



# SDCPhA Voice

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

California Pharmacists Insurance Services

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Editor: Gene Tunick, R.Ph.

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## NEW DRUG SPOTLIGHT

**Name: Methylphenidate HCl Extended-release (CONCERTA)**

**Class: CNS stimulant**

**MOA:** Delivers active ingredient at a controlled rate via osmotic pressure through a trilayer core which is surrounded by a semipermeable membrane containing an immediate-release drug overcoat; drug is ultimately released through a precision-laser drilled orifice

**Indication:** Attention Deficit Hyperactivity Disorder (ADHD)

**Contraindication:** Patients with marked agitation, glaucoma, tics and concomitant treatment with MAOIs; patients with hypersensitivity to methylphenidate; patients under the age of six

**Dose:** Once daily every morning

**Common Side Effects:** Headache, anorexia, insomnia, dizziness, upset stomach, tics, increased blood pressure, nausea/vomiting

**Drug Interactions:** Caution when used together with pressor agents, anticoagulants, anticonvulsants, antidepressants, clonidine

**Patient Consultation:** Do not crush, chew or break tablet; dose should be taken in the morning; part of the tablet may not dissolve completely and appear in stool; report any side effects immediately; notify your physician if pregnant or breast feeding

# Patients with Pain

## A Stepwise Approach to Assessment

### 1- Data Collection

Pain characteristics (bone, neuropathic or visceral types of pain), impact of pain on quality of life, medical history, past history of pain, psychiatric and drug use history (how long has the pt. been taking narcotics?), report of other symptoms, findings on physical examination (including neurologic exam), and review of any previous investigations (get hx from Doctor or nurse)

### 2- Assessment

Clinical hypotheses regarding the etiology of pain, the syndrome it represents, its pathophysiology, the extent of disease, the overall goal of care, and the importance of other problems.

### 3- Diagnostic

Selected studies designed to confirm the extent of disease or the Investigations pain syndrome

### 4- Formulation

Characterization of the pain in terms of syndrome and inferred pathophysiology and the use of this information, combined with knowledge of the extent of disease, other concurrent problems, and the overall goals of care.

It is difficult to distinguish between the need to take opioids to relieve pain vs. the need to fill an addictive behavior. It is a decision that the pharmacist faces on almost a daily basis. Gathering as much info about the patient and the medication and disease state history is the best tool to assess whether the pt. has a possible addictive quality.

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## Calendar of Activities

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*January 20, 2001*

Pharmacy Gala & Expo 2000 – 6:30 pm  
Tom Ham's Lighthouse  
2150 Harbor Island Drive, San Diego

*February 8, 2001*

CPhA Board of Trustees Meeting,  
Marriott Hotel, Newport Beach, CA

*February 9-11, 2001*

CPhA Annual Meeting, Marriott Hotel, Newport  
Beach, CA

*October 4, 2001*

CPhA Board of Trustees Meeting, John Ascuaga's  
Nugget, Reno, NV

*October 5-7, 2001*

Western Pharmacy Education Faire, John Ascuaga's  
Nugget, Reno, NV

*November 18, 2001*

PTCB Examination

# Welcome Back...to the **FUTURE!**

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WITH THE **NEW** BUSINESS OWNERS PACKAGE

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### **COVERAGE FOR PHARMACIST PROFESSIONAL LIABILITY UPDATED**

Too often, many package policies cover you while providing services as a "retail pharmacist". While that kind of coverage was adequate years ago, what does it mean in the context of your practice today? Are you providing the same services you provided five years ago? Will your policy respond if a customer has an adverse reaction to a flu shot you administered? Or, if you're operating as a closed door pharmacy?

Together with TIG Insurance, we believe you shouldn't have to worry about these issues each time the scope of pharmacy practice changes. Therefore, we've introduced the

### **PRACTICE OF PHARMACY DEFINITION**

*Duties and services that are sanctioned and authorized by the California Board of Pharmacy, including while serving as a consulting pharmacist at an accredited hospital or extended care facility.*

As long as you've received the proper professional training and certification, and it's been approved by the California Board of Pharmacy, you'll have peace of mind knowing TIG (A rated by A.M. Best & Company) will be there for you.

