



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

Rising Weight Increases Risk of Prostate Cancer Death

A prospective study published in the journal *Cancer* showed that extra pounds may increase the risk of dying from aggressive forms of prostate cancer in men who have already been diagnosed with the disease. However, the study did not find a correlation between obesity and developing the malignancy in the first place.

According to Margaret Wright, Ph.D., and her colleagues at the National Cancer Institute, body mass index and adult weight gain each "were linked with higher prostate cancer progression leading to death." In fact, the study revealed that compared with normal-weight men, overly obese men had twice the risk of dying of prostate cancer. Men who had gained significant amounts of weight since the age of 18 also had an increased risk of a fatal outcome.

An unrelated study from Columbia University and Hebrew University in Jerusalem, states that fathers who have sons may possess some protection from developing prostate cancer. It appears that the risk of the disease declines with each additional son. The risk also appeared to increase with the size of boy-free families. For example, men who had only one child, a daughter, had a relative risk of 1.25; men with two girls had a factor of 1.41; and those with three daughters and no sons were 1.6. What could this mean? Perhaps there is a genetic link with the possibility of prostate cancer genes lurking on the Y chromosome.

Reduced Fat Levels May Decrease Breast Cancer Risk

Results of a study, sponsored by the National Cancer Institute (NCI) and recently published in the journal *National Cancer Institute*, revealed that reducing dietary fat consumption can reduce the risk of breast cancer recurrence. "It is also clear that some women benefit a lot more than others from a reduction in dietary intake of fat, possibly because a person's genetics may well be setting the tone for the benefits of dietary intervention," said John Milner, PhD, Chief of the Nutritional Science Research Group at NCI. He also cautioned that reduction of fat should be considered just one of many dietary modifications that may influence the development of cancer

Survey says ...

A large majority (76%) of Orthopedic Surgeons, who took part in a recent survey, said that the FDA is too slow in approving new drugs and medical devices. . Also, 80% of the surgeons want to see **Vioxx**, which was voluntarily withdrawn in 2004, return to the market. Other key findings include: 60% believe the FDA hinders their use of new therapies; 73% believe the FDA approval delays hurt patients; and 70% favor changing the law to give physicians access to unapproved therapies if they carry a warning about their unapproved status.

Dr. Feelegoode's Corner Low Blood Sugar

Certain vitamins have been found effective in the treatment of low blood sugar. These are vitamins C, E, and B complex. Foods rich in these vitamins are therefore valuable in treating low blood sugar. Vitamins C and B increase tolerance of sugar and carbohydrates, and help normalize sugar metabolism, while Pantothenic acid and vitamin B6 help to build up adrenals, which are generally exhausted in persons with low blood sugar. Vitamin E improves glycogen storage in the muscles and tissues. The patient should take vitamin C in large doses from 2,000 to 5,000 mg, vitamin B6 - 50 mg, and vitamin E - up to 1600 IU, daily



This month's words of wisdom

my mother taught me that a closed mouth gathers no feet!

..... A n o n y m o u s



Prescription Descriptions

Internet Drug Purchases

The FDA has reported that a number of Americans who placed Internet orders for specific drug products (**Ambien, Xanax, Lexapro, and Ativan**), instead received a product that, according to preliminary analysis, contains **Haloperidol**, a powerful anti-psychotic drug. Several US consumers have sought emergency medical treatment for symptoms such as difficulty in breathing, muscle spasms and muscle stiffness after ingesting the suspect product. Haloperidol can cause muscle stiffness and spasms, agitation, and sedation. The agency is reissuing its warning to consumers about the possible dangers of buying prescription drugs online. FDA urges consumers to review the FDA Web site for information before buying medication over the Internet.

Stronger Warning Label for Xolair

The FDA has requested that Genentech, Inc. add a boxed warning to the product label for omalizumab, which is marketed as **Xolair**. The new warning would emphasize that Xolair, used to treat patients with asthma related to allergies, may cause anaphylaxis. Anaphylaxis may include trouble breathing, chest tightness, dizziness, fainting, itching and hives, and swelling of the mouth and throat. In addition, FDA has asked Genentech to revise the Xolair label and provide a Medication Guide for patients to strengthen the existing warning for anaphylaxis.

See us at . . .

PADONA/LTCN

Nineteenth Annual Convention

The Journey Transforms

March 28 through March 30, 2007

The Hotel Hershey, Hershey, Pennsylvania

Laughter ... the best Prescription

A group of seniors were complaining about their various ailments:

"My arm is so weak I can hardly hold this coffee cup."

"My cataracts are so bad I can't see to pour the coffee."

"I can't turn my head because of the arthritis in my neck."

"My blood pressure pills make my dizzy."

"I guess that's the price we pay for getting old."

"Well, it's not that bad. We should all be thankful that

we can still drive !"

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**Partnership In
Long Term Care**