

SPRING 2012

## current news in HORMONE REPLACEMENT

A recent *Huffington Post* article (December 2011) entitled "Hormone Replacement Therapies Are Hot Again" featured **Peter Koshland, Pharm.D.**, and **Ricki Pollycove, MD.** This article summarizes the recent history of hormone therapy in the U.S. and discusses why and how doctors are using customized therapies to achieve optimal outcomes. Read the full article: [www.koshlandpharm.com/huffington](http://www.koshlandpharm.com/huffington)



Peter Koshland, Pharm.D., will present "Advances in Bioidentical Hormone Replacement Therapy"

on Saturday, March 24, 2012 at the California Naturopathic Doctor's Association Annual Northern California Conference. More information about CNDAs March 2012 conference: [www.koshlandpharm.com/events](http://www.koshlandpharm.com/events)

If you would like to receive notices from us about upcoming events and an e-version of the newsletter, please join our mailing list: [www.koshlandpharm.com](http://www.koshlandpharm.com).

# Prescriptions for Health

A Newsletter from

**Koshland Pharm**  
Custom Compounding Pharmacy

## featured PRACTITIONER



Each **Prescriptions for Health** newsletter features a Bay Area practitioner with a unique approach to health and healing. **Dr. Justin Mager, MD**, is a medical doctor who practices at the Clear Center of Health in Mill Valley.

signaling, or epigenetics - the turning on and turning off of genes based on the types of foods you're choosing - an emerging field of medicine that is very interesting to explore. Lastly, you also need to consider different ways to consume your diet; you can choose to eat all your calories in one short time period of the day, or small amounts of calories many times a day. You may combine foods in certain ways, eat seasonally, or choose foods that are aligned with a personal philosophy. This is the kind of topic I enjoy talking about with my clients.

### **Successful Compounding Story**

One of my clients, a 42 year old man, found himself in pain with joint aches and stiff muscles. He had low energy throughout the day, low libido, and difficulty sleeping. Standard medicine had run tests and told him he was fine. But he kept searching. One of my main practice mantras is that we should all feel healthy and vital at every age, comfortable in our bodies. When we're in our forties, fifties and sixties, we're not going to do what we did when we were twenty, but we should still feel well.

We did our routine panel and our comprehensive hormone panel with this 42 year old client. We found some evidence of autoimmune connective tissue markers and very low testosterone levels for a man of his age. We promoted a healthy gut

### **Practice Approach**

I feel that our strongest and best medicine, bar none, is our lifestyle and the way we treat our bodies. I'm interested in working with clients as a strategist, not a tactician, meaning that I dislike telling somebody what to do. I really enjoy helping people learn how to think about their health.

For instance, diet. When you think about diet, you can look at it as a fuel source to give you the energy, or calories, your body needs. You can also look at getting the essential minerals, nutrients, fatty acids and proteins needed for critical body processes. You can learn about how diet helps with temperature regulation and also impacts genetic



## ask the PHARMACIST

*How do I know that the creams and capsules I am getting at my compounding pharmacy are consistently high quality?*

Here are some key steps that we take at Koshland Pharm to ensure high quality in our products:

- ***We use the right equipment:*** Creams are run through both an ointment mill and a homogenizer. The ointment mill pulverizes the active ingredients, making them micro-sized and improving penetration through the skin. The homogenizer mixes the cream so that every teaspoonful will have the exact same amount of active ingredient as any other.
- ***We use in-house quality assurance procedures:*** We bar-code raw ingredients, integrate weight capturing from the balances to the computer, and use error calculations on all capsule batches to help prevent errors. We hold frequent staff meetings to discuss ways of improving quality in the pharmacy.
- ***We send out samples for testing:*** We send out samples of our products to get tested on a regular basis. The government generally requires that the purity of a compounded drug be within 10% of the labeled strength, but we go further, striving to make sure that our products are within 2-3% of the labeled strength.

## featured PRACTITIONER (continued)

environment by getting rid of some bad bacteria. We also gave him ***compounded, low-dose naltrexone and specifically tailored testosterone therapy from Koshland Pharm.*** Naltrexone blocks opiate receptors, and at 1/10 the standard dose, relaxes the immune system.

Three days after prescribing the testosterone therapy along with the low dose naltrexone therapy, I got a call from this client. This is a stoic man, and he was trying not to get choked up and cry about how well he felt. He said to me, "Am I going to be on this for the rest of my life?" My answer was, "No, now that we've broken this cycle of pain and inflammation, now you need to put your life back together and really start focusing on your diet and getting back to exercising." The compounded medications were critical to interrupting the cycle and building a support system so that he could focus on re-engaging his lifestyle.

