

March 2007

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The Mortar & Pestle

Long Term Care Newsletter



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

Educational Dinner Program

SMS' next educational dinner program will be presented with co-host Forrest Laboratories on April 19 at **Maggiano's Little Italy**, 205 Mall Boulevard, King Of Prussia, PA 19406.

Registration will begin at 6:00 PM with dinner and our program starting at 6:30 PM. Our speaker for the evening will be **Stephen Scheinthal, D.O.** He is Director, Clinical Geriatric Psychiatry, The Center for Aging - UNMNJ. He will present ***Namenda; Changing the Treatment Paradigm***

Please join us and colleagues from around the area for this excellent presentation, as well as an evening of good food, drink, fun and prizes. Space is limited so please reserve your place today by calling Barry or Stan at Shelly's (215-785-6616).

Regina Center Chooses Shelly's

Regina Nursing Center of Norristown has selected **Shelly's Medication Services** as their supplier for all pharmaceutical services. **Shelly's** was selected based on its outstanding quality of service, reliability of deliveries and overall value.



Regina Nursing Center is a privately owned, not-for-profit organization that provides complete skilled nursing care to the mentally and physically handicapped, the chronically ill and the aged. Founded in 1963, **Regina's** large park-like campus in Norristown, PA. is home to 121 residents.



Where oh where has all the service gone?

In a recent editorial titled "Whatever Happened to Customer Service?", the editor-in-chief of **US Pharmacist** was bemoaning the fact of deteriorating customer service on the telephone, on the Internet and even on the retail store scene. He further noted that firms offering good service were often higher-priced. I think he almost got it right. Those good-service companies aren't higher-priced. It's the others that are under-priced. They have knowingly cut prices and made up their loss of revenue by cutting their level of service.

We're reminded of a favorite quote from John Ruskin, English critic and essayist of the 1800s: "There is scarcely anything in the world that some man cannot make a little worse, and sell a little more cheaply. The person who buys on price alone is this man's lawful prey."

Expanding on this ... if one deals with the lowest bidder, they would be well-advised to put aside some money in the beginning to pay for the problems they are sure to have later on. Yet, if one used that same money at the start they would probably spend less overall and enjoy a more trouble-free product.

At SMS we still provide old-fashioned service with the philosophy of ***the customer is always right***. Good service isn't that hard to find today. You just have to look in the right places. Talk to SMS and find out how we provide the customer-oriented pharmacy service you want and need.

This month's words of wisdom ...

my mother taught me NEVER TO TEST THE
DEPTH OF THE WATER WITH BOTH FEET.

..... A anonymous



Prescription Descriptions

Allergy Drug May Slow Tumor Growth

Researchers at the University of Texas M.D. Anderson Cancer Ctr. may have found a link between the use of **Cromolyn**, an antiallergy drug in use for more than 40 years, and a reduction in tumor growth in animal models of human pancreatic cancer, the most lethal form of cancer.

The research, which was published in the Journal of the National Cancer Institute, revealed that when Cromolyn was combined with chemotherapy in the treatment of pancreatic tumors in mice, it retarded the tumor growth nearly 3x better than with the chemotherapy agent **Gemcitabine** alone. Craig Logsdon, PhD, lead author of the study, said he will be working with physicians at the center to prepare for a clinical trial using **Cromolyn-Gemcitabine**. It is estimated that more than 95% of patients diagnosed with pancreatic cancer die from the disease; half those deaths occur in the first six months after diagnosis.

Increased Fracture Risk

A recent study by **Takeda Pharmaceutical** has shown an increased incidence of fractures in female patients who received long-term treatment with **ACTOSO** (pioglitazone HCl) tablets for Type 2 Diabetes Mellitus, vs. those taking a comparator. There was no increased risk of fracture identified in men.

The majority of fractures observed were in the distal upper limb (forearm, hand and wrist) or distal lower limb (foot, ankle, fibula and tibia). The fracture incidence calculated was 1.9 fractures per 100 patient-years in the pioglitazone-treated group and 1.1 fractures per 100 patient-years in the comparator-treated group. The observed excess fractures is therefore 0.8 fractures per 100 patient-years of use. The explanation for this finding is currently not known, and further evaluation of these findings is ongoing.

Dr. Feelegoode's Corner Home Remedy for Hi Blood Pressure

Garlic is regarded as an effective means of lowering blood pressure. It is said to reduce spasms of the small arteries. It also slows down pulse rate and modifies heart rhythm, besides relieving the symptoms of dizziness, numbness, and shortness of breath. It may be taken in the form of raw cloves or 2-3 capsules a day. Lemons and grapefruit are also regarded as valuable to control high blood pressure. They are rich in vitamin P, which is found both in the juice and peel. This vitamin is essential for preventing capillary fragility. An overall well-balanced routine of proper diet, exercise, and rest should be followed.



Laughter ... the best Prescription.
A man went to see his doctor with a very worried look on his face. "Doctor," he said, "You've got to help me. Do you remember those voices in my head that I always complain about?" "Yes," replied the doctor. "Well they've suddenly gone away," the man said. "So what's the problem," asked the doc.
"I THINK I'M GOING DEAF !"

SHELLY'S

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**Partnership In
Long Term Care**