

Revised section

Chapter	Page	Heading/subheading	Update information
4	73	Decongestants/Oral decongestants	<p>New products:</p> <ul style="list-style-type: none"> • Advil Congestion Relief combines an analgesic (ibuprofen 200 mg) and a decongestant (phenylephrine 10 mg) in a single tablet for symptomatic relief of pain from sinus congestion. This product is not to be used in children less than 12 years of age. Warnings and dosing directions for ibuprofen and phenylephrine that appear in Chapter 4 and Chapter 5 must appear on the product label. • Advil Allergy Sinus Caplets combines an analgesic (ibuprofen 200 mg) and a decongestant (pseudoephedrine 30 mg) in a single tablet for relief allergy symptoms, including pain from sinus congestion. This product is not to be used in children less than 12 years of age. Warnings and dosing directions for ibuprofen and phenylephrine that appear in Chapter 4 and Chapter 5 must be on the product label. This product must be obtained from the pharmacist because it contains pseudoephedrine, a drug with the potential for abuse (see page 4).

			<p>References:</p> <p>Available at: www.advil.com/Ourproducts/Advil-Congestion-Relief.aspx. (accessed: November 19, 2010).</p> <p>Available at: www.advil.com/Ourproducts/Advil-Allergy-Sinus.aspx. (accessed: November 19, 2010).</p>
5	96	Oral analgesics/Nonsteroidal anti-inflammatory analgesic/antipyretic drugs/Monograph drugs/Products	<p>Name change: Momentum Muscular Backache is now available as Percogesic Backache Relief</p> <p>New Products:</p> <p>Bayer AM Extra Strength Aspirin. This product contains 500 mg of aspirin and 65 mg of caffeine per tablet for alertness and relief of morning pain. The product is not to be used in children less than 12 years of age. All the warnings and dosing directions for aspirin and caffeine that appear in Chapter 5 must appear on the label.</p> <p>Reference: Available at: http://www.wonderdrug.com/products/es/es_am.htm. (accessed: November 19, 2010).</p>
7	143	Canker sores or aphthous ulcers	<p>New products:</p> <p>Kank-A Soothing Beads. This is a new formulation for applying the local</p>

			<p>anesthetic, benzocaine, to canker sores (aphthous ulcers) in the mouth to relieve pain and discomfort. It is not to be used for cold sores.</p> <p>Each bead contains 3 mg of benzocaine. Five beads are combined as a single dose. The beads are placed on the canker sore and held there until the beads dissolve. The beads should not be swallowed. Dosing may be repeated every 2 hours. Only a caregiver should administer the drug in children less than 12 years of age, and the product should not be used in children under 2 years of age.</p> <p>Warnings and adverse reactions of benzocaine are the same as those discussed on page 145.</p> <p>Reference:</p> <p>Available at: http://www.blistex.com/other-blistex-brands/kank-a/kank-a-soothing-beads. (accessed: November 29, 2010).</p>
	145	Toothache and teething pain products	<p>Addition to the chapter:</p> <p>The FDA issued a consumer warning for Hyland’s Teething Tablets, a homeopathic product used for teething pain and discomfort. The tablets</p>

		<p>contain belladonna, an anticholinergic drug, which can cause serious adverse effects if taken in large doses. Belladonna is derived from the plant commonly known as Deadly Nightshade. Adverse affects include increased heart rate, increased body temperature, dry mouth, flushing of the skin that produces redness, constipation, dilated pupils, agitation and possible hallucinations. The company voluntarily recalled the product.</p> <p>Because this is a homeopathic product, the FDA did not evaluate its safety or efficacy. The FDA advises consumers not to use the products and discard it. This warning is of great concern because homeopathy's main principle is that of serial dilution of ingredients to produce infinitesimal doses. Manufacturers of homeopathic products advertise the safety of their products and their lack of adverse effects. (Chapter 1 discusses the principles of homeopathic medicine.)</p> <p>Reference: Hyland's Teething Tablets: Questions and Answers.</p> <p>Available at:</p>
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			http://www.fda.gov/ForConsumers?ConsumerUpdates/ucm230762.htm . (accessed: October 25, 2010).
9	201	Smoking cessation products/Nicotine replacement products	Name change: Committ lozenge for smoking cessation have changed the name to Nicorette lozenge.
	206	Memory loss and dementia/Ginkgo biloba	Update on <i>Ginkgo biloba</i> . Data from the original clinical trial that evaluated the effect of <i>Ginkgo biloba</i> did not find any difference between ginkgo and placebo in dementia prevention from all causes, including Alzheimer’s disease. A further analysis of the data looked at a secondary outcome of this study to determine if there was any change in the rate of cognitive decline during the 6 years of the study in normal individuals and those who had mild cognitive decline. There were no differences in memory, language, visual–spatial acuity, attention span, or the ability to perform executive functions between those who received 120 mg ginkgo twice a day or a placebo.

			Reference: Snitz BE, O'Meara ES, Carlson MC, <i>et al.</i> <i>Ginkgo biloba</i> for preventing cognitive decline in older adults. <i>JAMA</i> . 2009; 302: 2663–2670.
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