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A Pharmacy Practice Newsletter

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EDITORIAL

Dear colleagues and readers,

Wish you a very happy and prosperous New Year!

Welcome to this Vol. No. 2, Issue No. 3 with informative articles on arthritis and the role of Pharmacovigilance in safe drug monitoring. I convey my sincere thanks to all the contributors of various interesting articles.



Arthritis affects 15% people i.e., over 180 million people in India. This prevalence is higher than many well known diseases such as diabetes, AIDS and cancer. This year's theme for *World Arthritis Day* 'It's in your hands, take action'. Main aim is to raise awareness of rheumatic and musculoskeletal diseases (RMDs) and to encourage people with RMDs, their careers, families and the general public to seize every opportunity to take action and make a difference to the quality of life of patients.

Many people associate this condition with the elderly and the health concerns that affect them, and statistical evidence supports that

I congratulate the IPA, Enikepadu Local Branch team for receiving the *Outstanding Local Branch Award* for the year 2017. Such achievements increase my responsibility manifold as Chairman of the branch.

It's not only time to celebrate, but also to ponder upon the prospects of the young Pharm. D graduates. Reflecting upon the recent news, I urge the government, universities and the concerned authorities to take necessary steps to provide employment to the Pharm. D professionals.

See you all in the New Year with some more enlightening articles.

those over 65 are in fact the primary sufferers. But there is an often forgotten section of people who are under that age, almost 30% of all sufferers are under the age of 65, with some of them being no older than their teen years, and some rare cases existing even in the very young.

Arthritis Treatment Options

- ❖ Arthritis medication
- ❖ Joint surgery
- ❖ Natural arthritis treatments

Foods And Herbs For Arthritis And Other Inflammatory Pain



Turmeric

Circumin, the active compound in this spice, is what makes it so powerful for healing.



Cherries

Contain substances called anthocyanosides which are very effective at lowering uric acid levels.



Ginger

Prepare by making a tea from the roots.



Pineapple

Contains the anti-inflammatory bromelain



Omega-3 Foods

Try freshly ground flax seeds, chia seeds (unground), and hemp seeds.



Raw Apple Cider Vinegar

Pour a tablespoon or two into four to eight ounces of purified water.



VIJAYA INSTITUTE OF PHARMACEUTICAL SCIENCES FOR WOMEN

PHARMACOVIGILANCE - KEY TO DRUG SAFETY MONITORING

Drug safety and pharmacovigilance remains a dynamic clinical and scientific discipline. Pharmacovigilance is defined by the World Health Organization (WHO) as 'the science and activities relating to the detection, assessment, understanding and prevention of adverse effects or any other drug-related problem'; it plays a vital role in ensuring that doctors, together with the patient, have enough information to make a decision when it comes to choosing a drug for treatment.

Challenges for Pharmacovigilance are as follows:

Globalization:

Globalization of drug distribution and the increased exposure of massive populations to medicines that are used for symptomatic relief and to curb the prevalence of pandemic diseases like HIV/AIDS, malaria, tuberculosis etc.

Web-based sales and information:

Drug information that covers prescription drugs, unregistered medicines, highly controlled substances, traditional and herbal medicines with questionable safety, efficacy and quality is distributed internationally through web.

Broader safety concerns:

The scope of pharmacovigilance continues to increase as the

array of medicinal products grows. There is a realization that drug safety is more than the monitoring, detection and assessment of ADRs occurring under clearly defined conditions and within a specific dose range. Rather, it is closely associated with the patterns of drug use within the society. Problems resulting from irrational drug use, overdoses, polypharmacy and interactions, increasing use of traditional and herbal medicines with other medicines, illegal sale of medicines and drugs of abuse over the Internet increasing self medication practices substandard medicines, medication errors, lack of efficacy are all within the domain of pharmacovigilance.

