

April 2009

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The Mortar & Pestle

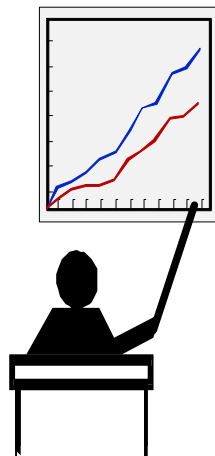
Long Term Care Newsletter



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

May Educational Dinner Program

Join with colleagues from around the area as the SMS series of educational dinner meetings continues in May. This program is jointly sponsored with **Glaxo Smith Kline**. It will be held on May 14 at the **William Penn Inn**, located on Route 202, just south of Sunneytown Pike. (enter 1017 DeKalb Pike, Ambler into your GPS, if using one) Registration will begin at 6:30 PM. Dinner and the program start at 7.



Fran Peterson, PhD Regional Medical Scientist with Glaxo Smith Kline, will speak on **The Role of Omega-3- Acid Ethyl Esters in the Treatment of LTC Residents with Very High Triglyceride Levels**.

. As always, the evening promises to be both an enjoyable and informative one. Seating is limited so make your reservation today by calling SMS at 215-785-6616. Then push #5 to reach Barry or Stan.

Dr. Feelegoode's Corner Allergies

Certain nutrients have been found beneficial for prevention and treatment of allergies. Vitamin B5 or pantothenic acid often brings great relief to the sufferer. This vitamin may be taken in a dose of 100 mg daily for a month. Also, liberal amounts of pantothenic acid help even though the recovery takes several weeks. Taking 400 mg of vitamin E daily for 4-6 weeks is also beneficial as it possesses effective anti-allergic properties.

Five drops of castor oil in 1/2 cup of any fruit or vegetable juice, or plain water, taken on an empty stomach in the morning, is beneficial for allergies of the intestinal tract, skin, and nasal passages.

Lime is considered an effective remedy for any kind of allergy. The juice of 1/2 lime in a glass of lukewarm water, sweetened with a tsp of honey may be taken once daily first thing in the morning for several months. This remedy not only flushes the system of toxins but also acts as an antitoxic and antiallergic



HAPPYNURSESWEEK



Often described as both an art and a science, nursing is a profession that embraces people with varied interests, strengths and passions.

Each year we honor these dedicated folks during Nurses' Week. It always begins on May 6th and ends on May 12th, which is Florence Nightingale's birthday. Recognized as the founder of modern nursing, she became known as the "lady with the lamp." As a tribute to Florence's dedication, the lamp became symbolic of nursing.

The lamp shines brightly as a symbol of the care and devotion nurses administer to their patients.

This month's words of wisdom ...

Nothing is really work unless you would rather be doing something else.

... James M. Barrie



Prescription Descriptions Skin-Numbing Products

US Pharmacist reported last month that the **FDA** issued a Public Health Advisory warning about possible serious and life-threatening side effects from improper use of topical anesthetics, skin-numbing products available OTC and by prescription. Topical anesthetics, which contain drugs such as *lidocaine, tetracaine, benzocaine, and prilocaine* in a cream, ointment, or gel, relieve pain by desensitizing nerve endings. However, the drugs can be absorbed into the bloodstream and, if used improperly, may cause life-threatening side effects such as irregular heartbeat, seizures, breathing difficulties, coma, or even death. The **FDA** has received reports of adverse events and the deaths of two women who used topical anesthetics before laser hair removal,

The agency recommends that patients use topical anesthetics sparingly and consider using a product with the lowest amount of medication. The **FDA** also advises against a heavy application of topical anesthetics over large areas of skin, applying the products to broken or irritated skin, wrapping treated skin with plastic wrap or other dressings, or applying heat from a heating pad to treated skin.



Quick drug info on the Web

WWW.SMSLTC.COM

Choose the link to **Drug Information**



Laughter - the Best Prescription

A older gentleman stopped at local cafe to celebrate how well he had done on his annual physical exam. As he was enjoying his cocktail, a gorgeous young woman walked in. He could not take his eyes off of her. The woman noticed his attentive stare and walked directly toward him. Before he could apologize for staring, the woman said, "I will do anything for you, absolutely anything, for \$100. There's only one condition." "What's that" asked the flabbergasted man. The woman said, "You have to tell me what you want me to do in just three words". The man considered her proposition for a moment, then withdrew his wallet from his pocket and slowly counted out five \$20 bills, which he pressed into her hand. He looked deeply into her eyes and said, **"Paint my house"**.

See us at ... 
panpha

Annual Conference & Exhibition
June 24 - 26, 2007
Hershey Lodge & Convention Center

SHELLY'S

Medication Services

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Bristol, PA 19007



**Partnership In
Long Term Care**

