

Lupus Information Day

For newly diagnosed patients, their families, caregivers and support people.

MEDICATIONS

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Revised 2016-03-09

Types of Medications

Prescription Medications

Dietary Supplements

Herbal Medicines

Homeopathic Remedies

Over The Counter Products

Foods

Disclaimer

Material presented is for information purposes only and is not meant for diagnosis of or treatment of any symptom, ailment or condition.

Prescription Drugs

- Prescription drugs require a written prescription by a medical doctor. In Ontario, naturopaths cannot write scripts for prescription drugs.
- Your doctor will usually work closely with your pharmacist or a pharmacologist to select the most appropriate drug, limit interactions with other drugs and deal with side effects.

Acid Reflux

- Many people suffer some type of acid reflux or heartburn at different times, such as with new or harsh medication, lying down or after meals.
- Gastric enzyme inhibitors are used to provide short term relief from moderate to severe acid.

Acid Reflux Meds

- omeprazole magnesium (Losec, Prilosec), omeprazole magnesium trihydrate (Nexium), famotidine (Pepsid), ranitidine (Zantac),

Anti-anxiety Agents

- Many people suffer some type of anxiety at different times, such as waiting for a diagnosis, during a flare up, or when under increased stress in any area of life.
- Anti-anxiety agents are used to provide short term relief from mild to moderate anxiety, to relieve muscle spasms, drug induced anxiety and to control epilepsy.

Anti-anxiety Agents

- Generic names: benzodiazepines (diazepam, alprazolam, clorazepate, lorazepam, oxazepam, prazepam, chlordiazepoxide, clonazepam, halazepam), buspirone, beta blockers (propranolol), clomipramine, clonazepam, etc.
- Trade names: Librium, Valium, Xanax, Tranxene, Ativan, Serax, Centrax, Paxipam, BuSpar, Anafranil, Inderal, Klonopin, etc.

Antibiotics

- Bacterial infections can require antibiotics. Some lupus patients are allergic to sulpha or penecillin, or other antibiotics. Get a medic alert bracelet if you are allergic. It can save your life.
- Broad spectrum antibiotics: cephachlor or cefaclorum (Ceclor, Distaclor, Keflor, Raniclор),

Antibiotics Cont'd

- Macrolide antibiotic: Erythromycin EES (Ilosone, Ilotysin), other brand names include Robimycin, E-Mycin, E.E.S. Granules, E.E.S.-200, E.E.S.-400, E.E.S.-400 Filmtab, Erymax, Ery-Tab, Eryc, Ranbaxy, Erypar, EryPed, Eryped 200, Eryped 400, Erythrocin Stearate Filmtab, Erythrocot, E-Base, Erythroped, MY-E, Pediamycin, Zineryt, Abbotycin, Abbotycin-ES, Erycin, PCE Dispertab, Stiemycine, Acnasol and Tiloryth

Antibiotics Cont'd

- Macrolide antibiotic: clarithromycin (Crixan, Biaxin, Klaricid, Klabax, Klacid, Claripen, Clarem, Claridar, Fromilid, Clacid, Clacee, Vikrol, infex and clariwin),
- Sulfamethoxazole and trimethoprim (Bactrim, Bactrim DS, Septra, Septra DS, SMZ-TMP DS, Sulfatrim Pediatric)

Antibiotics Cont'd

- Topical antibiotics: cream, ointment, aerosol or powder; used as a topical treatment for bacterial skin infections. Sometimes combined with a local anesthetic.
- mupirocin (Bactroban, Centany), bacitracin, bacitracin zinc, polymixin B sulfate, gramicidin

Antidepressants

- Many people with chronic illnesses are either clinically depressed or suffer from a reactive depression when their symptoms are in a flare up.
- 4 Different types of drugs are used to treat depression, heterocyclics (formerly called tricyclics), monoamine oxidase inhibitors (MAOIs), serotonin specific agents and alprazolam.

Antidepressants Cont'd

- These medications inhibit the nerve cells ability to reabsorb two neurotransmitters, mainly norepinephrine and serotonin.
- Side effects vary widely with each type of antidepressant drug and with different dosages.
- Side effects sometimes require additional medication to control the side effect.

Antidepressants Cont'd

- Generic names include amitriptyline, amoxapine, desipramine, doxepin, imipramine, maprotiline, nortriptyline, protriptyline, trimipramine, fluoxetine, etc.
- Trade names include Elavil, Endep, Ascendin, Norpramine, Pertofrane, Adapen, Sinequan, Tofranil, Ludiomil, Panelor, Vivactil, Surmontil, Paxil, Prozac, Luvox, Zoloft, Effexor, Desyrel, etc.

