

HEALTH STARTS IN THE MOUTH

We know oral health is important, but that's up to the dentist, right?

This could not be further from the truth. You are focused on helping your patients achieve health and wellness, and you understand that patients don't get sick because they have a low level of pharmaceutical drugs in their blood. They get sick because they are deficient in something, toxic, or their body is out of balance. So why would the mouth present any differently? It doesn't!

TMJ, oral thrush, burning mouth syndrome and oral mucositis are just a few conditions that can be treated without the use of harsh pharmaceuticals, which bear a lengthy list of side effects. Each of these conditions carries unique pathophysiology, yet they all present an opportunity to screen for the root causes of underlying health conditions. Health starts in the mouth, and oral health should be an integral part of your patient intake process.

Physicians Preference Pharmacy focuses on providing integrative, biological and functional practitioners with compounded prescription-strength products for their patients, helping them feel healthy and well, without the use of unnecessary medications. Let's discuss these compounded products as alternative approaches to common oral health concerns.

TMJ/Migraines

Compound: MgCl 10%/BPC-157 0.01% cream

Complaints of temporomandibular joint (TMJ) pain or migraines typically occur following prolonged stress or trauma in the patient's life, which frequently precipitates the pain. Symptoms of TMJ pain, stiffness ("lockjaw"), muscle tightness and migraines commonly present as a cluster of symptoms.

Therefore, we have developed a topical cream containing both MgCl and BPC-157 to relax the head and neck muscles, decrease muscle spasms (MgCl) and reduce inflammation in the joint and muscle tissue (BPC-157). Consider this compounded topical cream as an alternative to the commonly prescribed muscle relaxers and steroids used to mask symptoms.

Oral Thrush

Compound: Nystatin 100,000 IU/mL suspension (sugar-free, dye-free, paraben-free)

Oral thrush produces white, sore patches and lesions in the mouth, usually on the tongue and cheeks, resulting from opportunistic overgrowth of the *Candida albicans* fungus. Oral



HOW TO ORDER

Call or fax your prescriptions:

 Fax 281.828.9669

 Tel 281.828.9088

NEED SUPPLIES?

For Rx sheets, product catalogs, and supportive materials, please call or email us:

 281.828.9088

 pharmacy@physicianspreferencrx.com

 [physicianspreferencrx.com](https://www.physicianspreferencrx.com)

TAKE A VIRTUAL TOUR

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



ACCREDITED

Physicians Preference Pharmacy is a Houston-based, PCAB-accredited compounding pharmacy serving physicians and patients since 2001. We are licensed to work with and ship to doctors and patients in 49 states (excludes NV). Our standards are more stringent than those of the United States Pharmacopeia (USP). Physicians Preference Pharmacy ranks first in Houston for the number of samples sent for potency testing and in the top 8% of pharmacies nationwide.



thrush generally occurs in the immunocompromised, those with poor gut health, individuals receiving cancer treatment and patients on prolonged courses of steroids. Rapid treatment of oral thrush is crucial to decrease further risk of infection.

Nystatin is a popular treatment for candida, but not all nystatin products are created equally! Many commercially available nystatin products contain sugar, which is counterintuitive to our goal of treating candida overgrowth, as the yeast feeds further on sugar. Rather than using sugar-containing nystatin, consider our sugar-free, dye-free and paraben-free Nystatin Suspension to coat the mouth and treat candida overgrowth.

Burning Mouth Syndrome **Compound: Salicylic Acid 0.3%** **Mouthwash**

Burning mouth syndrome is described as a burning, scalding, tingling feeling affecting the tip of tongue, lips, lateral tongue and palate. Although it is considered idiopathic in nature, burning mouth syndrome occurs with a 7:1 incidence in women to men and primarily affects postmenopausal women, presenting three years prior to 12 years following menopause.¹ This begs the question of its relation to 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 tissue. Consider compounded Salicylic Acid Mouthwash instead of the commonly prescribed anticonvulsants and antidepressants used to mask the repercussions of this condition.

