



NANDHA PHARMA ALERT

An Exclusive Newsletter from Drug Information Center,
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FDA APPROVES WEGOVY FOR CARDIOVASCULAR RISK REDUCTION

The FDA's recent approval of Wegovy (semaglutide) signifies a groundbreaking step in addressing cardiovascular risk in overweight or obese adults without diabetes. This GLP-1 agonist is the first weight loss medication granted this indication. Supported by a robust multicenter trial with over 17,600 participants, Wegovy demonstrated a noteworthy reduction in major adverse cardiovascular events compared to the placebo group. Alongside standard of care treatment, participants received lifestyle counseling, revealing consistent decreases in body weight and waist circumference as a testament to Wegovy's metabolic effect. Despite these positive outcomes, healthcare providers must navigate precautionary measures. A boxed warning highlights the risk of thyroid C-cell tumor, rendering Wegovy unsuitable for individuals with a personal or family history of medullary thyroid carcinoma or multiple endocrine neoplasia syndrome type 2. Additionally, warnings encompass pancreatitis, gall stones, hypoglycemia, acute kidney injury, hypersensitive reactions, diabetic retinopathy, increased heart rate, and potential suicidal behavior or thoughts. Regular monitoring for kidney disease, diabetic retinopathy, and mental health concerns is advised. While Wegovy's most common side effects include nausea, diarrhea, and abdominal discomfort, caution extends to its use in combination with other semaglutide-containing products in patients with a history of severe allergic reactions to semaglutide.



- Mr.V.C. Aripasad, B.Pharm

Our Activities

Attended workshop in Shri Ramachandra College of Pharmacy on Basic Calculation and hands on training in IV admixtures and Total Parenteral Nutritions.



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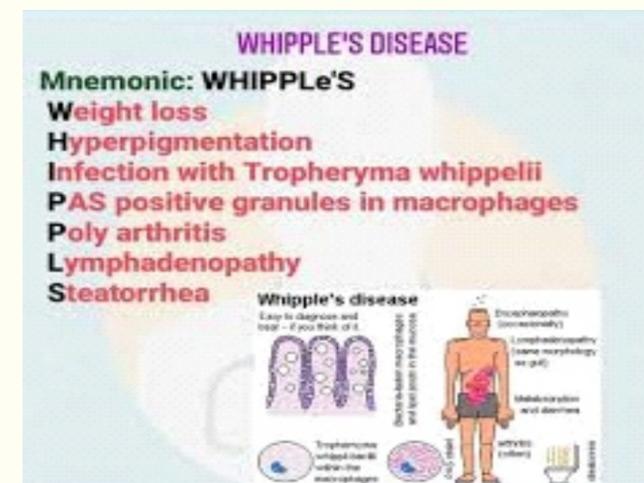
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IN THE HIGHLIGHTS:

- Case Report on Whipple Disease
- Migraine Trainer App- a New Invention
- Therapeutic Diet for Specific Conditions
- Foods that Resemble our Organ
- FDA Approves Wegovy Forcardia Vascular Risk Reduction.

CASE REPORT ON WHIPPLE DISEASE



Background : whipple disease (WD) is rare with an incidence of only a few patients per million. It is caused by infection with the gram positive bacterium Tropherymawhipplei and presents with symptoms that include joint pain, fever, diarrhea and weight loss. This report is of a 40 year old man with a 7 year history of polyarthrititis and a late diagnosis of whipple disease. The atypical nature of his symptoms led to misdirection and misdiagnosis for years.

CASE REPORT : A middle aged white man with seronegative migratory polyarticular arthritis underwent 7 years of treatment with steroids, disease modifying anti rheumatic drugs(DMARDs) and a TNF (Tumor necrosis factor) alpha inhibitor, all without any clinical improvement. Throughout this period he had persistent loose stools and iron deficiency anemia. Extensive diagnostic investigations for various possibilities yielded negative results. However, after 7 years he began displaying clinical science of malabsorption. This promoted further evaluations including and upper gastrointestinal endoscopy and biopsy which revealed the presence of PAS (periodic acid sciff) positive Treponemawhipplei which led to the diagnosis of WD. Following initiation of appropriate treatment the patients experienced complete resolution of symptoms. Retrospectively all the piece of this puzzle fill into place providing a comprehensive understanding of the prolonged medical challenge the patient faced

CONCLUSION : This case illuminated the diagnostic challenge faced when dealing with migratory polyarticular inflammatory arthritis and fever. This report has highlighted that whipple disease can be associated with multiple symptoms and signs which can result in a delay in diagnosis. However once the diagnosis is confirmed antibiotic treatment is effective .

