

July 2007



The Mortar & Pestle

Long Term Care Newsletter



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

2nd Anniversary Issue

It's Our BIG 2nd Anniversary Issue

To celebrate the 2nd anniversary of our **Mortar and Pestle** newsletter this month's issue is oversized a bit with more tidbits squeezed in. We're also re-running our anniversary give-a-way that was so popular for last year's 1st anniversary. If you'd like to enter, clip out the coupon below, fill it in and mail back to us. All coupons received by August 18, 2007 will be entered in a drawing for **Shelly's Prize Packs**. These Packs include a variety of promotional items SMS has used during the past year, including frisbees, pens, FM radios, travel alarm clocks, bubbles, key chains, etc. We'll award five prize packs to names drawn at random from the entrants. The first name drawn, will also receive a PDR Pocket Pharmacopoeia. In a separate drawing from the coupons submitted by SMS employees, another prize pack will be awarded.



Name _____

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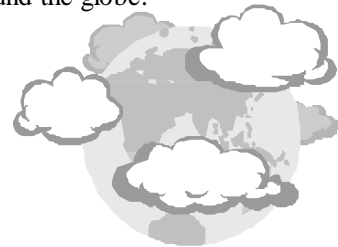
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Global Warming - More Worries

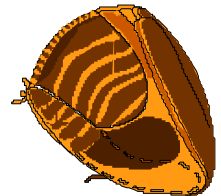
Scientists at the General Meeting of the American Society for Microbiology have warned that as the Earth's temperatures rise, we can expect to see significant change in infectious disease patterns around the globe.



Stephen Morse of Columbia University said that at least one aspect of rising temperatures can be predicted fairly accurately. In the mountains of endemic areas, malaria is not transmitted above a certain altitude, since the temperatures are too cold to support mosquitoes. As temperatures go up, the malaria rate is expected to rise also.

Another disease that may be affected by global warming is influenza. It is a year-round event in the tropics. If the tropical air mass around the Earth's equator expands, some global areas will lose their seasons and this could lead to a rise in influenza outbreaks.

Shelly's triple play



Service

Old time service!

We've been a long-term pharmacy for 20 years, but our company's 50 year history in the retail marketplace instilled us with the philosophy of service. We learned then, and at SMS we still believe today that ... **THE CUSTOMER IS ALWAYS RIGHT**



Quality

Triple checked quality!

Our dispensing error rates are 10x better than the most optimistic industry reported averages. Why? Because we double and triple check everything. Even bills get a QC check before mailing.



Technology

Today's technology!

Computers, faxes, email, cell phones - of course we use 'em all and now we're offering electronic MARs. **NO MORE RECAPS**



Prescription Descriptions

Approval for Alzheimer Patch

It has been reported by Reuters that Pharmaceutical group **Novartis** says it has received U.S. approval for the **Exelon Patch** which delivers **rivastigmine** transdermally for treatment of mild to moderate Alzheimer's disease. The FDA also approved the use of the **Exelon Patch** in treating patients with mild to moderate Parkinson's disease dementia, **Novartis** said. The medication had been submitted for review in the European Union in late 2006

The **Exelon Patch** is applied to the back, chest or upper arm. According to **Novartis** it maintains steady drug levels in the bloodstream, thus improving tolerability and allowing a higher proportion of patients to receive therapeutic doses of medication, with potential improvements in efficacy.

This One's for You Many studies have credited daily moderate alcohol consumption with preventing heart attacks and strokes, regulating insulin, staving off age-related dementia and even preventing osteoporosis and certain cancers. Red wine is most often the adult beverage of choice.



Recent research at the University of Texas Southwestern Medical School, suggests that beer may be healthier than wine. Dr. M. A. Denke determined that beer contains amounts of polyphenols similar to red wine, and 5x as much as white wine.

Also, it was recently discovered at Oregon State University that hops, a main ingredients of beer, contain isoflavonoids that have been found to inhibit prostate, breast and colon cancer. Because beer is made from grain, it contains protein. Craft beers, brewed in small batches by independents, typically are not filtered. These are chock-full of vitamins and minerals from the yeast still suspended in the liquid. Beer is 93 percent water, and has no fat, cholesterol, triglycerides, or sugar. It has significant amounts of magnesium, potassium and other minerals, as well as vitamins B2, B6 and folic acid. All in all fine reasons to make your toast with a glass of beer ...

"TO YOUR HEALTH" ... of course.

Laughter ... the best Prescription

My friend Sam, an elderly gentleman, was a witness in a burglary case. During the cross-examination, the defense lawyer asked him, "Did you see my client commit this burglary?" "Yes, I did" Sam answered, "I saw him plainly take the goods."



The lawyer then asked Sam, "This happened late at night. Are you sure you saw my client commit this crime?" "Absolutely," came the reply, "I saw him!"

Then the lawyer asked, "Sir, you are 80 years old and your eye sight probably isn't what it used to be. Just how far can you see at night?" Sam said without hesitation, "I can see the moon, how far is that?"

Dr. Feelegoode's Corner - Poison Ivy Relief

Another summertime hazard, especially for hikers and campers, is Poison Ivy and Poison Oak.

Relief is available with many simple treatments. Rub alcohol on the affected area, rinse it with water and then wash with soap and water. Wet the infected area and rub plain table salt on it, this will not only provide relief, but also stop further spread. Rub the inner side of a banana peel on the rash. This will help relieve itching. Place the infected area under running water. This will wash away histamines which cause itching of skin. Pour 3 cups of oats into warm water and soak the infected area with the mixture. Simultaneously, rub the affected area.

Doing this will relieve itching. Mix 1/4 cup of bleach with 3/4 cup of warm water and apply to the affected area using a washcloth. This will kill the poison within 2 to 3 days. Apply aloe vera juice over the affected area, this will cool and provide instant relief.



This month's words of wisdom ...

He that is good for making excuses, is seldom good for anything else.
... Benjamin Franklin

Visit us on the Web at
WWW.SMSLTC.COM

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