

# The Rx Consultant

## Index to Volume XVII (2008 Issues)

January

### Number 1 - Multiple Sclerosis (MS)

An overview of MS including pathophysiology, risk factors, symptoms, and types of MS. Summarizes the treatment of acute attacks, reduction of the frequency and severity of relapses, and management of common symptomatic problems. Reviews disease modifying drugs (DMDs). The role of interferon-beta medications and glatiramer acetate as first-line DMDs is discussed.

#### Drugs included in this issue:

##### Disease Modifying Drugs

interferon-β 1a (*Avonex*<sup>®</sup>)  
interferon-β 1b (*Betaseron*<sup>®</sup>)  
interferon-β 1a (*Rebif*<sup>®</sup>)  
glatiramer acetate (*Copaxone*<sup>®</sup>)  
natalizumab (*Tysabri*<sup>®</sup>)

##### Treatments for Common Problematic Symptoms in MS Patients

bladder dysfunction medications: anticholinergics (oxybutynin, tolterodine), alpha blockers (terazosin, doxazosin, tamsulosin)  
bowel dysfunction medications: bulk-forming agents, stool softeners and laxatives  
cognitive dysfunction medication (e.g., donepezil)  
antidepressants: SSRIs, venlafaxine, bupropion, tricyclic antidepressants  
antifatigue medications: amantadine, modafinil and methylphenidate  
sexual dysfunction medications: sildenafil, tadalafil, vardenafil

February

### Number 2 - Acute Otitis Media

Outlines management recommendations for AOM including watchful waiting, antibiotic therapy, and symptomatic treatment. Antibiotic options for penicillin-allergic children and those who fail first-line therapy are included. Discusses preventive measures, including risk factors worth avoiding and immunizations that reduce AOM risk.

#### Drugs included in this issue:

Amoxicillin ( <i>Amoxil</i> <sup>®</sup> , <i>Trimox</i> <sup>®</sup> , others)	Cefuroxime ( <i>Ceftin</i> <sup>®</sup> , <i>Zinacef</i> <sup>®</sup> )	Azithromycin ( <i>Zithromax</i> <sup>®</sup> )
Amoxicillin/Clavulanate ( <i>Augmentin</i> <sup>®</sup> , others)	Cefpodoxime ( <i>Vantin</i> <sup>®</sup> )	Clarithromycin ( <i>Biaxin</i> <sup>®</sup> )
Cefdinir ( <i>Omnicef</i> <sup>®</sup> , others)	Ceftriaxone ( <i>Rocephin</i> <sup>®</sup> )	Clindamycin

March

### Number 3 - Alzheimer's Disease and Dementia in the 21st Century A Changing Paradigm

Reviews the management of the dementias most likely encountered in general practice: Alzheimer's disease, vascular dementia, dementia with Lewy Bodies, and frontotemporal dementia. Summarizes the role in treatment of cholinesterase inhibitors and memantine including efficacy, side effects, and precautions. Drug and nondrug management of behavioral and psychiatric symptoms associated with dementias is also discussed.

#### Drugs reviewed in this issue:

##### Cholinesterase Inhibitors

donepezil (*Aricept*<sup>®</sup>, *Aricept*<sup>®</sup> ODT<sup>TM</sup>)  
galantamine (*Razadyne*<sup>®</sup>, *Razadyne ER*<sup>®</sup>)  
rivastigmine (*Exelon*<sup>®</sup>, *Exelon*<sup>®</sup> Patch<sup>®</sup>)

##### N-methyl-D-aspartate (NMDA)-Receptor Agonist

memantine (*Namenda*<sup>®</sup>)

##### Other Drugs Considered for Behavioral and Psychiatric Symptoms

SSRIs: sertraline, citalopram, and escitalopram  
trazodone  
atypical antipsychotics (risperidone, quetiapine, olanzapine)

April

### Number 4 - Drugs and Supplements Used to Improve Athletic Performance

Provides an overview of the use of performance-enhancing substances by athletes. Reviews commonly used substances including anabolic-androgenic steroids, stimulants, and peptide hormones. Discusses the challenges involved with complying with the doping control policies of different sports-governing agencies.

#### Drugs included in this issue:

##### Anabolic-Androgenic Steroids

<i>Oral</i>	<i>Injectable</i>
oxymethalone	nandrolone decanoate
oxandrolone	nandrolone phenpropionate
methandrostenolone	testosterone cypionate
stanozolol	boldenone undecylenate
	Tetrahydrogestrinone (THG)

##### Testosterone Prohormones

testosterone analogues  
dehydroepiandrosterone (DHEA)  
Stimulants  
ephedra/ephedrine  
synephrine  
caffeine

##### Others

human growth hormone  
erythropoietin (EPO)  
beta-blockers  
creatine  
nitric oxide

May

### Number 5 - New Drugs 2008

Details 8 new molecular entities that pharmacists are likely to encounter in practice, with the indication, efficacy, usual doses, and major drug interactions discussed for each. Also includes a brief overview of an additional 11 new drugs.