### ***What is andropause?***

Andropause is the decline in androgen production, notably testosterone, in men as they get older. It's similar to menopause in that it represents a significant hormonal change in a person's body. What makes it different than menopause is that it does not represent an end to reproductive capability, and it is usually a slow, gradual process that takes place over many years. Sometimes men don't know that this change is happening. Men in their forties and fifties might realize that they don't feel vital and well, and they might attribute it to

"just getting older." Longitudinal studies (such as the Massachusetts Male Aging Study) suggest that men experience about a 10% loss of hormone function per decade starting in their third decade of life.

### ***Current Inspirations***

I'm in the process of integrating my background in exercise physiology, which I studied as an undergraduate, with my medical practice to have people look at their body as a whole, complete unit. We're often looking through a microscope to tell people if they are healthy or not, when a lot of times, an actual fitness exam can provide good, strong data points that are helpful to look at. For example, your aerobic capacity is a stronger indicator of your risk of heart disease than your cholesterol level.

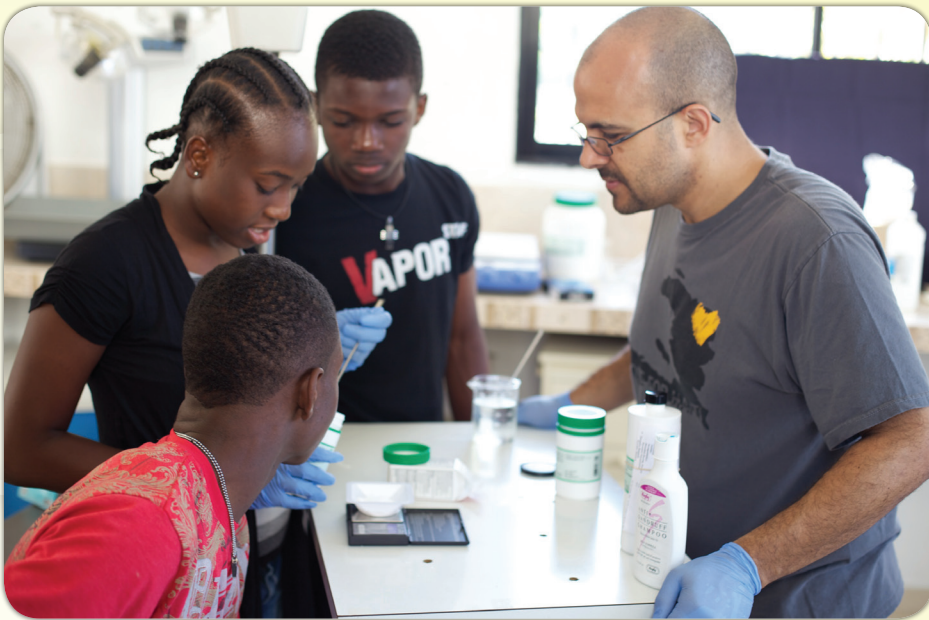
I'm using this physical exercise testing to gather objective data about a person's lifestyle and fitness. Clients might tell me in an in-take interview, "I work out four or five times a week." They may be doing that, but I want to figure out: Are they effectively and efficiently stimulating their bodies so that they are adapting and becoming healthy, or are they just going through the motions? In addition to taking objective measurements, I'm also working on a book about how to use personal data tracking devices (such as Smart Phones) to our advantage to get a sense of what we're truly doing by tracking sleep, activity, diet, and stress. There's a lot of empowerment when we're paying attention.

## we have earned PCAB accreditation

*We are proud to be accredited by the Pharmacy Compounding Accreditation Board (PCAB), an independent, national organization that evaluates compounding pharmacies and grants accreditation once they have met strict standards and undergone a thorough on-site inspection.*

Download our "How to Evaluate a Compounding Pharmacy" handout:  
[www.koshlandpharm.com/evaluate](http://www.koshlandpharm.com/evaluate)





## updates from **THE STAFF** at koshland pharm

**Peter Koshland** recently received national and state recognition as a compounding pharmacist, being named the Pharmacist of the Month (January 2012) by the Professional Compounding Centers of America and being elected as a board member of the California Pharmacists Association Academy of Compounding Pharmacists.

We are pleased to announce that graduate intern pharmacist **Lauren Chong** passed the state pharmacy exam and now becomes Koshland Pharm's third pharmacist on staff.

Pharmacist **Maryam Tabatabaei** hosted an open house at Koshland Pharm on January 26, 2012 and showed over thirty doctors, patients, veterinarians and veterinary technicians the steps we take to ensure quality.

## an inspiring **COMPOUNDING** story

A compounding pharmacist from Southern California, **Mark Gonzalez**, has traveled to Haiti, where he has put his compounding skills to good use.