Mr. N.Praveen, B.Pharm

MIGRAINE TRAINER APP- A NEW INVENTION

Migraine trainer is an app developed by NINDS to help teenagers who are understand possible causes of their migraines and take a greater role in their treatment by creating and individual migraine management plan with their parents and health care providers. Migraine trainer provides teens with tools and resources to help them understand their migraine triggers, track their symptoms and manage a migraine that is under way. Plus the app gives teens away to share a headache log with their health care provide to help develop a personnalised migraine management plan. 10% of kids age 5-50 have migraines and 90% of peditrics migraine cases are hereditary. Plus about 1 in 4 younger people with migraines have depression and 1 in 2 have anxiety. Many studies have shows the behavioural strategies may be effective in helping kids manage their migraines. Some of these techniques including getting enough sleep, staying hydrated and lowering stress level. Migraine trainer is available for free from the apple store and google play. For more resources and activities related to brain health and function for parents, students and teachers, visit the NINDS brain educational resources page.

- Ms.S.Abinayasri, B.Pharm



“EAT RIGHT, BE BRIGHT”

THERAPEUTIC DIET FOR SPECIFIC CONDITIONS

A therapeutic diet is the meal plan that controls the intake of certain foods are nutrients. It is a part of the treatment of a medicinal condition and are normally prescribed by a physician and planed by a dietitian. A therapeutic diet is usually modification of a regular diet.

CONDITIONS	DIET
HYPERTENSION	DASH Diet
EPILEPSY	ATKINS Diet & keto diet
STROKE	Mediterranean diet
IBS	A low FODMAP diet
TYPE 2 DIABETES MELLITUS	Low glycemic diet
HEART DISEASE, CANCER	Flexitarian diet
GOUT	Low purine diet

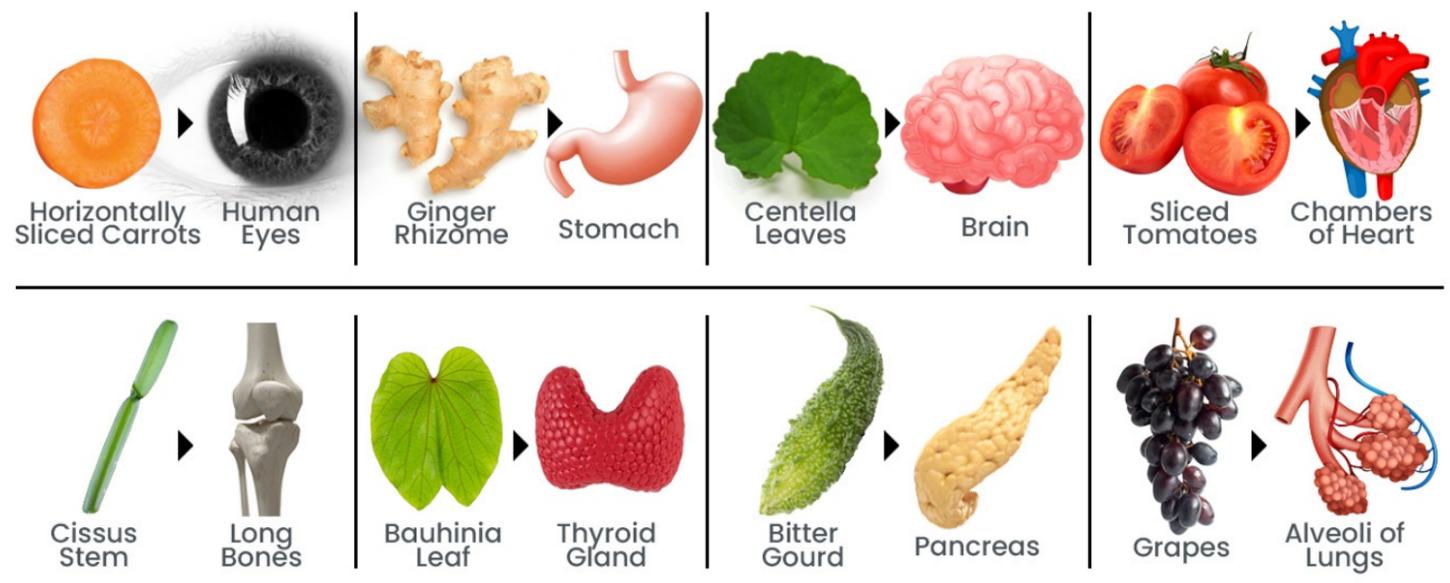
- Ms.S.Haripriya, B.Pharm

“YOU ARE WHAT YOU EAT”

FOODS THAT RESEMBLE OUR ORGANS

Have you ever picked up a piece of food and had a giggle about how it looks a lot like a certain body part. Many people believe if you consume the food that resembles a certain organ or a body part, it will support the health of that organ and surprisingly! There is a some truth to this belief. Behind on old womans tale, here is a fact based list of 10 foods that look just like the body part that they are good for our body organs.

Fruits & Vegetables that Resemble the Body Parts Can Actually Heal Them



- Ms. P. Dharshini, B.Pharm