

March 2011

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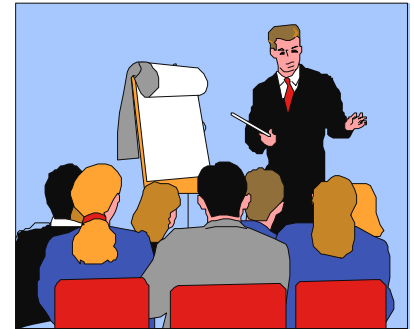
The Mortar & Pestle

Long Term Care Newsletter



Dinner Program Scheduled for April

The SMS series of Educational Dinner Programs will continue on April 14th at The Buck Hotel, 1200 Buck Road in Feasterville. Co-hosts for the evening are Eisai and Pfizer Pharmaceuticals. Dr. Daniel Haimowitz, a Geriatrician in private practice in Levittown and Medical Director at several facilities, is our speaker. The topic for the evening is "Aricept 23mg, the New Gold Standard for Dementia Treatment". Our Sip'N'Sign registration begins at 6:00 PM with dinner and the program starting at 6:30 PM. As of this writing we already have 40 registrants. Call now to make sure we save a place for you. Call SMS today at 215-785-6616 and speak to Barry (x6054) or Stan (x6052).



Dr. Feelegoode's Corner - Backache

Snow shovelling may be done for a while, but many will soon be out digging, lifting and hauling while doing spring planting. Back aches are sure to result. Here are some time-tested treatments.

The most important home remedy for backache is garlic. Two or three cloves should be taken every morning to get results. Also, an oil prepared from garlic and rubbed on the back will give great relief. It is prepared by frying 10 cloves of garlic in 60 ml of oil. Any of the oils which are used as rubefacients, such as mustard oil, sesame oil, and coconut oil can be used. Fry the cloves on a slow fire till brown. After the oil has cooled, it should be applied vigorously on the back, and allowed to remain for 3 hours. Take a warm-water bath afterwards. Continue for at least fifteen days.

Lemon is another useful remedy. The juice of one lemon should be mixed with common salt and taken by the patient twice daily. Raw potato is an ancient home remedy for aches that are characterised by incapacitating pain in the lumbar region, especially in the lower back. Application of raw potato in the form of a poultice has been found very effective. Vitamin C has proved valuable for severe backaches. About 2,000 mg should be taken daily to treat this condition. Much improvement will be felt within 2 days.



Laughter - the best Prescription

A masked robber burst into a Texas Bank and forced the tellers to load a sack full of cash. On his way out the door a brave Texas customer grabbed the mask and pulled it off, revealing the robber's face. The robber shot the customer without a moment's hesitation. He then looked around the bank and noticed one of the tellers looking straight at him. The robber instantly shot him, also. Everyone else, by now very scared, looked intently down at the floor in silence. The Robber yelled, "Well, did anyone else see my face?"

There were a few moments of utter silence, in which everyone was plainly afraid to speak. Then one elderly man tentatively raised his hand and said, "I think my wife got a good look at you."

This month's words of wisdom . . .

Be careful about reading health books . . .
You may die of a misprint.

... Mark Twain

Drug info on the Web
WWW.SMSLTC.COM
Choose the link to
Drug Information



GO GREEN!

Send name and organization in e-mail titled "Newsletter" to BarryP@SMSLTC.com
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1504 Grundy's Lane - Unit #8 Bristol, PA 19007



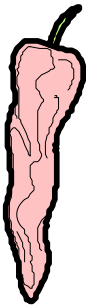
Prescription Descriptions

Abbott to Withdraw Meridia

The FDA reports that **Abbott Laboratories** has agreed to voluntarily withdraw its obesity drug **Meridia** (sibutramine) from the U.S. market because of clinical trial data indicating an increased risk of heart attack and stroke. Meridia was approved by the FDA in November 1997 for weight loss and maintenance of weight loss in obese people, as well as in certain overweight people with other risks for heart disease. The approval was based on clinical data showing that more people receiving sibutramine lost at least 5% of their body weight than people on placebo who relied on diet and exercise alone.

“Meridia's continued availability is not justified when you compare the very modest weight loss that people achieve on this drug to their risk of heart attack or stroke,” said John Jenkins, MD, director of the Office of New Drugs in the FDA's Center for Drug Evaluation and Research. “Physicians are advised to stop prescribing Meridia to their patients and patients should stop taking this medication.”

Capsaicin Linked to Skin Cancer



If you enjoy hot peppers on your salad or with your steak sandwich or hoagie here's something else to worry about beyond heartburn and the cost of antacids. A study in **Cancer Research** by researchers at The **Hormel Institute, University of Minnesota**, links capsaicin, a component of chili peppers, to skin cancer.

Even though the molecular mechanisms of the cancer-promoting effects of capsaicin are in question and remain controversial, the new research has shown a clear connection to formation of skin cancer in various laboratory studies. Ann Bode, professor in the institute's Cellular and Molecular Biology Research Section, led the research team on this study. (as reported in *U.S. Pharmacist*)



Did you hear about the nurse who died and went straight to hell? It took her two weeks to realize she wasn't at work!

Bumper sticker
seen on a WALKER

I'm not old.
I'm Chronologically Gifted

A time honored truth --- Age is a very high price to pay for maturity.

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