



SDCPhA Voice

Newsletter of the San Diego County Pharmacists Association
www.sdcpha.com

California Pharmacists Insurance Services

September 2000

Editor: Gene Tunick, R.Ph.

Volume III, Issue 6

President's Message

Well, the candidates have been nominated, the conventions are over and now the American voter is faced with selecting the next President of the United States. This is taking place in a period of unparalleled economic strength, record rates of employment, fatter paychecks, and minimal inflation. About the only weakness we can find is the languishing stock market, but what the heck, that will be easily corrected by Al Greenspan. The evening news is void of any truly important issues, instead featuring weather problems in Africa, forest fires, and here at home the Padre Stadium controversy. Things are quite good.

So what are the issues in this campaign? There is one that attracts the attention of and affects us all. This is health care in general and the cost of medications in particular. The perception of runaway inflation in the cost of drugs, has been fostered and fueled by politicians and others who stand to gain from it. This fairy tale offers great possibilities for the candi-

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Summer 2000

For the year 2000 to date, we've managed to bring you five superb programs and as you read this we'll have completed our sixth! In addition to those I spoke of in the last issue, on June 7th we listened to Mary Kalafut, MD, give us an update on Antiplatelet Agents in Stroke Treatment and on July 12th an overview on the Treatment Options for Erectile Dysfunction by Mike Albo, MD.

By the time you read this, I hope many of you will have attended Jon Lacro's discussion on the Role of Cholinesterase Inhibitors in Alzheimer's Disease on August 9th. I am extremely pleased with the success we've achieved in such a short period of time. Our goal for continuing education has been to target a broad audience of pharmacists with the highest quality CE's. By combining promotion and coordination of efforts between our two local pharmacy associations, we've achieved our goal while eliminating redundancy and unifying our

profession a little bit more. I hope we can continue moving in this direction. Special thanks to Jon Lacro, SDSHP CE Coordinator for all of his cooperation and hard work.

S. John Johnson,
PharmD (Sharp Memorial Hospital), SDCPhA Board Member (SDSHP Liaison, SDCPhA Continuing Education Coordinator, SDCPhA Web site Editor)

For up-to-date information on continuing education or to register for any CE, visit www.sdcpha.com and click "education".

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Calendar of Activities

September 5, 2000
Board Meeting, 7:30 pm
VA Medical Center, La Jolla

September 17, 2000
5th Annual SDCPhA Day at the Ballpark
San Diego Padres vs. San Francisco Giants
Qualcomm Stadium, 11 am
Call Chris Woo 858-538-4079

September 17, 2000
Adolescent and Adult Immunization
Certificate Program
Doubletree San Diego/Mission Valley
(916) 444-7811

September 21, 2000
CPhA Board of Trustees Meeting,
Convention Center, Pasadena, CA

September 22-24, 2000
Western Pharmacy Education Faire,
Convention Center, Pasadena, CA

September 26 – 28, 2000
Medi-Cal 2000 – San Francisco
Bill Graham Civic Auditorium
99 Grove Street
For information: (800) 541-5555

October 3, 2000
Board Meeting, 7:30 pm
VA Medical Center, La Jolla

October 4, 2000
CE: New Delivery System for Asthma Therapy
Kaiser Permanente, San Diego Medical Center
4647 Zion Ave, San Diego, Classroom #4
7:00 pm

October 10 – 12, 2000
Medi-Cal 2000 – Los Angeles
Los Angeles Convention Center
1201 South Figueroa Street
For information: (800) 541-5555

Everything's Coming Up

Roses

including
**CPhA's Sponsored
Insurance Program!**



Announcing the newly redesigned
CPhA sponsored Business Owners
Package Program!

The new Business Owners Package Program provides pharmacy owners with property and liability protection. Included is a new Practice of Pharmacy definition for professional liability that remains flexible and changes with you or with the Practice of Pharmacy. You won't be left wondering if you are covered when you provide new service to your customers. Plus, you can earn an additional 8% discount on Workers' Compensation premiums when you purchase both the Package and Workers' Compensation program through CPhA.

