

A Newsletter on Pharmacy Practice

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Dear readers,

Students as they reflect on their own learning and pursue innovative ways, success comes to them. So, they are to be given enough space, time and freedom to generate new knowledge and engage themselves with the information passed on to them by their teachers. At the same time, creative learning can only happen as they indulge themselves not only in text book learning, but also initiate themselves to perceive and make use of other resources and sites of learning. At *Vijaya Institute of Pharmaceutical Sciences for Women*, students find such a learning space as they become participants in learning and not looked upon as mere receivers of a fixed body of knowledge. It is observed in their active involvement in various activities inside and outside the college. This is a continuous process which makes students link the concepts and processes what they have studied earlier allowing them to relate to the newer experiences. Thus, students here are encouraged to see and come out with diverse ideas and solutions towards life in its myriad hues.

SCIENTISTS FIND MOLECULES IN BLOOD THAT CAN HELP TO PREDICT SEIZURES

Scientists have identified a pattern of molecules that appear in blood before a seizure happens, this finding may pave the way for predicting seizures in epilepsy before it could happen. Researchers in Ireland discovered molecules in the blood that are higher in people with epilepsy before a seizure happens. These molecules are fragments of transfer RNAs (tRNAs), a chemical closely related to DNA that performs an important role in building proteins within the cell, according to the research published in the *Journal of Clinical Investigations*. When these cells are stressed, tRNAs are cut into fragments. Higher level of the fragments in the blood could reflect the stress the brain cells undergo as they build up to a seizure event. Study of blood samples from epilepsy patients revealed that levels of three tRNAs rise, many hours before a seizure. People with epilepsy often complain that the disease makes their living difficult, as they do not know the occurrence of the seizure. Hence, the research on tRNAs makes it possible to predict the occurrence of a seizure much earlier.



REGULATORY NEWS:

New clinical trial legislation by Indian Health Ministry fast tracks the drug approval

Aimed at promoting clinical research in the country, the Indian health ministry has announced the new drug and clinical trial rules 2019, reducing the time for approving application to 30 days for drugs manufacturing in India and 90 days for those developed outside the country. The new rules allow drugs licensed in the EU, US, Australia, Canada, Japan to be introduced to Indian patients with out further testing taking place. An amendment in the new rules states that companies will now pay the total amount once it has been ascertained that the death or disability occurred as a direct result of the trial. These rules will apply to clinical trial, bioavailability or bioequivalence study, new drugs and regulation of ethics committee relating to clinical trial and biomedical health research.

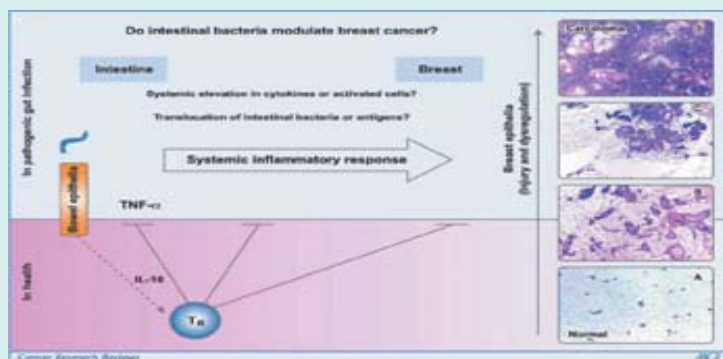
Source: <http://www.mondaq.com/india/x/799018/Healthcare/The+New+Drugs+And+Clinical+Trial+Rules+2019>



