



Take Back Your Health
Take Back the Love
Take Back the Fun
Take Back Your Faith
A Health Ministry of the Philadelphia 7th Day
Adventist Church, Burlington, NC

What's In Your Medicines?

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The Summer of 2018, especially August has been brutal for recalls of medicines taken by millions of people worldwide including the US, Japan, United Kingdom (UK), European Union countries, and Canada. The US Food and Drug Administration (FDA) has recalled multiple recalls due to contamination of Valsartan with NDMA. N-nitrosodimethylamine (NDMA), a substance marked as a possible carcinogen based on laboratory tests, had been found in excessive quantities in the valsartan active substance manufactured by Zhejiang Huahai Pharmaceuticals. Valsartan is a 1st choice blood pressure medicine as it protects kidney function with fewer side effects and is used to treat heart failure. This is important to people with diabetes or mild kidney dysfunction. As of the week of August 26, the recall now includes 5 manufactures based in China and India for the production of the active substance in Valsartan.

The FDA also had another update on another blood pressure medicine this week. It was reported that the most prescribed diuretic blood pressure medicine, HCTZ, actually contained a totally different medicine entirely!

What to do?

- It is believed that the NDMA contamination of Valsartan has been present in generics for up to 4 years. **DON'T** suddenly stop taking your medicines as you coordinate with your physician and pharmacists to obtain alternatives that either do not contain the NDMA impurity or contain the correct chemical.
- Sign up for the email FDA recall list or visit www.fda.gov each day to find the latest update on lot# affected and those NOT affected by the recalls.

www.fda.gov summary update on some recalls this month

Date	Product Description	Reason/ Problem	Company
08/27/2018	Accord Hydrochlorothiazide (HCTZ) Tablets USP 12.5 mg Lot PW05264 – 46632	Labeling mix-up/may contain Spironolactone Tablets	Accord Healthcare Inc.
08/27/2018	Children's Advil Ibuprofen Oral Suspension	Dosage cup has incorrect measurement markings	Pfizer, Inc.
08/23/2018	Torrent Valsartan/Amlodipine/HCTZ; Valsartan/Amlodipine; and Valsartan tablets	Impurity detected in the API is N-nitrosodimethylamine (NDMA)	Torrent Pharmaceuticals Ltd.
08/17/2018	Torrent Valsartan/Amlodipine/HCTZ Tablets	Impurity detected in the API is N-nitrosodimethylamine (NDMA)	Torrent Pharmaceuticals
08/09/2018	Westminster Pharmaceuticals Levothyroxine and Liothyronine (Thyroid Tablets, USP) 15 mg, 30 mg, 60 mg, 90 mg, & 120 mg	Risk of Adulteration	Westminster Pharmaceuticals, LLC
08/08/2018	CVS Health 12 Hour Sinus Relief Nasal Mist	Product was found to contain Pseudomonas aeruginosa	Product Quest Manufacturing ("Product Quest")
08/08/2018	Camber Pharmaceuticals Valsartan Tablets, USP, 40mg, 80mg, 160mg and 320mg	Detection of trace amounts of N-Nitrosodimethylamine (NDMA)	Camber Pharmaceutic

What are some natural alternatives to help lower blood pressure?

Reduce stress (pray)

Avoid junk "food" to control your sodium intake

Hibiscus tea/Sorrell

Increase activity you enjoy

Garlic

Turmeric

Eat more fruits, vegetables and NATURALLY occurring high fiber foods **HAVE FUN every other day!**

The Take Back Tour Health Ministry is the health ministry of the Philadelphia 7th Day Adventist Church in Burlington, NC. Visit us at www.thetakebacktour.com

Deuteronomy 31:6 (NIV) Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”

C F Z N Q X F W L Q L W G W A
 A O I T A X D M L L A P I R M
 R V N B C L A S A A U O V E D
 C Y U T E H T C U Q G E I Y N
 I Y W P R R T E C S H Q Z A G
 N T B L O O D P R E S S U R E
 O I E U S L L S X N K O W P L
 G V T E L Z U C Y W A N M I A
 E I D I T C I L R A G T Y P T
 N T P N S P T U R M E R I C I
 B C S I I N A T R A S L A V N
 P A B E P E E L S G A H G F E
 M I N S O D I U M C E P U K U
 H T J I N C R E S T Q N I E E
 S O B Q Y I V K L G U H T B O

ACTIVITY
 ALTERNATIVE
 API
 BLOOD PRESSURE
 CARCINOGEN
 CONTROL
 EXCIPIENTS
 FDA
 FIBER
 FUN
 GARLIC
 GELATIN
 HCTZ
 HIBISCUS
 LACTOSE
 LAUGH
 NDMA
 PILL
 PRAYER
 REST
 SLEEP
 SODIUM
 TURMERIC
 VALSARTAN

HEY! DID YOU KNOW?

- **API = active pharmaceutical ingredient**
- **EXCIPIENTS =the inactive ingredients with no medical benefit**
- Inactive ingredients in medicines such as lactose, artificial colors/dyes, and artificial sweeteners can affect your reaction to a medication.
- If you are vegan beware of LACTOSE or gelatin (pork skin source in North America) in most pill formulations. Look for vegan capsules to avoid gelatin.
- If you have dairy intolerance or lactose intolerance, avoid medicines that contain lactose (anhydrous, monohydrate or any other forms) as much as possible.
- To obtain dye-free, lactose-free over the counter NSAIDS or antihistamine allergy medicines may mean using dye-free children’s liquid formulations. Note the dose for your age and body weight. ASK – ASK-ASK your pharmacist for help with dosing if needed.
- Talk with your physician or your pharmacist to find the best solution for you.
- Even homeopathic and natural medicines you find at health food stores could contain inactive ingredients that are not compatible with your body.
- READ-READ-READ!! All ingredients. If you need help-ASK!
- Common Excipients that are usually plant sourced include pregelatinized starch (cooked and dried corn, potato or tapioca starch; ASK if you need Gluten Free), candelilla wax (vegan plant based alternative to beeswax)

References

- <https://www.peoplespharmacy.com/2018/08/09/the-valsartan-recall-disaster-keeps-getting-worse-not-better/>
- www.fda.gov/drugs/drugsafety/ucm613916.htm
- <https://www.gov.uk/government/news/blood-pressure-and-heart-medication-recalled-from-pharmacies>
- Page, A., & Etherton-Beer, C. (2018). Choosing a medication brand: Excipients, food intolerance and prescribing in older people. *Maturitas*, 107, 103-109. DOI: 10.1016/j.maturitas.2017.11.001

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