Sales Representatives are available to meet with you to discuss your insurance needs and provide a quote.

In Northern California, call Sam Baxter at (408) 981-6029.

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For more information on these, or any of the sponsored insurance plans, call:
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Vision

**New Programs
Coming Soon!**

New Medical Plan

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Visit us at the Western Pharmacy Ed Faire – Booth #209

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Dr. Seuss on Pharmacy: Oh The Things You can Fill

Oh the things you can fill
For the folks who are ill.
With your bright shiny spatula
Oh, what a thrill.

Besmocked and bedecked out
In Pharmacist clothes
Knowing all of the things
That a Pharmacist knows.

You're quick and efficient,
You're sharp and inventive.
It also just happens
You're anal retentive.

You read slips of paper
To get the specifics
From doctors who scribble out
Strange hieroglyphics.

Could it be Celebrex?
Or maybe Celexa
It might be a Z-Pack
Then it might be Zyprexa

And you bill by computer
AWP
Minus 15 percent
Plus a buck twenty-three.

You fill and you bill
And you feel so dejected
'Cause half of your claims
Are being rejected.

So you pick up the phone
While computerized voices
Keep you waiting forever
Explaining the choices.

Press 1 for directions.
Or maybe it's 2.
Push 'pound' for a message
It sucks to be you.

Then you pour out the pills
On your pill counting tray
And you count, and you count
And you count pills all day.

You count them by fives
To the rhythm and beat
Of the songs that you learned
On Sesame Street.

And the customers gripe
And complain while you're fillin'
Could it be the whole world
Is on 'Grouchacillin?'

My pills are too big
And my co-pay's too high!
Take it four times a day?
I cannot comply!

Then you scarf down your
sandwich
In one single bite
Which if done in a restaurant
Would be impolite

But a Doc's on line one
Mrs. Jones on line two
She has 500 pills
Will you cut them in two?

And the drug reps, they tap
On your counter, tap, tap,
To give you their spiel
Plus a load of free crap!

There's pens and there's post-its
There's free stuff galore
But the really cool clock's
For the doc who's next door

Then ol' Mrs. Snifflemore
Gives you that smile
And you know once again
That it's almost worthwhile.

So you hang up your smock
And put down your free pen.
Tomorrow you'll do it
All over again.

Oh the things you will fill
For the folks who are ill.
With your bright shiny spatula
Oh, what a thrill!

New Drug Spotlight

- **Name:** Risedronate (Actonel)
- **Class:** Bisphosphonate
- **MOA:** Inhibits bone resorption mediated by osteoclasts
- **Indication:** Prevention and treatment of postmenopausal osteoporosis and osteoporosis induced by glucocorticoids; treatment of Paget's disease
- **Contraindication:** Severe renal impairment (scr < 30ml/min), hypocalcemia
- **Dose:** 5mg daily
- **Common Side Effects:** Rare. Occurrences similar to placebo for infection, back pain, arthralgia
- **Drug Interactions:** Medications containing calcium, aluminum, magnesium
- **Patient Consultation:** Should be taken in the morning with 8oz of water 30 minutes before any food or drink

PLEASE NOTE: Due to unforeseen conflicts at Kaiser Zion, we will have to adjust the scheduled **CE to begin at 7PM** instead of the originally planned 6PM.

Please update your calendar accordingly, as follows:

New Delivery Systems for Asthma Therapy

Michael J Welch MD,
Allergy and Asthma Medical Group
and Research Center

Wednesday October 4th

Location: Kaiser Permanente
San Diego Medical Center, Classroom #4
4647 Zion Ave,
San Diego, CA 92120

7:00-7:30PM - Registration & Dinner
7:30-8:30PM - Program
8:30-8:45PM - Questions & Answers, Certificates

SDCPhA Officers For 2000

President:	John J. Ahearn, Jr.
President Elect:	Aaron Swann
Vice President:	Helen Park
Secretary:	Natalie Seeman
Treasurer 2nd Year Of 2 Year Term:	Linh To
Board Of Directors:	Kevin Host S. John Johnson Jacqueline Nguyen

California Pharmacists Association Educational Foundation presents...

