

## Editor's Desk

EHA 'Drug Bulletin' Issue No. 03 is dedicated to highlighting the recent advancements in the medical sciences and can be read in this issue on global pandemic swine flu, precautions to keep at bay. All articles highlighted in this Drug Bulletin are taken from an authenticated sources and the details can be obtained from the respective journals. Our purpose is to provide right informations to deliver right care through the utilisation of each profession to their best, unique ability to deliver quality and cost effective rational healthcare. Now, the EHA "Drug Bulletin" has been made available online on our EHA website ([www.aha-health.org/resources](http://www.aha-health.org/resources)).

None of the work would be possible without the support of many people & expertise. I wish therefore to thank most sincerely our editorial members, supporting staff and our partners. We look forward to your continuing support and encouragement to work together to provide quality health care for all.

Vijay Roy | Editor

## MediReviews-

### Antibiotics May Boost Risk for Recurrent Ear Infection

According to a reported study, repeated use of antibiotics to treat acute ear infections in young children increases the risk of recurrent ear infections by 20 percent. The authors found that 63 percent of children given the antibiotic amoxicillin experienced a recurrent ear infection within three years, compared with 43 percent of children given a placebo at the time of their initial infection. The higher recurrence rate among children who took amoxicillin could be due to a weakening of their body's natural immune response as a result of taking an antibiotic at the initial stage of infection. Antibiotic use in such cases may cause an "unfavorable shift" toward the growth of resistant bacteria. Antibiotics may reduce the length and severity of the initial ear infection, but may also result in a higher number of recurrent infections and antibiotic resistance, the authors concluded.

-BMJ, June'2009

### Older Diabetics Should Avoid Dementia Meds

The new study revealed that older diabetics who take antipsychotic medications have an increased risk of ending up in the hospital with elevated blood glucose levels, or hyperglycemia. The authors compared these patients' hospitalization rates for hyperglycemia with the rates of patients who had stopped taking antipsychotic medications for more than 180 days. This study indicates that the initiation of antipsychotic therapy represents a critical period during which seniors with diabetes are particularly vulnerable to metabolic decompensation [the failure of the metabolic system to function adequately].

"The new use of both atypical [newer] and typical antipsychotic drugs was associated with a significant increase in hospitalizations for hyperglycemia, which appeared independent of baseline diabetes treatment and was strikingly high during the initial period of antipsychotic therapy."

- Archives of Internal Medicine, July'2009

### Certain drugs may increase risk of falling

This study reported that certain medications can increase the risk of falling in elderly men and women. This study also suggested that the risk of falling is 1.4 times greater among elderly men and women taking a long-acting benzodiazepine, compared with age-matched men and women not using this type of anti-anxiety medication.

The authors also found that a moderately increased risk of falling among elderly men and women who regularly uses mood- and behavior-altering "psychotropic" medications.

## Steroid Can Ease Severe Sore Throat

A new study suggested that a single dose of a corticosteroid, given along with antibiotics, can relieve severe sore throat pain faster and more effectively than antibiotics alone.

"In people with severe sore throat, a single dose of an oral steroid is effective in relieving pain in 24 and 48 hours. Corticosteroids relieve pain by reducing inflammation and are commonly prescribed for conditions such as asthma and croup. Their use as a pain reliever for sore throat could help reduce the need for antibiotics, which can be overused and help create resistant bacteria, according to the author.

The author found that patients given corticosteroids plus antibiotics were three times more likely to report having no pain 24 hours after treatment compared with patients given antibiotics and a placebo. After two days this effect was less apparent, which suggested that a single dose of corticosteroids is all that is needed. In addition, corticosteroids also reduced the time it took to relieve pain by about six hours.

Author experienced that significant pain relief was only observed in adult patients and not in children receiving corticosteroids. In addition, other painkillers made no difference in the results.

Single-dose steroids also help to improve eating and drinking, and feeling good.

- BMJ, Aug'2009

MediWatch-

## Management of Intra Abdominal Sepsis: Practical Approach

Management of severe peritonitis includes general supportive management, antibiotic therapy, and prompt surgical intervention. Surgical intervention includes source control, peritoneal toileting and prevention of recurrent infection. In severe abdominal sepsis, definitive abdominal closure is not favorable. Laparostomy is created to facilitate re-exploration and to prevent abdominal compartment syndrome.



A 50 yrs old male presented with abdominal pain and constipation for two days. Clinical examination revealed acute intestinal obstruction. Blood examination showed Hb 11.1gm%, TLC 8800/cmm, Creatinine 1.7mg%. Exploratory laparotomy showed gangrenous sigmoid volvulus.

Hartmann's operation was done and descending colon brought out as end colostomy. On 9th post op day, he had abdomen dehiscence and drainage of pus. Re-exploration of the abdomen done under ketamine revealed torsion of the intestine, which was derotated and decompressed. The abdomen was left open with abdomen sponge sutured to the skin margins. On 11th post op day, he had peritoneal toilet and abdomen left open with corrugated rubber sheet fixed to the skin margins. On 16th post op day, during peritoneal toilet, it was seen he had multiple ischemic areas in ascending colon. Loop ileostomy was done. Abdomen was closed with corrugated rubber sheet. An autoclaved glove was placed on the ileostomy to act as a stoma bag. On 19th post op day the rubber sheet was removed and abdomen closed in single layer. Serial inspection and peritoneal toilet helped the patient to survive.

