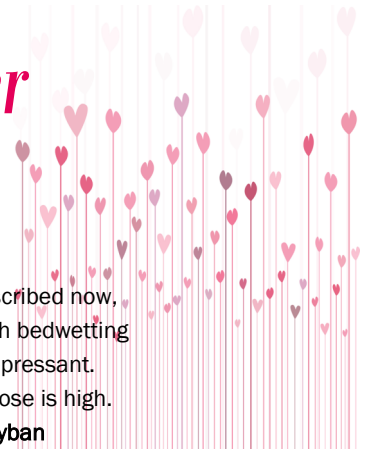




Cleansing Water

February Newsletter



Volume 6, Issue 2

Prescription Drugs That Lead Double Lives

We usually view side effects as a bad thing, but sometimes they point the way to a whole new use for a drug.

We think of drugs as being specific to a task, but drugs are very complex objects. Drug companies are more interested than ever in finding ways to repurpose their products. Often they seek simply to market an existing drug for a new condition, but in some cases they give the drug a whole new name and face. Here are six drugs that lead double lives.

Prozac and Sarafem

When the patent on Prozac expired in 2001, the company saw sales of the blockbuster plummet as the generic was offered. At that point they began marketing the same drug under the name Sarafem for PMS. Some women were extremely unhappy to find out there were taking Prozac.

Thalidomide

In the 1950s this drug was prescribed to pregnant women for insomnia and nausea, but it was pulled in 1961 after it caused many birth defects. A decade later, it was discovered to be effective in the treatment of leprosy to clear skin lesions. It was approved in 1998 with unprecedented restrictions, women taking it must agree to not become pregnant.

Propecia and Proscar

These two brand names are actually the same drug, finasteride. It treats two separate diagnosis, male pattern baldness and enlarged prostate.

Tofranil

In the 1950s Tofranil (imipramine) became the first antidepressant to enter the market. Shortly after it was discovered to prevent bedwetting in children. It is

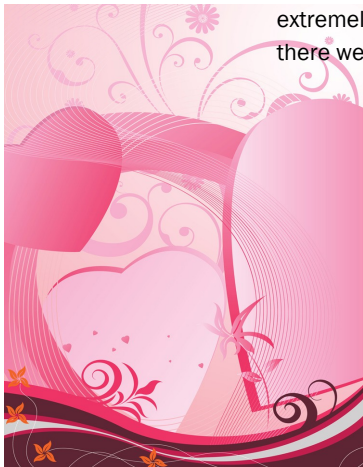
infrequently prescribed now, but used for both bedwetting and as an antidepressant. The risk of overdose is high.

Wellbutrin and Zyban

In 1997 Zyban was approved as the first prescription drug to help smokers kick the habit. This drug is also a powerful antidepressant. They are marketed under both names and look identical.

Cymbalta

Eli Lilly set out to make a better Prozac and came up with Cymbalta. The drug ramps up levels of two neurotransmitters, serotonin and norepinephrine, that regulate mood and pain. Prozac only regulated mood. The FDA has since approved it for anxiety, fibromyalgia, lower back pain, and osteoarthritis. The drug is effective against all of the conditions because pain and mood are so closely related.



Heart Tip

Only 53% of women would call 911 if they thought they were having a heart attack. Don't waste precious minutes!

Heart disease is the number 1 killer in America.

This February 2012 is a leap year. The odds of being born on February 29th are 1 in 1,461.

\$1.1 billion

Cost of the 41 million unnecessary antibiotic prescriptions written each year for the common cold!

110 million

Number of annual physician visits by patients suffering a common cold.



10 Little-Known Signs of Lung Cancer

A study out of Denmark that followed people for 10 years, showed that when people aged 50 to 64 were referred to a psychiatrist for the first time in their lives, the reason often turned out to be an undetected malignancy.

The most common detected is non-small cell lung cancer, which is the most common kind and isn't often diagnosed until stage 3 or 4. A common site for this type of lung cancer to metastasize, or to spread, is to the brain.

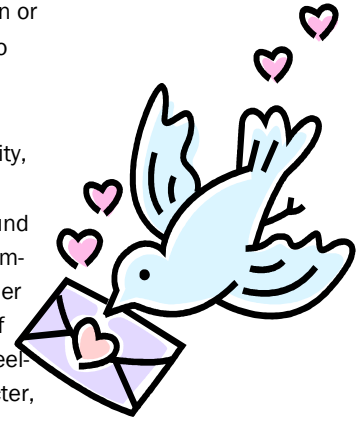
What other early signs should

you watch for to try to catch lung cancer as early as possible?

- * Persistent cough or hoarseness
- * Deep chest pain when you cough or laugh
- * Shortness of breath or wheezing
- * Reddened, rust-colored or bloody phlegm
- * Getting recurrent infections, like pneumonia or bronchitis
- * Thickened, painful fingertips (caused by abnormal bone growth)

- * Weight loss or lack of appetite
- * Abnormal breast growth in men
- * Mood swings, depression or lethargy in someone who hasn't been depressed before
- * Sudden onset of irritability, aggression and temper

Many of these symptoms sound vague, or could indicate a number of other conditions or other cancers. But trust your gut; if you or someone you love is feeling or behaving out of character, see a doctor about it.



State of the Heart Medication

Here are a few medications related to heart health and the benefits and risks: **Statins** (*Zocor, Lipitor, etc.*)

They lower LDL (bad) cholesterol levels by 20 to 50 percent. They work by tricking the liver into removing more cholesterol from the blood than it normally would. Liver damage is a side effect.

Aspirin

It is used to prevent blood clots in patients with heart disease. It inhibits the effects of a powerful group of naturally occurring substances known as prostaglandins, one of which helps blood platelets clump together.

Serious bleeding is a side effect.

Clopidogrel bisulfate (*Plavix*)

A kind of superaspirin, this is more effective at preventing blood clots, particularly when used in combination with aspirin. Once again, bleeding is a side effect.

Warfarin sodium (*Coumadin*)

This is an anticoagulant, and is used to treat blood clots. It restricts clotting by blocking Vitamin K. This is extremely dangerous as it has many interactions with other meds and requires very close monitoring.

Beta-blockers (*Toprol, Coreg, etc*)

They decrease heart rate and strength of heart contractions. They are most frequently used to stabilize uneven heart rhythms. A common side effect is low heart rate and/or blood pressure. Ace Inhibitors (*Prinivil, Accupril, etc*) They prevent the body from producing a hormone that causes arteries to constrict. They are used to prevent further damage in patients post-heart attack. They can cause a drop in blood pressure, especially when combined with diuretics.

New DVD available at the office for viewing

Cleansing Water recently purchased a DVD called "The Art of Caregiving" by Teepa Snow. It is available here in the office to be checked out and taken home to view. It is approximately 2 hours long and focuses on Alzheimer's and dementia. Teepa Snow is a nationally acclaimed

Alzheimer's and dementia care specialist. The DVD demonstrates effective approaches to bathing, eating, dressing, transfers, and how to respond to certain types of behaviors in patients with dementia.

Following is an example :

A Positive Approach
 Come from the front
 Go slow
 Get to the side,
 Get low
 Offer your hand
 Call out the name then WAIT..
 If you will try, then you will see
 How different life can be
 For those you're caring for!

