



*FDA's MedWatch Safety Alerts: Reglan/Primperan® and Nervous System Disorder*



Pharma Info Line

On Feb. 26, 2009, FDA warned against the long-term use of drugs that contain metoclopramide.

Metoclopramide is approved for the short-term (no longer than 3 months) treatment of gastrointestinal disorders, such as gastroesophageal reflux disease (GERD) in people who haven't responded to other treatments, and to treat diabetic gastroparesis (slowed emptying of the stomach's contents into the intestines).

**Adverse events:**

Frequent and long-term use of metoclopramide has been linked to tardive dyskinesia, a disorder that causes uncontrollable, repetitive movements of the body



such as lip smacking, grimacing, tongue protrusion, puckering and pursing of the lips, rapid eye movements or blinking, and rapid movements of the fingers, arms, legs, and trunk.

**People at risk:**

Those at greatest risk include elderly people, especially older women, and people who have been on the drug for a long time.

**Recommendations:**

- Talk to your doctor before you use metoclopramide.



- Avoid using the drug for a long time in all but rare cases where you and your doctor decide that the benefits outweigh the risks.

**FDA actions:**

FDA is requiring that the drug label carry a boxed warning about the risks of using metoclopramide for a long time or at a high dose. Manufacturers must ensure that patients are given a medication guide that discusses the risks of the drug each time they receive this medication from a pharmacy.

**Note:** MedWatch reports can signal a safety problem and lead to an FDA action to protect the public from harm, serious illness, or even death.



**References**

<http://www.fda.gov>

Inside This Issue

1. FDA's MedWatch Safety Alerts.
2. Tumors Use a Protein to Hide From Immune System.
3. Funny Jokes.
4. Largest Study links chocolate to lower BP and CV risks.
5. what is Zyvox®?

## Tumors Use a Protein to Hide From Immune System

New research from Switzerland provides insight into how tumors remain undetected by the body's immune system by mimicking lymph nodes.

"The tumor tricks the body into thinking it is healthy tissue," lead author Melody Swartz, head of the Laboratory of Lymphatic and Cancer Bioengineering, said in a news release about the study, published online March 25-2010 in *Science*.

According to Swartz and her colleagues at the Ecole Polytechnique Federale de Lausanne, the findings could lead to better treatments for cancer.

In the study, the researchers focused on a protein that is typically found in lymph nodes and discovered that certain tumors can secrete the protein, making them appear to be lymph nodes. This disguise allows the tumors to manipulate immune cells known as T-cells, just like lymph nodes do, the study authors explained.

**SOURCE:** *Ecole Polytechnique Federale de Lausanne, news release, March 25, 2010*

## Funny Jokes

A funny comic of surgeons totally lost and needing the help of the internet at surgery.com.



"Nurse, get on the internet, go to SURGERY.COM, scroll down and click on the 'Are you totally lost?' icon."

### Patient and doctor

A patient to his doctor:

- Is there any chance, doctor?
- No, you're going to die.
- Are you sure there's no other chance?
- It would be a good idea to go and stay a while in the slime.
- And that's going to save me?
- No, but you will get used to the mud!

### The results of the X-ray

**Patient:** Doctor, what does the X-ray of my head show?

**Doctor:** Absolutely nothing!

### COUNTERTHINK



## Largest Study links chocolate to lower BP and CV risks

**Nuthetal, Germany** - The largest observational study to examine the association between chocolate consumption and risk of cardiovascular disease has found that those who ate the most chocolate—around 7.5 g per day—had a 39% lower risk of MI and stroke than individuals who ate almost no chocolate (1.7 g per day) .

Lead author Dr Brian Buijsse (German Institute of Human Nutrition, Nuthetal, Germany) told heartwire: "This shows that habitual consumption of chocolate is related to a lower risk of heart disease and stroke that is partly explained by blood-pressure reduction. The risk reduction is stronger for stroke than for MI, which is logical because it appears that chocolate and cocoa have a pronounced effect on BP, and BP is a higher risk factor for stroke than for MI." Buijsse and colleagues report their findings online March 31, 2010 in the *European Heart Journal*.

Dr Steffen Desch (University of Leipzig, Heart Center, Germany), who was not involved with this study but who has performed research on the effects of chocolate on blood pressure, told heartwire: "This is an interesting study that adds to the growing body of evidence that flavanol-rich chocolate might be associated with health benefits. Several epidemiological studies (including the Zutphen Elderly Study, by the same first author) and even more physiological trials have been published before."

