



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

### Dementia Affects 3.4 Million Americans

Researchers at Duke University and the University of Michigan report that approximately 14% of Americans age 71 and older have some form of dementia. Their findings, which were published in the journal *Neuroepidemiology*, uncovered the fact that approximately 2.4 million of seniors with dementia were found to have Alzheimer's disease.

According to their research, Alzheimer's accounted for nearly 70% of all dementia while vascular dementia, often caused by stroke, accounted for about 17%. Dementia of undetermined etiology accounted for approximately the remaining 13% of cases. Some types of dementia included in this latter category were Parkinson's dementia, traumatic brain injury, or alcohol dementia.

The researchers also found that the risk of dementia decreases with an increase in education.

### SMS begins Service at St. Katharine Drexel

Operated by the Archdiocese of Philadelphia, St. Katharine Drexel Residence for Women (SKD) is an assisted living facility in the Mount Airy section of Philadelphia that has been serving women 55 and older for over a decade.

To better serve their residents, SKD has recently selected Shelly's Medication Services, as its provider of all pharmacy services. Shelly's was selected based on its outstanding quality of service, reliability of deliveries and overall value.



### Dr. Feelegoode's Corner - Age Spots

Age spots (also called liver spots or solar lentigo) are collections of pigment caused by exposure to the sun. They also sometimes result from bruising that leaves blood pigments behind. They are most common in people

over age 55. The spots commonly appear on the hands but can occur almost anywhere, especially sun-exposed areas such as the face, back, arms, feet, shoulders and face.

To remove age spots apply vitamin E oil directly to them. Do this daily to reduce coloration of age spots



### Need another Reason to Quit Smoking ?

As if heart disease and cancer weren't reasons enough, add hair loss to the list of adverse medical conditions caused by smoking. A study done at National Taiwan University in Taipei found that smoking may destroy hair follicles and interfere with the way blood and hormones are circulated in the scalp. Results of the study were published in the *Archives of Dermatology*.



### Prescription Descriptions

#### Honey - Nature's infection-fighter

A favorite trivia question of your editor is, "What food product never spoils?" The answer is honey. It's probably because bacteria just aren't able to grow in that environment. Now this unique characteristic is being put to use, medically, as reported by the AP last month. More than 4,000 years after the Egyptians applied honey to help heal wounds, **Derma Sciences Inc.**, a NJ company that makes advanced wound care products, began selling the first honey-based dressing after it was approved by the FDA this fall.

Called **Medihoney**, it is made from a highly absorbent seaweed-based material, saturated with manuka honey. Manuka is a particularly potent type of honey that experts say kills germs and speeds healing. Also called Leptospermum honey, manuka honey comes from hives of bees that collect nectar from manuka and jelly bushes in Australia and New Zealand. Regular honey can have mild medicinal benefits, but research shows manuka honey is far more potent. **Derma Sciences** is now selling to hospitals, clinics and doctors and hopes to have its dressings in U.S. drug stores by mid-year, followed by adhesive strips.

Beyond promoting healing, another big advantage is said to be that the germ-fighting and fluid-absorbing effects last up to a week, making them more convenient for patients being cared for at outpatient clinics or by visiting nurses. They also reduce inflammation and can eliminate the foul odors of infected wounds.

#### Laughter ... the best Prescription

A nursing home resident was being visited by several grandchildren one day. They were outside on the porch when a fire engine went by. Sitting in the front seat of the fire truck was a Dalmatian dog. The grandfather asked if they knew the dog's duties. "They use him to keep crowds back," said one youngster. "No," said another, "he's just for good luck." A third child brought the argument to a close. "They use the dogs," she said firmly, "to find the fire hydrants."



#### the Legal Corner

# Rewolenko's Law

**Once a job is screwed up,  
anything done to improve  
it makes it worse.**

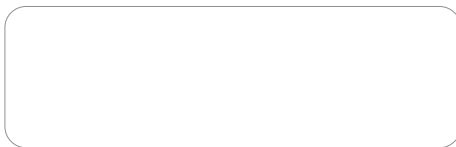
#### *This month's words of wisdom ...*

Life is not a matter of holding good cards,  
but of playing poor ones well. ... Robert Louis Stevenson

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