

January 2009

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The Mortar & Pestle

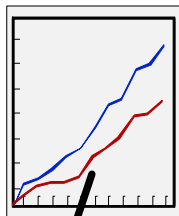
Long Term Care Newsletter



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

February Educational Dinner Program

Join with colleagues from around the area as the **SMS** series of educational dinner meetings continues. This month's program is jointly sponsored with **Forest Pharmaceuticals**. It will be held on February 11 at **the Yardley Inn**, located at E. Afton Ave. and the Delaware River in Yardley. Registration will begin at 6:30 PM. Dinner and the program start at 7.



Dr. Malcolm Fraser MD, CMB of St. Petersburg, Chairman of the FDA Industry Advisory Board will speak on **Bystolic**, a new beta blocker with minimal side effects.

As always, the evening promises to be both an enjoyable and informative one. Seating is limited so make your reservation today by calling SMS at 215-785-6616. Then push #5 to reach Barry or Stan.

Diabetes Risk Reduced by Vitamin C

A 12-year study conducted at **Addenbrooke Hospital** in England, uncovered that increased blood levels of vitamin C may reduce risk of developing diabetes by as much as 62%.

According to lead author **Anne-Helen Harding**, "The strong independent association observed in this prospective study, together with biological plausibility, provides persuasive evidence of a beneficial effect of vitamin C and fruit and vegetable intake on diabetes risk." The findings are published in *Archives of Internal Medicine*.

More Americans Seeking Medical Care

Data released by the CDC show that on average, each American seeks medical care at a doctor's office or a hospital ER about four times a year, an increase of 26% over 1996 to 2006. This translates to over 1 billion visits to physicians' offices and hospital outpatient emergency departments in 2006. According to the CDC/National Center for Health Statistics, the increase outpaced the 11% growth in population during the same time period.

Top 10 Uses for Coffee Filters

- 1- Making Coffee
 - 2- Clean windows and mirrors. Coffee filters are lint-free
 3. Apply shoe polish. Ball up a filter.
 4. Weigh chopped foods. Place food in a coffee filter on your kitchen scale.
 5. Stop soil from leaking out of a plant pot. Line the pot with a coffee filter
 6. Place your fried foods on a few in a plate Soaks out all the grease.
 7. Protect China. Separate your good dishes by putting a filter between each.
 8. A filter placed in a cast iron skillet will absorb moisture and prevent rust.
 9. Cover bowls or dishes when cooking in the microwave.
 10. Filter broken cork bits from wine.
- A coffee filter in a funnel works great..



Quick drug info on the Web

WWW.SMSLTC.COM

Choose the link to **Drug Information**



This month's words of wisdom . . .

Sow down and enjoy life. It's not only the scenery you miss by going too fast - you also miss the sense of where you are going and why. . . Eddie Cantor



Prescription Descriptions

FDA Warns of Impersonators in Drug Extortion Plot

The FDA is warning consumers about a fraudulent scheme to extort money from consumers by callers who falsely identify themselves as "FDA special agents," or other FDA officials. According to the FDA, there have been several instances of calls that appear to be from within the U.S. but are actually computer generated and moved to other computers to avoid detection. The callers entice consumers to purchase discounted prescription drugs by wiring funds to one of several locations in the Dominican Republic. No drugs are ever delivered. Another call warns consumers that they are liable for a fine of several thousand dollars to prevent incarceration or other legal action for a fictitious violation if some form of payment is not made. As before, the consumer is instructed to send the money to an address in the Dominican Republic. Anyone receiving such a call should contact the FDA Office of Criminal Investigation at (800) 521-5783.

Laughter - the best Prescription

A couple in their early 60s were celebrating their 40th wedding anniversary in a romantic little restaurant. Suddenly, a tiny fairy appeared on their table saying, 'For being such an exemplary married couple and being loving to each other for so long, I grant you each a wish.' The wife said, 'Oh, I want to travel the world with my darling husband. The fairy waved her magic wand and - POOF - two tickets for the Queen Mary II appeared in her hands. The husband thought for a moment and said, 'Well, this is all very romantic, but such an opportunity may never come again. I'm sorry my love, but I wish for a wife 30 years younger than me.' The wife, and the fairy, were both disappointed, but a wish is a wish. So the fairy waved her magic wand and - POOF - the husband became 92 years old! The moral of this story - be careful what you wish for.

Dr. Feelegoode's Corner - Tired Eyes

Boil some tea and let it cool. Dip 2 gauze pads in this brew and place on the eyes for 15 minutes. Keep the pads moist, as they dry up. Another treatment is to wash them with cold water, several times a day. This reduces inflammation, moisturizes the skin /tissues, relaxes the eyes & provides relief from eyestrain & fatigue.

Lavender oil offers gentle relief for tired and strained eyes. Use one drop shaken well in 500 ml of water. Dip some cotton pads in the liquid, squeeze out the excess, and place over each eye.



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Medication Services

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**Partnership In
Long Term Care**

