

MINUTE DOSES

FAYETTEVILLE STATE UNIVERSITY

VOLUME 1.



In this issue:

- "Scary World of Generic Drugs"
- More Than 80% of Dentist-Prescribed Antibiotics Not Guideline Concordant

STUDENT HEALTH SERVICES

'Scary World' of Generic Drug Manufacturing, Revealed

In 2008, investigative journalist Katherine Eban started digging into the generic drug industry after hearing stories of patients whose generic drugs were not working properly for them. They had been stable on a branded drug, but then relapsed once switched to a generic version or experienced troubling side effects when switched between In 2008, investigative journalist Katherine Eban started digging into the generic drug industry after hearing stories of patients whose generic drugs were not working properly for them. They had been stable on a branded drug, but then relapsed once switched to a generic version or experienced troubling side effects when switched between generics. She detailed her findings in a series of articles in the magazines *Self* and *Fortune*, and her new book, *Bottle of Lies*.⁵The level of data fabrication is really extraordinary. The plants operate data fabrication teams that come in in advance of FDA inspections. They alter data, they invent documents, they even invent standard operating procedures that don't exist. One plant steamed them overnight to make the documents look old. They found out another plant was completely fabricating its testing to prove that the plant was sterile. There were no tests. The laboratory that was doing this was testing nothing, and all their data were perfect. So that's an example of the kind of depth and extent of the fraud in these plants. It's shocking. *of Lies . Bottle of Lies . .*

DENTIST PRESCRIBED

ANTIBIOTICS: With as many as one in 10 antibiotic prescriptions prescribed by dentists, pharmacists fill a lot of scripts from that source. So, they might be surprised that the vast majority of those drugs might be unnecessary More than 80% of antibiotics prescribed for infection prophylaxis before dental visits were unnecessary," study authors conclude. "Implementation of antimicrobial stewardship in dental practices is an opportunity to improve antibiotic prescribing for infection prophylaxis."

Tai Chi May Be Useful to Treat Fibromyalgia

August 18, 2010 — Tai chi may be a helpful intervention for patients with, according to the results of a single-blind, randomized trial reported in the August 19 issue of the *New England Journal of Medicine*. "...[Tai chi] combines meditation with slow, gentle, graceful movements, as well as deep breathing and relaxation, to move vital energy (or qi) throughout the body. It is considered a complex, multicomponent intervention that integrates physical, psychosocial, emotional, spiritual, and behavioral elements."

Dietary Supplements Have No Effect on Mortality Risk

The study was published online April 8, 2019, in the *Annals of Internal Medicine*. The most commonly used vitamin supplements included vitamin C (used by 40.3% of participants), (used by 38.6%), and (used by 37.6%). The most commonly used mineral supplements were calcium (used by 38.6%), (34.5%), and magnesium (33.3%). Importantly, excess intake of calcium was associated with a 62% higher risk of dying from cancer. This risk was confined to high-dose calcium supplements of 1000 mg/day or more, and not to calcium intake from food, the team notes. For the general population, Zhang emphasized that foods are usually the most important source of nutrients and that physicians should counsel patients accordingly.

MINUTE DOSES

FAYETTEVILLE STATE UNIVERSITY



VOLUME 2.

In this issue:

- Coronavirus Update
- Sunscreens
- Tdap vs. Td
- Patient Safety in same-day Surgical Centers.

STUDENT HEALTH SERVICES

SUNSCREENS

FDA is reporting that chemicals commonly use in sunscreens are being absorbed into skin and remain in the body for some time. This is important because actual testing for harm has not been done as required of manufacturers.. Dermatologist are recommending choosing a MINERAL based sunscreen that contains both Zinc and Titanium Dioxide. These agents are considered safe and effective and provide broad spectrum protection.

CORONAVIRUS UPDATE: As of January 30, 2020 over 8,000 confirmed cases world-wide. Estimated doubling is every 2 days. To date, there are 5 active cases in US with 110 under investigation. All deaths have been in China, so far, with speculation that Chinese reporting is inaccurate. All US testing for disease confirmation is being done at CDC in Atlanta, Ga. Symptoms appear within 2-14 days of exposure similar to the flu or common cold. Original transmission was animal-to-human but human-to-human spread due to mutation has now been documented. No vaccine available at this time; treatment is supportive only. Some patients may be hospitalized in isolation due to lung or kidney failure. More countries are restricting travel to/ from China. Prevent by: avoiding contact with sick people or animals. Wash hands often with soap/water. Use hand sanitizers only when soap/water unavailable. Seek medical care for fever, cough, difficult breathing. Don't travel on public transportation. Have your own action plan to include having someone check with you daily while you are sick. How long the virus remains virulent in unknown. Disinfect objects and surfaces with a product able to kill viruses. Cover mouth and/or nose with tissue if coughing or sneezing and dispose of tissues in trash. Remain vigilant!

Tdap vs. Td.

CDC voted 14-0 to recommend either Tdap OR Td every 10 years as booster for everyone 7 or older for wound prophylaxis. No unusual adverse events were observed in closely spaced dosing when either Tdap or Td was received as second or third dose. With pertussis cases on rise, using Tdap as booster provides additional protection not seen with Td.

SAME-DAY SURGICAL CENTERS.

USATODAY/Kaiser Health investigation found that same-day surgical centers have risked patient lives by skimping on training and equipment and by sending patients home too soon. More than 1 in 3 medical professionals who perform operations and procedures at same-day surgery centers are not board-certified in their specialty and 30% of providers who provide anesthesia at doctor-owned centers are not board-certified. Same-day surgery centers don't have to report deaths in 17 states. The report found: substandard handwashing, irresponsible use of antibiotics, and lack of advanced life support training. Director of Leapfrog , a non-profit that rates hospitals, says "We are trying to figure out what's going on