

Dr. Paul G. Varnas & WholeHealthAmerica.com present

THE BETTER HEALTH NEWS

AUGUST, 2015

NEW NSAID WARNING FROM FDA**PAIN****NSAID/
ANTIDEPRESSANT:
A DEADLY COMBO 2****YOU CAN SAVE
LIVES 4****FREE MARKETING
SYSTEM 5****DEPRESSION AND
INFLAMMATION 6**

The FDA is requiring prescription nonaspirin nonsteroidal anti-inflammatory drug (NSAID) labels to include information on heart attack and stroke risk.

This update strengthens an existing label warning that NSAIDs increase the risk for heart attack or stroke. The FDA is

making this change after reviewing new safety information on prescription and over-the-counter NSAIDs.

Some of the new information for the updated labels includes:

1. The risk for heart attack or stroke can occur as early as the first weeks of using an NSAID.
2. The risk appears greater at higher doses.
3. NSAIDs can increase the risk for heart attack or stroke in patients with or without heart disease or risk factors for heart disease. There is also an increased risk for heart failure with NSAID use.

The agency will request similar label updates for over-the-counter nonaspirin NSAIDs.

Individuals taking NSAIDs should seek medical help immediately for symptoms of chest pain, shortness of breath, trouble breathing, weakness in

one part or side of the body or slurred speech, according to the FDA. The agency recommends that patients and health care providers watch for heart-related side effects for the entire time NSAIDs are being taken, and to report side effects to the



MedWatch program.

The Cox-2 inhibitors were developed to minimize the GI complications experienced with other NSAIDs. Vioxx is a Cox-2 inhibitor which was taken off of the market because of the number of deaths it caused. According to David J. Graham, MD, MPH (Associate Director for Science, Office of Drug Safety, US FDA) 139,000 Americans suffered from serious side-effects due to Vioxx and between 26,000 and 55,000 died from using the drug. Now we are finding that there may be problems with other NSAIDs as well.

Contact your Biotics Research representative for information about products to help your patients who are in pain.

If you would like to
receive this newsletter,
please send your e-mail
to:

biotics@bioticsresearch.com

NSAID/ANTIDEPRESSANT: A DEADLY COMBO

The *British Medical Journal* (2015;351:h3517) published a study that looked at the risk of intracranial hemorrhage among patients treated with antidepressants and non-steroid anti-inflammatory drugs (NSAIDs), compared with the risk among those treated with antidepressants without NSAIDs. The subjects were patients who began receiving antidepressants for the first time (index date) without a history of having received a prescription for antidepressants during the preceding year. Patients who had been diagnosed as having cerebrovascular diseases within a year before the index date were excluded.

The main outcome measure was time to first hospital admission with intracranial hemorrhage within 30 days after drug use. The researchers, from Seoul National University College of Medicine, looked at data from over four million people who had started taking antidepressant medication between 2009 and 2013. About half were also prescribed an NSAID, like ibuprofen or naproxen. The team used hospital records to see

who was admitted for intracranial bleeding in the 30 days after being prescribed the NSAID. They found that intracranial hemorrhage is increased in patients who combine antidepressants and NSAIDs, like ibuprofen or naproxen. The study results are particularly relevant since depression and chronic pain often go hand-in-hand, and millions of people may take the two meds together.

It turned out that people who began taking both medications had a 60% greater risk of intracranial hemorrhage than people taking only antidepressants. There was no significant difference in the risk among the different types of antidepressants (SSRIs, SNRIs, and tricyclics).

The risk of intracranial bleeding was especially heightened in men who took both antidepressants and NSAIDs. Their risk was about 2.6 times higher than men who took antidepressants alone, whereas the risk for women was only about 1.2 times higher than women who took just the one medication.

The researchers only looked at bleeding that occurred within 30 days of the NSAID prescription: The risk might be different — possibly

**CONTACT BIOTICS
RESEARCH FOR A
FREE CD BY**

**DR. VREELAND
DISCUSSING THE
CONNECTION
BETWEEN
DEPRESSION AND
INFLAMMATION**

BIOTICS RESEARCH

Our foundation is innovative ideas and carefully researched concepts. We develop those ideas with advanced analytical and manufacturing techniques. The result is nutritional products with superior quality and effectiveness. Our philosophy has made us an industry leader. We truly do bring you *"The Best of Science and Nature"*.

