

To Your Health



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 **MYERS Medical Pharmacy**

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"Multi-Flu" Vaccine Available Now at MYERS

MYERS Medical Pharmacy has received our supply of flu vaccine for this year's expected outbreak.

This time, you only need 1 vaccination to protect you from both the seasonal flu and the H1N1 virus.

Vaccinations are available at the pharmacy, Monday thru Friday, from 9:00 AM to 6:00 PM. No appointments are necessary.

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Early Exposure to TV Has Negative Long Term Impact

"If you want kids who are smarter and thinner, then keep them away from the TV set as toddlers."

According to a study from child experts at the University of Montreal and the University of Michigan, television exposure at age 2 forecasts negative consequences for kids, ranging from poor school adjustment to unhealthy habits.

Researchers found that every additional hour of TV exposure among toddlers corresponded to a future decrease in classroom engagement and success at math, increased victimization by classmates, a more sedentary lifestyle, higher consumption of junk food and, ultimately, higher body mass index. Between the ages of two and four, even incremental exposure to television delayed development.

The study concluded that, "Early childhood is a critical period for brain development and formation of behavior. High levels of TV consumption during this period can lead to future unhealthy habits. Despite clear recommendations from the American Academy of Pediatrics suggesting less than two hours of TV per day - beyond the age of two - parents show poor factual knowledge and awareness of such existing guidelines."

According to the investigation, watching too much TV as toddlers later forecasted:

- a 7% decrease in classroom engagement;
- a 6% decrease in math achievement (with no harmful effects on later reading);
- a 10% increase in victimization (peer rejection, being teased, assaulted or insulted by classmates);
- a 13% decrease in weekend physical activity;
- a 9% decrease in general physical activity;
- a 9% higher consumption of soft drinks;
- a 10% peak in snacks intake;
- a 5% increase in BMI (Body Mass Index).

The study also commented that, "Common sense would have it that TV exposure replaces time that could be spent engaging in other developmentally enriching activities and tasks which foster cognitive, behavioral, and motor development

Music Aids Alzheimer's Patients In Remembering

Researchers from Boston University School of Medicine have shown that patients with Alzheimer's disease (AD) are better able to remember new verbal information when it is provided in the context of music, even when compared to healthy, older adults.

Both AD and healthy test participants were presented with either words spoken or lyrics sung with full musical accompaniment along with the printed lyrics on a computer screen. After each presentation, participants were asked to indicate whether or not they were previously familiar with the song they had just heard.

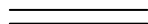
The patients with AD performed better on a task of recognition memory for the lyrics of songs when those lyrics were accompanied by a sung recording than when they were accompanied by a spoken recording. But interestingly, healthy older participants did not.

Understanding the nature of musical processing and memory in patients with AD may allow the development of effective and comprehensive therapies for this increasingly prevalent disease.

Antioxidants In Red Wine And Green Tea Halt Prostate Cancer Growth

In what could lead to a major advance in the treatment of prostate cancer, scientists now know exactly why polyphenols in red wine and green tea inhibit cancer growth. This new discovery, explains how antioxidants in red wine and green tea produce a combined effect to disrupt an important cell signaling pathway necessary for prostate cancer growth. This signaling pathway also plays a role in other cancers, such as colon cancer, breast cancer, and gastric cancers. This finding may lead to the development of drugs that could stop or slow cancer progression, or improve current treatments.

According to the scientists who conducted the study, "The profound impact that the antioxidants in red wine and green tea have on our bodies is more than anyone would have dreamt just 25 years ago. As long as they are taken in moderation, all signs show that red wine and green tea may be ranked among the most potent 'health foods' we know."



Adult Vaccinations Key to Halting Whooping Cough

California is on track to suffer its worst pertussis (whooping cough) outbreak in 50 years. While the disease is taking its heaviest toll among infants, State health authorities are trying to boost immunization in a population group thought to pass along the disease — adults.

The California Department of Public Health (CDPH) is shipping free pertussis vaccine to all birthing hospitals, as well as county and municipal health departments. It is encouraging not only new mothers and fathers to get immunized but also other family members and anyone else who might have contact with infants.

