

August 2010

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The Mortar & Pestle

Long Term Care Newsletter



Educational Dinner Programs Return

After a summer hiatus SMS' Educational Dinner programs will return next month with our first one scheduled for Tuesday, September 28th, jointly sponsored with UCB, Inc. Join colleagues from around the area as we gather at the William Penn Inn at Route 202 & Sunnyside Pike in Gwynedd, PA. Our Sip'n'Sign-in starts at 6:00 PM, followed at 6:30 PM by dinner and the presentation.

The speaker for the evening is Dr. Steven Bromley, Clinical Assistant Professor of Neurology at Robert Wood Johnson Medical School in Camden and Bromley Neurology, PC in Audubon, NJ. He will speak on the Antiepileptic Drug, VIMPAT®

Please call Barry or Stan at 215-785-6616 (then select #5) to reserve your place for this program. Seating is limited, so call today.



Dr. Feelegoode's Corner - Toenail Fungus

Fungal infections are common on both fingernails and toenails. A group of fungi called dermatophytes cause this. They are harmful because they feed on the keratin that makes up the surface of the nail. The two digits most likely to be affected are the big toe and little toe.

Tea tree oil is a potent natural antiseptic and fungicide that will help fight your fungus. Apply a mixture of undiluted tea tree oil mixed with olive oil and thyme oil to the affected nail. Alternatively, put a few drops of tea tree oil on the toenails and rub it in thoroughly every day. Allow it to remain on for 10 - 15 minutes and then use a toothbrush to gently scrub the affected nail. A few weeks of treatment should do it.

Another proven remedy is to soak the toes in Listerine mouthwash. It contains several compounds and alcohols which combine to form a strong toenail fungus treatment. Some recommend adding a strong natural acid like apple cider vinegar or undiluted lemon juice to the Listerine in equal proportion. Soak your feet for 20 minutes or so, once a day. Since large amounts of liquid are needed to soak, you can just paint your nails with the liquid. Allow to remain on for about 45 minutes and then scrub the toe gently with a small amount of the solution. Do this on a daily basis to see long lasting results. It takes about a week to see noticeable improvement. With any treatment, it is essential that the affected toes be dried thoroughly afterwards.



Quick drug info on the Web

WWW.SMSLTC.COM

Choose the link to **Drug Information**



You know you're a nurse if

You've been telling stories in a restaurant and made someone at the next table sick.

This month's words of wisdom ...

Success usually comes to those who are too busy to be looking for it.

... Henry David Thoreau



GO GREEN!

Send your name and organization in an e-mail titled "Newsletter" to BarryP@SMSLTC.com The Mortar & Pestle will come by e-mail, starting next month, and we might even save a tree or two.

Published monthly by

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SHELLY'S MEDICATION SERVICES

PARTNERSHIP IN LONG TERM CARE
1504 Grundy's Lane - Unit #8 Bristol, PA 19007



Prescription Descriptions

Withdrawal of ProAmatine Approval Proposed

FDA is proposing to remove approval for the low blood pressure drug **ProAmantine** and its generics, which would result in a recall from the market. Its intention to withdraw the approval was announced this month after the manufacturer, **Shire Development Inc** failed to show that the drug provided clinical benefits to its users. FDA was required to issue the Proposal to Withdraw Marketing Approval and Notice of Opportunity for a Hearing to Shire and the companies that make the generics.

ProAmantine (midodrine hydrochloride) was approved in 1996 for treatment of the low blood pressure condition called orthostatic hypotension. It was approved under an accelerated process reserved for drugs that are needed to save lives. Under the terms of the approval, the manufacturers had to conduct post-market studies to show that the drug provided a clinical benefit to patients. After 14 years, neither Shire nor the generic manufacturers have provided proof that the drug actually helps individuals.

FDA officials stated that this is the first time the agency has been forced to take this kind of action against a drug that had undergone the accelerated approval process.

Laughter - the best Prescription

A young man saw an elderly couple sitting down to lunch at McDonald's. He noticed that they had ordered one meal, and an extra drink cup. As he watched, the older gentleman carefully divided the hamburger in half, then counted out the fries, one for him, one for her, until each had half of them. Then the old man poured half of the soft drink into the extra cup and set that in front of his wife. The old man then began to eat, and his wife sat watching, with her hands folded in her lap.



The young man decided to ask if they would allow him to purchase another meal for them so that they didn't have to split theirs. The old gentleman said, "Oh, no. We've been married 50 years, and everything has always been and always will be shared, 50/50." The young man then asked the wife if she was going to eat, and she replied, "Not yet. It's his turn with the teeth."

PLAN AHEAD!

Plans are already being set for an Educational Dinner Program on October 21st. at Legal Seafood in King of Prussia. It is co-hosted by Forrester Pharmaceuticals. with the presentation to be given by Dr. Meenakshi Patel, Assoc Prof., Wright State U., Dir. of Geriatrics, Miami Valley Hospital, and Pres. Ohio Med. Directors Assoc. Watch for more details next month.

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