UNHEALTHY GUT CAN LEAD TO SPREAD OF BREAST CANCER

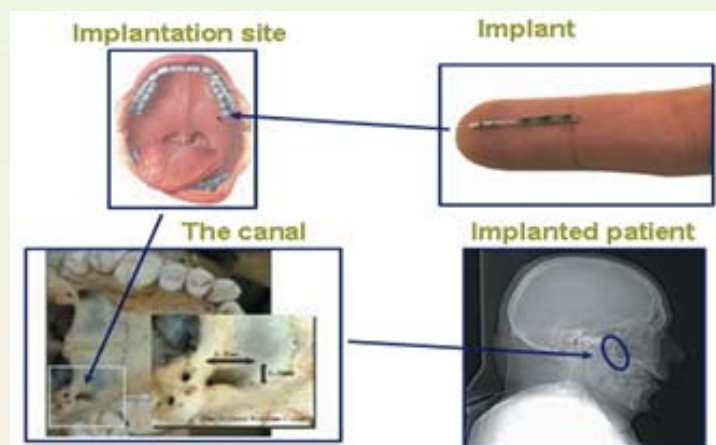


A healthy human gut can house at least 1000 different species of bacteria. The gut micro biome is comprised of collective genome of microbes inhabiting the gut including bacteria, virus, fungi which has extensive functions such as development of immunity, defense against pathogens, host nutrition including production of short chain fatty acids, importance in host energy metabolism, synthesis of vitamins and fats, storage as well as an influence on human behavior making it an essential organ of the body without which a human cannot function properly. A study found that disrupting the micro biome of mice caused hormone receptor positive breast cancer to become more aggressive and treatment with antibiotics resulted in inflammation systemically and within mammary tissue. In this inflamed environment, tumor cells were much more able to disseminate from the tissue into the blood and to lungs which are major site for hormone receptor positive breast cancer to metastasize. Most breast cancers are hormone receptor positive which means that their growth is fueled by hormone estrogen or progesterone. These hormones might help increasing the growth of cancer cells but luckily they are more likely to respond well to hormone therapy. These findings suggest that changes that occur within the unhealthy micro biome, may be early predictors of invasive or metastatic breast cancer. So, having a healthy diet, high in fiber, along with sleep and exercise can improve overall health, which is associated with a favorable outcome in the long term breast cancer.



Source: <https://www.sciencedaily.com/releases/2019/06/190610111539.htm>

ELECTRONIC ASPIRIN : A NON PHARMACOLOGIC TREATMENT FOR HEADACHE



Electronic Aspirin is a nerve-stimulated implant placed in the patient's upper gum area, above the second molar and helps them relieve pain, e.g., migraines, incessant cerebral pains, cluster headaches and facial agony. There, the lead tip is attached to the Sphenopalantine Ganglion (SPG) bundle, which targets the root cause directly. When the patient presses the remote, a slight electrical charge stimulates nerve cells, which works to block the pain signals being sent out. The patient has complete control of the device; he can turn it off and on as often as needed. The device has no health-related restrictions and can be implanted into anyone with allergies, high blood pressure, or heart disease, whereas medications such as analgesics or sumatriptans have to be consumed carefully due to side effects such as increased blood pressure, allergies, and weight gain. It is a reinvigorating technology still under clinical development and waiting for its FDA approval. It could potentially become a permanent solution for headache disorders.



Source: <https://www.medicaldevice-network.com/comment/comment/electronic-aspirin-a-non-pharmacologic-treatment-for-headache-5848552/>

VIJAYA INSTITUTE OF PHARMACEUTICAL SCIENCES FOR WOMEN



MOLECULAR BREAST IMAGING (MBI)

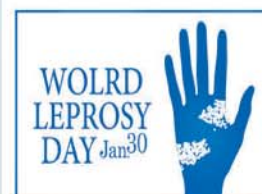
It is a new nuclear medicine technique that utilizes small semiconductor based gamma-cameras in a mammographic configuration to provide high resolution functional images of the breast. Current studies with MBI have used Tc – 99m sestamibi, which is an approved agent for breast imaging. Imaging can be performed within five minutes post injection, with the breast lightly compressed between the two detectors. In patients with suspected breast cancer, MBI has an over all sensitivity of 90%, with a sensitivity of 82% for lesions less than 10 mm in size. A large clinical trial compared MBI with screening mammography, showed that MBI detected two-to-three times more cancers than mammography. In addition, MBI appears to have slightly better specificity than mammography in this trial. MBI provides high resolution functional images of the breast and its potential applications range from evaluation of the extent of disease to a role as an adjunct screening technique in certain high risk populations. Scintimammography, breast specific gamma-imaging, Positron emission mammography, CZT – based molecular breast imaging system are the techniques used in diagnosing breast cancer in nanomedicine.



Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2748346>

NOVEL DRUG APPROVALS FOR 2019

DRUG NAME	ACTIVE INGREDIENT	APPROVAL DATE	USES
Jeuveau	PrabotulinumtoxinA-xvfs	21.01.19	For the temporary improvement in the appearance of moderate to severe glabellar lines associated with corrugators and /or procerus muscle activity in adult patients.
Cablivi	Caplacizumab	06.02.19	To treat patients with thrombotic thrombocytopenia purpura.
Egaten	Triclabendazole	13.02.19	Fascioliasis a parasitic infestation caused by two species of flatworms (or) trematodes that mainly affect the liver.
Zulresso	Brexanolone	19.03.19	To treat postpartum depression in adult women.
Sunosi	Solriamefetol	20.03.19	To treat excessive sleepiness in adult patients
Mayzen	Siponimod	26.03.19	To treat adults with relapsing form of multiple sclerosis.



ACTIVITIES OF DRUG INFORMATION CENTRE AT GOVT. GEN. HOSPITAL, VIJAYAWADA.	JAN FEB MARCH APRIL			
	No. of patients counselled	35	24	15
No. of drug interactions observed	14	09	18	12
No. of medication errors observed	26	22	19	09
No. of pharmacist interventions	04	07	03	02
No. of adverse drug reactions observed	00	01	02	00

MEDICAL OBSERVER

HEALTH and MEDICAL FACTS

5 Food That Help Lower CHOLESTEROL

Green Tea
According to a new meta-analysis of 14 studies, green tea significantly reduced total and LDL cholesterol levels (by 7.20 mg/dL and 2.19 mg/dL, respectively).

Soy
A study published in 2010 in The Journal of Nutrition found that eating soy daily — and adding it to your diet to replace foods high in saturated fat — can help lower LDL cholesterol by nearly 8 to 10 percent.

Cocoa
A meta-analysis in the American Journal of Clinical Nutrition found that cocoa consumption lowered LDL cholesterol by more than 5 mg/dL in people at risk of heart disease.

Tomatoes
A 2011 meta-analysis of studies published in the journal Maturitas revealed that consuming 25 milligrams of lycopene (the antioxidant that gives tomatoes their red pigment) daily can reduce LDL by about 10 percent.

Oats and Barley
The soluble fiber that oats and barley contain — called beta-glucan — is particularly powerful. Eating oats with at least 3 grams of soluble fiber every day, for example, can lower LDL and total cholesterol by 5 to 10 percent.

source: www.everydayhealth.com

“Education is not the learning of facts, but training the mind to think.”
-Albert Einstein



VIJAYA INSTITUTE OF PHARMACEUTICAL SCIENCES FOR WOMEN



Campus News

- ❖ On Jan 25th 2019, Mr. Ravi Keerthi, Social Worker, Vijayawada delivered a guest lecture on “**Save Animals**”
- ❖ On Feb 4th 2019, **World Cancer Day** was observed at Government General Hospital, Vijayawada. Students of IV Pharm.D created awareness about the causes, symptoms, treatment and prevention of the dreadful disease.
- ❖ On March 8th 2019, **International Women’s Day** was celebrated in the campus.
- ❖ On March 10th , 2019, in the nation-wide **Pulse Polio Immunization** Programme, students of III Pharm. D took an active participation. Children below 5 years of age in the local village of Enikepadu were vaccinated under the guidance of Pharm.D members of faculty.

To,

We are pleased to receive your feedback and suggestions to :

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