

## News from Good Life

At Good Life Pharmacies, we care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.



Sincerely,

Jim Andreesen, R.Ph., Angie Svoboda, Pharm.D. FIACP, and Ray Scott, R.Ph

## Sildenafil Cream versus Nifedipine Cream for Patients with Secondary Raynaud's Disease

Raynaud's disease affects 5 to 10 percent of people, but only 1 in 10 seek treatment. Females are about nine times more likely to be affected than males. Vasospasm causes fingers or toes to turn white then blue and, as the blood returns they flush red. Raynaud's disease can also affect other areas of the body, such as the nose, lips, ears and even nipples. After warming, it can take 15 minutes for normal blood flow to return to the area.



Secondary Raynaud's, also called Raynaud's phenomenon (RP), is caused by an underlying problem such as autoimmune disease, lupus, rheumatoid arthritis, or Sjogren's syndrome. Some of these diseases reduce blood flow to the fingers and toes by causing the blood vessel walls to thicken and the vessels to constrict too easily. Although secondary Raynaud's is less common than the primary form, it tends to be more serious. Signs and symptoms of secondary Raynaud's usually appear around age 40, later than for primary Raynaud's.

Secondary RP is often refractory to standard therapies and is a therapeutic challenge. Topical vasodilators may act as an adjuvant therapy for RP. A small prospective study of patients with secondary RP associated with connective tissue disease found that compounded 5% sildenafil cream improved arterial blood flow to the fingers, suggesting local vasodilatation.

Another study compared the vasodilator efficacy of topical 10% nifedipine versus 5% sildenafil. Tobacco smokers and patients with primary RP, hypotension, hypertension, myocardial infarction, stroke, or arrhythmia were excluded. Patients who were being treated with a vasodilator were required to discontinue use for at least 24 hours before randomization. Patients' hands were randomized to treatment with 5g of 10% nifedipine cream on one hand and 5g of 5% sildenafil cream to the opposite hand. Vinyl gloves were supplied to improve topical absorption, leaving the thumbs out of the gloves without any cream (control group). All patients underwent a high-frequency color Doppler ultrasound examination before and 1 hour after topical application. For each hand, researchers obtained the differences of digital artery blood flows and diameters at baseline and after 60 minutes. Topical sildenafil significantly increased blood flow by 9.2 mm/second, while a trend toward improvement was observed for diameter. After topical nifedipine, there was no significant improvement in blood flow or diameter. Five of 10 hands using nifedipine experienced sensation of heat and 6 of 10 hands with sildenafil developed a tingling sensation. No serious adverse effects were detected. Additional studies are required to determine if 5% sildenafil cream can reduce the frequency of RP flares.

**J Am Acad Dermatol. 2018 Jan;78(1):189-190.**

*By prescription, our compounding pharmacy can prepare medications as topical creams and gels that are not commercially available.*

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## **Tadalafil Now Available as Compounded Med**

Tadalafil is a phosphodiesterase-5 (PDE5) inhibitor - the same class of drug as sildenafil (Viagra®) - and has been prescribed for erectile dysfunction (ED) and female sexual dysfunction. Daily low dose tadalafil has also been used for the treatment of male lower urinary tract symptoms (LUTS) associated with benign prostate hyperplasia (BPH), including in men with diabetes mellitus or following radical prostatectomy. Off-label uses include treatment of sexual dysfunction in males receiving antidepressant therapy. PDE5 inhibitors induce relaxation of smooth muscle cells in the urethra, prostate, bladder neck, and blood vessels. Researchers have investigated the use of tadalafil to increase semen quality, improve endothelial function, assist in passage of distal ureteral stones, and for treatment of myocardial ischemia, heart failure, bladder ischemia, and aging bladder dysfunction.

Tadalafil is now off patent, so our compounding pharmacy can formulate customized medications containing tadalafil. We can compound tadalafil in dosage forms and/or strengths and combinations that are not commercially available, including oral capsules, sublingual/buccal drops, rapid dissolve tablets, and nasal sprays. We will work together with physicians and their patients to customize medications to meet each patient's specific needs.

**The Aging Male, 2018; 21(1): 77-82.**  
**Ther Adv Urol. 2017 Jan; 9(1):11-27.**

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# Topical Cetirizine for Treatment of Hair Loss (AGA)

The most common cause of hair loss in men and women is androgenetic alopecia (AGA), which is a genetically determined, age-dependent, and progressive hair loss condition with gender-specific differences in frequency and severity. AGA prevalence among men aged 18 to 29 years is approximately 12% and about 50% among men between the ages of 40 and 49 years. Among women, AGA affects approximately 17% of women between the ages of 30 and 49, while postmenopausal prevalence increases significantly and can affect 23-25% of women aged 50 to 69 years.

Minoxidil, finasteride, and melatonin are commonly used for the treatment of AGA, and act by different mechanisms. Hypertrichosis was observed in patients treated with prostaglandin PGF2a. Cetirizine is a PGF2a analogue, and 85 patients (male and female) were recruited to evaluate the efficacy of topical cetirizine in patients with AGA. 67 were in the treatment group, while 18 served as controls.

Patients in the treatment group applied 1 mL of cetirizine 1% lotion once daily, while the placebo group applied a placebo. Total hair density, vellus hair density, terminal hair density, and diameter were assessed at baseline and after 6 months when the following improvements were noted in the cetirizine group: total hair density increased an average of 11% from baseline, vellus hair density decreased 15% and terminal hair density increased 18%.

Because cetirizine had no notable side effects, patient compliance was good. The pilot study concluded that treatment with topical cetirizine 1% resulted in a significant improvement of AGA.

**J Dermatolog Treat. 2018 Mar;29(2):149-151.  
Int J Trichology. 2012 Oct-Dec;4(4): 236–245.**

*We can customize a topical preparation that can contain cetirizine and other medications for problems such as AGA that have not responded adequately to commercially available drugs.*

## Share your experience with Good Life Pharmacy

If you have received excellent care for your patients from the pharmacists and staff at Good Life Pharmacy, we would appreciate an online review.

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