Laparostomy is a valuable technique in management of severe, intractable abdominal sepsis. Temporary closure of the abdomen helps in prevention and treatment of manifested abdominal compartment syndrome (ACS). The materials advocated for temporary closure are mesh, silicone sheets, zipper, vacuum pack and Velcro analog.

In this case, abdomen sponge and corrugated rubber sheet were used. These were easily available and cheap.



- Dr. Uttam Mohapatra, Jivan Jyoti Christian Hospital, Robertsganj

## Rationale of drug use-

### Improve Your Dental Health

Regular brushing, flossing and checkups are important for good dental health, but there's more you can do to keep your teeth and gums healthy.

The American Dental Association suggestions to help, prevent tooth decay and gum disease:

- Stick to a healthy diet with a limited number of snacks. Make low-sugar, nutritious food choices.
- Drink plenty of water.
- Give your teeth a thorough brushing at least twice each day using a fluoride toothpaste.
- Floss each day to get rid of plaque, and stick to a regular schedule of dental cleanings and checkups.
- Record a food diary for a week to track what you eat. Note every piece of candy, gum or drink that contains sugar, and evaluate whether you're getting too much.

- Health day, Medline Plus August' 2009

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They also defined that "inappropriate medication" as drugs likely to have a greater effect on elderly individuals than on their younger counterparts, as well as medications (taken singly or with other drugs) with side effects (dizziness and drowsiness) potentially associated with increased risk for falling.

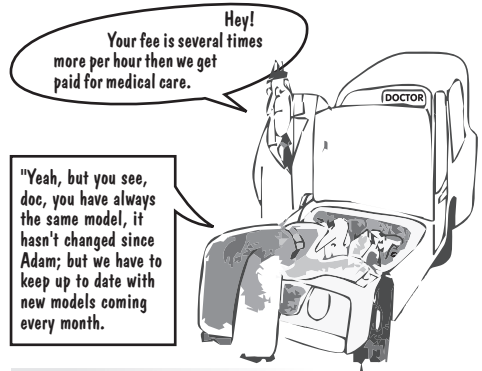
Overall, about 30 percent of the study patients reported the use of such drugs with these qualities and 22 percent of them had experienced fallen 2 or more times. Use of inappropriate medications increased the risk of falls and use of long-acting benzodiazepines was responsible for the main part of this increase.

Unlike regular and occasional users of long-acting benzodiazepines, men and women using short- or intermediate-acting benzodiazepines did not have reported an increased occurrence of falls.

Therefore, the authors suggested that the use of short- or intermediate-acting benzodiazepines, over long-acting anti-anxiety medications, are preferable in elderly patients.

- *BMC Geriatrics, July' 2009.*

## DRUGtoon



## HealthAlert

### Precautions to keep swine flu at bay

Swine Flu is certainly one of those diseases where an ounce of prevention is worth a pound of cure. Here are some tips for you to keep away from the pandemic.

#### Look for these symptoms:

Fever and Cough, Sore throat, Runny or stuffy nose

#### Other symptoms may include:

- Body aches, Chills, Headache, Diarrhoea, Fatigue, Vomiting

#### Do's & Don'ts

- **Stay at home** or in your room if traveling, except to seek medical care. Do not travel or go to work or school.
- **Avoid close contact** with others for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.

#### Everyone should -

- Cover mouth and nose with a tissue when you cough or sneeze
- Wash hands often with soap and water or use an alcohol-based hand gel.
- Avoid touching your eyes, nose or mouth.
- Avoid contact with ill persons.



## New Drugs Approval

**Bimatoprost Ophthalmic solution 0.03%** - For the treatment of hypotrichosis of the eyelashes

**Retapamulin Ointment 1%** - For the topical treatment of bacterial skin and skin structure infections

**Sertaconazole Nitrate Powder 2% w/w & Lotion 2% w/v** - For the topical treatment of the superficial fungal infections of the skin.

**Pregabalin SR Tablet 150/300mg** - For the treatment of peripheral neuropathic pain in adults

**Zolmitriptan 5.0% w/v Benzalkonium Chloride NF 0.01% w/v Nasal spray** - For the acute treatment of migraine with or without aura in adults.

**Trospium Chloride film coated tablet 20mg** - For the treatment of overactive bladder with the symptoms of urge urinary incontinence, urgency, and urinary frequency.



## Precautions

### Drugs which should not be allowed to freeze

Artisera Inj.  
Cortisone Acetate Inj.  
Gas Gangrene Antitoxin  
Hepatitis B Virus Vaccine  
Histaglobulin [lyophilised]  
Insulins  
Methylprednisolone Acetate Inj.  
Mixed Gas-Gangrene Antitoxin  
Oxytocin Inj.  
Rabies Vaccine, Human (Neural Tissue)  
Snake Venom Antiserum  
Succinylcholine Chloride Inj.  
Typhoid Vaccine  
Vaccines

# DRUG *bulletin*

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To,

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