

Summer 2008



The Mortar & Pestle

Long Term Care Newsletter

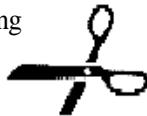


Shelly's Medication Services - 1504 Grundy's Lane - Unit #8 - Bristol, Pa. 19007

3rd Anniversary Issue

It's Our BIG 3rd Anniversary Issue

To celebrate the 3rd anniversary of our **Mortar and Pestle** newsletter this issue is a little bigger with more tidbits squeezed in. We're also re-running our anniversary give-a-way that was so popular for last year's anniversary issue. If you'd like to enter, clip out the coupon below, fill it in and mail it back to SMS - attention of Barry. All coupons received by August 18, 2008 will be entered in a drawing for **Shelly's Prize Packs**. These Packs include a variety of promotional items used during the past year, including frisbees, pens, coffee mugs, FM radios, travel alarm clocks, key chains, travel mugs, etc. We'll award five prize packs to names drawn at random from the entrants. The first name drawn, will also receive a PDR Pocket Pharmacopoeia. In a separate drawing from the coupons submitted by SMS employees, a 6th prize pack will be awarded. You've got to play to win, so mail today.



Name _____

Orgztn. _____

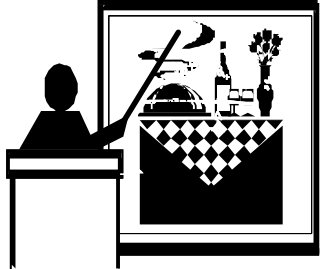
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Educational Dinner Program Returns

After a summer hiatus Shelly's educational dinner program series will start up again on September 18. The program will be co-hosted by **Forest Pharmaceuticals** and feature a presentation by **Dr. Albert Riddle** speaking on the new Beta Blocker, **Bystolic**. We will convene at the **Buck Hotel**, 1200 Buck Rd., in Feasterville. (Corner of Buck Rd. and Bustleton Pk.)



Our "Sign 'n' Sip" registration starts at 6:30 PM. The program and dinner will begin at 7:00 PM. Join with colleagues from throughout the Delaware Valley for this informative and enjoyable evening of dining and discovery. Reserve your place today by calling **Shelly's** at 215-785-6616. Ask for Barry or Stan.

Drug for Advanced Prostate Cancer

The FDA has approved a New Drug Application (NDA) that permits marketing of **Plenaxis** (abarelix), a drug for advanced prostate cancer for patients who have no alternative therapy. The drug is indicated for, and restricted for use in, men with advanced prostate cancer who cannot take other hormone therapies and who have refused surgical castration. It will be marketed under a voluntary risk management program (RMP) that restricts the use of **Plenaxis** to prostate cancer patients who have no alternative therapy because of an increased risk of serious and potentially life-threatening allergic reactions to the drug. About 5% to 10% of men with prostate cancer have the type of advanced symptomatic disease that would make them candidates for **Plenaxis**.

Plenaxis lowers testosterone levels, which are a key factor in most prostate cancer growth. The drug's effectiveness was demonstrated in a study of 81 men. The study showed that such patients could avoid surgical castration by undergoing at least 12 weeks of treatment. Some men also experienced other benefits, including decreased pain and relief from urinary problems. However, three of the 81 experienced serious allergic reactions.



Prescription Descriptions

Nothing to Sneeze At !!!

WebMD has reported that the nearly forgotten allergy drug *Dimebon*, first used in Russia more than 20 years ago, shows promise as a treatment of Alzheimer's disease.

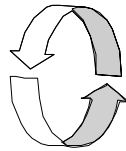
In the reported study 183 patients with mild-to-moderate disease, were treated for six months with either *Dimebon* or placebo. Some patients continued to take the antihistamine for as long as a year. Researchers reported significant improvement in memory, thinking, and other cognitive measures over placebo in as little as 12 weeks, and the differences were maintained over six months to a year. Study results were presented by **Steven H. Ferris, PhD of the NYU School of Medicine** at a meeting of the **American Academy of Neurology**. Tests to measure mental function and interviews with caregivers confirmed improvements or disease stabilization in 81% of the *Dimebon*-treated patients after six months.

Alzheimer's disease researcher **Steven DeKosky, MD**, who was not involved with the *Dimebon* research, calls the study findings very promising, but adds that they must be confirmed. The biopharmaceutical company **Medivation Inc.**, which hopes to market *Dimebon* for treatment of Alzheimer's in the U.S., is funding a second study of the drug to be conducted in the U.S., Europe, and South America.

Laughter ... the best Prescription

Life is just one big circle.

At age 4 success is not peeing in your pants.
 At age 10 success is making your own meals.
 At age 16 success is having a drivers license.
 At age 20 success is having sex.
 At age 35 success is having money.

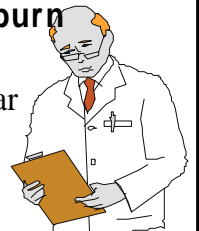


At age 84 success is still not peeing in your pants.
 At age 80 success is still making your own meals.
 At age 76 success is still having a drivers license.
 At age 60 success is still having sex.
 At age 55 success is still having money.

Quick drug info on the Web
WWW.SMSLTC.COM
 Choose the link to
Drug Information

Dr. Feelegoode's Corner - Sunburn

Let's look at that other summertime malady - sunburn. Aloe vera or vinegar on the affected skin will stop pain and inflammation. Rub mustard oil on the skin and allow it to dry, This will take out the heat from the skin. The starch in grated potatoes applied to the burnt skin will soothe the burn. Take a bath with some baking powder added to the bath water, this will help to soothe the burnt skin. The best advice is to use a high number sun screen, and avoid these problems in the first place!



??? Question of the Day ???

Q- How do you get a sweet little 80-year-old lady to say the "F" word?

A- Have another sweet little 80-year-old lady yell BINGO!

This month's words of wisdom ...

Aslip of the foot you may soon r ecover , but a slip of the tongue you may never get over .
 ... Benjamin Franklin

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