

February 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**

## Blueberries May Reverse Forgetfulness

*US Pharmacist* has reported that a research team from the **University of Reading** and the **Peninsula Medical School** in southwestern England that is studying memory loss in the elderly think they have discovered a means of reversing the forgetfulness of aging.

According to the investigators, eating a regular diet of blueberries over a 12-week period led to improvements in spatial working memory within three weeks and continued throughout the period of the study.

The scientists attribute their findings to the fact that blueberries, a phytochemical-rich food, are a major source of flavonoids. Although their mechanism of action is not clearly understood, flavonoids have been shown to cross the blood-brain barrier after being consumed. They are believed to have an effect on memory improvement and are mediated by the activation of signaling proteins through a specific pathway in the brain, known as the hippocampus, that controls learning and memory.

## Cutting Back on Healthcare

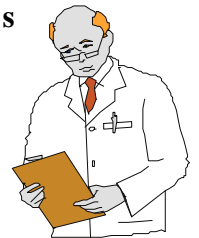
A recent survey conducted by QualityHealth.Com of 10,000 baby-boomer Americans found that healthcare is also being affected by the weak economy. Almost half (48%) said they are spending less on healthcare. Almost 1/3 said doctor visits were being cut. About a 1/4 said the same for dentist visits. And 22% said they were spending less on prescription drugs. On the other hand almost half said they were taking vitamins, 1/3 were exercising and 2/3 said they were eating healthier.

## Laughter - the Best Prescription

Hospital regulations require a wheel chair for patients being discharged. However, one day a student nurse found an elderly gentleman already dressed and sitting on the bed with a suitcase at his feet. He insisted he didn't need any help to leave the hospital. After a chat about rules being rules, he reluctantly let the nurse wheel him to the elevator. On the way down she asked him if his wife was meeting him. 'I don't know,' he said.. 'She's still upstairs in the bathroom changing out of her hospital gown.'

## Dr. Feelegoode's Corner - Sore Throat **It seems I have more remedies for this**

ailment than many I have researched. Here are a few of the most interesting ones. The fluid of Mango bark, extracted by grinding, can be applied locally with beneficial results. It can also be used as a gargle. Mix 10 ml of the fluid with 125 ml of water. An infusion of the seeds of Bishop's weed mixed with common salt can be used as a gargle for sore throat caused by a cold. One tsp of coarsely powdered cinnamon, boiled in a glass of water with a pinch of pepper powder, and two tsp of honey can be taken as a medicine to treat this condition. Put two tbsp of fenugreek seeds in a liter of cold water and simmer for 1/2 hour over a low flame. Allow to cool and use as a gargle.



**Know how to prevent sagging? ..... Just eat till the wrinkles fill out.**

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

**Cherish all your happy moments: they make a fine cushion for old age.**

**... Christopher Morley**



### Prescription Descriptions

#### FDA Requires Box Warning on Antipsychotics

The FDA has acted to require manufacturers of an older class of drugs known as conventional antipsychotics to add boxed warnings to their labeling about an increased risk of death associated with their off-label use to treat behavioral problems in older patients with dementia. In 2005 the FDA had instructed manufacturers of newer atypical antipsychotic drugs to add similar boxed warnings. Now both classes of antipsychotics will carry a warning stating that the drugs are associated with an increased risk of death when used in elderly patients treated for dementia related psychosis.

#### SMS Show Business

Shelly's will be exhibiting at several conventions in the coming months. Look for us at the APCA meeting at the Host in Lancaster on March 9-11. Then we'll be back at the Hotel Hershey for PADONA's annual meeting on March 25-27. Finally, look for us at the PANPHA meeting on June 24-25 at the Hershey Convention Center. Stop by and see us. Learn how Shelly's does it better!



#### THE SENIOR'S PRAYER :

Grant me the senility to forget the people I never liked anyway,  
The good fortune to run into the ones I do, and  
The eyesight to tell the difference.

Quick drug info on the Web

**WWW.SMSLTC.COM**

Choose the link to  
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See us at . . .

# PADONA/LTCN

*Twenty-first Annual Convention*

*March 25 - 27 ..... Hotel Hershey*

## SHELLY'S

Medication Services

1504 Grundy's Lane - Unit #8  
Bristol, PA 19007



**Partnership In  
Long Term Care**

