

February 2011

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# The Mortar & Pestle

## Long Term Care Newsletter



### Type 2 diabetes may triple over next 40 years

New reports show that if current trends continue, 1 in 3 people will have Type 2 diabetes by year 2050! Type 2 is the most common type of diabetes and currently the seventh leading cause of death in the USA. Family heritage and race play a role in its onset, as well as controllable factors like obesity and inactivity. An aging population and minority population growth are adding to the its prevalence. According to CDC, nearly a quarter of the 1 in 10 Americans who are affected have not yet been diagnosed. About 60 million people have pre-diabetes, a stage of insulin resistance before full-blown diabetes. Experts at the CDC expect that if these people don't change eating and exercise habits, they will develop diabetes in 3 to 6 years. (as reported on MSNBC)

### Dr. Feelegoode's Corner - Asthma

Asthma is an ancient Greek word meaning "panting or short drawn breath". It is an allergic condition, and the most troublesome of respiratory diseases. Honey is a common home remedy for asthma. Holding a jug of honey under the nose of an asthma patient so that they inhale the air that comes into contact with it, makes breathing easier and deeper.

Lemons are a beneficial treatment of asthma. The juice of a lemon, diluted in a glass of water and taken with meals, will bring good results. Garlic is an effective home remedy for asthma. Ten garlic cloves, boiled in 30 ml of milk, are excellent for the early stages of asthma. The mixture is taken once daily. Steaming ginger tea mixed with two minced garlic cloves, is also helpful, taken twice a day.



### Upcoming Dinner Programs Scheduled for March & April

**March 22** - SMS and Dey Pharma LP invite you to attend our next program. Consultant pharmacist Tom Snader, PharmD, will speak on "Managing COPD in LTC". We will be at Maggiano's Little Italy in King of Prussia.

**April 14** - SMS and Eisai Pharmaceuticals are co-hosts for our April program, which will be held at the Buck Hotel. Dr.D.Haimowitz, will speak on "Aricept 23mg, the New Gold Std. for Dementia Treatment".

**Registration for both programs will begin at 6:30 with dinner and the presentation at 7 PM. Call Barry or Stan at 215-785-6616. Then select 5 to make your reservation for either program.**

### Laughter - the best Prescription

A retired older man was stopped by a young game warden recently, as he prepared to leave a river known for its good fishing. In his car trunk was an ice chests full of live fish in water, The warden asked, "Do you have a license to fish here?" "Naw, I don't need a license. I wasn't fishing, these are my pet fish. Every night I take them down to the river and let 'em swim 'round for a while. Then I whistle and they jump right back into this chest and I take 'em back home." "That's BS! Fish can't do that," said the warden. The man looked at him for a moment and then said, "It's true. I'll show you. It really works." "Okay, I've GOT to see this!" The man threw the fish into the river and waited After several minutes, the warden said, "Well?" "Well, what?" said the man. "When are you going to call them back?" "Call who back?" "The FISH!" "What fish?"

*You know you're a nurse if .....*

*You notice that you are using more 4 letter words than you even knew before you started nursing.*

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

You can't help getting older ..... but you don't have to get old.

... George Burns

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



### GO GREEN!

Send name and organization in e-mail titled "Newsletter" to BarryP@SMSLTC.com Receive the Mortar & Pestle by e-mail, starting next month.

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# SMS & LTC

SHELLY'S MEDICATION SERVICES

PARTNERSHIP IN LONG TERM CARE  
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### Prescription Descriptions

## Inappropriate Meds Prescribed to Elderly in the ICU

More than half of elderly people admitted to the intensive care unit (ICU) receive prescriptions for drugs they do not need when it's time to go home, according to a study presented at the Society of Critical Care Medicine 40th Critical Care Congress last month in San Diego, California . "We already know that potentially inappropriate medications are quite prevalent among the elderly living in the community - somewhere around 60%," said Alessandro Morandi, MD, from Vanderbilt U. School of Medicine. "What we found in the present study was that after a critical illness, the proportion of patients with both potentially and actually inappropriate medications increased by about 20%, and that half of these were initiated in the ICU. Having a lot of drugs in the elderly is associated with worse cognitive function, increases the risk of falls, and also increases healthcare cost " Elderly patients are often prescribed medications in the hospital that are considered potentially inappropriate in general, but turn out to be appropriate for them in a clinical context. The classic example is the use of an antipsychotic drug to combat the delirium that is common in the ICU. Such drugs should be stopped at discharge because there is no longer a need for it, The study included 120 patients with median age of 68, who were admitted to the medical and surgical ICU at Vanderbilt University Medical Center.

See us at . . .

# PADONALTON

*Excellence in Performance*

*23rd Annual Convention ... March 30, 31 & April 1 ... Hotel Hershey*

Bumper sticker  
seen on a WALKER

**I must be getting old!**  
Every name in my phonebook ends with M.D.

QUESTION FOR THE AGES --- Before they invented drawing boards, what did they go back to?

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