

Pharmacy Alternatives

The Post Script

WHAT CAUSES PARKINSON'S DISEASE?



Inside this issue:

- WHAT CAUSES PARKINSON'S DISEASE 1
- CHRONIC COUGH ASSOCIATED WITH THE USE OF STATINS 2
- DIABETIC WOUNDS...NEW HEALING MEDICATION 2
- ADULT PNEUMOCOCCAL VACCINE RECOMMENDATIONS 3
- WORDS OF WISDOM 4

The simple answer is that both genetics and environment play a role in the development of Parkinson's disease. While an inherited metabolic characteristic, such as a particular enzyme or dysfunction of that enzyme may play a role, environmental factors may also trigger the disease to immerge or worsen, although what exactly those factors are still remains a mystery. Researchers have studied big exposure categories, such as pesticide use, although thus far, this is difficult because of the number of pesticides, different types, and the different biological effects one finds with these.

It is good to note that there are some good dietary associations with products such as omega-3 fatty acids found in fish and certain plant and seed oils. These products are associated with a lower risk of Parkinson's disease, while conversely; dairy products or dies high in animal fats are associated with increased risk of Parkinson's disease.

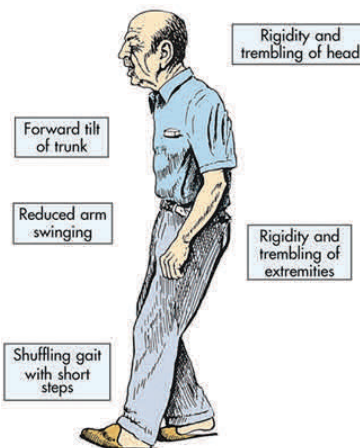
In addition, it is well noted

that certain drug class usage has been associated with an increased risk of Parkinson's disease, namely the older antipsychotics as well as to a lesser degree the newer atypical antipsychotics. Uses of detection tools, such as the AIMS or DISCUS tools are ongoing recommendations for all those on continuing antipsychotics.

Other disease modifying agents, such as compounds that elevate uric acid, while not in the gout range, are found to be helpful. Uric acid is inversely associated with a risk for Parkinson's disease and also slows the progression of the disease, while it is also known that people taking calcium channel blockers may have a lower risk

as well.

There are several ongoing studies, such as one with Coenzyme Q, which did not show a positive result, and others studying creatine, nicotine and environmental factors. Stay tuned for more information about this complicated disease.



CHRONIC COUGH ASSOCIATED WITH THE USE OF STATINS



Chronic persistent cough which is unresponsive to symptomatic treatment or a cough that persists beyond treatment of the underlying cause remains baffling to many physicians. It is also one of the common causes of referrals to other physicians when this cough is still present beyond eight weeks. Referrals to a pulmonologist may help rule out asthma, postnasal drip, gastro- esophageal reflux, drug induced and idiopathic cough. The first three on this list are the most common.

About 15% of patients who use ACE inhibitors may develop cough, and there is now evidence that statins may also induce cough. It is known that statin therapy could lead to an increase in bronchial or cough reflex hypersensitivity, which then leads to a cough. This is further supported by the fact that symptoms diminish or resolve when statin therapy is discontinued. The underlying causes or mechanisms is still not widely known, however since statins are widely used, this possible side effect could certainly impact our individuals.

Diabetic Wounds....New Healing Medication?

A major complication for the millions of people who suffer from diabetes is delayed wound healing. Now Dr Jun Asai, MD, PhD, from the Department of Dermatology, Graduate School of Medical Science, and his colleagues, has recently reported findings in the American Journal of Pathology that may address such a problem.

Delayed wound healing can be caused by a number of factors including some of the following: diabetics may have greater fat deposits, delayed infiltration at the cellular site, reduced blood flow at the site, diminished formation of collagen which helps build up wounds, and impaired formation of new lymphatic vessels.

Simvastatin, which is normally prescribed by physicians to treat high cholesterol levels, has now been shown to increase the production of vascular endothelial growth factor, and improve wound healing, when used in genetically diabetic rats, in

which the researchers used high doses of systemic simvastatin. The researchers applied either petroleum jelly or petroleum jelly and simvas-

tatin to the skin of the mice, which was used to test their theory that topically applied statins would form new lymphatic vessels and spur the growth of new blood vessels during the process of wound healing.



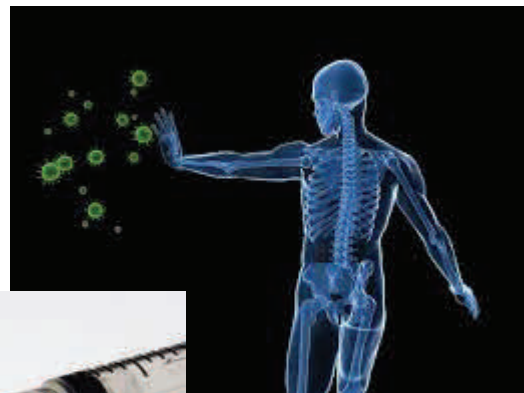
Researchers found that Simvastatin treatment showed significant wound healing.

ADULT PNEUMOCOCCAL VACCINE RECOMMENDATIONS

An estimated 4000 American deaths occur each year due to pneumococcus, with the greatest majority of these deaths occurring in adults. Since the year 1997, pneumococcal polysaccharide vaccine (PPSV23) has been the recommendation for the prevention of this invasive disease. A single dose is recommended for all adults 65 years old and older, while a single dose is also recommended for adults age 19-64 who live with chronic illnesses such as asthma, diabetes, alcoholism, chronic liver disease, are residents of long term care facilities or are cigarette smokers. In addition, those adults aged 19-64, at the very highest risk for pneumococcal pneumonia, such as those immune compromise, should receive two doses separated by 5 years. Any person who received a dose of pneumococcal vaccine (or two) prior to the age of 65 should receive an additional dose at the age of 65 or older, as long as at least five years has passed than adults without these conditions.



Another pneumococcal vaccine, 13 valent pneumococcal conjugate vaccine (PCV13) has also recently been licensed for the prevention of the disease in adults. In June of 2012, the Academy Committee on Immunization Practices, voted to recommend this vaccine for adults 19 or older with immunocompromising conditions. Cerebral spinal fluid leaks or cochlear implants, as adults with these conditions are at greater risk for the development of pneumonia. There are also recommendations that the adults described above should receive the PCV13 then a dose of PPSV23 eight weeks later. If they need additional doses of PPSV23, they should occur five years later after the first.



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Topic: Neurological Syndromes Possible Side Effects of Antipsy-
chotics"

January 9th, 11am EST

January 10th, 2012 1pm EST

January 11th, 9am EST

*If you are interested in participating in any of the above webinars,
please email Nanette Wrobel at least one week in advance @
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Words of Wisdom.....

Nurses are Tops!

Again this year a new Gallup survey indicated that medical profes-
sionals are among the most trusted people in the United States.
Nurses ranked highest (85%) for honesty and ethics, followed by
pharmacists (75%) and physicians (70%).

Nurses Remain Nation's Most Trusted Professionals

Exceptional Service Exceptional People