

December 2009

Rx

The Mortar & Pestle

Long Term Care Newsletter



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

bonne année

Merry Christmas

圣诞快乐!

Feliz Navidad

Fröhliches Weihnachten

próspero Año Nuevo

Joyeux Noël

新年快乐!

Рождеством Христовым

Gezuar Krishtlindjet

חג שמחה

НОВЫМ ГОДОМ

Buon Natale

Glückliches Neujahr

Happy New Year

Happy Hanukkah

anno nuovo felice

from everyone at **SHELLY'S MEDICATION SERVICES**

Chew those "Holiday" Pounds Away

Investigators in Germany, have found that chewing sugar-free gum often enough can lead to substantial unintended weight loss. But that weight loss doesn't come without the side effects of chronic diarrhea and other possible bowel problems. According to the study, patients who chewed between 16 and 20 sticks of sorbitol-sweetened gum daily lost about 20% of their usual body weight. However, it cautioned that only a small percentage of people who chew sugar-free gum develop diarrhea or experience substantial unintended weight loss. They contend that since "side effects are usually found only within the small print on foods containing sorbitol, consumers may be unaware of its laxative effects."



Quick drug info on the Web

WWW.SMSLTC.COM

Choose the link to **Drug Information**



Growing up, I was taught to respect my elders. I'm reaching the point where I don't have anyone to respect!.

This month's words of wisdom ...

THE LONGER I LIVE THE MORE BEAUTIFUL LIFE BECOMES.

... Frank Lloyd Wright



Dr. Feelegoode's Corner - Hangover Cures That Work



With the holiday season approaching, we are always concerned that some may over do it a bit and wind up suffering from a nasty hangover. Our readers are surely not in this group, but may be called upon to provide advice to the afflicted. 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 constricts the vessels and reduces the headache. Or, cups of strong tea with honey gives water, caffeine, and fructose all at once. The caffeine acts as a diuretic, giving more reason to take in lots of fluids.

Diclofenac Linked to Liver Failure, Death

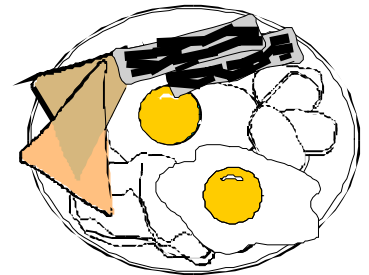
A joint announcement in early December by the FDA, Endo, and Novartis stated that treatment with all products containing diclofenac sodium, including Voltaren Gel may increase liver dysfunction, resulting in severe hepatic reactions and liver transplantation or death. Diclofenac is a nonsteroidal anti-inflammatory drug indicated for the relief of the pain of rheumatoid arthritis, osteoarthritis, and ankylosing spondylitis. Cases of drug-induced hepatotoxicity have been reported within the first month of treatment with diclofenac but can occur at any time during treatment. "Some of these reported cases resulted in fatalities or liver transplantation."

Use should be discontinued immediately if patients continue to have abnormal or worsening liver test results

Laughter - the best Prescription (It pays to think outside the box!)

A retired couple went to breakfast at a new restaurant where the 'Seniors' Special' was two eggs, bacon, hash browns and toast for \$1.99. 'Sounds good,' the wife said to the waitress, 'But I don't want the eggs.' 'Then I'll have to charge you two dollars and forty-nine cents Because you're ordering a la carte,' the waitress warned her. 'You mean I'd have to pay more for not taking the eggs?' the husband asked Incredulously. 'YES!!!' stated the waitress. 'Nevermind dear,' the wife said, 'I'll take the special.' 'How do you want your eggs?' the waitress asked. 'Raw and in the shell,' the wife replied. After enjoying her breakfast, she took the two eggs home.

DON'T MESS WITH SENIORS!! They've been around the block more than once



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**Partnership In
Long Term Care**