “Yellow Book” is the gold standard of travel health recommendations.



It is offered by major health publisher Elsevier and is now available at bookstores Internet book sellers or by contacting Elsevier at 1-800-545-2522 or online at www.us.elsevierhealth.com. It is also available free online; go to <http://www.cdc.gov/travel/>.

Prevention and control of influenza ... 2007-2008 Recommendations ... The groups for whom vaccination is recommended and those recommended for antiviral medications have not changed from the previous vaccination year. The primary changes to the Advisory Committee's recommendations emphasize the previous change in dosing for children 6 months to 8 years and several strategies to try to increase the vaccination coverage of the population. Unfortunately, the at-risk population is estimated to be less than 50% vaccinated. The vaccine formulation has changed this year.



Prevention and control of influenza: Recommendations of the Advisory Committee on Immunization Practices (ACIP), 2007. *MMWR*. 2007 Jul 13;56(RR06):1-54.

<http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5606a1.htm>

Postmarketing surveillance ... really... a short commentary that offers a suggestion for more effective postmarketing surveillance, and just about anything is better than what we have now. They propose a nationwide database that can prospectively gather data to alert to real or potential problems, particularly rare but serious events that require many thousands of exposed patients to detect. Some models exist in other countries, so it can be done.



Klein DF, O'Brien CP. Improving detection of adverse effects of marketed drugs. *JAMA*. 2007 Jul 18;298(3):333.

Reviews of Note ...

- Mitchell JF. Oral dosage forms that should not be crushed. *Hosp Pharm*. 2007 Jul;42(7):Wall Chart.

- Swaminathan S, Fonseca VA, Alam MG, Shah SV. The role of iron in diabetes and its complications. *Diabetes Care*. 2007 Jul;30(7):1926-1933.
- Metzger BE, ed. Proceedings of the fifth international workshop-conference on gestational diabetes mellitus, November 11-13, 2005. *Diabetes Care*. 2007 Jul;30(Suppl 2):S105-S261.
- Scheinfeld NS. Acne: A review of diagnosis and treatment. *Pharm Ther*. 2007 Jun;32(6):340-350.
- Holick MF. Vitamin D deficiency. *N Engl J Med*. 2007 Jul 19;357(3):266-281.

FROM THE LAY LITERATURE about medicine ...

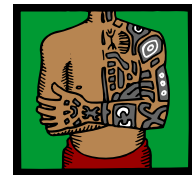
Vocabulary ... prosopagnosia ... or “faceblindness” which is the inability to recognize faces. It appears to be genetic and comes in degrees. Some studies indicate that perhaps up to 2.5% of the population may suffer from some degree of faceblindness. People so afflicted learn to rely on other means of recognition such as hair characteristics, walking gait and sound of the voice. The term was first coined in 1947 by a German neurologist who observed the phenomenon in a young man shot in the head and lost his ability to recognize people. The article provides some interesting stories about such patients and some of the work being conducted to try to help.



Tesoriero HW. Mysteries of the ‘faceblind’ could illuminate the brain: Strange deficit impairs ability to recognize; ‘Are you my mommy?’ *Wall Street Journal*. 2007 Jul 5; p. A1.

<http://online.wsj.com/article/SB118359798047457714.html?mod=djemHL> [subscription only]

Tattoo removal ... sometimes regret ... sometimes a real estate issue ... but always numerous treatments and expensive. Many stories of “tattoo regret” (otherwise known as ‘how could I have been so stupid?’), to those who are so ‘addicted’ to body art, they have old tattoos removed just to clear space for new ones. While many tattoos can cost several hundred dollars, removal generally costs several thousand dollars for multiple and very uncomfortable treatments. There are now some issues of potential toxicity of the tattoo ink when it is broken down by laser treatments, lymph node damage and allergic reactions. However, a new ink technology is scheduled for the market this fall called “Freedom-2” that encapsulates the ink and is designed to dissolve with one treatment of a special laser. Hope springs eternal.



Singer N. Erasing tattoos, out of regret or for a new canvas. *New York Times*. 2007 Jun 17.

http://www.nytimes.com/2007/06/17/us/17tattoo.html?_r=1&ref=health&oref=slogin

Topical Caffeine ... body buzz? ... For those who don’t keep up with the science (or at least the marketing) for cosmetics, one of the more recent “breakthroughs” is topical caffeine. Its primary purpose is reported to be as a skin-firming tonic (the rationale goes that its dehydrating properties shrink fat cells, therefore eliminating cellulite). It has found its way into creams, soaps and even toothpaste. Another rationale is that it’s another way of getting a “boost,” and companies are falling over themselves to provide product. Of the limited studies done, to apply creams or wash with soaps containing caffeine, one would probably look like a prune before absorbing the equivalent to a cup of coffee. I think I’ll stick to the old-fashioned way of caffeine administration, though I could probably use some “firming up.”



Grossman AJ. Black for me, light for my hips. *New York Times*. 2007 Jul 12.

http://www.nytimes.com/2007/07/12/fashion/12skin.html?_r=1&ref=health&oref=slogin

Guaranteed, or your money back ... In Britain, the government has managed to create a situation where pharmaceutical companies must 'guarantee' that their drug works, or they must refund the money paid for it. This has been applied to very expensive drugs that may cost many thousands of dollars. The companies don't like it (duhh!) but in the British system, they may have few other choices. Unfortunately, in the U.S. healthcare system, such an approach is not considered feasible. This may be yet another reason why a single-payer system may never see the light of day in the U.S.- too many for-profit forces are marshaled against it.

Pollack A. Pricing pills by the results. *New York Times*. 2007 Jul 14.

http://www.nytimes.com/2007/07/14/business/14drugprice.html?_r=1&ref=health&oref=slogin

AUBURN HSOP FACULTY and STUDENTS in the literature ...

- Eiland LS, Jenkins LS, Durham SH. Pediatric migraine: Pharmacologic agents for prophylaxis. *Ann Pharmacother*. 2007 Jul/Aug;41(7):1181-1190.

NEW RESOURCES in the DILRC ...

- USPC. Volume I. *Drug Information for the Health Professional*. 27th ed. Montvale, NJ: Thomson Healthcare Inc., 2007.
- USPC. Volume II. *Advice for the Patient: Drug Information in Lay Language*. 27th ed. Montvale, NJ: Thomson Healthcare Inc., 2007.
- USPC. Volume III. *Approved Drug Products and Legal Requirements*. 27th ed. Montvale, NJ: Thomson Healthcare Inc., 2007.

TIMELY TOP TECH TIP ...

The Federal Citizen Information Center ... For over 35 years, the Federal Citizen Information Center (FCIC) has been a trusted one-stop source for answers to questions about consumer problems and government services. Consumers can get the information they need in three ways: by calling toll-free 1 (800) FED-INFO, through printed publications, or through information posted on FCIC's family of websites:

www.USA.gov

www.pueblo.gsa.gov

www.kids.gov

www.consumeraction.gov

The information is very basic and clearly consumer-oriented. Much of the information is in pamphlet form that can be ordered, usually free of charge, and some of the later ones are available as .pdf files.



The last "dose" ...

"If it is not right do not do it; if it is not true do not say it."

--Marcus Aurelius [121 - 180], Roman emperor, stoic philosopher

An electronic bulletin of drug and health-related news highlights, a service of ...

Auburn University, Harrison School of Pharmacy, Drug Information Center

• Phone 334-844-4400 • Fax 334-844-8366 • <http://www.pharmacy.auburn.edu/dilrc/dilrc.htm>

Bernie R. Olin, Pharm.D., Director