



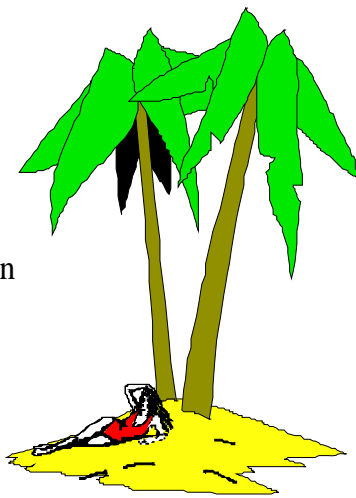
**Shelly's Medication Services - 1504 Grundy's Lane - Unit #8 - Bristol, Pa. 19007**

**Educational Dinner Programs Return**

For our first dinner program of the new season we will be returning to the gentle tropical climes of the

**Bahama Breeze**

at 320 Goddard Blvd. in King of Prussia. If the weather permits, our end of summer celebration will be held al fresco. The date is September 18.



Presented in conjunction with Eisai, the evening will begin with a cocktail reception at 6:30 PM and continue with dinner and our program at 7:00 PM. The speaker for the evening is **Karina Dussinger, Internal Medicine/Geriatrics Nurse Practitioner**. Her topic is **The Diagnosis and Treatment of Alzheimer Disease in Long-term Care**. This promises to be an excellent presentation as well as an evening of good food and drink, good fun and prizes. Space is limited, so make your reservation today. **Call Barry or Stan at Shelly's on 215-785-6616 .**

**Dr. Feelegoode's Corner - Dandruff Cure**

**Apple Cider Vinegar:** Wash your hair with warm apple cider vinegar. Then cover your head with a towel or a shower cap and leave it for about 30-40 minutes. Now, fully rinse your hair with plain water. Repeat this 2 times a week until your dandruff goes away completely



**Don't Have a Heart Attack on the Weekend !**

A report in the *New England Journal of Medicine* warns patients that weekend admissions to hospitals caused by a heart attack may be associated with higher death rates and fewer coronary interventions. Researchers at the University of Medicine and Dentistry of NJ reported that the 30-day mortality of weekend-admitted myocardial infarction patients in their hospital was 0.9% worse than that for patients admitted on a weekday. (i.e. - 10 additional deaths per 1,000 admissions.)

Also, weekend patients were 1/3 less likely to receive percutaneous coronary intervention on admission to hospitals than weekday patients.

**Cocoa is Better than Tea**

A study reported in the *Archives of Internal Medicine* indicates that while tea and cocoa are both rich in polyphenols, cocoa is superior for lowering blood pressure. "Products rich in cocoa may be considered part of a blood pressure lowering diet, provided that the total energy intake does not increase," says Dirk Taubert, MD, PhD, from University Hospital of Cologne, Germany, who was lead investigator for the study.

The study collected data from 5 tea (green or black) groups and 5 cocoa groups. The groups consumed 4 to 6 cups of beverage/day and for 2 to 4 weeks. There were 173 participants in the cocoa group and 343 in the tea group. Blood pressure statistics of the groups were compared to non-consuming control groups. In the cocoa studies, systolic BP (SBP) and diastolic BP (DBP) dropped in the active group as compared with controls. However, in the tea studies, virtually no differences were seen in BP between the 2 groups. (see chart)

Blood Pressure	Pooled Change (mm Hg)
<b>Cocoa Groups</b>	
Systolic	-4.7
Diastolic	-2.8
<b>Tea Groups</b>	
Systolic	+0.4
Diastolic	-0.6

**What's so special about SMS' service?**

One theme that pervades is ..... **the customer comes first!**  
 It's never "Our way or the highway." **We do things in the ways that are best for you!** For example you have a choice of distribution systems. Although we prefer Artromick's Select Series II unit dose 7-day exchange system, we also provide their Slide-Pak exchange system. We use Blister cards for clients that prefer them, and bottles and vials in some facilities. We will even use different systems in different parts of the same facility! Not already a client? Call us. Just a short visit will show how Shelly's can improve your pharmacy service. An hour investment now can yield dividends for years to come.





