

April 2007

# R

# The Mortar & Pestle

*Long Term Care Newsletter*



**Shelly's Medication Services - 1504 Grundy's Lane - Unit #8 - Bristol, Pa. 19007**

## Educational Dinner Program

Our series of educational dinner programs continues on May 16 in conjunction with Boehringer Ingelheim Pharmaceuticals at the **Hilton Philadelphia City Avenue**, 4200 City Avenue. Our speaker will be **Henry Cohen, M.S., Pharm.D., FCCM, BCPP, CGP**. He is an Associate Professor of Pharmacy Practice at the Arnold & Marie Schwartz College of Pharmacy and Health Sciences of Long Island University. His presentation is entitled **"Secondary Stroke Prevention in Stroke and TIA Patients"**

Please join us and colleagues from around the area for this excellent presentation, as well as an evening of good food, drink, fun and prizes. This is sure to fill up fast, so please reserve your place today by calling Barry or Stan at Shelly's (215-785-6616) Note that the self-park fee will be covered by the program sponsors.



**Special note to all of our friends in the western suburbs ...**  
This one isn't in the "wilds of Bucks County. It's right in your neck of the woods. Plan now to come out and see what you've been missing.

### Dr. Feelegoode's Corner Heartburn Prevention

Drinking a mixture of 1 to 2 teaspoons of natural apple cider vinegar and 1 to 2 teaspoons of raw honey in a glass of distilled water before meals should prevent heartburn. The natural apple cider vinegar also promotes digestion, assimilation and elimination, and it neutralizes any toxic substance taken into the body. If you just don't like the taste of vinegar, you can take natural apple cider vinegar tablets and wash them down with the honey water.



*This month's words of wisdom ...*

All would live long, but none would be old.  
... Benjamin Franklin

## Happy Nurses' Week



Often described as both an art and a science, nursing is a profession that embraces people with varied interests, strengths and passions.

Each year we honor these dedicated folks during Nurses' Week. It always begins on May 6th and ends on May 12th, which is Florence Nightingale's birthday. Recognized as the founder of modern nursing, she became known as the "lady with the lamp." As a tribute to Florence's dedication, the lamp became symbolic of nursing.

The lamp shines brightly as a symbol of the care and devotion nurses administer to their patients.

### Vitamin D May Reduce Cancer Risk

*US Pharmacist* reports that researchers who conducted two meta-analyses of published studies reported that high levels of vitamin D can significantly reduce the relative risks of breast and colorectal cancer.

One published study showed that a daily dose of 2,000 IUs of vitamin D3 would reduce the relative risk of both forms of cancer by at least 50%.



### Prescription Descriptions

#### New Drug to Treat Advanced Breast Cancer

The FDA has approved lapatinib (Tykerb, GlaxoSmithKline), which is to be used in combination with capecitabine (Xeloda, Roche Laboratories), for patients with advanced, metastatic breast cancer that is HER2 positive. The combination treatment is indicated for women who have received prior therapy with other cancer drugs, including an anthracycline, a taxane, and trastuzumab (Herceptin, Genentech).

Tykerb works to deprive tumor cells of signals needed to grow. It is a small molecule that enters the cell and blocks the function of this and other proteins. It is unlike Herceptin that targets the part of the HER2 protein on the outside of the cell. Tykerb's unique mechanism of action works in some HER2-positive breast cancers that have been treated with Herceptin and are no longer benefiting. It is estimated that 8,000 to 10,000 women die from metastatic HER2-positive breast cancer each year.

#### Safety Concerns for Actos (pioglitazone)

Takeda and the FDA have issued a notification regarding recent safety data, concerning pioglitazone-containing products. An analysis of the manufacturer's clinical trial database showed more reports of fractures in female patients taking pioglitazone than those taking a comparator (either placebo or active). The majority of fractures observed were in the distal upper limb (forearm, hand and wrist) or distal lower limb (foot, ankle, fibula and tibia). There were more than 8100 patients in the pioglitazone-treated groups and over 7400 patients in the comparator-treated groups. The duration of pioglitazone treatment was up to 3.5 years. The risk of fracture should be considered when initiating or treating female patients with type 2 diabetes mellitus with pioglitazone-containing products.

See us at . . .



# panpha

## Annual Conference & Exhibition

### the future begins with you

June 27 - 29, 2007

Hershey Lodge & Convention Center

#### Laughter ... the best Prescription

A senior lady called 911 to report that her car had been broken into. Hysterically, she explained to the dispatcher, "They've stolen the stereo, the steering wheel, the brake pedal and even the accelerator!" The dispatcher replied, "Stay calm, ma'am, an officer is on the way." A few minutes later the officer radioed back his report, "Disregard the call ..... she got in the back-seat by mistake."

# SHELLY'S

Medication Services

1504 Grundy's Lane - Unit #8  
Bristol, PA 19007



Partnership In  
Long Term Care