## The Rx Consultant
### Index to Volume XX (2011 Issues)

**January**

**Number 1 - Restless Legs Syndrome (RLS)**
Reviews the signs, symptoms, and types of RLS, and factors that may contribute to its development. Summarizes the FDA approved treatments, medications used off-label, and non-drug strategies that can help reduce symptoms.

**Drugs included in this issue:**

<table>
<thead>
<tr>
<th>Dopaminergic Agents</th>
<th>Sedative-Hypnotics</th>
<th>Anticonvulsant</th>
<th>Opioids</th>
</tr>
</thead>
<tbody>
<tr>
<td>carbidopa/levodopa</td>
<td>clonazepam</td>
<td>gabapentin</td>
<td>hydrocodone/acetaminophen</td>
</tr>
<tr>
<td>(Sinemet®, Sinemet® CR)</td>
<td>(Klonopin®)</td>
<td>(Neurontin®)</td>
<td>oxycodone (OxyIR®)</td>
</tr>
<tr>
<td>pramipexole (Mirapex®)</td>
<td>zaleplon (Sonata®)</td>
<td>zolpidem (Ambien®)</td>
<td>oxycodone XR (OxyContin®)</td>
</tr>
<tr>
<td>ropinirole (Requip®)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>rotigotine (Neupro®)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**February**

**Number 2 - Considerations in the Management of Older Adults with Diabetes**
Discusses geriatric considerations such as cognitive and physical function, age-related physiological changes, health conditions, and caregiver status. Details the benefits and risks of oral and injectable medications based on glucose control, tolerability, coexisting conditions, and ease of use in older adults.

**Drugs included in this issue:**

<table>
<thead>
<tr>
<th>Biguanide</th>
<th>Meglitinides</th>
<th>α-Glucosidase Inhibitors</th>
<th>Long-acting Insulins</th>
</tr>
</thead>
<tbody>
<tr>
<td>metformin (Glucophage®)</td>
<td>repaglinide (Prandin®)</td>
<td>acarbose (Precose®)</td>
<td>liraglutide (Victoza®)</td>
</tr>
<tr>
<td>Sulfonylureas</td>
<td>nateglinide (Starlix®)</td>
<td>miglitol (Glyset®)</td>
<td>glargine (Lantus®)</td>
</tr>
<tr>
<td>gliclizide</td>
<td>sitagliptin (Januvia®)</td>
<td>exenatide (Byetta®)</td>
<td>detemir (Levemir®)</td>
</tr>
<tr>
<td>glyburide</td>
<td>saxagliptin (Onglyza®)</td>
<td>liraglutide (Victoza®)</td>
<td>NPH</td>
</tr>
<tr>
<td>Thiazolidinedione</td>
<td>pioglitazone (Actos®)</td>
<td>amylin analog</td>
<td>rapid-acting insulins</td>
</tr>
<tr>
<td></td>
<td></td>
<td>pramlintide (Symlin®)</td>
<td>liraglutide (Victoza®)</td>
</tr>
</tbody>
</table>

**March**

**Number 3 - New Drugs 2010-2011**
Details 6 new molecular entities that pharmacists and technicians are likely to encounter. The indications, contraindications, efficacy, dose, side effects, drug interactions and patient information are summarized. Brief overviews for 7 additional new drugs are provided. Significant new dosage forms are highlighted.

**Drugs reviewed in this issue:**

- dabigatran (Pradaxa®)
- dalfampridine (Amprena®)
- denosumab (Prolia™, Xgeva™)
- fingolimod (Gilenya™)
- ulipristal (Ellra®)

**Drugs briefly described:**

- alcalafatide (Lastacaft™)
- dexamethasone/quinidine (Nuedexta™)
- aliskiren (Tekamaj®)
- everolimus (Zortress®)
- tesamorelin (Egrifta™)

**April**

**Number 4 - Obesity**
Reviews the health consequences of obesity, current considerations in the evaluation of obesity, prescription medications linked with weight gain, the key components of weight loss education programs, FDA-approved medications for management, and considerations for patients who have undergone bariatric surgery.

**Drugs included in this issue:**

- FDA approved Agents for Weight Loss
- Drugs Associated with Weight Gain

**Nutrient**

- Antidiabetic agents: insulin, sulfonylureas (especially glyburide), meglitinides, thiazolidinediones
- Antiepileptics: gabapentin, carbamazepine, vigabatrin, valproic acid

**May**

**Number 5 - Supplements Used for Memory Improvement and Dementia Management**
Reviews 12 supplements often used for memory improvement and dementia. The evidence, or lack of evidence, supporting their use is discussed along with precautions that should be passed on to consumers. A summary of the differences between normal aging and memory loss associated with AD or mild cognitive impairment (MCI) is provided.

**Supplements reviewed in this issue:**

<table>
<thead>
<tr>
<th>Plants and Herbal</th>
<th>Nutrient</th>
<th>Vitamin and Mineral</th>
<th>Medical Food</th>
</tr>
</thead>
<tbody>
<tr>
<td>huperzine a (HupA)</td>
<td>coenzyme Q10</td>
<td>folic acid (folate, vitamin B9)</td>
<td>capryliden (Axona®)</td>
</tr>
<tr>
<td>ginkgo biloba</td>
<td>idebenone</td>
<td>pyridoxine (vitamin B6)</td>
<td>CerfolinNAC® (L-methylfolate)</td>
</tr>
<tr>
<td></td>
<td>fish oil</td>
<td>cobalamin (vitamin B12)</td>
<td>calcium, methylcobalamin, N-acetyl cysteine</td>
</tr>
</tbody>
</table>
Number 6 - Emerging Infections and Antibiotic Resistance in the Community
Reviews community-onset infections that are emerging and/or caused by resistant bacteria. Risk factors and recommended antibiotic treatments for community-associated methicillin-resistant Staphylococcus aureus (CA-MRSA), infections caused by ESBL-producing E. coli, and infections caused by Clostridium difficile are provided. Strategies and resources to slow the spread of antibiotic resistant bacteria are outlined.

