



HEALTH & WELLNESS

NEWSLETTER

3rd
ISSUE



 
RHO Phyto™
Deep Tissue Gel

W: Do not swallow or apply internally or to broken or itching skin. There may be health effects associated with cannabis topicals that are not fully known.

GARDE: Ne pas avaler ni appliquer sur une surface éraflée, irritée ou en proie à une lésion. Il peut y avoir des effets sur la santé associés au cannabis pour usage topique qui ne sont pas connus ou compris.



Bslhealthandwellness

For Healthcare Practitioners

Ethical Pharmaceuticals

Why Is Rho Phyto™ The Best Medical Cannabis Option For Your Patients?

RHO Phyto's unique formulations have undergone extensive research and development to create a line of products that meet the quality and consistency standards that patients and physicians should expect of medical cannabis products.

RHO Phyto products are discrete, odorless, with controlled dosing and designed for easy titration. Products have been optimized with advanced formulations for higher absorption, faster onset, and long-term stability.



Advanced Formulations
Better taste, faster acting, higher bioavailability



Rigorous in vitro analysis
to ensure product stability, precise delivery, and consistency



Further Validation
Optimization in pre-clinical and pharmacokinetic studies



Full Formulary
Sublingual spray & oil drops

All RHO Phyto products are made under Good Manufacturing Practices (GMP) with adherence to strict standards for pharmaceutical quality.

USING THE RHO PHYTO PRODUCT RANGE

Medical cannabis has been used for a variety of therapeutic indications with a primary focus on symptom management. Mounting evidence suggests the potential for treating symptoms of several conditions, including the following:



Epilepsy syndromes



Parkinson's disease



Multiple sclerosis



Post-traumatic stress disorder (PTSD)



Chronic pain



Neuropathic pain



Osteoarthritis



Acute pain



Cancer induced nausea and vomiting

Each of the above conditions are often present with one or more condition(s) – known as comorbidities – such as anxiety, depression, appetite, and sleep disturbances. Evidence has shown that medical cannabis can also help relieve comorbidities that are associated with health outcomes.

Selection of delivery mechanism based on time of action		
	Slow-Acting Long-Lasting	Fast Acting Moderate Lasting
RHO Phyto Formulary	Micro-Drops	Rapid Act Spray

ADVANCED FORMULATIONS CHARACTERISTICS

RHO PHYTO'S MICRO DROPS



- Unique flavour profile of blood orange
- Advanced formulation for higher absorption and faster onset compared to basic MCT oil products
- Designed for long-lasting effect
- Cannabinoid stability equal to 2 years at room temperature

Onset Time: slow-acting

Response Length: long-lasting

THC to CBD Ratio (w/w)	Product Name	Size	THC per mL	CBD per mL	Total THC	Total CBD
1 THC: 4 CBD	Micro Drop 5:20 CBD	30 mL	5 mg	20 mg	150 mg	600 mg

RHO PHYTO'S RAPID ACT SPRAY



- Unique flavour profile of lemon-mint, discrete, easy to use and convenient.
- Delivery Platform through sublingual tissue
- Higher absorption and faster onset compared to basic MCT oil sprays
- Designed for long-lasting effect
- Cannabinoid stability equal to 1 year at room temperature
- Onset Time: fast-acting
- Response Length: shorter-lasting

THC to CBD Ratio (w/w)	Product Name	Size	THC per mL	CBD per mL	Total THC	Total CBD
1 THC: 20 CBD	Rapid Act Spray 2:40 CBD	15 mL	2 mg	40 mg	30 mg	600 mg
1 THC: 2 CBD	Rapid Act Spray 10:20 CBD	15 mL	10 mg	20 mg	150 mg	300 mg

1. Health Canada. (2018). Information for health care professionals - Cannabis (marihuana, marijuana) and the cannabinoids.(180312)Retrieved from Health Canada Website: <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/information-medical-practitioners/information-health-care-professionals-cannabis-cannabinoids.html>

2. Canadian Pharmacists Association. (2019). RE: Consultation on Potential Market for Cannabis Health Products that would not require Practitioner Oversight. 1-3 p.

RHO Phyto

Product Information



Baxter Spectrum IQ Infusion System



SPECTRUM IQ INFUSION SYSTEM FOR HOSPITAL CARE

The Spectrum IQ Infusion System strives to set a new standard of care in the medication administration process, while also offering a simple, standardized user experience to help reduce human programming errors.