Antifungals

- Candida albicans overgrowth and other fungal infections can result from diet, as well as oral and inhaled steroids.
- common antifungal Nystatin (Candex, Mycostatin, Nystop). There are a number of different generic nystatin products. These generic products come in the form of creams, ointments, powder, vaginal tablets, oral tablets, and liquid suspension (liquid).

Antimalarials

- Antimalarial drugs are extremely effective in treating SLE rashes, mouth ulcers, arthritis and other symptoms. They have anti-inflammatory and immunosuppressive properties.
- The two most common antimalarials are hydroxychloroquine sulfate (Plaquenil) and chlorquine phosphate (Aralen).

Antivirals

- Antiviral drugs are used to treat shingles and other viral infections.
- These include acyclovir (Avirax, Zovirax Oral), valacyclovir HCl (Valtrex), oseltamivir (Tamiflu), zanamivir (Relenza), zidovudine (AZT)

Asthma Drugs

- There are two main types of asthma drugs, emergency bronchodilators and preventative corticosteroids.
- Most asthma drugs are inhaled vapour or powder.
- Newer oral medications are now available such as montelukast sodium (Singulair).

Asthma Drugs Cont'd

- Generic names: beclomethasone dipropionate, budesonide, salbutamol sulphate, salmeterol xinafoate/fluticasone propionate, sodium cromoglycate, hydrocortisone sodium succinate, ipratropium bromide-salbutamol sulfate, formoterol fumarate dihydrate, etc.

Asthma Drugs Cont'd

- Trade names: Advair, Beclodisk, Flovent, Ventodisk, Ventolin, Intal, Pulmicort, Singulair, Combivent, Servent, Oxeze, Symbicort, etc.

Blood Pressure Meds

- For high blood pressure, antihypertensives such as antiadrenergic agents, calcium channel blockers, vasodilators, diuretics, angiotensin converting enzymes (ACE) inhibitors, etc. are used.

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Blood Pressure Meds

- minoxidil (Loniten), benazepril HCl (Lotensin), lisinopril (Prinivil, Zestril), enalapril maleate (Vasotec), telmisartan (Micardis), amlodipine besylate (Norvasc), verapamil (Isoptin), etc.
- For low blood pressure: drink a lot of water.

Calcium Meds

- Diet or prolonged steroid use can prevent calcium absorption, leach calcium from the body and cause osteoporosis.
- bisphosphonates (also called diphosphonates) are a class of drugs that prevent the loss of bone mass.
- Alendronic acid or alendronate sodium (Fosamax),

Calcium Meds Cont'd

- Nitrogenous containing bisphosphonates: alendronic acid or alendronate sodium (Fosamax), ibandronate (Boniva), risedronate (Actonel), pamidronate (APD, Aredia), zoledronate (Zometa, Aclasta), etc
- Non nitrogenous containing bisphosphonates: etidronate (Didronel), clodronate (Bonefos, Loron), tiludronate (Skelid), etc.

Cholesterol Meds

- Diet or prolonged steroid use can raise cholesterol and/or triglycerides.
- atorvastatin calcium (Lipidor), rosuvastatin calcium (Crestor), ezetimibe/simvastatin (Vytorin, Zetia, Zocor), cholestyramine sucrose (Questran), lovastatin (Altoprev, Mevacor), fluvastatin (Lescol), pravastatin (Prevachol), colestipol (Colestid), prescription omega-3 fatty acid supplement (Lovaza), prescription niacin (Niaspan), etc

Diuretics

- Diuretics are used to treat edema (water retention) and hypertension (high blood pressure).
- Common diuretics include furosemide (Lasix), triamterene/HCT (Novo-Trimzide), torsemide (Demadex), indapamide (Lozol)

Immune Suppressents

- Immunosuppressive drugs are used to reduce inflammation and control organ damage.
- These include chemotherapy drugs such as azathioprine (Imuran) and cyclophosphamide (Cytosin).
- Methotrexate Sodium is an antimetabolite, antirheumatic agent (Rheumatrex).

Immune Suppressants

Cont'd

- Systemic corticosteroids include glucocorticoids such as cortisone acetate and prednisone.
- Mycophenolate mofetil (Cellcept)
- Belimumab a monoclonal antibody for SLE (Benlysta)

Migraine

- Sumatriptan succinate injection/tablets/
nasal spray (Imitrex), ergotamine
tartrate (Ergomar), dihydroergotamine
mesylate (Migranal), rizatriptan
benzoate (Maxalt & Maxalt-MLT), etc.

NSAID

- Non-Steroidal Anti-Inflammatory Drugs work by inhibiting production of prostaglandins to reduce the signs and symptoms of inflammation.