Public health versus pharmaceutical industry economic growth

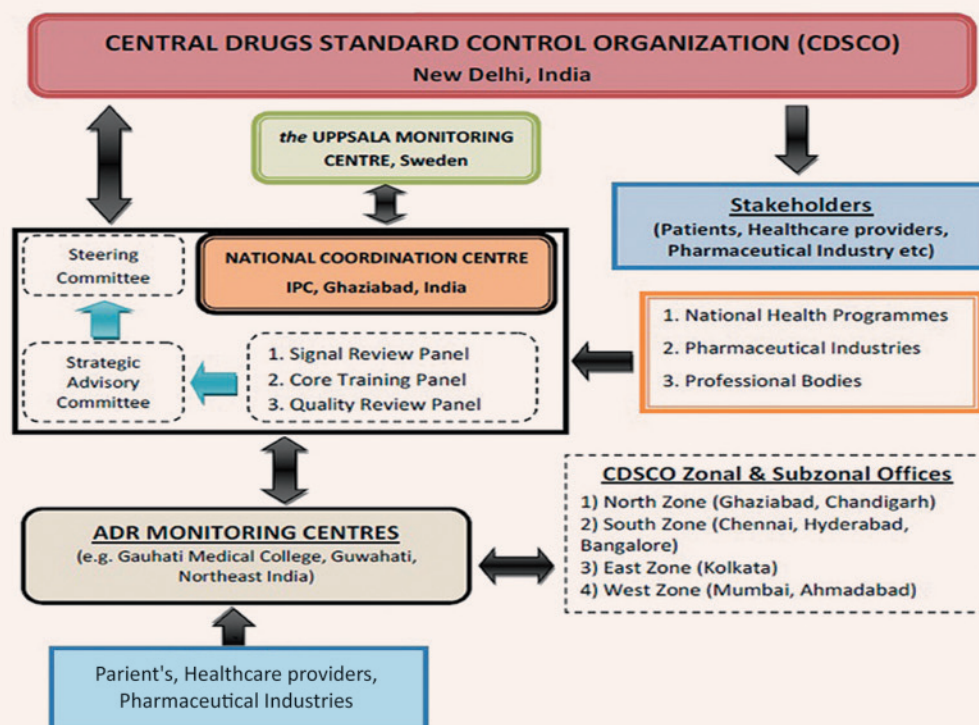
Monitoring of established products

Attitudes and perceptions to benefit and harm: Morbidity and mortality from drug-induced diseases are only recently being recognized as an important item on the public health agenda in developed and developing countries.

Outcomes and Impact:

Along with increased public awareness over safety of medicines, there is an increasing public stare on the performance of the health professions, industry and regulators.

Flow of ADR in the Pharmacovigilance system



"Success is not final, failure is not fatal: it is the courage to continue that counts."

– Winston Churchill

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LACTIC ACID BACTERIA CAN PROTECT AGAINST INFLUENZA "A" VIRUS

Lactic acid bacteria, commonly used as probiotics to improve digestive health, can offer protection against different subtypes of influenza "A" virus, resulting in reduced weight loss after virus infection and lower amounts of virus replication in the lungs, according to a study led by Georgia State University. Although vaccines for seasonal influenza viruses are readily available, they are effective only when vaccine strains and circulating influenza viruses are well matched. There are 18 different HA and 11 different NA subtype molecules identified, which indicates numerous HA and NA influenza virus combinations. As a result, it's important to find ways to provide broad protection against influenza viruses, regardless of the virus strain. Studies have found some lactic acid bacteria strains provide partial protection against bacterial infectious diseases, such as *Streptococcus pneumoniae*, as well as cold and influenza viruses.

(Source: www.worldpharmanews.com).

NOVEL DRUG APPROVALS FOR 2017

Drug Name	Active Ingredient	Approval Date	FDA-approved use on approval date
Xepi	ozenoxacin	12/11/2017	To treat impetigo
Ozempic	Semaglutide	12/5/2017	To improve glycemic control in adults with type 2 diabetes mellitus
Hemlibra	Emicizumab	11/16/2017	To prevent or reduce the frequency of bleeding episodes in adult and pediatric patients with hemophilia A who have developed antibodies called Factor VIII (FVIII) inhibitors.
Mepsevii	Vestronidase alfa-vjbc	11/15/2017	To treat pediatric and adult patients with an inherited metabolic condition called mucopolysaccharidosis type VII (MPS VII) (Sly syndrome)
Fasenra	Benralizumab	11/14/2017	For add-on maintenance treatment of patients with severe asthma aged 12 years and older, and with an eosinophilic phenotype
Prevymis	Letermovir	11/8/2017	To prevent infection after bone marrow transplant
Vyzulta	Latanoprostene bunod ophthalmic solution	11/2/2017	To treat intraocular pressure in patients with open-angle glaucoma or ocular hypertension.
Calquence	Acalabrutinib	10/31/2017	To treat mantle cell lymphoma
Verzenio	Abemaciclib	9/28/2017	To treat certain advanced or metastatic breast cancers
Solosec	Secnidazole	9/15/2017	To treat bacterial vaginosis
Aliqopa	Copanlisib	9/14/2017	To treat relapsed follicular lymphoma

Source: <https://www.fda.gov/Drugs/DevelopmentApprovalProcess/DrugInnovation/ucm537040.htm>



"I truly believe the only way we can create global peace is through not only educating our minds, but our hearts and our souls."
- Malala Yousafzai



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Campus News

- ❖ IPA, Enikepadu Local Branch received the IPA ‘*Outstanding Local Branch Award*’ for the year 2017 at 69th IPC held at Chandigarh, Punjab on 23rd Dec’ 2017.
- ❖ *World Pharmacist’s Day Celebrations* were held on 25th September, 2017 at VIPW. Dr. Paruchuri Rambabu, Asst. Director, Drug Control Administration, Vijayawada; Smt. N. Kalyani, Drug Inspector, Vijayawada Zone – 3 and Sri. K. Govinda Krishna, Senior Scientific Officer & Government Analyst, Drugs Control Laboratory, Vijayawada were the chief dignitaries who attended the occasion and addressed the young women pharmacists.
- ❖ National Pharmacy Week (19th - 25th Nov, 2017) was celebrated in VIPW on the theme of the IPA – “*Know your medicine: Ask your pharmacist*”. Students of Pharm. D organized health camps in iron ore industries located in Enikepadu village. Around 400 employees of the industries were tested for diabetes, hypertension and eye diseases. Students also visited government schools and created awareness among staff & students about the theme through their power point presentations.

To,

We are pleased to receive your feedback and suggestions to :

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