Pharmacy is coming up roses...
bring your education into full bloom.

Western Pharmacy Education Faire September 22 - 24, 2000 Pasadena Convention Center

- ~ 19.5 Hours of Continuing Education
- ~ 2 Post-Symposia
- ~ 2 Certificate Programs
 - ~ Phytomedicinals and Alternative Medicine
 - ~ Pharmaceutical Care for Patients with Dyslipidemias
- ~ Keynote Speaker - Bodine Bolasco
- ~ Exciting Exhibits



For registration materials or more information, please contact CPhA at:
(916) 444-7811, ext. 325
(916) 444-7929 Fax
www.cpha.com

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President's Message

dates to expand Medicare benefits to include medications and I believe this will eventually evolve to price controls of one form or another for every citizen.

Along with this perception is another that we are all entitled to free medications or at the very least, government regulation of prices. Some people still seem to cling to the fallacy of a free lunch. There is no such thing as a free lunch. We all pay for it one way or another. I see people cheerfully pay upwards of \$35 for a carton of cigarettes and complain about paying \$30 for an inhaler. Or a woman who doesn't hesitate to pay \$200 for medication for her cat, make a scene about a \$15 co-pay for life saving medication for herself.

In fact, in the May issue of Formulary Magazine, an article states "Increased drug utilization, or volume explains most of the drug spending increases of the past few years." This is an article that refers to a study from Dubois et al., "Explaining Drug Spending Trends: Does Perception Match Reality?" from Health Affairs March/April 2000. I strongly recommend that all Pharmacists take a few minutes to review this article in order to be better prepared to address the all to frequent comments about drug prices, etc., which I am sure will escalate over the next few months. The complete article can be found on the Internet at the Health Affairs web site www.projhope.org/HA and go to the April/May issue.

John Ahearn

Who Knew?

Toads & Frogs:

Toads and frogs are not the same; Toads waddle, frogs hop. Toads peep, frogs croak.

A few years ago, there was a Bavarian car accident in Germany that killed and injured several people, caused by a skid on rain-soaked toad bodies. Since then, any new road built near breeding pools are required to construct toad tunnels. Now there is an international Toad Tunnel Conference held to study things such as:



toads sometimes sit for hours at a tunnel, reluctant to enter, and how the "rumble factor" disorients the toad traveler....



Come Join Us!!

We hold our board meetings on the first Tuesday of each month at the San Diego VA Hospital. Members are encouraged to attend. Meetings start at 7p.m. and are held in the pharmacy conference room located in the basement. For more information, please call us at (619) 464-8298. Our next meeting is September 5th.

**Be an active Pharmacist
Support your Profession
Join the San Diego County
Pharmacists Association**

Membership includes:

Continuing Education
Political Action
Fun Activities
Career Opportunities
Membership in the California
Pharmacists Association (CPhA)

**Join now and register to win FREE
registration to a CPhA Annual Meeting or
CPhA's Western Ed Faire**

Name: _____

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Method of payment: _____

Please complete and fax to: (619)464-8298
Or mail to: SDCPhA 6549 Mission Gorge Rd.,
PMB #101, San Diego, CA 92120

San Diego County Pharmacists Association

Website: www.sdcpha.com

6549 Mission Gorge Road, #101

San Diego, CA 92120

ADDRESS CORRECTION REQUESTED

Newsletter Editor: Gene Tunick

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Thanks to **Seabury & Smith, Inc.** for production of our newsletter.
Seabury & Smith, Inc. is the exclusive administrator of the California Pharmacists Association sponsored insurance programs.
Call **(888) 926-CPhA** for information about the programs available or e-mail them at CPhA.Insurance@marshmc.com.

Have You Moved?

Please update your information for our records

Name: _____

Former Address: _____

Former City: _____ State: _____ Zip: _____

New Address: _____

New City: _____ State: _____ Zip: _____

New Phone: (_____) _____

New Fax: (_____) _____

Do We Have Your e-Mail Address???

Name: _____ e-mail address: _____