

April 2010

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# The Mortar & Pestle

## Long Term Care Newsletter



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

### Educational Dinner Programs Return

Mark your calendar now! SMS' Educational Dinner programs resume with the next one scheduled for Thursday, June 17, jointly sponsored with **Forrest Pharmaceuticals**. We'll gather at the **William Penn Inn** at route. 202 & Sunnyside Pike in Gwynedd, PA. **Sip'n'Sign-in** starts at 6:00 PM, followed at 6:30 PM by dinner and the presentation.



Our speaker for the evening is **Dr. Roger J. Cadieux** Clinical Professor, Department of Psychiatry, **Pennsylvania State University** who will speak on **Optimizing the Treatment and Management of Alzheimer's Disease**. Dr. Cadieux was with us about a year ago and was very well received. He started his career in nursing and can really relate to our audience.

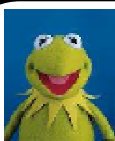
Because of restrictions being imposed on drug companies, we need to establish several rules on attendance. Of course, only licensed healthcare professionals may attend. Unfortunately, CNAs are excluded. You will also need to register on a Forrest web-site (<https://www.ForestRSVP.com> and use passcode: **PRF1133396**). This must be done before the event and no later than Monday afternoon, June 14. Call Barry or Stan at SMS (215-785-6616 and select #5) with any questions or to let us know you registered.

### Dr. Feelegoode's Corner - Strengthen the Immune System

The immune system needs to receive nutrition in order to function well. Eating the right type of foods helps us resist many ailments and illnesses such as cold and flu, and keeps us strong and healthy. Here are ten foods that will help you strengthen your immune system.



- |  |  |
|--|--|
| 1- Red bell peppers:- Vitamin C & Beta carotene.         | 2- Citrus fruits:- Vitamin C                         |
| 3- Garlic - fights infections & helps lower cholesterol. | 4- Ginger - prevents colds & helps lower cholesterol |
| 5- Spinach - antioxidants, beta carotene, & vitamin C    | 6- Yogurt strengthens immune system.& has vitamin D. |
| 7- Broccoli for vitamins A, E and C, and antioxidants.   | 8- Almonds:- vitamin E, 1/2 cup provides 100% RDA    |
| 9- Green Tea- full of flavonoids to fight infection      | 10- Tumeric - used to treat arthritic inflammation   |



#### GO GREEN!

Send your name and organization in an e-mail titled "Newsletter" to [BarryP@SMSLTC.com](mailto:BarryP@SMSLTC.com) The Mortar & Pestle will come by e-mail, starting next month.



Quick drug info on the Web

**WWW.SMSLTC.COM**

Choose the link to  
**Drug Information**

## SEE US AT ...



## Conference & Exhibition

**Hershey Convention Center**

**Booth 93**

**June 23 - 25, 2010**

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

**WITHOUT FRIENDS NO ONE WOULD CHOOSE TO LIVE,  
THOUGH HE HAD ALL OTHER GOODS.**

*... Aristotle.*




**Prescription Descriptions**

**Black box warning added to package insert of Omalizumab**

The FDA has required a black box warning be added to the package insert of Omalizumab (Xolair®) due to reports of serious and life-threatening hypersensitivity reactions. Post marketing reports have included anaphylaxis among an estimated 0.2% of patients who might have been treated with the drug between June, 2003, and December, 2006. Most cases occurred after one of the first three doses of the drug. About 59% of cases occurred within two hours of the subcutaneous injection but about 32% occurred up to four days after injection. Treatment with this drug should be limited to severe asthmatics who are not adequately controlled by other drugs and who clearly exhibit an allergic component to the disease. Patients should receive observation for two hours after injection in a place where anaphylaxis could be diagnosed

**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. We honor these dedicated people each year, during Nurses' Week that 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* and the lamp became symbolic of nursing. The lamp shines brightly as a symbol of the care and devotion nurses bring to their patients.



**Laughter - the best Prescription - WHO IS YOUR ROLE MODEL???**  
 Try this without looking at the answers until you've done all of the steps.  
 1-Pick your favorite number between 1-9 2-Multiply by 3 3-Add 3, then again Multiply by 3  
 4-You'll get a 2 or 3 digit number...5-Add the digits together. The result is your number. Now check the list below and your number will identify your role model....

1. Albert Einstein	6. Mahatma Gandhi	7. Mother Theresa	8. Thomas Edison	9. Mortar & Pestle Editor	10. Albert Schweitzer
2. Nelson Mandela					
3. Abraham Lincoln					
4. Helen Keller					
5. Bill Gates					

*P.S.: Stop picking different numbers. I am your role model so, just deal with it !!!  
 NOW, CHANGE THE NAME IN NO. 9  
 AND YOU CAN SEND IT ON.*

**SMS LTC**  
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 PARTNERSHIP IN LONG TERM CARE  
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