

HEALTH STARTS IN THE MOUTH

Oral health is intimately related to overall health. In fact, many diseases begin in the mouth. Chronic inflammation of the gums and oral mucosa is linked with increased inflammation throughout the body, and this is a risk factor for heart disease, diabetes, cancer and other conditions. Plus, it's a two-way street. Systemic diseases and an unhealthy lifestyle also contribute to poor oral health.

That's why tending to your oral health and working with a dentist who recognizes these connections is essential. At Physicians Preference Pharmacy, we recommend seeking a Biological and Integrative Dentist who understands the mouth-body connection, is trained in safe mercury amalgam removal techniques and practices a preventive approach. (See page 2 for dentist referrals.)

Natural Approaches to Oral Disorders

Dental cavities and periodontitis (gum disease) are the most common problems affecting the mouth and teeth, and they can usually be prevented and treated with scrupulous dental hygiene, regular professional cleanings, fillings, scaling and other periodontal treatments, and restorative work.

For other conditions, however, pharmaceuticals are often prescribed. Physicians Preference Pharmacy focuses on providing innovative compounded prescription-strength products that

bypass the need for unnecessary medications, which have a lengthy list of side effects.

Let's discuss these compounded products as alternative approaches to four oral health concerns. Each of these conditions is different, yet they may all be related to underlying health conditions.

TMJ/Migraines

Complaints of temporomandibular joint (TMJ) pain or migraines often occur following periods of prolonged stress or trauma, and acute stress frequently triggers flare ups. Symptoms of TMJ pain, stiffness ("lockjaw"), muscle tightness and migraines often present as a cluster of symptoms. Therefore, we have developed a topical cream to address these symptoms.

This cream contains two active ingredients: magnesium chloride (MgCl) and BPC-157. Magnesium is renowned for its ability to relax the muscles and decrease muscle spasms, and BPC-157 is a peptide that reduces inflammation in the joint and muscle tissue. This compounded topical cream is a safe and effective alternative to the commonly prescribed muscle



HOW TO ORDER

You may place refills:

📞 281.828.9088

👉 [physicianspreferencerox.com](https://www.physicianspreferencerox.com)



Download the **Refill Pro app** on Google Play or the App Store and enter our number: 877.640.5248.

TAKE A VIRTUAL TOUR

👉 [An inside look at our new compounding labs](#)

Physicians Preference Pharmacy standards are more stringent than those of the United States Pharmacopeia (USP). In addition to onsite weight testing, we send multiple samples per week to an outside laboratory for potency testing. Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.

Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with doctors and ship to patients in 49 states (excludes NV).

relaxers and steroids used to mask symptoms of these conditions.

Compound: MgCl/BPC-157
Topical Cream for TMJ/Migraines

Oral Thrush

Oral thrush produces sore white patches and lesions in the mouth, usually on the tongue and cheeks. Caused by overgrowth of *Candida albicans* yeast or fungus, it generally affects people who are immunocompromised, have poor gut health or are receiving cancer treatment or prolonged courses of steroids. Rapid treatment of oral thrush is crucial to decrease further risk of infection.

Nystatin is a popular treatment for yeast/fungal overgrowth, but not all nystatin products are created equally! Many commercially available nystatin products contain sugar, which is counterintuitive since yeast feeds on sugar. Our Nystatin Suspension, which coats the mouth and treats candida overgrowth, is sugar-free, dye-free and paraben-free.
Compound: Nystatin 100,000 IU/mL Suspension for Oral Thrush

Burning Mouth Syndrome

Burning mouth syndrome is described as a burning, scalding, tingling feeling affecting the tip and the sides of the tongue, lips and palate. Although the exact cause is unknown, burning mouth syndrome is seven times more common in women than men and occurs primarily in the years just prior to and following menopause. This suggests a link with hormonal deficiencies surrounding the menopausal transition.

In addition to sufficient hormonal replacement, our Salicylic Acid Mouthwash helps to alleviate the pain associated with burning mouth syndrome while retaining moisture in the oral tissues. This compounded mouth rinse should be considered before

agreeing to anticonvulsant drugs and antidepressants, which are commonly prescribed to mask the symptoms of this condition.

Compound: Salicylic Acid
Mouthwash for Burning Mouth Syndrome

Oral Mucositis

Oral mucositis is a painful swelling of the oral mucosa. Often a side effect of chemotherapy or radiation treatment, it may also be related to vitamin and mineral deficiencies. In addition to severe pain, open sores and fissures in the mouth increase the risk of infection, particularly for those who are immunocompromised.

Zinc plays an important role in maintaining the integrity of the skin and mucous membranes and enhancing tissue healing. Zinc reduces oxidative stress and inflammation and enhances immune defenses and wound healing. Studies suggest zinc may help reduce infection or fatigue in some patients undergoing chemotherapy. Rather than prescription steroids, which are commonly used for oral mucositis, Zinc Sulfate Mouthwash naturally nourishes the tissues and supports the immune response.

Compound: Zinc Sulfate
Mouthwash for Oral Mucositis

An Integral Part of Wellness

TMJ, oral thrush, burning mouth syndrome and oral mucositis are just a few conditions that can be treated without the use of harsh drugs. Health starts in the mouth, and oral health should be an integral part of your wellness program.

Share these safe, effective compounded alternatives to medications with your dentist. For additional information, please contact the pharmacy at **281.828.9088**. We look forward to the privilege of serving you!

BIOLOGICAL AND INTEGRATIVE DENTISTS

The following organizations provide referrals to dentists who practice integrative/biological dentistry, use biocompatible dental products, and are trained in prevention, safe mercury amalgam removal and alternatives to root canals.

The International Academy of Oral Medicine and Toxicology:

iaomt.org/for-patients/search/

Holistic Dental Organization:

holisticdental.org/find-a-holistic-dentist/

Toxic Teeth Organization:

toxiceeth.org/dentistsDoctorsProducts.aspx

Mercury Safe Dentists:

mercurysafedentists.net/

International Academy of Biological Dentistry and Medicine:

iabdm.org/location/

JAW-DROPPING STATISTICS



25 million

root canal procedures are performed annually in the United States.¹

98%

of women with breast cancer have a root canal on the same side of their body as the affected breast.²

46%

of adults over 30 years of age show signs of gum disease, leading to chronic inflammation and increased risk of diseases such as diabetes, heart disease and stroke.³

REFERENCES AT: physicianspreferencex.com/references/