

January 2007

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The Mortar & Pestle

Long Term Care Newsletter



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

Popular heartburn drugs linked to hip fractures

Taking such popular heartburn drugs as Nexium, Prevacid or Prilosec for a year or more can markedly raise the risk of a broken hip in people over 50, according to a large study in Britain.. The researchers speculated that when the drugs reduce acid in the stomach, they also make it more difficult for the body to absorb calcium, leading to weaker bones and hence more fractures. Nexium, Prevacid and Prilosec are proton pump inhibitors. The study found a similar but smaller risk of hip fractures for other acid-fighting drugs called H2 blockers. Those drugs include Tagamet and Pepcid.

Hip fractures in the elderly often lead to life-threatening complications. Doctors should make sure patients have good reason to stay on heartburn drugs long term, said study co-author Dr. Yu-Xiao Yang of the University of Pennsylvania School of Medicine.

The study, published in the Journal of the American Medical Association, looked at medical records of more than 145,000 patients in England. The average age of the patients was 77. The patients who used proton pump inhibitors for more than a year had a 44 percent higher risk of hip fracture than nonusers. The longer the patients took the drugs, the higher their risk. The biggest risk was seen in people who took high doses of the drugs for more than a year. That group had a 2 1/2 times greater risk of hip fractures than nonusers.

Men in the study had a higher drug-associated risk of hip fracture than women, possibly because women may be more aware of osteoporosis and get more calcium in their diets, Yang said. He plans more research on whether calcium-rich diets or calcium supplements can prevent the problem.

Dr. Feelegoode's Corner Insomnia

What you eat or drink before retiring for the day may have an impact on your sleep pattern. Do not overeat and do not take any stimulating beverage like coffee. Stick to the good old glass of warm milk. It contains Tryptophan, which gets converted into serotonin (the feel-good chemical) and then to melatonin, the sleep-inducing chemical.

Avoid eating sweets and try to eat magnesium rich foods for dinner. Magnesium is also a natural sleep-inducing element and is found in legumes, dark leafy vegetables, almonds, and whole grains.

Honey is also said to promote sleep and is a good wholesome natural cure for insomnia. Two teaspoons in a large cup of water should do the trick. In fact a cup of Chamomile tea with honey is even better.



Educational Dinner Program

SMS' next educational dinner program will be presented with co-host Amgen, Inc at 6:00 PM, on March 1st at **The Buck Hotel** 1200 Buck Rd. in Feasterville. Consulting pharmacist, **Tom Snader**, will speak on "**An Overview of Kidney Disease and Management of Anemia in the Geriatric population**"

Please join us for this excellent presentation as well as an evening of good food, drink, fun and prizes. Reserve your place today. by calling Barry or Stan at 215-785-6616 .

This month's words of wisdom

I never worry about the future. It comes soon enough.

..... Albert Einstein



Prescription Descriptions

FDA approves new drug for schizophrenia

The Food and Drug Administration has approved *Invega* (paliperidone) extended-release tablets for the treatment of schizophrenia. Paliperidone is a new molecular entity, which means this medication contains an active substance that has never before been approved for marketing in any form in the United States. Paliperidone is the principal active metabolite of risperidone, a marketed drug for treating schizophrenia.

Schizophrenia can be a devastating illness requiring lifelong medication and professional counseling," said Douglas Throckmorton, MD, Deputy Director of FDA's Center for Drug Evaluation and Research. "The approval adds treatment options for patients with this condition."

Effectiveness of Invega was established in three 6-week, placebo-controlled trials. The 1665 participating adults were evaluated for the full array of signs and symptoms of schizophrenia. In the three studies doses ranged from 3 to 15 mg a day. Invega was superior to the placebo treatment in relieving schizophrenia symptoms . The recommended dose range is 3 to 12 mg/day.

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

As an elderly gentleman was driving down the Interstate, his cell phone rang. Answering, he heard his wife's voice urgently warning him, "Clarence, I just heard on the news that there is a car going the wrong way on I-95. Please be careful!"



"Hell," said Clarence, "It's not just one car. There are hundreds of them!"

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**Partnership In
Long Term Care**