

December 2010

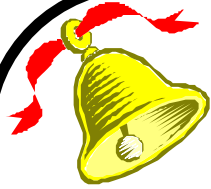
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The Mortar & Pestle

Long Term Care Newsletter



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



bonne année

Feliz Navidad

مبارك عيد الميلاد
مبارك رأس السنة
أجملها

Próspero Año Nuevo

新年快乐!

Gezuar Krishlindjet

Happy Chanukah



കിസ്തുമണ്ണ് മംഗളശംസ്കരകൾ. പുതുവത്സരാശംസ്കരകൾ

Merry Christmas



圣诞快乐!



Fröhliches Weihnachten

Joyeux Noël

Рождеством Христовым

נס גדול ה'יהו' שמ

Buon Natale

Happy New Year

anno nuovo felice

НОВЫМ ГОДОМ

Glückliches Neujahr



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

This month's words of wisdom ...

It's true, some wines improve with age.

But only if the grapes were good in the first place. ... A bigail Van Buren

Drug info on the Web
WWW.SMSLTC.COM
Choose the link to
Drug Information



GO GREEN!

Send name and organization in
e-mail titled "Newsletter" to
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SHELLY'S MEDICATION SERVICES

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



Dr. Feelegoode's Corner - Cold Sores

Cold sores (fever blisters) are caused by the herpes simplex virus. They mainly occur on skin adjacent to the mouth, especially the lips. They are unsightly and can be painful. There is no cure. You can only treat for relief of symptoms. Conventional treatments use ointments and other topicals on the blisters. Outbreaks usually clear up on their own without treatment, but a reoccurrence may be triggered by oral injury, dental treatment, cosmetic surgery, fatigue, stress, hormonal changes etc.



Ice is a very good remedy Rub it on the infected area for a few minutes and repeat hourly. Apply a tea bag on the blisters for few minutes, and repeat every hour. Or a warm tea bag can be put on the blisters for approximately 30 minutes. Applying Witch Hazel will also give some relief. Dip your moist finger in powdered table salt and press on the sore for 30 seconds. A gentle rub of aloe vera gel or oil will also help. Lemon balm extract helps reduce symptoms and speeds up healing. Many researchers believe glycyrrhizic acid, an ingredient in licorice, can help inhibit the development of cold sores. Try chewing on a licorice whip, but be sure that it is made from real licorice.

Metformin Linked to Lower Risk of Lung Cancer

A recent study suggests an association between Metformin use and reduced risk of lung cancer development. Researchers reviewed medical records of 157 lung cancer survivors with diabetes and found that utilization of Metformin both decreased lung cancer incidence and disease severity. Those taking Metformin also saw about a 20% decreased risk of tumors spreading. Dr. Peter Mazzone of the Cleveland Clinic led the study and said “we have been able to report less advanced cancer in those who develop cancer, a decreased frequency of squamous cell and small cell carcinomas and improved survival when controlled for stage, in people taking Metformin.” Future hopes are to use Metformin to prevent lung cancer in smokers but more research needs to be conducted.

Laughter - the best Prescription - A Christmas Story

A man in Florida called his son in New York the day before Christmas Eve and said, “I hate to ruin your day, but your mother and I are divorcing. Forty-five years of misery is enough”.

“Dad, what are you talking about?” the son blurted. “We can’t stand the sight of each other any longer”, the father said. “We’re sick of each other and I’m sick of talking about this, so you can call your sister in Philly and tell her”. Frantically, the son called his sister, who exploded on the phone, “Like hell they’re getting a divorce”, I’ll take care of this”.

She immediately called Florida and screamed at her father, “You are NOT getting divorced. Don’t do a single thing until I get there. I’m calling my brother back and we’ll both be there tomorrow. Until then, don’t do anything, DO YOU HEAR ME?” The old man hung up the phone and turned to his wife. “OK! They’re both coming for Christmas. But, it’ll be your turn to figure out something for Easter!”



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