NSAID

- Common NSAIDs include acetylsalicylic acid (ASA), ibuprofen, naproxen (Naprosyn), etodolac (Ultradol), nabumetone (Relafen), ketaprofen (Orudis, Oruvail), flurbiprofen (Ansaid, Nu-Flurbiprofen, Froben),

NSAIDs Cont'd

- indomethacin (Nu-Indo, Inocid, Indotec), diclofenac sodium (Arthrotec, Diclotec, Voltaren), diclofenac potassium (Voltaren Rapide), (Celebrex), rofecoxib (Vioxx) withdrawn, piroxicam (Feldene, Fexicam), oxaprozin (Daypro), floctafenine (Idarac), valdecoxib (Bextra), meloxicam (Mobicox).

Pain Medication

- Analgesic: pain reliever.
- Anti-inflammatory: inhibits production of prostaglandins.
- Antipyretic: reduces fever.

Pain Meds Cont'd

- Acetaminophen is an analgesic.
- Trade names Tylenol, 222 AF and generic.
- Acetaminophen plus codeine is an analgesic and opioid analgesic combination.
- Trade names Tylenol, #1, #2, #3, 222 AF and generic.

Pain Meds Cont'd

- Mefenamic acid is an analgesic.
- Trade names Nu-Mefenamic, and generic.
- Ibuprofen is an anti-inflammatory, analgesic, antipyretic in 300 mg, 400 mg and 600 mg tablets.
- Trade names Advil, Motrin and generic.

Pain Meds Cont'd

- Codeine Phosphate is a opioid analgesic, antitussive available in 15 mg and 30 mg tablets.
- Available as a generic.
- Codeine Monohydrate - Codeine Sulfate Trihydrate is an opioid analgesic, available in 50, 100, 150 and 200 mg tablets.
- Trade names Codeine Contin and generic.

Pain Meds Cont'd

- Oxycodone HCl is an opioid analgesic, in combination with asa or acetaminophen in 5 mg/325 mg tablets. Oxycodone HCl alone comes in 10, 20, 40 and 80 mg tablets.
- Trade name Oxycocet, Oxydodan, Oxycontin and Oxycodone.

Pain Meds Cont'd

- Morphine Sulphate is a opioid analgesic available in 30, 60 and 100 mg tablets or 20, 50 and 100 mg capsules.
- Trade name Oramorph SR, Kadian, M-Eslon, MS Contin and generic.

Pain Meds Cont'd

- Hydromorphone HCL Hydrochloride is an opioid analgesic available in 3, 6, 12, 24 and 30 mg capsules.
- Trade name Hydromorph Contin

Pain Meds Cont'd

- Hydromorphone HCL Hydrochloride is an opioid analgesic available in 2, 10, 20 and 50 mg/mL injections.
- Ketorolac tromethamine is an analgesic and nonsteroidal anti-inflammatory.
- Trade names Toradol, and generic.

Pain Meds Cont'd

- Pregabalin anti-epileptic also called anit-convulsant used for pain.
- Trade name Lyrica.
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- Gabapentin enacarbil anti-epileptic also called anit-convulsant used for pain.
- Trade name Horizant Gabapentin.

Sleeping Pills

- Different types of medication are used to treat different types of sleep disorders.
- An overnight sleep study at a sleep laboratory helps the doctor decide on the best type of sleep medication for you.

Sleeping Pills

- Sleep studies usually require that you not take your sleep medications on the night of the test.
- OHIP will only pay for one sleep study per year or longer, check on payment required.

Sleeping Pills Cont'd

- Sleep study waiting lists can be up to a year long.
- The results of a sleep study will determine if you have a particular condition such as sleep apnea, alpha intrusions, etc. and at what sleep stage problems occur.

Sleeping Pills Cont'd

- There are different types of sleeping pills.
- Hypnotics, sleep aids, amino acids,

Sleeping Pills Cont'd

- Generic names: zopiclone, temazepam, triazolam, flurazepam, secobarbital, pentobarbital, amobarbital, chloral hydrate, L-tryptophan, etc.
- Trade names: Imovane/Rhovane, Restoril, Halcion, Dalmane, Seconal, Nembutal, Tryptan, Starnoc, etc.

Steroids

- Steroids are given to reduce inflammation.
- Prednisone, prednisolone (Pediapred), methylprednisolone (Medrol)

Rx Information

#1 Information Source Your Pharmacist

#2 Health Canada www.hc-sc.gc.ca/dhp-mps/prodpharma/index-eng.php

Others www.drugs.com,
www.merck.com, www.pharmacists.ca,
www.rxlist.com, www.astrazeneca.ca