

February 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**

## Coffee May Protect Against Diabetes & Prostate Cancer

*U.S Pharmacist* reported results of new studies that show drinking lots of coffee might keep diabetes and prostate cancer away. A meta-analysis of 18 studies done by the **George Institute for International Health** in Sydney, Australia showed that drinking 3 to 4 cups per day was associated with a 25% lower risk of diabetes than drinking 2 cups or less per day. Similar results were found for decaffeinated coffee and tea. Separate reports from the *Health Professionals Follow-Up Study*, conducted by the **Harvard School of Public Health (HSPH)** found that drinking large amounts of coffee can reduce a man's risk of death from prostate cancer. The researchers found a strong relationship between the consumption of 6 or more cups of coffee a day and a reduced risk (41%) of aggressive prostate cancer. A weaker relationship was found between heavy coffee use and all forms of prostate cancer (about a 19% reduction). "The more coffee you drank, the more effect we saw," said Kathryn Wilson, a research fellow at HSPH.

## NEW LOGO UNVEILED

As Shelly's Medication Services has been growing, and as we have been adding the latest products, such as electronic MARs, it occurred to us that a change in our logo might better represent that growth and service expansion. Accordingly, a new logo was unveiled this month.

# SMS-LTC

It features a stylized caduceus, surmounted by a mortar and pestle. Thus, illustrating our involvement in health care and more specifically in pharmaceutical service.



## Dr. Feelgoode's Corner - Toothache



Dr. Feelgoode is on vacation this month, and his brother-in-law, Dr. I. Yankem, who is a dentist, has kindly filled in. And what else would you expect a dentist to write about, but toothache. Among the most effective home remedies for toothache is garlic. A

clove of garlic with a little rock salt should be placed on the affected tooth. Toothache is often eased by placing a small piece of onion on the bad tooth or gum. A paste of the bark of bay berry made with vinegar, applied on the affected tooth, will relieve the toothache. Another very effective home remedy is the use of clove, which reduces pain. Use a drop of oil of clove.

Our name, SMS-LTC, tells you we're still Shelly's Medication Services and we're in Long Term Care

Don't let the modernistic appearance of the artwork fool you. We are still dedicated to giving you old-fashioned service! Your choice of dispensing system, multiple daily deliveries, and next delivery response on new orders and changes are standard. We work in the way that is best for your facility. At SMS-LTC the customer is still always right! And that's because we're still Shelly's.

## GO GREEN!



Send your name and organization in an e-mail titled "Newsletter" to [BarryP@SMSLTC.com](mailto:BarryP@SMSLTC.com) The Mortar & Pestle will come by e-mail, starting next month.



Quick drug info on the Web  
**[WWW.SMSLTC.COM](http://WWW.SMSLTC.COM)**  
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*This month's words of wisdom ...*

**HAPPINESS IS WHEN WHAT YOU THINK, WHAT YOU SAY, AND WHAT YOU DO ARE IN HARMONY.**

*... Mahatma Gandhi*



## Prescription Descriptions

### **FDA Updates Earlier Guidance on Spiriva**

The FDA announced in January that data from a recent review of the Spiriva HandiHaler, a long-acting treatment for COPD, do not support previously held findings that an increased risk of stroke, heart attack, or death existed in patients using the medicine.

In March 2008 FDA had described data submitted by the drug's manufacturer as suggesting a small increased risk of stroke in patients treated with tiotropium, the medicine's active ingredient. In October 2008, an Updated Communication highlighted two additional publications suggesting increased risk of stroke, heart attack, and death in patients using tiotropium.

The current update of those communications is based on an FDA review of the UPLIFT study that compared Spiriva HandiHaler with a placebo in 5,992 COPD patients. In November 2009, the FDA Pulmonary – Allergy Drugs Advisory Committee also reviewed the data and determined that the UPLIFT study resolved safety concerns for Spiriva Handihaler.

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**22nd Annual Convention March 24 - 26 ..... Hotel Hershey**

### **Laughter - the best Prescription - The Lady & the Pharmacist**

A nice respectable lady went into her local pharmacy, walked up to the pharmacist, looked him straight in the eye, and said, "I would like to buy some cyanide." The pharmacist asked, "Why in the world do you need cyanide?" The lady replied, "I need it to poison my husband."

The pharmacist's eyes got big and he exclaimed, "I can't give you cyanide to kill your husband. That's against the law! I'll lose my license! They'll throw both of us in jail! All kinds of bad things will happen. Absolutely, positively not! You CANNOT have any cyanide!"

The lady reached into her purse and pulled out a photograph that showed her husband in bed with the pharmacist's wife. The pharmacist took one look at the picture and replied, "Well now, that's a different story. You didn't tell me you had a prescription."

**SMS  LTC**

**SHELLY'S MEDICATION SERVICES**

*PARTNERSHIP IN LONG TERM CARE*

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