#### Drugs reviewed in this issue:

aliskiren ( <i>Tekturna</i> <sup>®</sup> )	maraviroc ( <i>Selzentry</i> <sup>TM</sup> )	retapamulin 1% ( <i>Altabax</i> <sup>TM</sup> )
lapatinib ( <i>Tykerb</i> <sup>®</sup> )	nebivolol ( <i>Bystolic</i> <sup>TM</sup> )	sapropterin ( <i>Kuvan</i> <sup>TM</sup> )
lisdexamfetamine ( <i>Vyvanse</i> <sup>TM</sup> )	raltegravir ( <i>Isentress</i> <sup>TM</sup> )	

#### Drugs briefly described:

ambrisentan ( <i>Letairis</i> <sup>M</sup> )	etravirine ( <i>Intelence</i> <sup>TM</sup> )	nilotinib ( <i>Tasigna</i> <sup>®</sup> )
armodafanil ( <i>Nuvigil</i> <sup>TM</sup> )	ixabepilone ( <i>Ixempra</i> <sup>TM</sup> )	rotigotine ( <i>Neupro</i> <sup>®</sup> )
doripenem ( <i>Doribax</i> <sup>TM</sup> )	lanreotide ( <i>Somatuline</i> <sup>®</sup> )	temsirolimus ( <i>Torisel</i> <sup>®</sup> )
eculizumab ( <i>Soliris</i> <sup>TM</sup> )	levocetirizine ( <i>Xyzal</i> <sup>®</sup> )	

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**June**      **Number 6 - Update on Cough and Cold Management**  
 Reviews drug and non-drug management for colds and differentiates colds from allergies and influenza. Explains FDA recommendations for the use of cough and cold products in children. Discusses efficacy, adverse effects and contraindications of analgesics, decongestants, antihistamines, antitussives and expectorants for patients of all ages.

**Drugs included in this issue:**

<u>Analgesics, Antipyretics</u> acetaminophen ibuprofen aspirin	<u>Nasal Topical Decongestants</u> phenylephrine HCl oxymetazoline HCl xylometazoline HCl	<u>Antitussives</u> codeine (provided as a syrup with guaifenesin or promethazine) dextromethorphan
<u>Oral Decongestants</u> phenylephrine HCl phenylephrine tannate pseudoephedrine	<u>Antihistamines</u> brompheniramine chlorpheniramine diphenhydramine HCl	<u>Expectorants</u> guaifenesin

**July/August**      **Number 7 - An Evolving View of Menopausal Hormone Therapy**  
 Provides an overview of established risks and benefits related to hormone therapy (HT) primarily revealed by the Women's Health Initiative (WHI) and the Heart and Estrogen/ Progestin Replacement Study (HERS). Discussions include the effects of HT on the risk of coronary heart disease, breast cancer, dementia, ischemic stroke, venous thromboembolism and osteoporosis. Current recommendations and key considerations for the use of HT in menopausal women are reviewed. Tables list available oral and non-oral products and usual doses.

**September**      **Number 8 - Depression: Treating to Recovery**  
 Reviews the clinical presentation of depression, assessment of suicide risk, and clinical course of major depression. Reviews developments in the clinical use of antidepressants including current strategies to optimize treatment. Patient factors and antidepressant precautions to consider for individualized drug selection are discussed.

**Drugs reviewed in this issue:**

Selective Serotonin Reuptake Inhibitors	Other Second Generation Antidepressants	
citalopram ( <i>Celexa</i> <sup>®</sup> , generic, <i>Citalopram</i> <sup>®</sup> ODT)	bupropion ( <i>Wellbutrin</i> <sup>®</sup> IR,SR,XL,	desvenlafaxine ( <i>Pristiq</i> <sup>®</sup> )
escitalopram ( <i>Lexapro</i> <sup>®</sup> )	generic;IR,SR,XL)	duloxetine ( <i>Cymbalta</i> <sup>®</sup> )
fluoxetine ( <i>Prozac</i> <sup>®</sup> , generic, <i>Prozac</i> <sup>®</sup> Weekly)	mirtazapine ( <i>Remeron</i> <sup>®</sup> , generic,	nefazodone (generic)
fluvoxamine (generic, <i>Luvox</i> <sup>®</sup> CR)	<i>Remeron</i> <sup>®</sup> SolTab)	trazodone ( <i>Desyrel</i> <sup>®</sup> , generic)
paroxetine ( <i>Paxil</i> <sup>®</sup> , generic, <i>Paxil</i> <sup>®</sup> CR)	venlafaxine ( <i>Effexor</i> <sup>®</sup> , <i>Effexor</i> <sup>®</sup> XR)	
sertraline ( <i>Zoloft</i> <sup>®</sup> , generic)		

