

Juarez Providers Study

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Methodology

- Setting: Juarez, Mexico.
- Randomly selected 20 providers from the telephone directory.
- Inclusion Criteria: All subjects \geq 18 years old, including pregnant females.
- Exclusion Criteria: All subjects $<$ 18 years old.
- Primary Endpoints: Evaluate the most common herbal products recommended by providers.
- Secondary Endpoints: Evaluate the recommended uses, and the primary sources of herbal products. Possibility of drug and herbal product interactions.

Most Products

N=162

Product	Number	Percent
Arnica	7	4.3
Horsetail	7	4.3
Cuachalalate	4	2.5
Gordolobo	4	2.5
Mexican Mullein	4	2.5
Orange Blossom	4	2.5
Palo Azul	4	2.5
Royal Jelly	4	2.5
Tlanchalagua	4	2.5
Chamomile	3	2.0

Herbal Products

Arnica Avoid topical use in open cuts or wounds due to its irritating action. Ingestion may cause uterine contractions. Avoid internal use.

Horsetail Herb has diuretic action. Avoid concurrent use with digitalis cardiac glycosides, as these may become more toxic due to potassium loss caused by herb.

Cuachalalate Employed against gastritis. Unknown. Safety in pregnancy and lactation not established..

Gordolobo Unknown. Possesses expectorant action. Safety in pregnancy and lactation not established.

Mexican Mullein Unknown. Possesses expectorant action. Safety in pregnancy and lactation not established.

Orange blossom May have light sedative effect. Safety during pregnancy has not been established.

Palo Azul Used as urinary antiseptic. Unknown. Safety in pregnancy and lactation not established.

Royal Jelly May cause allergic reaction in atopic patients.

Tlanchalagua Unknown Safety in pregnancy and lactation not established.

Chamomile Tea may cause allergy in asthmatic patients. Frequent internal use is contraindicated during pregnancy, since it may cause uterine contractions.

Type of Store

N=20

Type of Store	Number	Percent
■ Nutritional / Commercial	12	60
■ Herbal	8	40

How long in business?

Yrs.	Number	Percent
0<5	1	5
6-10	4	20
11-15	9	45
16-20	1	5
>20	3	15
Missing	2	

Juárez (n=20)

Knowledge Source

Source	# Providers	Percent
■ Courses	5	25
■ Personal Experience	4	20
■ Books and Personal Experience	3	15
■ Books and Courses	3	15
■ Books	2	10
■ Books, Courses and Personal Experience	1	5
■ Cam Providers and Courses	1	5
■ Family	1	5

Customer Complaints

Complaints	# Providers	Percent
Sugar Levels	8	12.5
Digestion	3	18.8
Depression	2	12.5
Urinary Tract	1	6.3
Cancer	1	6.3
Arthritis	1	6.3

Customers Ethnicity

Ethnicity	# Providers	Percent
Hispanics	20	100
Caucasian	6	30

Type of Customers

Customers	# Providers	Percent
Regular	12	60
Varies	6	30
One-time	2	10

Buying Practices

Pattern	# Providers	Percent
Various and One product	11	57.9
Various Products	8	42.1
One product	0	0
Missing	1	

Customer Economic Status

Income	# Providers	Percent
Middle Income	14	77.8
Lower Income	3	16.7
Lower and Middle And Upper Income	1	5.6

Primary Sources of Products

Source	Number	Percent
Mex	149	89.8
USA	14	8.4
Peru	2	1.2
China	1	0.6

Route of Administration

How Used	Number	Percent
Oral	156	94.0
Topical	10	6.0