The Spectrum IQ Infusion System builds upon proven Spectrum infusion pump technology and our comprehensive approach to patient safety to make drug library compliance, protection for high-risk infusions and auto-programming consistently achievable for health systems.

Advancing Electronic Medical Record (EMR) Integration
The Spectrum IQ Infusion System is intelligently designed to simplify EMR integration with key features including on-screen barcode technology with scan prompts the broadest range of auto-programming workflows and feature sets to help drive consistent compliance; intuitive workflows to confirm IV infusion tasks to help increase successful pump association and automatically document infusion data; Line Check Notification technology to help clinicians visually identify that the correct medications are associated with the IV pump that is infusing.¹

A COMPREHENSIVE APPROACH TO SAFETY

The Spectrum IQ Infusion System automatically defaults to the installed drug library and wirelessly updates the drug library, without requiring clinicians to take extra steps to use pump safety features. Spectrum IQ Infusion System customers achieve an average of 97 percent drug library compliance within 1 month of implementation.² Only Spectrum infusion pumps have titration error prevention enabled through a built-in Dose/Rate Change Alert feature designed to intercept manual and auto-programmed dose or rate changes that could be inaccurate and potentially harmful. Continuous quality improvement (CQI) analysis and pump data management capabilities are designed to help ensure the drug library supports clinical practice.

A FOCUS ON EFFICIENCY

Only the Spectrum IQ Infusion Systems offer the built-in DeviceVue Asset Tracking Application, which displays both pump status and location data on a PC, tablet or smartphone without the need to interface with third party real-time location systems or be associated with an external tag.

Spectrum IQ Infusion Systems with single set technology may help deliver efficiency improvements and cost savings. Single set technology can yield up to 53 percent cost savings in IV tubing sets and up to 30 percent reduction in IV tubing usage,³ and may reduce the number of setups and set changes, which can decrease the risk of touch contamination.

REFERENCES:

1. Smart Pump EMR Interoperability Report. Orem, UT: KLAS Research; 2017. Available at: <http://klasresearch.com>.
2. Data on file. Baxter Healthcare Corporation. DERS new implementation compliance data 2015.
3. Data on File. Baxter Healthcare Corporation. Total cost of ownership - Standard set technology inventory and cost reduction data 2011-2013.

Baxter Dialysis

Chronic kidney disease (CKD) is common and harmful: 1 out of 10 adult people worldwide have it, and if left untreated it can be deadly. While early detection allows for disease care and management to help prevent morbidity and mortality, and improve cost effectiveness and sustainability, kidney disease related mortality continues to increase yearly and is projected to be the 5th leading cause of death by 2040. A persistent and ongoing CKD knowledge gap exists, one that is demonstrable at all levels of healthcare;

- **The community** - Obstacles to better kidney health understanding include the complex nature of kidney disease information, low baseline awareness, limited health literacy, limited availability of CKD information, and lack of readiness to learn.
- **The healthcare worker** - Another barrier to overcome in order to ensure greater awareness is a more focused education of physicians, as they are in charge of the patients' medical condition.
- **The public health policy makers** - Finally, CKD is a global, public health threat but is typically low on government health agendas with political commitments on non-communicable disease programs concentrating predominantly on four main diseases - cardiovascular disease, cancer, diabetes and chronic respiratory disease.

This knowledge gap is stifling the fight against kidney disease and increasing the inherent associated mortality. The WKD Joint Steering Committee calls for everyone worldwide to not only be aware of the disease, but to actively know what their own kidney health measures

are. It is a cause that involves all of us in the kidney community worldwide — physicians, scientists, nurses and other health-care providers, patients, administrators, health-policy experts, government officials, nephrology organizations, and foundations. All need to be aware of the ways in which more attention to the kidney in the setting of government policies can lead to major benefits both to patients and to health-care budgets.

Moreover,

- Encourage the general public to adopt healthy diet and lifestyles (access to clean water, exercise, healthy diet, tobacco control, and climate change prevention) to maintain good kidney health, preserve kidney function longer in those with CKD, and increase awareness of the importance of kidneys
- Extend kidney patient education (including practical advice on diet and lifestyle) to empower patients, their care-partners, and their support systems to achieve the health outcomes and life goals that are meaningful and important to those with CKD including kidney failure
- Integrate CKD and kidney failure prevention into national non-communicable disease programs for comprehensive and integrated services, which are essential in improving the early detection and tracking of kidney care at country level
- Discuss the impact of kidney disease and kidney failure on health and the healthcare budgets/systems to encourage the adoption of policies and allocation of resources which tackle the global burden of kidney disease and ensure living well with kidney disease



