

August 2011

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# The Mortar & Pestle

## Long Term Care Newsletter



### Dinner Program Scheduled for September 13

SMS' continuing series of Educational Dinner Programs will kick off the fall season on September 13 at The Buck Hotel, 1200 Buck Road in Feasterville. Our co-host for the evening is Lilly Pharmaceuticals.

**Susan Kraus, MSN, CRNP** will speak on "Challenges of Managing Major Depressive Disorder in Older Adults" . Sip'N'Sign registration begins at 6:00 PM with dinner and the program starting at 6:30 PM. Join with colleagues from throughout the area for this enjoyable and informative evening. You'll feed your brain and your body at the same time.

Call SMS at 215-785-6616 to make sure we reserve a place for you. Speak with Barry (x6054) or Stan (x6052).



### Dr. Feelegoode's Corner - Whiter Teeth



Dr. Feelegoode is on vacation this month and his brother-in-law, Dr. I. Yankem has filled in again. One of the first things that people notice is your smile, and as that old saying goes, "you only get one chance to make a first impression." Though professional dental products may work best for whitening, what you eat can play a huge role in how white your teeth are.

Apples, cauliflower, celery and carrots work to whiten because they function as an abrasive scrub for teeth. These foods are nature's toothbrush. They also stimulate the production of saliva, which helps keep plaque from forming. Stain sticks to plaque. The acid in oranges and pineapples may whiten and brighten the surface of the teeth. The acid also contains enzymes that kill bacteria that cause tooth decay and bad breath. Saliva is the body's wonder fluid and eating juicy citrus increases saliva production that washes away foods that stain. Strawberries contain an enzyme called malic acid that can whiten teeth. Any food that causes a stubborn laundry stain can discolor teeth, too. We hear a lot about coffee, tea and red wine, and they should be avoided. But, soda is actually one of the worst offenders. It contains acids that open up the tooth surface and then stains them with its cola color.

### Laughter - the Best Prescription I'm a senior and .....

- I'm realizing that aging is not for sissies.
- I'm the life of the party...even when it lasts 'til 8 p.m.
- I'm very good at opening child-proof caps ... with a hammer.
- I'm awake many hours before my body allows me to get up.
- I'm smiling all the time because I can't hear a word you are saying.
- I'm aware that other people's grandchildren are not as bright as mine.
- I'm sure everything I can't find is in a really secure place.
- I'm sure they are making adults much younger these days.
- I'm a walking storeroom of facts . . . I just can't find the storeroom.



### FALL CONFERENCE "PARTNERS IN PROGRESS"

October 17 & 18  
Gown Plaza Hotel - Harrisburg

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

**Most folks are about as happy as they make up their minds to be.**

*... Abraham Lincoln*

Drug info on the Web  
[WWW.SMSLTC.COM](http://WWW.SMSLTC.COM)  
Choose the link to  
Drug Information



### GO GREEN!

Send e-mail titled "Newsletter" with name and organization to [BarryP@SMSLTC.com](mailto:BarryP@SMSLTC.com) Receive newsletter by e-mail

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# SMS LTC

SHELLY'S MEDICATION SERVICES

PARTNERSHIP IN LONG TERM CARE  
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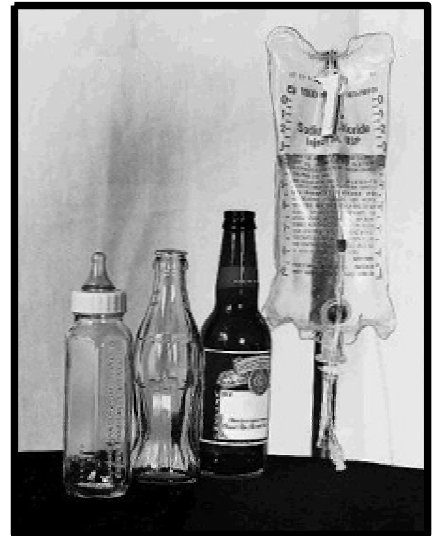


## Prescription Descriptions

Johnson & Johnson will lower the maximum daily dose for Extra Strength Tylenol to reduce risk of overdose, McNeil Consumer Healthcare announced. The move from eight pills per day to six is meant to encourage the appropriate use of acetaminophen.

"Acetaminophen is safe when used as directed," said Dr. Edwin Kuffner, VP of OTC medical affairs and clinical research. "But, when too much is taken (overdose), it can cause liver damage. More than 50 million Americans use acetaminophen each week to treat pain, fever, and other conditions associated with cold and flu, according to McNeil.

The U.S. Food and Drug Administration was notified that the new dosing instructions will appear on Extra Strength Tylenol products in the U.S. beginning in fall 2011. The company will also lower the maximum daily dose for Regular Strength Tylenol and other products containing acetaminophen for adults starting in 2012.



**"Time in a Bottle"**

**Save Those Apple Peels !** A waxy substance found in apple peels may promote muscle growth and prevent muscle wasting (atrophy) that is a hallmark of aging, fasting or illness, suggests a new study conducted at the University of Iowa. Mice that were given that compound, called ursolic acid, became leaner and had lower blood levels of glucose, cholesterol and triglycerides. The findings therefore suggest that ursolic acid may be responsible for some of the overall benefits of healthy eating, the study said. The results also suggest that the compound is a promising candidate to treat atrophy. Currently, there are no drugs for that condition. More studies need to be done to determine whether the findings translate to humans. In addition, the researchers aren't sure whether ursolic acid consumed through the diet may be enough to have the effects seen in the study.

**The perks of being a senior - Your secrets are safe with friends... they can't remember them either.**

Bumper sticker  
seen on a WALKER

**I'm so old that when I go to a restaurant,  
they're starting to ask me to pay up front!**

**Question for the Ages --- Can you cry underwater ?**

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