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COMPOUNDING

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PHARMACY

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Thank you for entrusting in the compounding services at Madison Medical Compounding Pharmacy to help meet the unique medication needs of your patients. We are excited to share our monthly newsletter with you and look forward to working with you. Please don't hesitate to let us know how we can assist you and your practice.

LeAnn Chambers, Pharm.D. and Matthew Chambers, Pharm.D.

Compounding for Autism Spectrum Disorder (ASD)

Autism is a neurodevelopment disorder that affects 1 in 36 children in the United States using 2020 data. Treatment for Autism Spectrum Disorder (ASD) most often involves behavioral therapy complemented by medication. Drugs used to treat autism are typically prescribed to help with hyperactivity, anxiety, and irritability. Customized medications may be necessary to improve compliance and make children more comfortable taking their needed medications.



Our compounding pharmacists can customize medications to help solve problems associated with autism.

- Medications free of casein (dairy protein), gluten (wheat protein), corn, egg, and soy
- Sugar-free medications, to reduce the growth of yeast
- Non-oral dosage forms (transdermal, rectal, nasal, injectable) for patients who have poor gut absorption secondary to inflammation, oxidative stress, and infections
- Dose and flavor specific for each patient

Commonly Prescribed Compounds for Autism:

- Alpha-Lipoic acid (to neutralize free radicals and protects cells from damage)
- Low-dose naltrexone (for inflammation and immune system support)

- Reduced L-Glutathione (antioxidant)
- Amphotericin-B, Fluconazole, Nystatin (antifungals)
- BLT (topical anesthetic/numbing agent)

Low Dose Naltrexone (LDN) and Autism

ASC (autism spectrum conditions) may result from a failure of striatal beta endorphins to diminish with maturation. Many symptoms of ASC resemble behaviors induced in animals or humans by opiate administration, including decreased socialization, diminished crying, repetitive stereotypies, insensitivity to pain and motor hyperactivity. Naltrexone, an opioid antagonist, has been used in the management of children with ASC and can produce a clinically significant reduction in the serious and life-threatening behavior of self-injury for individuals who have not been responsive to any other type of treatment and is important for this reason. A review of the literature from 2010 until 2013 revealed that 155 children participated in 10 studies. In these studies, 27 received placebo. Of the 128 that received naltrexone, 98 (77%) showed statistically significant improvement in symptoms of irritability and hyperactivity. Side effects were mild and the drug was generally well tolerated. The review concluded that naltrexone may improve hyperactivity and restlessness in children with autism but there was not sufficient evidence that it had an impact on core features of autism in the majority of the participants.

[J Intellect Disabil Res. 2015 Apr;59\(4\):293-306.](#)

Intranasal Oxytocin in the Treatment of ASD

Intranasal oxytocin has been shown to promote social functioning and has recently been applied as a treatment for autism spectrum disorders (ASD). A meta-analysis aimed to assess the crucial question of oxytocin's efficacy in the treatment of ASD. Researchers performed a systematic literature search, including randomized, single- or double-blind/open-label and placebo-controlled clinical trials as well as single-arm, non-randomized, and uncontrolled studies investigating exogenous oxytocin effect on ASD. A total of 28 studies (N = 726 ASD patients) met the predefined inclusion criteria. They used a multilevel meta-analytic model and found that oxytocin had beneficial effects on social functioning, but they did not find strong evidence for symptom improvement in the non-social domain. Findings suggest that oxytocin administration can be regarded as an effective treatment for some core aspects of ASD, especially in the domain of social functioning, highlighting the promise of using oxytocin to address core social impairments in ASD.

[Neurosci Biobehav Rev. 2021 Mar;122:18-27.](#)

Talk to our pharmacist about the challenges you are facing with your patients on the autism spectrum.

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