For more information, call:

(800) 231-5777

or e-mail
biotics@bioticsresearch.com

See us on the Web:

www.bioticsresearch.com

**Nutritional Products for
Healthcare
Professionals**

higher – over the long-term. Also, they only looked at patients taking prescription NSAIDs, not over-the-counter painkillers.

Each medication seems to inhibit platelets, and each is thought to slightly increase the risk of bleeding on its own (for instance, SSRI antidepressants and NSAIDs are both known to increase the risk of gastrointestinal bleeding).

This study comes just days after the FDA strengthened its warning about the risk of heart attack and stroke from NSAIDs alone. The FDA notes that although heart attack and stroke risk may occur within weeks of beginning to take an NSAID, the risk is likely higher with long-term use.

About 65% of people with major depression also have chronic pain, according to an editorial that accompanied the main study. This makes it doubly important for you to have effective natural alternatives for these patients. Dr Court Vreeland has done some excellent work connecting depression to inflammation. Contact your Biotics Research representative for an audio presentation of this work on CD.



Biotics Research Corporation, in an effort to further the education of Healthcare Professionals and their patients, is pleased to offer several significant and useful practice building tools, all included in a weekly email, the **Biotics Bulletin**.

- **Tuesday Minute** - weekly video clip, full of nutritional education & clinical pearls
- **Weekly Product Feature** - product specific, informational summary
- **Supplement FAQ** - patient-friendly product descriptions
- **Monthly Newsletter** - filled with research, condition-specific topics, product education, and recommended protocols
- **Upcoming Seminars** - seminar announcements featuring world-renowned speakers
- **Upcoming Events** - nationwide tradeshow & symposiums exhibited by Biotics Research
- **FREE Webinars** - up-to-date topics of interest presented by a variety of knowledgeable professionals having a thorough understanding of the subject matter. Conveniently scheduled and lasting one hour, webinars are recorded and archived on our website at **www.bioticsresearch.com** for easy reference

YOU CAN SAVE LIVES

Recent warnings about NSAID use from the FDA and research in the *British Medical Journal* pose new concerns for patients taking pain medication. We have known the dangers of pain medications for decades. According to research appearing in the July 27, 1998 issue of the *American Journal of Medicine*, "Conservative calculations estimate that approximately 107,000 patients are hospitalized annually for nonsteroidal anti-inflammatory drug (NSAID)-related gastrointestinal (GI) complications and at least 16,500 NSAID-related deaths occur each year among arthritis patients alone. The figures for all NSAID users would be overwhelming, yet the scope of this problem is generally under appreciated"

Other research links pain medications to high blood pressure, kidney failure, heart failure, ulceration of the GI tract, and some drugs even interfere with bone repair. In the July 23, 1996 *Archives of Internal Medicine*, it states that in nearly 2,000 arthritic patients studied, ulcer risk increased 10-fold. It also stated that almost 25% of NSAID users have ulcers, most of which are without symptoms.

NSAID use perpetuates the very problem that it is designed to treat. Their use actually increases the body's oxidative stress—leading to further inflammation. Research articles appearing in the journals *Pharmacological Research Communications* and the *Lancet* have demonstrated that NSAIDs interfere with the formation of cartilage. So someone with arthritis who takes these drugs is trading short-term relief for long-term degeneration.

You are literally saving your patients' lives when you find safer, natural alternatives to pain medication. Of particular concern are elderly patients with arthritis. Have them pay attention to diet and lifestyle.

Although it may be counterintuitive, they need to get those painful joints moving and to strengthen the muscles associated with them. Consider the supplements below as alternatives to dangerous drugs:

Sculacia®: This is a proprietary blend of flavonoids from Biotics Research. It inhibits both COX-2 and 5-LO enzymatic activity. It reduces the metabolism of arachidonic acid to prostaglandins, thromboxanes and leukotrienes. In other words, it works to reduce inflammation.

KappArest™: This product from Biotics Research provides broad antioxidant support and supplies a broad array of phytonutrient components that have been shown to suppress the action of NF-kappaB and activator protein 1 and the associated kinases.

Bio-Allay®: This product from Biotics Research provides a blend of standardized extracts of *Harpagophytum procumbens* (Devil's claw), *Boswellia serrata* (Boswellia), and *Salix alba* (White Willow Bark) that provides a natural means to support the downregulation of proinflammatory compounds that result in pain.

