

December 2007

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The Mortar & Pestle

Long Term Care Newsletter



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

Season's Greetings

bonne année Merry Christmas 圣诞快乐!

Feliz Navidad Fröhliches Weihnachten

新年快乐! Рождеством Христовым

próspero Año Nuevo Joyeux Noël

Gezuar Krishtlindjet Buon Natale

НОВЫМ ГОДОМ

Glückliches Neujahr

Happy Hanukkah

anno nuovo felice

Happy New Year

from everyone at **SHELLY'S MEDICATION SERVICES**

**Medicare Part D Fix
a Bit Closer to Reality**

Bipartisan support for prompt reimbursement of Part D drug claims continues to gain support in the House. The National Community Pharmacists Association (NCPA) reports that H.R. 1474, has signed its 220th cosponsor. "Slow government reimbursements have left some patients without access to their prescription medications ... a trend that can be halted by taking corrective action," said Bruce Roberts, executive VP of NCPA. (reported in US Pharmacist)

Dr. Feelegoode's Corner

Hiccups - Over-eating or drinking often causes hiccups. Here are a half-dozen of my favorite remedies for them.



- 1-If you have normal breathing ability, take a deep breath and hold it, while pinching your nose closed. Hold as long as possible.
- 2- Breathe through a brown paper bag held tightly around your mouth and nose.
- 3-Gargle with plain water.
- 4-Sip ice water quickly.
- 5-Eat a tsp. of sugar. Dissolve on your tongue. Do not just swallow.
- 6-Eat a tbsp of peanut butter.



Prescription Descriptions

Marijuana Dosing Important in Pain Relief

While studies are ongoing as to the pain relief given by smoking marijuana, an article in *Anesthesiology* reports that the benefit depends on a narrow therapeutic dosing window. Researchers at the University of California, San Diego, found that too low a dose had no effect at all, and a higher dose can actually intensify pain.

In the study, healthy volunteers who smoked marijuana containing 8% tetrahydrocannabinol (THC) had a significant increase in pain response to capsaicin-induced hyperalgesia than those who used a 4% THC dose; while a 2% dose afforded no pain relief at all.

The researchers cautioned that no conclusions should be drawn from the study, because "...the relationship between analgesic effects in experimental pain and clinical pain states is unknown."

Master of the Obvious Award

In the "no big surprise" category of clinical studies comes one presented at a recent meeting of the *North American Association for the Study of Obesity*. Diners who ate fast food 3 or more times a week gained as much as 4 lbs. more than less frequent fast-food eaters.

According to Kelley E. Borradaile, PhD, of Temple University, Americans are reluctant to pay more for healthy foods and think they're bland. Participants were asked what factors would make healthy items more appealing. They gave high scores to better taste, lower prices, greater convenience, and greater availability.

**Laughter,
the best Rx**

Two men, one older the other younger, were pushing carts around *Home Depot* when they collided. The older said, "Sorry about that. I'm looking for my wife, and I guess I wasn't paying attention to where I was going." The young man said, "That's OK. It's a coincidence. I'm looking for my wife, too. I can't find her and I'm getting desperate." The older guy said, "Maybe we can help each other. What does your wife look like?" The young guy replied, "Well, she's 27 with red hair, blue eyes, really nice figure, and wearing tight white shorts. What does your wife look like?" The older gent said, "Doesn't matter none son.... let's look for yours first."

This month's words of wisdom ...

Not everything that can be counted counts,
and not everything that counts can be counted.

... Albert Einstein

Karzmarski's Law

Anytime things seem to be going better, it's
because you have overlooked something



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