**October**      **Number 9 - Dietary Supplements Used for Weight Loss**  
 Discusses the regulatory history of dietary supplements and outlines current weight loss guidelines. Reviews supplements widely used for weight loss, focusing on the evidence for benefits and risks. The adverse effects and drug interactions linked with these products are summarized.

**Supplements reviewed in this issue:**

Bitter orange	Caffeine	Chromium picolinate	Guar gum	Conjugated linoleic acid (CLA)
Cola nut	Guarana	Glucomannan	Psyllium	Green tea, EGCG
Yerba mate	Chitosan		Hoodia	Hydroxycitric acid (HCA)

**November**      **Number 10 - HIV Infection**  
 Reviews guidelines for the use of antiretroviral (ARV) agents from the Department of Health and Human Services (DHHS) and the International AIDS Society. Discussions focus on preferred initial ARV regimens for ARV-naive persons, salvage therapy, ARVs to avoid, delayed complications of highly active antiretroviral therapy (HAART), and strategies to improve medication adherence and safety. Reviews major ARV drug classes including efficacy and precautions for each.

**Antiretroviral medications (excluding combination products) reviewed in this issue:**

<u>Nucleoside Reverse Transcriptase Inhibitors (NRTIs)</u> zidovudine ( <i>Retrovir</i> <sup>®</sup> ) (AZT, ZDV) didanosine ( <i>Videx EC</i> <sup>®</sup> ) (ddI) stavudine ( <i>Zerit</i> <sup>®</sup> ) (d4T) emtricitabine ( <i>Emtriva</i> <sup>®</sup> ) (FTC) lamivudine ( <i>Epivir</i> <sup>®</sup> ) (3TC) abacavir ( <i>Ziagen</i> <sup>®</sup> ) (ABC)	<u>Non-Nucleoside Reverse Transcriptase Inhibitors (NNRTIs)</u> nevirapine ( <i>Viramune</i> <sup>®</sup> ) (NVP) delavirdine ( <i>Rescriptor</i> <sup>®</sup> ) (DLV) efavirenz ( <i>Sustiva</i> <sup>®</sup> ) (EFV) etravirine ( <i>Intelence</i> <sup>™</sup> ) (ETR)	<u>Protease Inhibitors (PIs)</u> saquinavir ( <i>Invirase</i> <sup>®</sup> ) (SQV) ritonavir ( <i>Norvir</i> <sup>®</sup> ) (RTV) indinavir ( <i>Crixavan</i> <sup>®</sup> ) (IDV) nelfinavir ( <i>Viracept</i> <sup>®</sup> ) (NFV) fosamprenavir ( <i>Lexiva</i> <sup>®</sup> ) (f-APV) atazanavir ( <i>Reyataz</i> <sup>®</sup> ) (ATV) lopinavir / ritonavir ( <i>Kaletra</i> <sup>®</sup> ) (LPV / r) tipranavir ( <i>Aptivus</i> <sup>®</sup> ) (TPV) darunavir ( <i>Prezista</i> <sup>®</sup> ) (DRV)
<u>Nucleotide Reverse Transcriptase Inhibitor (NRTI)</u> tenofovir DF ( <i>Viread</i> <sup>®</sup> ) (TDF)	<u>Fusion Inhibitor</u> enfuvirtide ( <i>Fuzeon</i> <sup>®</sup> ) (T20)	<u>CCR5 Co-Receptor Antagonist</u> maraviroc ( <i>Selzentry</i> <sup>™</sup> ) (MVC)
	<u>Integrase Inhibitor</u> raltegravir ( <i>Isentress</i> <sup>®</sup> ) (RAL)	

**December**      **Number 11 - New Considerations for the Treatment of Diabetes (DM) in 2008**  
 Summarizes developments in the treatment of Type 2 DM: the link between thiazolidinediones (e.g., *Avandia*<sup>®</sup>, *Actos*<sup>®</sup>) and bone fracture, cardiovascular risks associated with thiazolidinedione use, findings regarding tight glucose control and cardiovascular risk, the potential link between inhaled insulin and lung cancer, colesevelam (*WelChol*<sup>™</sup>) use for Type 2 DM, and the potential benefits of self-monitoring of blood glucose (SMBG) in patients who are not using insulin.