## Prescription Descriptions

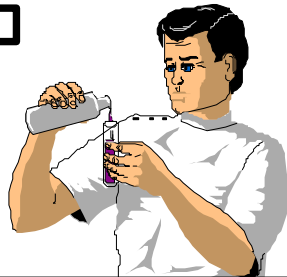
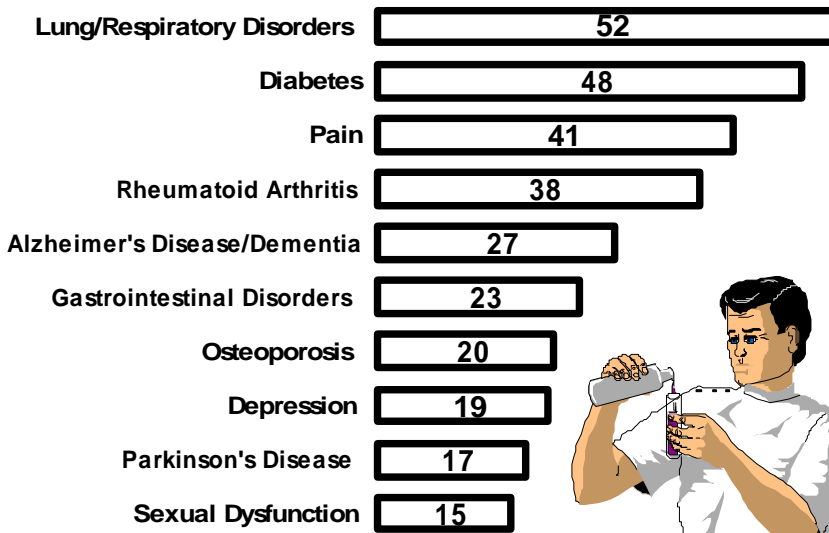
### **Black-Box Heart-Failure Warnings for Avandia and Actos**

The FDA has requested GlaxoSmithKline and Takeda add black-box warnings to thiazolidinedione drugs for type 2 diabetes--rosiglitazone (Avandia) and pioglitazone (Actos), respectively. Physicians are reminded that these drugs should not be used by people with heart failure. FDA commissioner Andrew C von Eschenbach had promised this labeling change in June, during a hearing of the House Committee on Oversight and Government Reform.

The recent brouhaha over rosiglitazone has had to do with risk of ischemic events, not heart failure, and an FDA press release states that the agency's "review of Avandia and the possible increased risk of heart attacks is ongoing." Two FDA committees have recommended that the FDA also include labeling about ischemic risk, noting that there is a signal of increased MI and cardiac death with the drug in some studies.

### Help May be on the Way

Number of New Drugs Being Tested  
for Common Diseases of Aging



### Laughter ... the best Prescription

#### **TOP 5 PARTY GAMES FOR SENIORS**

5. Musical Recliners
4. Spin the Bottle of Mylanta
3. Simon Says Something Incoherent
2. Pin the Toupee on the Bald Guy
1. Sag, You're It

#### **EMERGENCY 911**

Shortly after the 911 emergency number system became available in our town, an elderly and quite ill lady appeared at the hospital emergency room, having driven herself there. She barely managed to stagger in from the parking lot. The horrified nurse said, "Why didn't you call 911 and get an ambulance?" The lady replied, "My phone doesn't have an eleven."

### **Do men get sick less often than women?**

Not according to the CDC. Men are at a higher risk of death than are women in most of the top 10 disease categories, including heart disease, cancer, unintentional injuries, stroke, chronic COPD, diabetes, influenza and pneumonia, suicide, kidney disease, and Alzheimer's disease. In fact the average man lives 5.3 fewer years than does the average woman. Maybe men don't take as good care of themselves as women do!

Among the men in an American Academy of Family Physicians survey of 2300 people - over 55% hadn't seen their Primary Care Physician for a physical exam within the past year; 42% had been diagnosed with at least one of hypertension, heart disease, arthritis, cancer, diabetes; 18% of those aged 55 years and up, had not received the recommended screening for colon cancer; and more than 29% said they wait "as long as possible" before seeking help when they feel sick or are in pain. -*US Pharmacist, Aug. 2007*

And everyone knows that men are 90% less likely than women to ask for directions, when they get lost.

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

Asure sign of old age is when you hear "snap, crackle and Pop" .  
... and it isn't your cereal.

... Robert Orben

**Visit us on the Web at  
[WWW.SMSLTC.COM](http://WWW.SMSLTC.COM)**

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**Partnership In  
Long Term Care**