DDAVP® (Minirin®) Melt (Desmopressin Oral Lyophilisate)

QUALITATIVE AND QUANTITATIVE COMPOSITION

Each oral lyophilisate Minirin®120 micrograms contain 135µg desmopressin acetate equivalent to 120µg desmopressin

THERAPEUTIC INDICATIONS:

- Treatment of primary nocturnal enuresis (from 5 years of age)
- Symptomatic treatment of nocturia (at least twice a night urine production) in adults, in connection with nocturnal polyuria
- Central diabetes insipidus

POSODOLOGY AND METHOD OF ADMINISTRATION

- Sublingual use

PRIMARY NOCTURNAL ENURESIS

The recommended starting dose is 120µg at bedtime, administered sublingually. If the dose is not effective enough, an increase of up to 240µg per sublingual route can be considered. Restriction of fluid administration should be observed during the treatment with Minirin® Melt.

NOCTURIA WITH NOCTURNAL POLYURIA

For treatment of nocturia, the recommended initial dose is 60µg desmopressin at bedtime. If this dose is not sufficiently effective after one week, it may be increased to 120mcg and subsequently to 240µg by weekly dose escalations. Reductions of nocturnal fluid supply should be observed. In nocturia patients, a frequency/volume chart should be used to diagnosed nocturnal polyuria for at least 48 hours before starting treatment. A night-time production exceeding the functional bladder capacity of 1/3 of the 24-hour urine production is regarded as nocturnal polyuria.

CENTRAL DIABETES INSIPIDUS

The desmopressin dose in CDI should always be individualized in the range of 120µg to 720µg administered sublingually. This dosage regimen should be adjusted according to the patient's response measured by diuresis and urinary osmolarity.

The initial dosage for adults and children should be around 60mcg, 3 times daily and then adapted to patient's individual reaction.

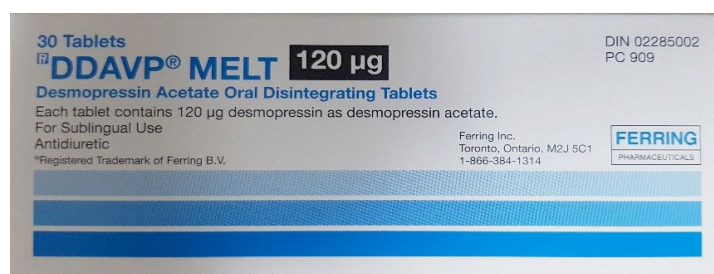
GENERAL BENEFITS OF TREATMENT WITH MINIRIN® MELT

- Easier to administer than nasal forms.
- In general, the Melt formulation is highly accepted, especially among pediatric population (children between 5 and 11 years old).
- Instantly dissolves in the mouth.
- Has similar levels of efficacy and safety, with lower doses than tablets because it is more bioavailable
- Does not require water intake and is associated with increased compliance.
- Less absorption variability secondary to changes in the nasal mucosa.
- Avoid adverse events of the nasal forms (e.g., epistaxis).
- Avoid nasal congestion problems that can affect the effectiveness of the nasal forms.

CONTRAINDICATIONS

Minirin is contraindicated with:

- hypersensitivity to desmopressin or any of the other ingredients of the medicinal product
- habitual or psychogenesis polydipsia (resulting in urine production exceeding 40mg/hg/24 hours), polydipsia in alcoholics
- known or suspected cardiac insufficiency
- conditions that require therapy with diuretics
- renal insufficiency with a creatinine clearance below 50mL/min



SOURCES:

1. DDAVP MELT, Summary of Product Characteristics Updated 25-Jul-2012 Ferring Pharmaceuticals Ltd, UK.
2. Ferring Pharmaceuticals Minirin Melt. Monografía de Producto, 2012.

Bryden Stokes Ltd. is the authorized Distributor for the following Pharmaceutical Manufacturers:

Aspen Global

Janssen

Baxter

Boehringer Ingelheim

Duchesnay

Eli Lilly

Ferring Pharmaceuticals

MSD

Mundipharma

Novartis Sandoz

Pfizer

Servier Laboratoires

Patient Medication Review Tips- Ensuring Patient Safety

Medication Information

Obtain or verify a list of the patient's current medications.

