

July 2011

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# The Mortar & Pestle

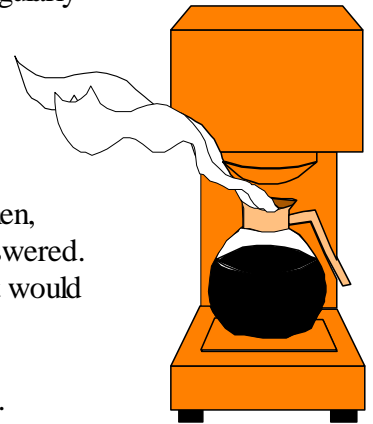
*Long Term Care Newsletter*



## Good News for Starbucks and Dunkin' Donuts

Reuters has reported that results of a recent study show women with heart disease, who regularly consume coffee, live just as long as those who avoid the beverage altogether. Researchers have long thought that the caffeine and other compounds in coffee could negatively affect the cardiovascular system, however research to support this theory has been mixed. In the most recent study researchers followed 12,000 nurses who had a history of heart disease or stroke, and were coffee drinkers. Study results showed these women were not at an increased risk of death from heart attack, stroke or any other cause. For some of the women, the study period lasted for more than 20 years, but there are still some questions left to be answered.

"Our results suggest that coffee drinking is OK for patients with cardiovascular disease, but it would be desirable to replicate our results in other populations," said Dr. Esther Lopez-Garcia, lead researcher of Universidad Autonoma de Madrid in Spain. The researchers also point out that genetics should be considered as some people metabolize caffeine at a higher rate than others.



## Dr. Feelegoode's Corner - Bruises



Bruises are a minor problem that most of us don't take very seriously. They can be prevented quite easily without much effort. To prevent severe bruising apply a cold compress as soon as you suffer the injury. Don't wait until the bruise starts to show. Treatment with ice is in fact the most commonly used home treatment. Please keep in mind that ice should never be applied directly to your skin as this could cause further damage. No matter what the causes, you can treat bruises with cold compresses by wrapping ice in a towel or plastic bag and applying it to the affected area. This extreme cold reduces blood flow into the region, thus reducing the

bleeding and hence the swelling and other signs of bruising. Elevating the affected area will also help as it will reduce the blood flow to the region. Diet suggestions include having one rich in Vitamin C. Include garlic and onions (garlic is a natural antibiotic). Drink lots of fluids such as water, herbal tea, soup, etc. Avoid dairy products or other foods that tend to cause mucous.

## Laughter - the Best Prescription

Three newly arrived souls were at the Pearly Gates. St. Peter asked the first what he did on earth, and was told that he was a doctor who had saved many lives, and had devoted his life to the good of mankind. St. Peter told him to enter thru the Pearly Gates. The same question was asked of the 2nd applicant. She said that she was a nurse who worked in a hospital charity ward and did only good for the poor and homeless. She, too, was told to go in and was welcomed by the angels. St. Peter then asked the third what his job was on earth. He replied that he had served as the administrator for a large HMO plan. St. Peter told him that he, too, could enter the Pearly Gates but ..... he could only stay for three days!!!!



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

**In prosperity our friends know us;**

**in adversity we know our friends.**

*... John Churton Collins*

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

**GO GREEN!**  
Send your name and organization  
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### Prescription Descriptions

The FDA has advised of important changes to the influenza drug Tamiflu, being made to reduce possibility of prescribing and dosing confusion that could lead to medication errors.

The concentration changes from 12 mg/mL to 6 mg/mL. (The lower concentration is less likely to become frothy when shaken, thus ensuring a more accurate measurement.) The oral dosing device is changed from mg (weight) to mL (volume) measurements. Distribution of the new product begins in July..

Since the 12 mg/mL product will remain in the marketplace and/or stockpiles until current supplies expire, it is important to be aware that a patient might receive either concentration from their pharmacy during the 2011-12 influenza season. Steps should be taken to avoid the potential for a medication error due to confusion between the two concentrations.

### SAVE THESE DATES !!!

We're all still roasting in the middle of summer, but cool plans are already being set for two Educational Dinner Programs once we get past Labor Day. Mark your calendar now so you won't miss out. On September 13th we'll be at the Buck Hotel with co-host Lilly and then on October 19th at the William Penn Inn with co-host Dey Pharma. Speakers and topics are being finalized for both programs, and details will be in the next issue of the Mortar & Pestle..



### An Aspirin a Day May Keep Melanoma Away !

A new study reported by MSNBC suggests that taking one aspirin daily could decrease the risk of developing melanoma. After analyzing 1,000 patient records, researchers determined that the risk of melanoma was cut by almost fifty percent when people took a daily dose of aspirin for at least five years. The researchers focused on usage of anti-cholesterol statins and nonsteroidal anti-inflammatory medications, or NSAIDs, because earlier studies had suggested that these medications might have an impact on melanoma development, along with other types of cancers. While melanoma is less common than other forms of skin cancer, it is the most dangerous and most likely to spread. In 2010 the National Cancer Institute reported 9,000 melano deaths in the U.S alone.

The perks of being a senior - In a hostage situation you are likely to be released first.

Bumper sticker  
seen on a WALKER

**One good thing about Alzheimer's ...  
you get to meet new people every day!**

Question for the ages -- If a deaf person has to go to court, is it still called a hearing?

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