Public health authorities stress vaccination as best way to protect against the disease. The CDC recommends that children receive the DTaP vaccine (Diphtheria, Tetanus, and Pertussis) at ages 2 months, 4 months, 6 months, and 15 to 18 months, with a booster shot at age 4 to 6 years when they enter school. Infants need the first 3 shots in the series to achieve maximum protection. Children aged 11 or 12 years should receive a dose of Tdap — the booster shot for adolescents and adults. Adults who did not receive Tdap as a pre-teenager or teenager also should get a dose.

While California does an above-average job of immunizing young children, the state falters vaccinating children aged 11 and 12 years. A bill is pending in the state legislature that would require middle-school children to be vaccinated against pertussis.

Medicare has just approved Tdap vaccinations and payment through Medicare Part D for adults over 65. Vaccinations are available at MYERS Medical Pharmacy, Monday thru Friday, from 9:00 AM to 6:00 PM

Dwindling Testosterone Levels Decrease Sleep In Middle-Aged Men

At 30 years old, male testosterone levels drop by 1-2% annually. By age 40, men's quality of sleep begins to diminish. According to the University of Montreal, Department of Psychology, there is absolutely a link between decreased testosterone and reduced sleep.

A recent study — the first to find this correlation — discovered a link between testosterone levels in men over 50 and their quality of sleep - specifically less deep sleep — when the recuperation of body and mind is optimal. In young men, deep sleep represents 10-20% of total sleep. By age 50, it decreases to 5-7%. For men over 60, it can disappear altogether. The study didn't find any correlation with other parts of the sleep cycle.

Why Is Breast Milk Best? It's All In The Genes

Is breast milk so different from infant formula?

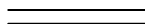
The ability to track which genes are operating in an infant's intestine has allowed University of Illinois scientists to compare the early development of breast-fed and formula-fed babies. They say the difference is very real.

According to the study, "For the first time, we can see that breast milk induces genetic pathways that are quite different from those in formula-fed infants. Although formula makers have tried to develop a product that's as much like breast milk as possible, hundreds of genes were expressed differently in the breast-fed and formula-fed groups."

Although both breast-fed and formula-fed babies gain weight and seem to develop similarly, scientists have known for a long time that breast milk contains immune-protective components that make a breast-fed infant's risk lower for all kinds of illnesses.

Understanding those differences should help formula makers develop a product that is more like the real thing. Many of the differences found by the scientists were in fundamental genes that regulate the development of the intestine and provide immune defense for the infant.

Sharon Donovan, a professor of nutrition at U of I says, "An infant's gut has to adapt very quickly. A new baby is coming out of a sterile environment, having received all its nutrients *invitro*. At that point, babies obviously must begin eating, either mother's milk or formula. "They also start to become colonized with bacteria, so it's very important that the gut learns what's good and what's bad. The baby's body needs to be able to recognize a bad bacteria or a bad virus and fight it, but it also needs to recognize that even though a food protein is foreign, that protein is okay and the body doesn't want to develop an immune response to it."



Pharmacists Encourage Patients To Seek Guidance Choosing OTC Medications

According to the American Pharmacists Association (APhA), with more than 100,000 nonprescription medications on the market and more than 1,000 active ingredients, it's critical that patients consult their pharmacist, to maximize the benefits from medications and minimize the potential for harmful drug interaction and/or side effects.

"Pharmacists are the medication experts on the healthcare team. They are trained not only about prescription medications, but also nonprescription medications, supplements and herbals, and can provide patients with important information about how medications may interact with certain foods, other medicines or dietary supplements."

Pharmacists can help patients select products that address the patients' individual needs and navigate their way through the various products available. APhA's Chief Executive Officer states, "Pharmacists are the most accessible health care providers and patients can take an active role in self care by reading medication labels, knowing the active ingredients in their medications, and asking their pharmacist questions about the proper use of medications."

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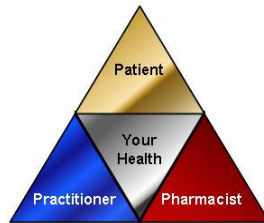
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