You should inquire about:

- Prescription medications
 - Was this drug purchased from an authorized distributor?
- Over-the-counter (OTC) drugs (vitamins, herbal supplements/nutraceuticals)

Full dosing information should be captured, if possible, for each medication. This includes:

- Drug name, Strength, Formulations, Dosing, Route of administration and Frequency

Basic Drug Inspection. What should You check for?

- Product insert and packaging must be in English
- If the drug is switched, ensure that the drug contains the same active ingredient as the brand prescribed previously
- Colour of tablets may change
- Product must always be intact and not crumbling
- Security seal must be intact where applicable
- Manufacturing date, expiration date and lot number on box must match blister pack, bottle, tube etc.
- **Unusual fonts**, font sizes, print colour and spelling errors
- Traceable manufacturer's address i.e. exact location and not just country.
 - Was the drug manufactured for this climate/temperature zone? If a drug is manufactured according to European standards (eg. Turkey) there is no guarantee that this drug will be efficacious and stable in our region.

Medication History

Incorporating various types of "probing questions" into the patient interview may help trigger the patient's memory on what medications they are currently taking.

Here are some suggestions:

- Use both open-ended questions (e.g., "What do you take for your high cholesterol?") and closed-ended questions (e.g., "Do you take medication for your high cholesterol?") during the interview.
- Ask patients about routes of administration other than oral medicines (e.g., "Do you put any medications on your skin?"). Patients often forget to mention creams, ointments, lotions, patches, eye drops, ear drops, nebulizers, and inhalers.
- Ask patients if their doctor recently started them on any new medicines, stopped medications they were taking, or made any changes to their medications.
- Asking patients to describe their medication by color, size, shape, etc., may help to determine the dosage strength and formulation.

Pharmacovigilance (Adverse Event Reporting)

- If a patient has taken a drug and experiences an un-wanted symptom, please report these side effects to the Drug Information Centre at Barbados Drug Service.

Medical Equipment and Supplies

DeRoyal - Multidex Powder and Gel



- For use on most wound types, including infected hard-to-heal wounds
- Non-toxic and not systemically absorbed
- Helps to control odor while decreasing purulent exudate
- Penetrates all wound irregularities to fill tunneling and undermining
- Softens necrotic tissue to facilitate debridement maltodextrin hydrogel wound dressing

MULTIDEX® POWDER MALTODEXTRIN POWDER WOUND DRESSING

Features

- Maltodextrin NF wound dressing is clinically proven to maintain a moist environment beneficial for granulation tissue growth and epithelial proliferation
- Quickly fills wound site, rapidly mixing with exudate to form a protective coating that maintains an ideal moisture balance to protect against dehydration
- For use on most wound types, including infected hard-to-heal wounds
- Non-toxic and not systemically absorbed
- Helps to control odor while decreasing purulent exudate
- Penetrates all wound irregularities to fill tunneling and undermining
- Softens necrotic tissue to facilitate debridement

MULTIDEX® GEL MALTODEXTRIN HYDROGEL WOUND DRESSING

Features

- A hydrophilic Maltodextrin NF wound dressing clinically proven to maintain a moist environment beneficial for granulation tissue growth and epithelial proliferation
- Quickly fills wound site, rapidly mixing with exudate to form a protective coating that maintains an ideal moisture balance to protect against dehydration

INDICATIONS FOR MULTIDEX GEL AND POWDER

Venous stasis ulcers, Dermal ulcers, Partial and full thickness wounds, Arterial ulcers, Abdominal wounds, Infected wounds, Superficial wounds, Pressure ulcers, Dermal injuries, Second degree burns, Donor sites, Diabetic ulcers

Contraindications for Multidex Gel and Powder
Do not use on third degree burns

ulcer before multidex®



ulcer after treatment



ulcer almost healed



Consumer Healthcare

Differin® Gel

DIFFERIN® (ADAPALENE) GEL, 0.3%

FAST, POWERFUL EFFICACY FOR CHALLENGING ACNE

FDA-approved Differin® Gel, 0.3% provides physicians with a more potent formulation of adapalene that is efficacious enough to treat moderate to moderately-severe acne, while still providing a favorable side effect profile.



BEFORE

AFTER

Acne vulgaris, the appearance-altering skin disease, can cause serious physical and emotional scarring if not treated appropriately.