Oral Mucositis **Compound: Zinc Sulfate 0.2%** **Mouthwash**

Oral mucositis is a painful swelling of the oral mucosa, occurring for several reasons ranging from vitamin and mineral deficiencies to chemotherapy or radiation treatment. Open sores and fissures in the oral tissue put patients, particularly those who are immunocompromised, at increased risk for infection.

Zinc plays an important role in maintaining the integrity of the skin and mucous membranes and enhancing the tissue healing process. Zinc improves oxidative stress, coagulation, inflammation and immune defense, as well as tissue re-epithelialization. Additionally, studies suggest zinc may help reduce infection or fatigue in some patients undergoing chemotherapy. Rather than repetitious use of steroids, which are commonly prescribed for oral mucositis, consider using Zinc Sulfate Mouthwash to naturally nourish the tissues and support the immune response.

How We Can Help

Practitioners have limited options when it comes to treating oral health conditions without pharmaceutical drugs, but this is where Physicians Preference Pharmacy can help. Because of our commitment to complete health and wellness, *our compounded preparations*

Patient Intake Form

Please fill in all the information as accurately as possible. The information you provide will be used in formulating a complete health profile. All Answers are confidential.

PATIENT INFORMATION

Here are some examples of oral health screening questions we recommend incorporating into your patient intake forms to screen for the root cause of many illnesses that may begin in the mouth.

- ▶ What toothpaste do you use?
- ▶ How many dental cleanings have you had in the past year?
- ▶ Have you had any root canals? How many? On which side of your mouth?
- ▶ Do you currently have any mercury amalgam fillings in your mouth?
- ▶ Dentist name:
- ▶ List any oral health products you use in addition to toothpaste (i.e., mouthwash, whitening strips, etc.):

are always free of lactose, parabens and unnecessary dyes, binders and fillers. We have listed only a few of our compounded products here, but we will work with you to provide other customized medications and compounded products for your patients.

For additional prescribing information and pricing, please contact the pharmacy directly at **281.828.9088**. We look forward to the privilege of serving you!



NAME _____ DOB _____
ADDRESS _____ DATA _____

TMJ/Migraines:

MgCl 10%/BPC-157 0.01% Topical Cream
Apply a small amount to trigger points 2-3
times daily PRN
Qty: 30 grams

Oral Thrush:

Nystatin 100,000 IU/ml Suspension
(sugar-free, dye-free, paraben-free)
Swish and swallow or spit 5ml (1
teaspoon) 4 times daily
Qty: 450ml or 600ml

SIGNATURE _____

Burning Mouth Syndrome:

Salicylic Acid 0.3% Mouthwash
Gently rinse 5ml daily in mouth for 1-2
minutes then spit out
Qty: 150ml

Oral Mucositis:

Zinc Sulfate 0.2% Mouthwash
Rinse mouth with 10ml (2 teaspoons)
twice daily for 2 weeks
Qty: 300ml

REFERENCES

¹ Reyad AA, et al. Pharmacological and non-pharmacological management of burning mouth syndrome: A systematic review. *Dent Med Probl.* 2020;57(3):295-304. doi:10.17219/dmp/120991

² Root Canal Facts, Stats and Tips. Heroes Dental. May 14, 2020. <https://heroesdental.com/root-canal-facts-stats-tips#:~:text=According%20to%20the%20American%20Association,287%2C000%20root%20canal%20procedures%20completed>

³ Ewing D. *Let the TOOTH Be Known: Are Your Teeth Making You Sick?* Holistic Health Alternatives, 3rd edition, 2016.

⁴ CDC. Adult Oral Health. Centers for Disease Control and Prevention. Dec. 22, 2020. <https://www.cdc.gov/oralhealth/basics/adult-oral-health/index.html>

JAW-DROPPING STATISTICS



root canal procedures are performed annually in the United States²



of women with breast cancer have a root canal on the same side of their body as the affected breast.³



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.⁴

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. For a comprehensive list of dentists in your area, visit the following sites:

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/