

June 2011

# R

# The Mortar & Pestle

## Long Term Care Newsletter



MSNBC.COM reports researchers have discovered that taking sugar along with an antibiotic may improve the effectiveness of the drug against persistent bacterial infections. Such persistent infections can shut down their normal metabolic functions and become dormant, allowing the bacteria, to avoid the effects of antibiotics. The bacteria then comes back to life often much stronger and more aggressive. This research proposes sugar is able to bring the bacteria to life facilitating antibiotic uptake, which in turn, kills the bacteria. Study researcher James Collins tested this technique on mice with urinary tract infections. Treatment with antibiotics and sugar was able to kill 99.9 percent of the persistent bacteria, while treatment with the antibiotic alone had no effect. So far, studies have only been conducted in animals and more research is needed to determine if the combinations would work in humans. If they do, antibiotic effectiveness could be improved without needing to make new drugs.

How Sweet It Is !



### Dr. Feelegoode's Corner - Wrinkles

Wrinkles have many causes, such as overexposure to the sun, rapid weight loss, smoking, stress, loss of vitamin E, genetics, etc. Here are a few treatments that will help reduce wrinkles.

Apply egg whites to the skin under your eyes. Egg whites contain several vitamins and will help nourish as well as tighten the skin. You can also apply egg whites to your forehead and other areas that are prone to wrinkling.

Empty 3 Vitamin E capsules into a small bowl. Add 2 tsp. plain yogurt, 1/2 tsp. honey and 1/2 tsp. lemon juice. Apply this mixture on the face using a cotton ball. Leave for 10 minutes and rinse. This is one of the simplest natural anti-wrinkle face creams and is an especially effective treatment for men. Also, try gently massaging virgin coconut oil mixed with a few drops of Vitamin E oil on portions of the skin prone to wrinkles, nightly at bedtime. This is one of the best deep wrinkle creams. It often produces results within a week. Or try a cut green Thompson seedless grape. Gently crush half onto the wrinkles, and leave it for 20 minutes. Then rinse with warm water and air dry. Or try odor-free castor oil applied under the eyes or on the throat



### Laughter - the best Prescription - The Heart Murmur



An elderly man went to the doctor for his annual physical. As the doctor was listening to his heart with the stethoscope, he began muttering, "Oh oh! Oh oh!" Concerned, the old man asked the doctor, "Is there some kind of problem?" "Well," replied the doctor, "you have a very serious heart murmur. Do you smoke?" "No," said the man. "Do you drink in excess?" "No," replied the man. "Do you have a sex life?" "Yes, I do!" "Well," said the doc, "I'm afraid with this heart murmur, you're going to have to give up half of your sex life." Looking perplexed, the old man asked, "Well, which half is it - the looking or the thinking?"

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

**You may be disappointed if you fail ...**

**but you are doomed if you don't try.**

*... Beverly Sills*

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

**SAVE THE DATE !!!**  
 SMS' next dinner program will be on  
 September 13 at the Buck Hotel. Our  
 co-host is the Lilly Co. Watch for  
 more details in our next newsletter

Published monthly by

# SMSLTC

**SHELLY'S MEDICATION SERVICES**

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



## Prescription Descriptions

### FDA Restricts Zocor [simvastatin] Use Due to Muscle Injuries

The FDA has announced that it wants doctors to stop prescribing 80mg **Zocor** (simvastatin), the highest dosage approved by the FDA, to new and recent patients due to risks of a muscle injury called myopathy.

Simvastatin is sold as a single-ingredient generic medication and as the brand-name Zocor. It is also sold in combination with ezetimibe as **Vytorin**, and in combination with niacin as **Simcor**. FDA estimates that in 2010 Simvastatin 80 mg was prescribed to about 2.1 million people in the US. It should not be prescribed to new patients, including those already taking lower doses of the drug. Only people already taking the 80mg dose for more than 12 months may continue using it. The risk of myopathy is greatest during that first 12 months.

FDA decided to restrict usage after reviewing results of clinical trials and reports of adverse events submitted to the its Adverse Event System. "The FDA has completed its review of the safety of high-dose simvastatin and is making label changes to reduce the risk of statin-associated muscle injury," said Eric Colman, M.D., deputy director of the Division of Metabolism and Endocrinology Products. "We want to ensure that patients and health care professionals are aware of the new labeling changes to simvastatin, including the increased risk of myopathy when using the 80 mg dose."

**Here's to Ya!** Years of studies have credited daily moderate alcohol consumption with preventing heart attacks and strokes, helping to regulate insulin, staving off age-related dementia and even preventing osteoporosis and certain cancers. These reports have usually indicated red wine as the beverage of choice. But, recent research at the U. of Texas SW Medical School, suggests that beer might be a healthier quaff than red wine. Beer contains healthy doses of polyphenols similar to amount in red wine. Also, beer has as much as 5x the polyphenols as white wine. Polyphenols are antioxidants credited for raising good cholesterol and staving off certain cancers. Additionally, researchers at Oregon State University recently discovered that hops, the main ingredient in beer, contain isoflavonoids -- plant-based estrogens that have been found to inhibit prostate, breast and colon cancer. All in all, a darn fine reason to raise a toast with a glass of beer. Cheers!

**The perks of being a senior - Your investment in health insurance is finally beginning to pay off.**

Bumper sticker  
seen on a WALKER

**My Snap, Crackle, Pop in the  
AM ain't Rice Krispies anymore!**



Question for the ages -- Why are you IN a movie, but you're ON TV? ?

# SMS LTC

**SHELLY'S MEDICATION SERVICES**

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