Antibiotics included in this issue:

- CA-MRSA (skin/soft-tissue infections)
  - clindamycin
  - doxycycline
  - minocycline
  - tmp/smx
  - linezolid (Zyvox®)
- ESBL-producing E. coli (uncomplicated urinary infections)
  - fosfomycin tromethamine (Monurold®)
  - nitrofurantoin
- Clostridium difficile infection
  - vancomycin
  - metronidazole

July/August
Number 7 - Exploring the New Anticoagulants
Details new anticoagulants with special emphasis on dabigatran – the first oral anticoagulant to reach the U.S. market in 50 years. Features of both established anticoagulants and new anticoagulants are compared.

Drugs included in this issue:

- Direct thrombin inhibitors
  - Lepirudin (Refludan®)
  - Argatroban
  - Bivalirudin (Angiomax®)
  - Desirudin (Ipruvask®)
  - Dabigatran (Pradaxa®)
- Direct Factor Xa inhibitors
  - Rivaroxaban (Xarelto®)
  - Apixaban
  - Indirect Factor Xa inhibitor
  - Fondaparinux (Arixtra®)
- Indirect thrombin inhibitor
  - Unfractionated heparin

September
Number 8 - Pharmacy Law: Recent Regulatory and Legal Developments Affecting Practice
Controversies surrounding “consumer medication information” (CMI) leaflets and MedGuides required for drugs with serious safety concerns, and the legal civil rights of limited English proficiency (LEP) patients are discussed. Drug Enforcement Administration (DEA) developments are summarized, including the authorization of electronic prescribing of controlled substances; legality of corrections to written C-II prescriptions; whether nurses in long-term care facilities can act as prescribers’ agents; and whether compounding a controlled substance and delivering it to the prescriber constitutes manufacturing and distributing.

October
Number 9 - Chronic Kidney Disease (CKD)
Provides an overview of the causes and complications of CKD including an explanation of glomerular filtration rate. Summarizes treatment recommendations for managing and preventing complications of CKD. Reviews important considerations for drug dosing in patients with kidney dysfunction. Lists drugs that may impair kidney function.

Drugs or drug classes included in this issue:

- Blood pressure lowering agents
- ACE inhibitors
- Angiotensin receptor blockers (ARBs)
- Diuretics
- Calcium Channel Blockers
- Insulin and Antidiabetic Agents
- Dyslipidemia agents
- Statins
- Bile Acid Sequestrants
- Selected CKD Complications
- Metabolic acidosis: sodium bicarbonate
- Vitamin D deficiency: vitamin D₃
- Erythropoiesis-stimulating agents (ESAs): epoetin alfa, darbepoetin alfa
- Selected CKD complications cont.
- Phosphate binders: lanthanum carbonate, sevelamer
- Vitamin K antagonist
- Warfarin (Coumadin®)
- Low Molecular Weight Heparins
- Enoxaparin (Lovenox®)
- Dalteparin (Fragmin®)
- Tinzaparin (Innohep®)
- Unfractionated heparin
- Direct thrombin inhibitors
- Lepirudin (Refludan®)
- Argatroban
- Bivalirudin (Angiomax®)
- Desirudin (Ipruvask®)
- Dabigatran (Pradaxa®)
- Direct Factor Xa inhibitors
- Rivaroxaban (Xarelto®)
- Apixaban
- Indirect Factor Xa inhibitor
- Fondaparinux (Arixtra®)
- Indirect thrombin inhibitor
- Unfractionated heparin

November
Number 10 - HIV Infection: An Update on Antiviral Therapy
Highlights key information about the most frequently prescribed antiretrovirals (ARVs), and provides insight into recent treatment controversies such as preexposure prophylaxis and when to start ARVs.

Antivirals detailed in this issue:

- Nucleoside and nucleotide reverse transcriptase inhibitors (NRTIs)
  - Tenofovir (Viread®): component of Truvada®, Atripla®, Complera®
  - Abacavir (Ziagen®): component of Epzicom®, Trizivir®
- Lamivudine (Epivir®): component of Combivir®, Epzicom®, Trizivir®
- Emtricitabine (Emtriva®): component of Truvada®, Atripla®, Complera®
- Non-nucleoside reverse transcriptase inhibitors (NNRTIs)
  - Nevirapine (Viramune®, Viramune® ER)
  - Etiravirine (Intellence®)
  - Rilpivirine (Edurant®): component of Complera®
  - Efavirenz (Sustiva®): component of Atripla®, Sustiva®, Sustiva® ER
- Fusion Inhibitor
  - Enfuvirtide (Fuzeon®)
- Chemokine Co-receptor Antagonist
  - Maraviroc (Selzentry®)
  - Integrase Inhibitor
  - Raltegravir (Isentress®)
- Protease inhibitors (PIs)
  - Atazanavir (Reyataz®)
  - Darunavir (Prezista®)
  - Fosamprenavir (Lexiva®)
  - Ritonavir (Norvir®)

December
Number 11 - Patient Safety: Identifying Adverse Drug Reactions
Introduces the nature of ADRs and the importance of reporting them. Discusses the significance of identifying ADRs after FDA approval, and the benefits and limitations of various sources that gather and analyze ADR information. Describes the AERS surveillance program and the FDA’s MedWatch program. List the FDA’s criteria for a serious ADR.