

April 2008

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The Mortar & Pestle

Long Term Care Newsletter



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

Anemia Drugs Could Worsen Cervical Cancer

The Food & Drug Administration has strengthened the black box warnings section of **darbepoetin alpha (Aranesp)** and **epoetin alfa (Epogen, Procrit)** with language that says aggressive use of the erythropoiesis-stimulating agents could worsen cervical cancer.

The warning now states that the use of the drugs "shortened overall survival and/or time to tumor progression in clinical studies in patients with breast, non-small cell lung, head and neck, lymphoid, and cervical cancers when dosed to target hemoglobin of >12 g/dL." In addition, the label now extends the warning to treatment of all states of those cancers.

Laughter - the best Prescription

401K Advice - If you had purchased \$1,000.00 of Nortel stock one year or so ago, it would now be worth about \$49. With Enron stock, you would have had \$16.50 left of your original \$1,000. With WorldCom stock, you would have had less than \$5.00 left. Then what would you do for retirement money? Well, look at this plan. If you had purchased \$1,000 worth of beer one year ago, drank all the beer, and then turned in the cans for the aluminum recycling REFUND, you would have had \$214.00. Based on the above, perhaps the best current investment advice we can make to today's seniors is to drink heavily and recycle! It's called the **401-Keg Plan**.

You're only as old as you remember you are !

Dr. Feelegoode's Corner - Insomnia

MILK - A glass of milk sweetened with honey is useful in treating this condition. It acts as a tonic and a tranquilizer. Massaging milk over the soles of the feet is also effective.

LETTUCE - It contains a sleep-inducing substance called **Lectucarium** . One tablespoon of lettuce seeds should be boiled in a half liter of water until it has been reduced by 1/3.

CURD - It is useful in treating this condition. Take a goodly amount and massage it on the head to induce sleep.

ANISE SEED - Tea made from this is also valuable. Add a teaspoon to about 375 ml of water and simmer in a closed vessel for about 15 minutes. Strain and drink hot or warm before bed. Honey or milk may be added.



Chandler Hall selects Shelly's

Chandler Hall has selected **Shelly's Medication Services** as its supplier for all pharmaceutical services. **SMS** was selected based on its outstanding quality of service, reliability of deliveries and overall value.



Located in Newtown, Chandler Hall is a non-profit organization, guided by the Quaker principle of seeking that of God in everyone. It provides an array of quality care services for aging individuals, their families and caregivers, who become a part of the Chandler Hall community. **SMS** is proud to be associated with Chandler Hall in providing this care.

At Chandler Hall, aging is not considered a disease, but a natural developmental process - offering potential for growth and personal satisfaction. Aging is a creative and meaningful process to be respected and supported.



Prescription Descriptions

FDA Curtails Marketing of Colchicine

The FDA said that it would take enforcement action against companies marketing unapproved injectable colchicine, used to treat gout. **Colchicine** is a highly toxic drug, especially when given intravenously, and the FDA is aware of 50 reports of adverse events connected to intravenous colchicine, including 23 deaths. Potentially fatal effects include low blood cell counts, cardiac events, and organ failure.

"Until recently, there was one manufacturer of unapproved injectable colchicine, and that firm has ceased manufacturing the product," said Deborah Autor, director of the FDA's Office of Compliance, CDER. "This serves as the agency's warning that firms wishing to make injectable colchicine in the future must not manufacture the product until they apply for and are granted approval by the FDA to do so." This action does not affect colchicine products that are dispensed in tablet form and are often used to prevent gout attacks.

See us at



June 18 & 19

Hershey Convention Center

Booth 55

Educational Dinner Program

SMS and Forest Pharmaceuticals will host the next educational dinner program on June 10th at **The Rouget** (2 Swamp Road in Newtown, PA). Our speaker for the evening is **Dr. Roger Cadieux**, a geriatric psychiatrist. His presentation is titled **Update on Depression, Delirium and Dementia**. Join with colleagues from throughout the area for this informative and enjoyable evening. Our Sip'n'Sign registration begins at 6:30 PM with dinner and our speaker starting at 7. Reserve your place today by calling Barry or Stan at 215-785-6616. This will be our last program until after the summer, so don't miss out. Call in today.

This month's words of wisdom ...

The longer I live the more beautiful life becomes.

... Frank Lloyd Wright

Quick drug info on the Web

WWW.SMSLTC.COM

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Partnership In
Long Term Care

