

September 2010

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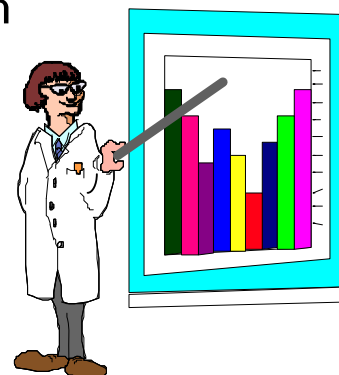
The Mortar & Pestle

Long Term Care Newsletter



Educational Dinner Program

SMS' Educational Dinner Programs continue next month on October 21st. Join us and co-sponsor Forrest Pharmaceuticals at Legal Seafood in the King of Prussia Mall. Our speaker is Dr. Meenakshi Patel, Assoc. Prof., Wright State U., Dir. of Geriatrics, Miami Valley Hospital, and President of the Ohio Medical Directors. Association. She will present Optimizing the Treatment and Management of Alzheimer's Disease. Sip'n'Sign-in begins at 6:00 PM with dinner and our program starting at 6:30. Attendance is restricted to licensed healthcare professionals. You must register with your license number at <http://www.ForestRSVP.com> no later than Monday prior to the event. Use code: PRF1143347. Pick a Specialty closest to what you do and use Designation: NP. Call Tara Rittler at Forrest, (215-872-2986) with any on-line registration problems. Attendance is limited by the venue size so register early. Also, please call Barry or Stan (215-785-6616, select #5) just to let us know you're coming.



Dr. Feelegoode's Corner - Treating Burns



After a burn, the very first thing that you should do is to reduce the temperature of the burnt area. Put lots of chilled water on the area or dip that body part into chilled water for 15 to 30 minutes. Once you have washed the wound properly, apply honey to the wound area. The honey will prevent infection and will also help heal the wound. Papaya fruit contains enzymes that will help to remove dead cells from the wound.

Aloe Vera is good for treating burns. Cut some fresh Aloe Vera leaves and put them on the burnt area. Once the wound starts healing, break a capsule of vitamin E and pour on the liquid. This will help prevent scarring. Tooth paste (not gel) applied to the affected area and left for few hours or overnight is a very effective remedy to stop the burning pain and heal the wound without scarring. Some of the vitamins and minerals important for recovery are Vitamin B complex, Vitamin C, Glutamine, Arginine, copper, zinc, Selenium etc.

Laughter Answers (no peeking)

1- I put bread in a toaster. If you said toast, give up now.
 2- Cows drink water.
 3- Greenhouses are made of glass.
 4- The bus driver is you. Remember, you are driving from London to ...



Quick drug info on the Web

WWW.SMSLTC.COM

Choose the link to **Drug Information**



You know you're a nurse if

Every time someone asks you for a pen you can find at least 4 of them on you.

This month's words of wisdom ...

It's not the will to win that matters ... everyone has that.

It's the will to prepare to win that matters.

... Coach Paul "Bear" Bryant



GO GREEN!

Send your name and organization in an e-mail titled "Newsletter" to BarryP@SMSLTC.com The Mortar & Pestle will come by e-mail, starting next month, and we might even save a tree or two.

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SHELLY'S MEDICATION SERVICES

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



Prescription Descriptions

Approval of New Drug for Treating Gout

The FDA this month has approved Krystexxa (pegloticase), manufactured by Savient Pharmaceuticals Inc . . . to treat gout in adults who do not respond to or who cannot tolerate conventional therapy. Of the three million adults who suffer from gout about 3 percent are not helped by conventional therapy. Gout occurs due to an excess of the bodily waste uric acid, which is eventually deposited as needle-like crystals in the joints or in soft tissue. These can cause intermittent swelling, redness, heat, pain and stiffness in the joints.

For patients with gout, conventional therapy is drugs that lower the amount of uric acid in the blood. Krystexxa is an enzyme that lowers uric acid levels by metabolizing it into a harmless chemical that is excreted in the urine. The drug is administered to patients every two weeks as an intravenous infusion.

Two 6-month clinical trials (212 total patients) showed that the drug lowered uric acid levels and reduced deposits of uric acid crystals. Since one out of every four patients in the trials experienced a severe allergic reaction when receiving Krystexxa, health care providers should dispense a corticosteroid and an antihistamine to their patients beforehand to minimize the risk of such a reaction. Other reactions during the clinical trials included gout flare, nausea, site bruising, nasal passage irritation, constipation, chest pain and vomiting.

Laughter - the best Prescription

You have seen articles stating that research has shown regular mental activity is good for us. It helps stave off the affects of aging. So here's a little mental exercise. You can find the correct answers on page 1.

- 1- What do you put into a toaster?
- 2- Say silk 5 times. Now spell silk. What do cows drink?
- 3- If a red house is made from red bricks & a blue house is made from blue bricks & a pink house is made from pink bricks & a black house is made from black bricks, what is a green house made from?
- 4- Without using a calculator - You are driving a bus from London to Milford Haven in Wales . In London , 17 people get on the bus. In Reading , 6 people get off the bus and 9 people get on. In Swindon , 2 people get off and 4 get on. In Cardiff , 11 people get off and 16 people get on. In Swansea , 3 people get off and 5 people get on In Carmathen, 6 people get off and 3 get on. You then arrive at Milford Haven. What was the name of the bus driver?

...and the WINNERS are:

Thanks to everyone who participated in our Anniversary give-a-way contest last month. Now we're sure that some of you are reading this. The winners this year are:

- Deb Piccini
- Lorraine Lardani
- Maureen Ripper
- Barbara Stickley
- Donna Van Shaick
- Judith Shearer

Your gift pack should arrive in the next week or two.



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