

Improving Compliance to Medication in Men with Chronic Diseases

Men's Health in New Brunswick
"Knowledge, Experience and Action"

Moncton, NB May 23, 2013

Conflict of Interest

- Owner of Ford's Family Pharmacy and Wellness Centre, Moncton, NB 1991-2013

Characteristics of a Man

- *“You cannot teach a man anything; you can only help him discover it in himself.” ~ Galileo Galilei*
- A man has fears, but he isn't ruled by them.
- A man learns from his mistakes. Although he might take a few cracks at it.
- *“For a man to achieve all that is expected of him, he must regard himself greater than he is.” ~ Johann Wolfgang*
- We are wired a little differently

Men: Not as likely to seek Medical Attention

- As testosterone decreases through a mans' life, he is probably late 40' s early 50' s that he finally realizes that he is not 20 anymore.
- Not as health conscious as women in general.
- No need for annual PAP or breast exam.
- Start thinking about their prostate sometime in their 40' s

How about a colonoscopy in their early 50' s?

Adverse Effects

Prescribe knowing the pharmacology of the agents being prescribed.

Spirolactone may have untowards effects in lowering overall testosterone.

Statins decrease testosterone

SSRI's can be used for premature ejaculation but may also have significant effect on overall libido. This will lead to non-compliance.

Lab tests

Total Testosterone

Bioavailable testosterone

DHEA-S

Estradiol

SHBG Sex Hormone Binding Globulin

Progesterone

Thyroid Panel along with Thyroid Antibodies

Deficiencies – Drug Induced

Most drugs will deplete certain nutrients, i.e. statins and Co Enzyme Q-10.

However, look to see what nutrients are depleted, especially zinc.

Zinc Deficiency

Zinc is a co-factor in more than 300 enzymatic reactions

2nd most busy mineral after Magnesium.

Zinc is the body's aromatase inhibitor, preventing the conversion of testosterone into estrogens. Belly fat or visceral adipose tissue is a source of estrogens in males, and will also accumulate xenoestrogens.

Zinc Deficiency

Several drugs or drug classes in general will lead to depletion of zinc stores over time.

They include: thiazide diuretics, ACEi's, ARB's, corticosteroids, H2 antagonists, loop diuretics, beta blockers, most drugs used to treat AIDS.

Testing for Zinc deficiency

Zinc tally test.

5ml Zinc solution, 3mg/ml

Swish in mouth for 5 seconds, and swallow.

- Grade one response: **no specific taste** sensation: tastes like plain water. This indicates a major deficiency of zinc requiring a supplement of at least 150 milligrammes (mg) of zinc per day.
- Grade two response: **no immediate taste** is noticed but, within the ten seconds of the test, a 'dry' or 'metallic' taste is experienced. This indicates a moderate deficiency requiring a supplement of 100 mg of zinc per day.
- Grade three response: **an immediate slight** taste is noted, which increases with time over the ten second period. This indicates a deficiency of minor degree requiring a supplement of 50 mg per day.
- Grade four response: an **immediate, strong and unpleasant** taste is experienced. This indicates that no zinc deficiency exists. If this is the response to the first test done then obviously the diet already contains sufficient zinc and no supplement need be taken.

Zinc Deficiency

- Prescribe lozenges to reactivate the gustin receptor, or liquid.
- Recommend doses of 20-30mg for women and 30mg-50mg for men.
- Retest after one month.

Send a referral to a Pharmacist to Identify Drug-Induced Nutrient Depletion

- Some pharmacists will sit down in a consultation format and do a drug review.
- Engages the patient, and let's them feel they are part of the programme.
- See them for a call back in as little as 7-14 days. Keeps them on track and keeps them motivated.

Prescribing for Compliance

- QID versus q daily.
- You have to think simple with both men and women. Compliance suffers when things are too complicated.
- Are they candidates for “pill-packs”
- Speak a little about food and food choices. People in Canada are not making healthy choices. Prescribe a salad a day, and not just a pill. Prescribe exercise, actually write it out!

Functional Medicine

- <http://www.functionalmedicine.org/>
- Deals with chronic disease, and how to reverse
- Dr. Oz is not all crazy.
- Western medicine does wonders with acute disease, but not so well with Chronic Disease.

Diet Histories

- What are your patients' eating?
- How much salt is contained in their prepared foods?
- How much saturated fat is in their diet?
- Are they eating "local"?
- You have 6-10 minutes with your patient, which is not enough time to discuss all of these issues under your current reimbursement, send them to a pharmacist for a consultation. Not covered by medicare or most insurances, but the investment for the patient may be well worth the time.

Health Care in Canada

- We cannot continue to go down the same path that we have been since the 70' s.
- There is an inverse relationship to the disposable income we spend on food, and the amount we spend on drugs.