ChondroSamine-S™: This product contains chondroitin sulfates, glucosamine and other vital nutritional synergists that supply important nutrients to support the structure and function of joint cartilage.

Contact your Biotics Research representative for help in developing protocols for your patients with pain.

Contact your
Biotics Research
representative for
more information
about products
for your patients
with pain and
inflammation

To order useful
products for
your patients,
call Biotics
Research at
(800)231-5777
for product
information.

Learn to turn things
around in your time-
sucking, under-
performing practice
for FREE

Practicewebinar.com
FREE marketing
videos

Want More Patients?

Introducing the Most Powerful Marketing System in Healthcare... and it's **FREE!**

Biotics Research has partnered with Whole Health America to offer a turn-key marketing system designed exclusively for healthcare practices which contains EVERYTHING you need to build a healthy practice and bottom line, including . . .

- Professionally written ads
- Patient reports
- Specialty newsletters
- PowerPoint presentations - Everything you need to run a successful workshop, including a step-by-step guide.
- A detailed "roadmap" to show you exactly how to set up your marketing program. Instructions on how to use the program are outlined in a short, easy to understand book.

Sign up now and you will receive the most advanced website available in healthcare, complete with electronic newsletter, computerized health questionnaire and hundreds of scientific articles already built into the system. Customize your site easily, add pages and change content with ease, or link content automatically to your existing domain.

GROW YOUR PRACTICE NOW...
Biotics Research has already paid for this service for you!



The first year is free if you act now!

Contact Biotics Research

(800) 231 - 5777



Whole Health America



Whole Health America.com

learning, to feel better...

180 W. Park Avenue
Suite 260
Elmhurst, IL 60126
Phone: 866-525-0007
E-mail: 1arborvitae@comcast.net

For information about the products mentioned in this newsletter, or to change your address, contact Biotics Research at 800-231-5777 or www.bioticsresearch.com

DEPRESSION AND INFLAMMATION

A recent editorial in the *British Medical Journal* states that 65% of patients with depression also suffer from chronic pain (see pages 2-3). They also published a study that shows the dangers of medicating these two problems simultaneously. Fortunately, there are natural approaches that can help with anxiety, depression and sleep disorders.

Exercise: There are so many studies that show exercise to help people suffering from anxiety and depression. Some studies even show exercise outperforming medication. In the *Journal of the American Medical Association* (January 28, 1983;249(4):459-460), 41 insomniacs were studied (23 women and 18 men). It was found that developing good sleep habits, doing regular relaxation exercises before bedtime, and reducing daytime stress helped in the reduction of medications within six weeks.

Diet: A pure diet—free of additives, hydrogenated oil, sugar and refined food does amazing things to improve mood and energy.

Mg-Zyme™: Magnesium is nature's muscle relaxer. It is involved in over 300 enzyme systems—including those involved with producing neurotransmitters. Magnesium is also necessary to ensure good sleep. Magnesium will be depleted in people taking diuretics and who eat a lot of sugar and processed foods.

Bio 3B-G®: This is a B complex that has extra thiamin

(B₁). Thiamin will be depleted in people who eat processed food and it is also destroyed by some medications. People who are thiamin deficient tend to fall asleep for a short time and wake up, unable to go back to sleep. They are also to have negative thoughts, often having feelings of impending doom.

B12 2000™ Lozenges: A study appearing in the journal *Sleep* (1990;13(1):15-23) cited case studies where B₁₂ supplementation helped with sleep disturbance. B₁₂ deficiency is also associated with depression.

PheniTrophic™: Contains beta-Phenyl-gamma-aminobutyric acid, a derivative of GABA. GABA is an inhibitory neurotransmitter (it is the substance that many anti-anxiety medications work to increase). Phenibut has been shown to have a calming effect and assist in instances of stress, anxiety and even the improvement of impaired sleep. However, due to its derivation of GABA, **PheniTrophic™** does not appear to have negative side effects other than the potential for increased sleepiness in some individuals, although these effects were not significant when compared to prescription drugs. **PheniTrophic™** should not be taken with alcohol, sedatives or MAOIs.

There are other, well researched approaches to improving sleep and reducing anxiety and depression. The beauty of natural health care is the lack of side-effects. It really is about seeking balance and health.