

Vet Issue

updates from
**koshland
pharm**



Two New Pharm Team Members

When you call Koshland Pharm these days, you might notice a new voice on the other end of the line. Wallace Tan, RPh, started in early April, joining fellow pharmacists Lauren, Maryam, Hoda, and Peter in answering calls from patients and their doctors, and in formulating specific prescriptions to meet individual needs. Dat Nguyen, a technician with many years of experience at CVS, also started at the pharmacy in the early part of this year. He is now a part of the compounding technician team that makes patient-specific prescriptions.

Summer Health Lecture Series

Koshland Pharm will host three sessions this summer on the topics of:

- *Vitamins + Supplements*, 6/19
- *Perimenopause + Women's Health*, 7/24
- *Testosterone + Men's Health*, 8/21

We hope you can join us! You can register online at:

koshlandpharm.com

Prescriptions for Health

A Newsletter from

Koshland Pharm
Custom Compounding Pharmacy

featured PRACTITIONER

At **Koshland Pharm**, we have the unique opportunity to meet doctors in different fields who have useful approaches to health and healing. In our **Prescriptions for Health** newsletter, we share highlights from interviews with doctors about their practices and their experiences prescribing compounded medications. If you'd like to read more about practitioners whom we have met and seen excel in patient care, see koshlandpharm.com/referrals.



Rachael Feigenbaum, VMD, provides holistic care for pets through Lotus Veterinary House Calls, the mobile veterinary practice she founded in San Francisco.

Practice Approach

Lotus is an integrative house-call practice, which means we combine acupuncture, Chinese herbs, and nutritional therapies along with more traditional western therapies to tailor the treatment to the individual animal. When I use the word "holistic" to describe my practice, I mean that I use everything at my disposal to give the animals the best quality care possible.

Acupuncture is one example of this. The Chinese performed acupuncture on horses dating back 5,000 years, but in terms of cat and dog acupuncture, it's more recent. Anything that involves pain, such as arthritis or back pain, tends to respond well to this treatment. I also treat chronic illnesses (such as chronic renal failure), depression of the immune system, and behavioral issues with acupuncture. The

animals enjoy it; while the needles are in, they feel really relaxed. There's a spot on the top of the head that is an amazing calming point. Sometimes, I put a needle right into that point and you can see an immediate change in demeanor – they become ready for a nap. What people have typically told me is that the next day, their animal acts like a puppy, and they can see their energy level, mobility, and appetite have improved.

Another kind of therapy that we've recently added to Lotus is called "Cold Laser Therapy," which is a very specific frequency of light that penetrates into tissues. The laser can penetrate up to four centimeters deep and helps with pain and inflammation and promotes healing at the cellular level. For animals that are more sensitive to needles, we can use cold laser therapy with or instead of acupuncture, and often get a similar effect.

Another tool in my holistic approach is the use of Chinese herbs. The idea

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dr. feigenbaum's TOP THREE NUTRITION TIPS FOR PETS

1. Avoid overly processed foods and too many carbohydrates

With recent developments in human nutrition, we're finding that certain foods such as corn, wheat, soy, and grains can promote inflammation. Avoiding these ingredients and replacing them with quality protein and fresh ingredients are going to have a good, long-term outcome to support your animal's natural ability to heal itself. Chronic inflammation can ultimately lead to organ failure and cancer. Diet can be a very important piece of the puzzle for preventing disease.

2. Include a lot of moisture in the diet

Having enough water in the diet promotes longevity and long-term health. Consider avoiding a strictly dry diet.

3. Look out for food allergies

In terms of protein sources, chicken is ubiquitous in pet foods and animals can develop food allergies to it. If there are symptoms that suggest to me that there might be a food allergy at play, then we try to look for novel sources of protein and carbohydrates to move them away from some of those ingredients.



featured PRACTITIONER

(continued)



behind the herbs is to look for patterns that the animals display and then come up with a very specific formulation that's going to address the specific problem. Chinese herbs allow me to decrease some western medicines, or to potentially reduce some of the side effects.

Compounding Success Story

Part of the whole picture of maximizing outcomes and using the best combination of all the tools at my disposal is to offer my clients medications that are customized to meet their individual pet needs. Compounding works especially well in animals because of the range in size. I see animals from three pounds to 160 pounds, so a dose formulation and a method that is going to work for that individual patient is key to having a successful outcome.

I've had good results with the **KoshClear** that Koshland Pharmacist Maryam Tabatabaei introduced me to. KoshClear is a bioadhesive gel that can include anti-fungal medications, antibiotics, and/or steroids. In addition to being a convenient way to treat otitis (ear infections) in a single application, I've found some even more creative uses for it. There's a certain condition that we sometimes see in dogs which is a hematoma inside the flap of the ear. This can be hard to treat and oftentimes requires extensive surgery. What's been working really well for me is to make an incision to open that pocket up and let the blood fluid out of it, and then inject the KoshClear into the flap. Having the bioadhesiveness of the KoshClear with steroids added is ideal because not only are you helping with the inflammation, but you're coating the entire surface as well.

Current Inspirations

I see how much love my clients have for their animals, and how much the animals mean to them as family members. It brings me so much happiness to see their animals thrive and do well.

I also really value being able to volunteer for organizations that allow people and their animals to stay together. We're fortunate in San Francisco because there are organizations dedicated to helping people who are low-income to be able to maintain the love and support they get from their pets. For example, Pets Are Wonderful Support is a non-profit that provides people who are low-income and have disabling illnesses with veterinary services, donated pet food, and other related aide. Allowing people to keep their pets throughout their illnesses is a core part of their healthcare delivery system. The other organization I volunteer with is the Veterinary Street Outreach Services, which provides free veterinary care to pets that belong to the homeless population. People really benefit from having that companionship; often it's their best friend and their family. I see how animals contribute so much to people's physical and emotional health. For me, having a role in nurturing the bond between people and their animals is deeply rewarding.