### **HIGHER LIMITS OF LIABILITY**

You now have a choice between \$1 million/\$3 million or \$2 million/\$4 million limits!

### **PREMIUMS**

The program is more competitively priced than ever!

At the same time coverage was improved, we were able to improve the pricing of the package program. And, if you enroll in both the package program and the sponsored Workers' Compensation program, you can save even more money on CPhA's already low workers' compensation premiums.

So call California Pharmacists Insurance Services at **888-926-CPhA** and let us welcome you... **BACK TO THE FUTURE!**

San Diego County Pharmacists Association Presents

# PHARMACY GALA & EXPO 2000

*Cocktails*

*Banquet*

*Dancing*

**TOM HAM'S LIGHTHOUSE,**  
2150 Harbor Island Drive, San Diego, CA 92101 (619) 291-9110

**Saturday January 20th, 2001**

**6:30 pm Exhibit**

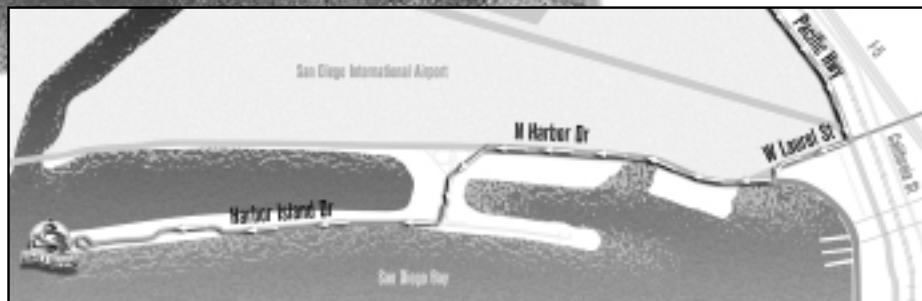
**no host bar**

**7:30 Dinner & Dancing**

**\$25 per person (\$200 table of 8)**

**Directions:**

From southbound Pacific Highway, turn right on West Laurel Street. Turn slightly right onto North Harbor Drive, and turn left onto Harbor Island Drive. Continue west to the end.



**RSVP by Monday, January 8th**

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Number of Attendees \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

**Mail this form with your payment to:** San Diego County Pharmacists Association, PMB 101, 6549 Mission Gorge Road, San Diego, CA 92120

# ALTERNATIVE EDUCATION

Shaun Young, Pharm.D.

An estimated one-third of adults in the United States use alternative therapies, including herbs, which pose major safety concerns through drug-drug interactions, non-compliance with conventional therapies, and from those seeking self-treatment of their illnesses. As pharmacists, we are in a prime position to not only educate our patients but also educate other healthcare professionals about the risks and benefits of herbal remedies. To tout ourselves as drug experts, we must be cognizant of herbal remedies and its role in therapy.

## 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

Continued from page 1

## Patients with Pain

Acute pain over a long period of time (>2 months) treated with opioids can often lead to tolerance or an addictive behavior because of the nature of the pain. The pain waxes and wanes therefore when the opioid is not worried about controlling pain, it is acting on other receptors that may give a euphoric effect. Cancer or chronic pain that is persistent rarely leads to addiction.

Hopefully this helps you develop a mental checklist when filling narcotics.