### ***Only small amounts of chocolate beneficial; don't eat too much***

However, Buijsse cautions that only small amounts of chocolate were associated with the benefits and it is too early to give recommendations on chocolate consumption: "Maybe it's a boring message, but it's a little too early to come up with recommendations, because chocolate contains so many calories and sugar, and obesity is already an epidemic.



We have to be careful." However, he added, that if people did want to treat themselves, they would be better off choosing small amounts of chocolate, preferably dark chocolate, over other sweet snacks. "We know it is the cocoa content in chocolate that is important, so the higher the cocoa content, the better."

Dr Frank Ruschitzka (University Hospital, Zurich, Switzerland) urged caution: "Before you rush to add dark chocolate to your diet, be aware that 100 g of dark chocolate contains roughly 500 calories. As such, you may want to subtract an equivalent amount of calories, by cutting back on other foods, to avoid weight gain."

### **Source**

1. Buijsse, B, Weikert C, Drogan D et al. Chocolate consumption in relation to blood pressure and risk of CV disease in German adults. *Eur Heart J* 2010; DOI:10.1093/eurheartj/ehq068. Available at: <http://eurheartj.oxfordjournals.org>.
2. <http://www.theheart.org/article/1064261.do>.

Advisory Board:

Dr. Ezz El-Denshary

**Professor of Pharmacology & Toxicology****College of Pharmacy- MUST and****Faculty of Pharmacy, Cairo University**

Dr. Naglaa Assaf

**Lecturer of Pharmacology & Toxicology****College of Pharmacy, MUST**Editorial Board:

Dr. Samar M. Saleh

**Demonstrator at clinical pharmacy Dep.****Drug Information Center (DIC) Pharmacists.**

Dr. Doaa Hamdan

**Demonstrator at clinical pharmacy Dep.****Drug Information Center (DIC) Pharmacists.**

Dr. Noha Gamal

**Demonstrator at Pharmacognosy Dep.****Drug Information Center (DIC) Pharmacists**College Dean:*Prof. Dr. Mohamed F. El-Miligi***Address : M.U.S.T, 6 October****City - Almutamayez district.****Fax / Phone: 02/38377643****Ext : 4 404****E-mail : ask@askdic.info**what is Zyvox®?

Zyvox® or Linezolid is a synthetic antibacterial agent of a new class of antibiotics, the oxazolidinones, which has clinical utility in the treatment of infections caused by aerobic Gram-positive bacteria, certain Gram-negative bacteria and anaerobic bacteria.

linezolid is bacteriostatic against enterococci and staphylococci. For streptococci, linezolid is bactericidal for the majority of strains.

**Mechanism**

- Linezolid inhibits bacterial protein synthesis through a mechanism of action different from that of other antibacterial agents; therefore, crossresistance between linezolid and other classes of antibiotics is unlikely.
- Linezolid binds to a site on the bacterial 23S ribosomal RNA of the 50S subunit and prevents the formation of a functional 70S initiation complex, which is an essential component of the bacterial translation process.

**Clinical Uses**

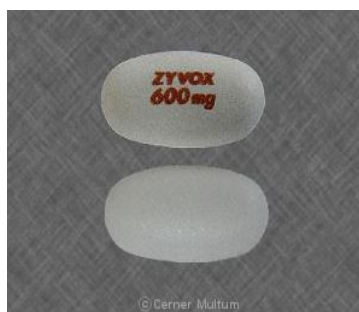
- Nosocomial pneumonia caused by *Staphylococcus aureus* (methicillin-susceptible and-resistant strains), or *Streptococcus pneumoniae* (including multi-drug resistant strains [MDRSP]).
- Complicated skin and skin structure infections, including diabetic foot infections, without concomitant osteomyelitis, caused by *Staphylococcus aureus* (methicillin susceptible and -resistant strains), *Streptococcus pyogenes*, or *Streptococcus agalactiae*.

**Side Effects**

- Hypertention, insomnia, GI upset, myelosuppression, tongue discoloration.

**Drug-Drug Interactions**

- Reversible MAOI, so avoid foods w/tyramine.
- Patients with carcinoid syndrome and/or patients taking any of the following medications: serotonin re-uptake inhibitors, tricyclic antidepressants, serotonin 5-HT<sub>1</sub> receptor agonists (triptans), meperidine or buspirone
- Cough/cold products w/pseudoephedrine Producing Elevation of Blood Pressure.



**Zyvox® is pregnancy Category C, It is not known whether linezolid is excreted in human milk.**

**Source:**1. [http// www.fda.gov](http://www.fda.gov).2. [http://: www.rxlist.com](http://www.rxlist.com)