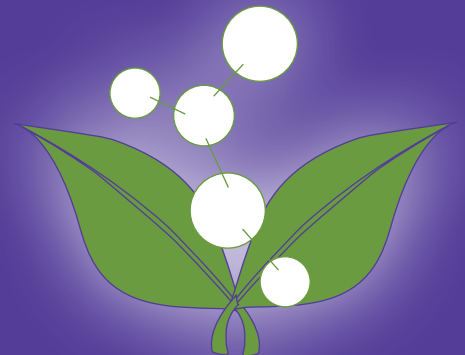
In August of 2011, Mark visited Danita Children's Orphanage and taught a local nurse a few basic compounding techniques such as how to formulate antibiotic wound care gels and vitamin suspensions, in order to help address some of the children's conditions.

On his return trip in February of this year, Mark had the opportunity to teach compounding skills to several teenagers as a part of the orphanage's work study program. One of these teenagers is Junette, who has lived at Danita's Orphanage since 2006. Mark has blogged about Junette at [www.fortybyforty.org](http://www.fortybyforty.org), noting, "She is smart, well-spoken (she

speaks three languages), and at fifteen, when you ask her what she wants to be, she answers, 'A doctor.' And when you hear her story, it all makes sense. Junette was actually born in the Dominican Republic. Seven years ago, her mother, while dying from AIDS, came back to her home country of Haiti. Her mother knew that her time was short, so she sought the help of Danita's Children to take custody of Junette after her passing. Junette cared for her mom until her very last days."

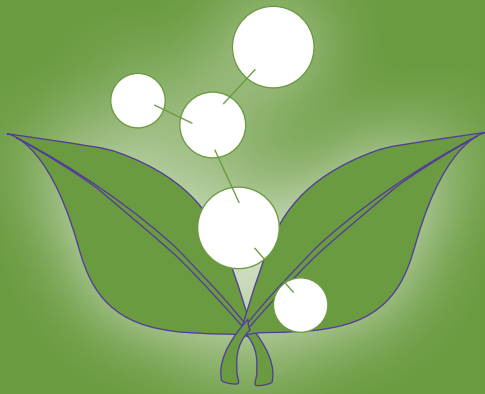
With Mark, Junette and three other work study students learned how to make a basic hand lotion, an ibuprofen pain cream, and a suppository to help treat pain for a cerebral palsy patient.

Read more about Mark's trips to Haiti, or donate to his fund: [www.koshlandpharm.com/haiti](http://www.koshlandpharm.com/haiti)



### The Koshland Pharm Staff

*Pictured from left to right are: Lauren Chong (pharmacist), Amy Reese (pharmacy technician), Erika Passmore (senior pharmacy technician), Peter Koshland (founder and pharmacist), Angela Gonzalez (pharmacy technician), Victoria Wong (pharmacy student intern), Margrit Rosado (pharmacy student intern), and Maryam Tabatabaei (pharmacist). Not pictured is Krista Shaffer (outreach and marketing director).*



# Koshland Pharm

Custom Compounding Pharmacy

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[www.koshlandpharm.com](http://www.koshlandpharm.com)

*Koshland Pharm makes prescription medications tailored to a patient's specific needs. For example, sometimes a person could benefit from a pain medication in a cream rather than capsule form. To address this kind of specialized need, Koshland Pharm makes high-quality, customized prescriptions and works closely with both patients and their doctors to ensure optimal treatment.*



## did you KNOW...

*...that Koshland Pharm can often provide medications that are either unavailable or have been discontinued? Give us a call to find out how we can provide customized solutions to meet your needs. (415) 344-0600*

\*All medications are dispensed pursuant to a valid prescription from an authorized prescriber.



## the role of **COMPOUNDING PHARMACIES** in drug shortages



Drug shortages in the United States have reached an alarming level. In October, 2011, President Obama gave an executive order directing the FDA to take action to help reduce future shortages, and Congressional hearings took place on the topic as recently as February, 2012. Compounding pharmacies are part of the solution to this nation-wide problem.

An example of a compounding pharmacy effectively stepping up to address a drug shortage is when Koshland Pharm provided hundreds of patients with thyroid medications during the shortage of Armour Thyroid® and Nature-throid™ in 2009.

Current drug shortages (as of March 2012) that can be addressed by Koshland Pharm include:

- *Cafergot® suppositories for migraine headaches*
- *Tri-Luma® cream for skin discoloration*
- *Voltaren® Gel for pain*

For more information about recent drug shortages and how compounding pharmacies have helped, check out the *America's Pharmacist* article "Filling the Gap" (December 2011):

[www.koshlandpharm.com/shortage](http://www.koshlandpharm.com/shortage)