## Potential Interactions Between Warfarin & Herbal Remedies POTENTIAL INCREASE IN BLEED RISK

| Herb         | Common Use  | Proposed Mechanism  | Risk  |
|--------------|---|---|---|
| Feverfew     | Migraines   | Interfere with hemostasis and platelet aggregation by neutralizing platelet sulfhydryl platelet aggregation by groups                 | Mild  |
| Garlic       | Hypertension, Hypercholesterolemia,   | Interrupts thromboxane synthesis thereby inhibiting (Not significant with Anti-thrombotic platelet function normal dietary intake)    | Severe  |
| Ginger       | Motion Sickness, Arthritis  | Inhibits thromboxane synthetase thereby inhibiting platelet aggregation   | Severe (not significant with normal dietary intake) |
| Gingko       | Improve cognitive function  | Inhibits platelet-activating factor by displacing it from its receptor-binding site thereby resulting in reduced platelet aggregation | Severe  |
| Danshen      | Hypertension  | Danshen root extracts increase the absorption rate, AUC, and maximum concentration of warfarin and decrease warfarin elimination      | Mild  |
| Devil's Claw | Analgesic in arthritis, gout, and myalgia   | Unknown   | Unknown   |
| Dong Quai    | Menopausal disorders  | Contains six coumarin derivatives and may inhibit platelet activation and aggregation   | Severe  |
| Papain       | Reduces edema, inflammation, herpes zoster symptoms, diarrhea, and psoriasis symptoms | Unknown   | Moderate  |
| Vitamin E    | Antioxidant   | May inhibit the activation of Vitamin K   | Mild ( $\leq 400$ units/day has been shown safe)    |

## POTENTIAL DECREASE IN WARFARIN EFFECT

|                          |   |  |                                   |
|--------------------------|---|--|-----------------------------------|
| Coenzyme Q <sub>10</sub> | Heart failure, hypertension, stable angina, ventricular arrhythmias | Pro-vitamin structurally related to menaquinone (vitamin K2) resulting in procoagulant effects | Moderate                          |
| Ginseng                  | Energy enhancer, stress reduction, mood improvement                 | Unknown  | Moderate                          |
| Green Tea                | Prevent cancer, treat GI disorders, enhance cognition               | Dried green tea leaves have been found to contain substantial amounts of Vitamin K             | Moderate (Avoid large quantities) |

1. This table represents common herbal remedies and is not intended as a comprehensive review of all interactions between herbals and coumadin. If questions arise with herbals not mentioned, please contact the drug manufacturer.

# Fifth Annual SDCPhA Day at the Ballpark

by Chris Woo

On sunny September 17, SDCPhA descended on Qualcomm Stadium with 135 members, friends, family and students to watch the S.D. Padres take on the San Francisco Giants. The day started with a tailgate lunch of ballpark franks, chips, fruit, vegetables, sodas, peanuts and crackerjacks, with much networking, making new friends, and renewing old acquaintances. Alas, the home team came up short in the end but SDCPhA again showed their hometown fervor.

Attendees came from all over the state, and included CPhA President-elect Harold Washington and CPhA Speaker of the House Ralph Saroyan. Thanks to SDCPhA Board members Helen Park, Aaron Swann, John Johnson, and Poonam Patel, as well as Regional Trustee Terry McCarthy, for their help and support. Thanks to David Mitchell, Denise Woo, John Woo, and Ingri and Karen Quon for helping to reserve the tailgate area and for cooking.

A good time was had by all, and hope to see even more of you when we do it again (for the last time before the new downtown stadium opens) next year.

Thanks!

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## California Controller Fights Limits

According to a Los Angeles Times report, California Controller Kathleen Connell will appear before Congress to protest a 1999 U.S. District Court ruling that limits her ability to fight fraud against the Medi-Cal program. In the past, her office had the ability to freeze Medi-Cal payments to people who make fraudulent claims. However, the District Court ruled that the Controller's office lacked the ability to unilaterally freeze payments since the Dept. of Health Services was the lone agency responsible for the Medi-Cal program. Connell must now send all audits to SDHS who then decides whether fraud has occurred and whether the case should be referred to prosecution.

### ***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:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City & Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**E-mail address:** \_\_\_\_\_

**Practice setting:** \_\_\_\_\_

**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](http://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](mailto: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: \_\_\_\_\_