

October 2010

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# The Mortar & Pestle

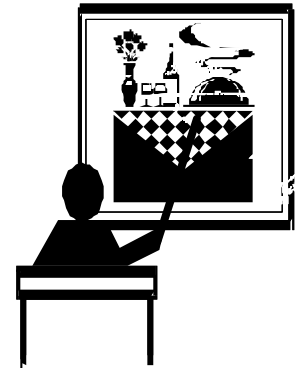
## Long Term Care Newsletter



### Educational Dinner Program

*THE BEAT GOES ON!* - SMS-LTC's next Educational Dinner Program is scheduled for Wednesday, November 17 at the Buck Hotel, 1200 Buck Road in Feasterville, PA. The co-host for the evening is Dey Pharma L.P. Our speaker is Dr. Thomas Snader, Deans Professor of Clinical Pharmacy at University of the Sciences of Philadelphia. His presentation is titled, "Optimizing the Treatment and Management of COPD in LTC." Sip'n'Sign registration begins at 6:00 PM with dinner and the program starting at 6:30 PM.

Join with colleagues from around the Delaware Valley for this enjoyable and informative evening of dining and discovery. Reserve your place today by calling SMS-LTC at 215-785-6616. Select #5 and speak to Barry or Stan.



### Dr. Feelegoode's Corner - Holiday over-eating

With Thanksgiving dinners just around the corner, I thought that some advice on indigestion might be in order for any over-eaters in the audience. Of course an ounce of prevention will be worth a pound of cure. Fatty and spicy foods are the main sources of discomfort along with plain over-doing it. No matter how good that turkey and dressing, candied yams, and pumpkin pie look, don't over do it. There'll be lots of left-overs to enjoy later. But, if you do go too far perhaps one of these suggestions will help. If you find yourself with an acidic stomach a very good cure is to sip a glass of chilled milk with ice cubes added.. This will relieve the acidity, as milk effectively neutralizes acids. The coolness also helps to soothe the heartburn. (I like to use vanilla ice cream when it's available.) Chewing on mint leaves is also effective to help relieve acidity. Chewing a few almonds is also quite effective in treating heartburn; Ginger root with honey taken after a meal is also good.

The other common malady is gas and bloating. Soak slices or shreds of ginger in lemon juice and then chew them. This can help get rid of the bloated feeling and is helpful in releasing gas pressure. Asafetida helps in reducing gas accumulation. In general some of the most effective home remedies for bloating are herbal teas. You can brew up either chamomile, ginger, peppermint or basil tea for this use.

**A TIME-HONORED TRUTH ---** The older you get, the better you realize you were.



Quick drug info on the Web

[WWW.SMSLTC.COM](http://WWW.SMSLTC.COM)

Choose the link to **Drug Information**



*You know you're a nurse if .....*

*Your bladder can expand to the size of a Winnebago's water tank.*

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

The superior man is modest in his speech, but exceeds in his actions.

... Confucius

**GO GREEN!**



Send your name and organization in an e-mail titled "Newsletter" to [BarryP@SMSLTC.com](mailto:BarryP@SMSLTC.com) Starting next month, the Mortar & Pestle will come by e-mail, and we might even save a tree or two.

Published monthly by

# SMS-LTC

SHELLY'S MEDICATION SERVICES

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



## Prescription Descriptions

### Lipitor Recall

Pfizer has recalled specific bottles of LIPITOR (40 mg only) due to a small number of reports of an uncharacteristic odor related to the bottles in which it is packaged. Pfizer is working closely with the bottle supplier to determine the cause of the odor problem. A medical assessment has determined that the odor is not likely to cause adverse health consequences in patients taking LIPITOR. There is no need to take any action if one takes LIPITOR. They should continue to take their medication as prescribed by their doctor. However, if a person takes LIPITOR 40 mg and experiences an uncharacteristic odor associated with the medication, they should return the tablets to their pharmacist.

Pfizer is committed to the safety of patients who use the company's medicines. They will continue to actively monitor the situation and take any action necessary to ensure patient safety. Pfizer has also taken a number of steps to ensure that there is no shortage of LIPITOR 40 mg as a result of the recall.

Someone having any questions about this, should contact their doctor or pharmacist or call 1-888-LIPITOR.

### Laughter - the best Prescription

Two elderly gentlemen from the retirement center were sitting on a bench under a tree when one turned to the other and said, "Slim, I'm 83 years old now and I'm just full of aches and pains. I know you're about my age. How do you feel?"

Slim said, "I feel just like a newborn baby!" "Really!? Like a newborn!?"

"Yep. No hair, no teeth, and I think I just wet my pants."

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An octogenarian was given a present of a 24-piece jigsaw puzzle. He worked on it every night for two weeks. Finally, the puzzle was finished.

"Look what I've done, Stan," he said proudly to a neighbor.

"That's surely somethin', Ollie. How long did it take you?"

"Only two weeks."

"I've never done a puzzle myself," Stan said. "Is two weeks fast?"

"Absolutely," Ollie replied. "Read the box! It says, 'From 2 to 4 years.'"

### Pizza- the healthiest food!

We all learned as children that our diets should include servings from each of the five basic food groups each day. All pizza contains at least three of the groups. The crust is from the Bread Group, the cheese is from the Milk Group and (since a tomato is actually a fruit) the sauce is from the Fruit Group. If you order your Pizza correctly, you can easily include the Meat Group (pepperoni) and even the Vegetable Group (onion topping). So, mangiare!

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