According to therapeutic treatment guidelines published in the Journal of the American Academy of Dermatology, prescription topical retinoids, such as adapalene, should be used as first-line therapy for all acne cases, either alone or in combination with antibiotics. The exception to this is the most severe forms of the disease, which requires more aggressive treatment. In addition, a study published in the May 2006 issue of Archives of Dermatology, found that patients who are able to manage severe acne with a combination of antibiotics and topical retinoids are often able to maintain their clear skin by using gels alone after discontinuing use of antibiotics. Prolonged use of antibiotics can often lead to antibiotic resistance.

HOW DIFFERIN® GEL WORKS

Differin® Gel is a clear gel that is odorless, oil-free, and alcohol-free. Differin® Gel is applied directly to the face or affected area and is thought to work deep inside the pores to control the cause of the buildup that leads to the formation of acne. Differin® Gel normalizes the

improper accumulation of skin cells that plug the pores and effectively keeps them clear. Pores then begin to function normally again. Differin® Gel not only helps to prevent the formation of new acne lesions, but also helps the lesions that are already present.

Unlike a spot treatment that's used only when needed, Differin® Gel can work when applied to the entire face once daily, to help prevent breakouts before they start. For the best experience, it should be used as part of a daily skincare routine of powerful-yet-gentle products, including the Differin® Gentle Cleanser, Differin® Pore Refining Toner, and the Differin® Soothing Moisturizer. Cetaphil cleansers and moisturizers are also gentle enough for daily use.

WHAT MAKES DIFFERIN® SO...DIFFERENT

Differin® Gel is shown in studies to have superior tolerability compared to other prescription retinoid products not containing adapalene and it uniquely provides treatment benefits that are ideal for adult skin.²

Adapalene has a unique mechanism of action. Retinoids are believed to be beneficial because of their ability to affect the various proliferative and inflammatory mediators involved in acne. Retinoids act through retinoid acid receptors (RARs) to regulate the proliferation and differentiation of epidermal cells that are critical to acne pathogenesis.



BEFORE

AFTER

Differin® Gel ^{con't}

Retinoids in the past, such as tretinoin, showed molecular instability when exposed to factors such as daylight.² The incorporation of naphthoic acid aromatic rings provides adapalene with stability to both light and oxygen.^{2,4}

Benefits of adapalene include:

1. Regulating skin cell turnover to keep pores from clogging
2. Acting as an anti-inflammatory agent to reduce acne redness and swelling at the source
3. Restoring skin tone and texture by clearing acne

In five original pivotal studies, adapalene was shown to provide treatment benefits ideal for adult skin:

4. Proven efficacy³
5. Safe and well-tolerated^{2,3}
6. Minimal cutaneous irritation compared to tretinoin^{2,3}

Differin® Gel, 0.3% is available by prescription only. Differin® Gel, 0.1% will soon be available in a retail-friendly OTC presentation.

Sources:

1. Multi-sponsor Surveys, Inc. 2016 Gallup Study of the Market for Acne Products Among Young Adults. <http://www.multisponsor.com/wp-content/uploads/2016/08/Acne-Products-Among-Young-Adults-16004.pdf>. Accessed 12/15/17.
2. Czernielewski J, Michel S, Bouclier M, Baker M, Hensby C. Adapalene biochemistry and the evolution of a new topical retinoid for treatment of acne. J Eur Acad Dermatol Venereol. 2001;15(suppl 3):5-12.
3. Data on file. Galderma Laboratories, L.P.
4. Weiss JS, Shavin JS. Adapalene for the treatment of acne vulgaris. J Am Acad Dermatol. 1998;39(2, pt 3):S50-S54.
5. Staff Writer. (2007, June 20). FDA approves differin (adapalene) gel, 0.3% for acne. Galderma. Retrieved January 19, 2022, from <https://www.galderma.com/news/fda-approves-differin-adapalene-gel-03-acne>

THE DIFFERIN® APPROACH

TAKE A DIFFERENT APPROACH TO CLEARING—AND PREVENTING—ACNE.

Step 1: Cleanse - tender enough that it won't dry out or strip skin of its natural oils or emollients, but tough enough to remove dirt, makeup and other impurities.

Step 2: Tone - removes pore-clogging impurities while minimizing the appearance of pores; paraben-free, alcohol-free, non-comedogenic, & dermatologist-tested

Step 3: Moisturize - absorbs easily and immediately to help restore your skin's natural moisture barrier.



Prevent OR CURE YOUR ACNE!





PLACE YOUR ORDERS !

CONTACT DETAILS

To place orders, please contact:


Bryden Stokes Ltd Customer Service Centre at:

1 (246) 467-2210 / 2313 / 2316

For any queries, please contact:

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