



Stay in Touch!



Specialty Spotlight

National Comprehensive Cancer Network (NCCN) Guidelines Online

The National Comprehensive Cancer Network (NCCN) provides free online-access to cancer treatment guidelines.

Commentary:

Cancer treatment is one of the most protocol based therapies of all. Guidelines exist to aid health care providers as well as patients for treatment as well as comprehensive data on research, evidence, and updates. NCCN (www.nccn.org) provides information on a variety of cancers, including signs and symptoms, testing and monitoring, as well as therapies for different types of cancers (i.e. breast, colon, prostate, lung, etc). The treatment guidelines are available for professional healthcare provider use, in addition to simplified versions for patients to take initiative to understand and discuss their treatment options with their physician as well. Participants must register to create login information in order to have access to the most up-to-date guidelines being used in the fight against cancer.

Source: www.nccn.org

[Find out more](#)

Aspirin, the New Vitamin?

PROS:

- Decrease thrombotic events (i.e. myocardial infarction (MI) & stroke)
- Possible reduction of colorectal cancer risk (The seafood Polyp Prevention Trial)
- Possible reduction in risk of dementia (ASPREE clinical trial)

CONS:

- Risk of cerebral hemorrhagic stroke
- Gastrointestinal bleed
- Possible anemia

Commentary:

Due to the ease of access and prevalence of media around the use of aspirin as a preventative measure for heart attack and stroke, many patients are self-treating themselves with aspirin without confirming risks and benefits with their physicians. Aspirin is an over-the-counter analgesic that is commonly used as a blood thinner at low doses to decrease the risk of thrombotic events such as a heart attack or stroke. Recent clinical trials seem to point to possible additional benefits of aspirin, including risk reduction of colorectal cancer and dementia. But the big concern is that aspirin significantly increases the risk of bleeding, possibly leading to a worst case scenario of hemorrhagic stroke. Aspirin can be beneficial to those who are at high risk of any major vascular events, but risks still remain. Patients should never self-treat themselves with aspirin without a recommendation from a physician, and once started patients should be monitored for any signs of symptoms of bleeding (i.e. bleeding gums, blood in stool, etc). As with all therapies, the benefits should always outweigh the risks.

Source: <http://formularyjournal.modernmedicine.com/formulary-journal/news/aspirin-when-should-it-be-used-prevention-cardiovascular-events>

I'm So Itchy!

Atopic dermatitis (eczema) is a common condition among children and can be very difficult to manage. The American Academy of Pediatrics recommends skin-directed management of eczema based on the following: maintenance skin care, topical anti-inflammatory medications, itch control, and management of viral and bacterial infectious triggers. Although topical steroids (e.g. KenalogTM, LocoidTM) are considered first-line treatment agents for patients with eczema, topical calcineurin inhibitors (e.g. ProtopicTM, ElidelTM) can be administered to those at highest risk for adverse effects from chronic topical steroid use.

Commentary:

When topical steroids are used inappropriately there are potential adverse reactions the patient may experience, including cutaneous atrophy (thinning of skin), striae (stretch marks), or systemic absorption. However if topical steroids are used appropriately, they are effective at controlling the inflammatory responses associated with eczema. Topical calcineurin inhibitors (TCI) are typically considered as second-line treatment and have a different side effect profile compared to topical steroids. Tacrolimus (ProtopicTM) and Pimecrolimus (ElidelTM) are currently the two forms of TCIs that have been effective in reducing the inflammation, but they are high cost medications. Although these medications have slightly less intimidating side effects such as burning they do come with a Black Box Warning with the potential to cause cancer. Risks and benefits must be evaluated when it comes to using TCIs over topical steroids.

Source: <http://www.jwatch.org/fw109567/2014/11/25/aap-offers-advice-managing-atopic-dermatitis-children?query=pfw>

Treatment Calendar™

Is a proprietary program comprised of Artificial Intelligence rule sets, which allow for quality and cost comparisons.



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Pro Pharma's Treatment Calendar™ is a proprietary program comprised of Artificial Intelligence rule sets, which allow for quality and cost comparisons by peer-to peer, peer-to-best in class, peer to national norms, and peer to local norms.

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