

Updates for *Essentials of Nonprescription Medications and Devices* December 2012

Chapter	Page	Heading/subheading	Update information December 2012
2	12	Cholesterol/Total lipid profile	New Product: Check Up American Cholesterol Panel. A single sample of blood from a finger stick is added to the test device. The device is mailed to the manufacturer and results for total cholesterol, HDL, LDL, and triglycerides are available after 5 business days.
	22	Infectious disease kits/HIV	<p>New Product: OraQuick In Home HIV test kit. The test detects the presence of antibodies for HIV-1 and HIV-2 in a biological sample at home. This product uses a swab to obtain a biological sample from the oral mucosa for the test. The swab is then inserted into a test tube containing appropriate reagents for 20 minutes. A line appears at an area marked 'C', indicating the test is complete. Another line, at an area marked 'T' on the test kit indicates a positive test for the HIV antibodies. Any positive result requires verification by a clinical laboratory.</p> <p>If the swab is read after 40 minutes, the results are not reliable. Food and drinks should be avoided for at least 30 minutes before the test. False negative results may be obtained if the test is conducted before the individual's immune system has an opportunity to produce antibodies in a concentration high enough for detection. This may be as long as 3 months after exposure to HIV.</p> <p>Reference: www.oraquick.com.</p>
4	79	Common Cold/Antitussives	New Products: Nature Fusion Dry Cough and Vicks Formula 44 Dry Cough contain dextromethorphan. Nature Fusion contains no artificial flavors and includes honey. There are several reports that honey acts to suppress coughs.
	81-82	Common Cold/Table 4.4	Revised Table 4.4 because on changes in product names and ingredient, see below.

	85	Asthma/Epinephrine	New Product: Asthmanefrin contains a racemic mixture of epinephrine, an adrenergic beta-2 drug. It does not contain any chlorofluorocarbons and can be regarded as an adequate substitute for Primatene Mist which was removed from the market because of its chlorofluorocarbon content.
6	125	Products for Women/Menopausal symptoms	<p>The efficacy of isoflavones contained in dietary soy and soy supplements has not been demonstrated to provide significant relief of menopausal symptoms in many short, randomized clinical trials. A recent study on the intake of dietary soy and fiber over a 10 year period did not show any significant effect in preventing menopausal symptoms in premenopausal and perimenopausal women.</p> <p>Reference: Menopausal Hot Flashes Not prevented by Eating More Soy. <i>Medscape</i>. Nov 05, 2012.</p> <p>Black cohosh, a dietary supplement, has also been purported to relieve symptoms associated with menopause. A Cochrane meta-analysis of 16 randomized clinical studies failed to demonstrate any statistically significant effect of black cohosh to relieve menopausal symptoms.</p> <p>Reference: Leach MJ, Moore V. Black cohosh (<i>Cimicifuga</i>) for menopausal symptoms. http://onlinelibrary.wiley.com/doi/10.1002/14651858.CD007244.pub2/abstract. Accessed Sept. 19, 2012.</p>
8	168	Musculoskeletal pain	<p>The FDA issues additional warnings for the use of topical pain relievers that contain capsaicin, menthol, and methyl salicylate. Symptoms of burning pain and blisters on the skin have been reported. Most patients affected reported use concentration greater than 35 for menthol or 10% for methyl salicylate.</p> <p>Patients should be reminded that these products should not be used on damaged or irritated skin. The affected area should not be covered or bandaged after application of the product. Heat from heating pads or hot water bottles should never be applied after application to the skin.</p> <p>Reference: http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm318674.htm?source=govdelivery. Accessed Sept. 19, 2012.</p>

Table 4.4 Ingredients in popular cough/cold and flu products. Revised 12/12/12.

Product	analgesic	antihistamine	antitussive	decongestant	expectorant
Alka SeltzerPlus cold & cough	yes	yes		yes	yes
Coricidin Maximum Strength Flu	yes	yes	yes		
Dimetapp Cold & Cough		yes	yes	yes	
Dimetapp Multi-symptom Cold & Flu	yes	yes	yes	yes	
Robitussin Day Cough + Cold	yes		yes	yes	
Robitussin Day Multi Symptom Cough			yes	yes	yes
TheraFlu Severe Cough & Cold	yes	yes		yes	
TheraFlu Severe Cold & Flu	yes		yes	yes	
Triaminic Day Cold & Cough			yes	yes	
Triaminic Chest and Nasal Congestion				yes	yes
Tylenol Cold Multi Symptom Severe*	yes		yes	yes	yes
Tylenol Cold Sore Throat*	yes				
Tylenol Cold & Flu Severe*	yes		yes	yes	yes
Vicks Formula 44 Cough & Cold PM	yes	yes	yes		
Vicks Formula 44 Chesty Cough			yes		yes
Vicks DayQuil Cold & Flu Liquid	yes		yes	yes	
Vicks NyQuil Cold & Flu Liquid	yes	yes	yes		
Vicks Nyquil Cough		yes	yes		

* Tylenol cough, cold and flu products may not be available due to problems found in manufacturing facilities until further inspection and approval by the FDA.