

November 2011

R

The Mortar & Pestle

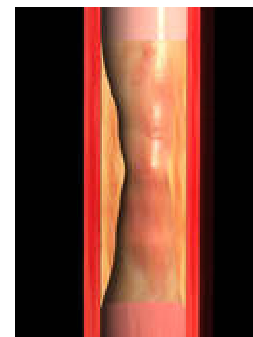
Long Term Care Newsletter



Heart Disease Indicators in Healthy Young Adults

MSNBC has reported on a new study shows that a large number of young adults without risk factors for cardiovascular disease may already have some thickening in their blood vessel walls, an early indication of the disease. The study included 68 normal-weight volunteers aged 18 to 35. Each received an MRI to look at the condition of their blood vessels and the visceral fat tucked around their organs. An astounding 48 percent of the volunteers showed signs of blood vessel thickening and hidden fat deposits.

Researchers found that volunteers with early signs of heart disease tended to have hips that measured almost the same as or smaller than their waists. Cardiovascular disease remains the number one killer of both men and women and researchers hope this new information will improve screening methods as well as understanding for who is at risk



Dr. Feelegoode's Corner - Curing Holiday Hangovers

With the holiday season fast approaching, we are always concerned that some may over do it a bit and wind up suffering from a nasty hangover. Here's our annual advice for hangover cures.

Drinking robs the body of B vitamins and causes dehydration. Take Vitamin B Complex with a full glass of water before going to bed to prevent most symptoms. Besides being hydrating, the water gives a head start on diluting the alcohol.

Also, fructose helps the body burn alcohol faster. Drinking vodka & orange juice may prevent some hangovers or lessen the severity. Drink fruit juice or swallow some honey when rising in the morning to get rid of any remaining alcohol quicker. Alcohol also causes blood vessels to dilate, resulting in the morning after headache. Morning coffee's caffeine constricts the vessels and reduces the headache. Or, cups of strong tea with honey give water, caffeine, and fructose all at once. Happy Holidays!



Laughter - the Best Prescription

Some recording artists of the 50's & 60's are re-issuing their hits with new lyrics to accommodate their aging baby boomer fans. The new releases include such toe-tappers as:

- Bobby Darin --- Splish, Splash, I Was Havin' A Flash, • Johnny Nash --- I Can't See Clearly Now,
- Herman's Hermits --- Mrs. Brown, You've Got a Lovely Walker, • Abba--- Denture Queen ,
- Roberta Flack--- The First Time Ever I Forgot Your Face, • The Bee Gees -- - How Can You Mend A Broken Hip?
- Ringo Starr --- I Get By With A Little Help From Depends, • Paul Simon--- Fifty Ways To Lose Your Liver,
- The Commodores --- Once, Twice, Three Times To The Bathroom,
- Procol Harem--- A Whiter Shade Of Hair, • Helen Reddy --- I Am Woman, Hear Me Snore,
- Leslie Gore--- It's My Procedure, and I'll Cry If I Want To, • Temptations --- Papa's Got A Kidney Stone,
- Tony Orlando --- Knock 3 Times On The Ceiling If You Hear Me Fall,
- Leo Sayer --- You Make Me Feel Like Napping,



This month's words of wisdom ...

You cannot escape the responsibility of tomorrow by evading it today.

... Abraham Lincoln

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



GO GREEN!

Send e-mail titled 'Newsletter' with name and organization to BarryP@SMSLTC.com
Receive newsletter by e-mail

Published monthly by

SMSLTC

SHELLY'S MEDICATION SERVICES

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



Prescription Descriptions

Wait 'Til the Meds Come, Nellie !

Dealing with a cancer diagnosis is extremely difficult, but for some patients, the trauma is being heightened when they are told that their treatment will be delayed - for an undetermined amount of time. The reason? The medicine cabinet is empty and the drugs they need are not available.

The US is facing an unprecedented shortage of drugs, including those used to treat cancer. This drug shortage has been ongoing for several years, is becoming progressively more acute, and shows no sign of abating. In fact, the situation is getting worse in terms of the number of drugs in short supply. Michael Link, MD, president of the American Society of Clinical Oncology said. "Starting at the beginning of the 21st century, there has been a crescendo effect of the number of drugs in short supply. We're on track this year to have a shortage of almost 300 drugs - including cancer drugs." Most of the drugs are generic and off patent, but there are problems with nongeneric drugs as well.

In 2004, there was a shortage of 58 drugs, according to the University of Utah Drug Information Service, which monitors drug shortages for the American Society of Health System Pharmacists. This grew to 211 medications in 2010, which was triple the number of 4 years earlier. The University has predicted that more than 360 agents will reach shortage levels by the end of this year.

A survey covering the first ½ of this year by the American Hospital Association reported that 99.5% of hospitals had experienced a shortage of 1 or more drug, and nearly half reported 21 or more shortages. These shortages occurred in all treatment categories, and 3 of 4 hospitals reported rationing or implementing restrictions for drugs in short supply. Delays in patient treatment were reported by 82% of hospitals in the survey, and more than half stated that they were not always able to provide the patient with the recommended treatment.

The perks of being a senior - Things you buy now won't wear out.

Senior
Bumper
sticker

**Experience lets you recognize a
mistake when you make it again.**

Why do toasters have a setting that burns the bread to a horrible crisp, which no human will eat?

SMS  LTC

SHELLY'S MEDICATION SERVICES

PARTNERSHIP IN LONG TERM CARE

1504 Grundy's Lane - Unit #8 Bistol, PA 19007