For more information about Dr. Feigenbaum and Lotus Veterinary House Calls visit:

lotusveterinary.com

animal & human health NEWS



If you are interested in a video of the presentation, email Krista at krista@koshlandpharm.com to receive a link when it is available.

Special Event for Veterinarians at Koshland Pharm

Koshland Pharm was delighted to co-host with the VCA San Francisco Veterinary Specialists an event on May 1st with guest speaker Chris Simmons, RPh, who has presented internationally on the topic of veterinary medicine.

Chris is not your regular pharmacist. He has traveled to places such as the Amazon rainforest and the Galapagos Islands to better understand the native eating habits of exotic birds and land tortoises. These visits have contributed to his ability to serve as a consultant for hundreds of pharmacists across the country, who ask questions such as which flavor might be the best option for a liquid medication for particular birds.

Chris shared his passion for finding solutions to non-compliance issues when it comes to giving pets their medications. From bioadhesive powder for lick granuloma to healing ointments for badly damaged skin, Chris demonstrated case study examples of how compounded medications can act as new solutions to old problems.

Animal Assisted Therapy

As Dr. Feigenbaum points out in her interview, animals can have a profoundly positive effect on people's lives. So much so that some Bay Area doctors have discovered that their own canine companions can play a useful role in their medical clinics.

Dr. Justin Davis, MD, finds that his patients often request that he bring his SPCA certified assisted therapy poodle, Bijoux, when making house calls because of the calming effect the dog has on them. Studies have indeed shown that animals can reduce anxiety and depression as well as reduce elevated cortisol levels in humans (*Frontiers of Psychology*, 2012). If you visit another San Francisco doctor, Dr. Carl Hangee-Bauer, ND, you might meet his greyhound, Lexy, during your appointment. Lexy, also a certified animal assisted therapy dog, usually stays in practice manager Michele's office, but will come join patients during their appointments by request.

In addition to dogs that work in clinics such as Dr. Davis' and Dr. Hangee-Bauer's, there are also animals that travel throughout the community to assist with human health. Currently, the San Francisco SPCA sends volunteers and their animals into various community facilities to promote communication and healing by sharing the love of companion animals.

To learn more please visit:

sfspca.org

thehousedoctor.com

somaacupuncture.com



Lexy at SF Natural Medicine

ask the PHARMACISTS



Lauren, Hoda, Peter and Maryam

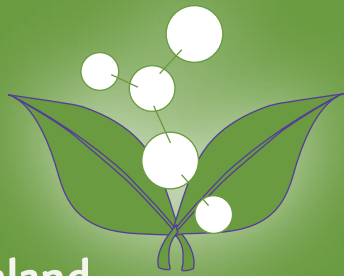
Do you have any dosage forms you specifically recommend for wounds?

We have had success with something called the polyox bandage, which is a unique, bioadhesive powder that is puffed onto a wound or lesion and dries into a protective coating. It is a base for many different kinds of medications, and it eliminates the need to touch a wound during application. It works well for animals as well as humans.

Dr. Feigenbaum describes one use for this base:

"There's a case where one dog had a tumor that started in his mouth and spread into his muzzle. It was really a question of maintaining comfort and quality of life because his tumor was inoperable. At times, the tumor was causing bleeding from his nose. With Koshland Pharm's help, we used the adhesive polyox bandage and applied it directly to the tumor. What I included in that particular bandage was a coagulant as well as an anti-inflammatory and antibiotic to prevent infection and inflammation, and to control any bleeding. We were able to manage the dog's pain, stimulate his appetite, and control his infections."

Do you have a question for one of our pharmacists? Give us a call at
415.344.0600.



Koshland

Pharm makes prescription medications tailored to a patient's specific needs. For example, sometimes a canine patient with a difficult-to-treat ear infection could benefit from a customized, bioadhesive gel that is easily administered in a single dose at the vet clinic. To address this and other kinds of specialized needs, Koshland Pharm makes high-quality, customized prescriptions and works closely with patients and doctors, pet owners and veterinarians, to ensure optimal treatment outcomes.

did you KNOW...

.....Koshland Pharm has a new dosage form for cats and small animals called the "mini-chew." Read more about this option for your finicky feline at:

koshlandpharm.com/pets



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quality counts in custom COMPOUNDED MEDICATIONS

The degree to which a compounding pharmacy invests in quality can make a measurable difference in the effectiveness of the medications being dispensed to patients.

Two investments in quality that we make at Koshland Pharm are 1) to source only the highest-quality active ingredients and 2) to use specialized equipment, such as an ointment mill for topical prescriptions.

We buy our active ingredients from an FDA-approved supplier (PCCA) that sets the highest standards for quality in its industry. PCCA is unique among wholesalers because they test every lot of active ingredient that they receive in their warehouse, and then skip-lot test those same active ingredients once they have been repackaged into smaller containers to be shipped to individual pharmacies.

Once we receive these active ingredients, the equipment we use to mix them into the delivery base also matter. One indispensable piece of equipment that we use on all creams, lotions, and ointments is an ointment mill. This tool pulverizes the active ingredients to make them micro-sized. This reduction in particle size allows for better transdermal absorption into the body.

For more information on how to evaluate quality in a compounding pharmacy, including visuals that illustrate the importance of both where a pharmacy purchases its active ingredients and the use of an ointment mill for topical medications, please see:

koshlandpharm.com/quality

This newsletter is intended as a source of general information about health and healing. Because every patient and health condition is unique, it is important to always consult your doctor for medical advice to determine if a particular treatment is right for you.