

June 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**

## Drug Offers Hope for Parkinson's Sufferers

It was reported in the June 11, 2007 issue of the Daily Mirror that certain drugs used to treat high blood pressure may stop people from developing Parkinson's disease.

Thousands of over-60s get the crippling disease because of a lack of the chemical dopamine - which affects people's walking and talking. But a new study found if patients are given the drug Isradipine ( *Dynacirc* ) - used for high blood pressure - the disease is slowed down or stopped. Tests on mice showed that the drug protected the dopamine cells from toxins that would normally kill them.

Prof James Surmeier, from Northwestern University, Chicago, said: "Our hope is that if you begin taking this drug early enough, you won't get Parkinson's disease, even if you were at risk."

## On-line Counterfeit Drug Concerns

The FDA is again cautioning consumers about the dangers of buying prescription drugs over the Internet. On three recent occasions counterfeit versions of Hoffman-LaRoche's **Xenical** 20 mg capsules were received. Testing revealed none of the pills contained orlistat, which is Xenical's active ingredient. Two web sites, *brandpills.com* and *pillspharm.com* were identified as the suppliers. These are two of 24 related web-sites listed on the *pharmacycall365.com* home page.. These sites had previously been identified by the FDA as operating outside the US and having supplied counterfeit Tamiflu, and counterfeit Cialis.

## HAIL AND FAREWELL -

Al Reithmeier, who has been our Supervisor of Shipping and Receiving at SMS, will be retiring on June 30. He will be ending a run of 16 years, making him one of our longest term employees. Al was responsible for all the little details to ensure that meds always got to the correct facility. He originally came to Shelly's in 1991 as a part-timer after he had retired from the Revenue Department of the City of Philadelphia.

A life-long Philadelphian, Al grew up in Port Richmond, and is a graduate of NE Catholic High. He and his wife, Doris, reside in Torresdale where they raised their family. We wish him well in retirement, where we're sure he'll enjoy a well deserved rest. Al tells us that he will be keeping busy pursuing his interests in travel and church work. Good Luck, Al!

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

To me, old age is always 15 years older than I am  
... Bernard M. Baruch

## Set 'em up Joe !!!

### One Drink a Day May Reduce Dementia Risk

In older people with mild cognitive impairment, having up to an average of one alcoholic drink each day may delay progression to dementia, according to new research published in *Neurology*. The 3.5 year study included participants between ages 65 and 84.

The results of this study, the first to look at the effects of alcohol consumption on the rate of progression of mild cognitive impairment to dementia, confirmed that drinking was not associated with the development of mild cognitive impairment. Once mild impairment occurred, however, subjects who had up to one drink of alcohol per day had an 85% reduced risk of dementia compared with those who abstained from drinking. The benefit was seen with wine in particular.

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## US Cancer Deaths Continue to Drop

A report from the nation's leading cancer organizations finds that Americans' risk of new cancers remains stable. The report, titled "Annual Report to the Nation on the Status of Cancer" was published in *Cancer*.

The report includes comprehensive data on trends over the past several decades for all major cancers for all races and both sexes combined. Death rates decreased for 11 of the 15 most common cancers in men and for 10 of the 15 most common cancers in women. The authors attributed the decrease in death rates in part to successful efforts to reduce exposure to tobacco, earlier detection through screening, and more effective treatments.



### Prescription Descriptions

#### FDA Cautions on Glycerin Contamination

Concerned about reports of human deaths in other countries, the FDA is advising drug manufacturers, suppliers, re-packers, and health professionals who compound medications to be vigilant to ensure that glycerin is free of diethylene glycol (DEG), a known poison used in antifreeze and as a solvent. Glycerin is a sweetener commonly used worldwide in liquid OTC and prescription drug products.

In Panama last fall, more than 40 deaths occurred. In 1995/96, some 80 children died in Haiti. Similar DEG-poisoning incidents were reported between 1990 and 1998, in Argentina, Bangladesh, India, and Nigeria, resulting in hundreds of deaths. FDA does not believe the domestic supply of glycerin is contaminated with DEG, but it is making the current recommendations as a result of these recent incidents around the world.

#### Dr. Feelegoode's Corner - Bug Bites

Whether you vacation at the beach, mountains or in the backyard, bug bites are a summer concern. If a stinger is still in the skin, it must be removed carefully - or you can break off the top and leave the dangerous end in. Trying to pull the stinger out can pump more poison in. The best removal is to flick the stinger off. Next, wash the area with soap and water, hydrogen peroxide or alcohol to get rid of any germs. Ice can be applied if it is available.



When part of a stinger remains, apply a poultice to safely draw it out. A good poultice is stale bread wetted with milk. It may be necessary to repeat this, adding a new one after the first dries. Or use a wet tea bag. The tannic acid in tea helps with swelling. Black tea is most effective.

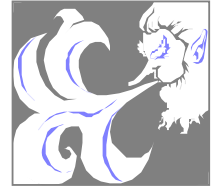
Relief for a bug or mosquito bite, or a bee or wasp sting can be attained with a paste of meat tenderizer and water. Leave on for at least 1/2 hour to take away pain and itch. You can also use a slice of raw onion or potato. A cucumber slice is especially effective for ant bites!

Wasp venom is on the alkaline side. Counteract it by rubbing onion juice or natural apple cider vinegar on the bite. Ant bites and bee stings are more acidic. Neutralize these with a paste of baking soda and very cold water.

On the prevention side, daily supplements of Vitamin B1 or brewer's yeast, zinc, or garlic keep insects away. Perfumes, hair spray, and bright colors attract insects and should be avoided.

#### Laughter ... the best Prescription

An elderly woman lived on a small farm in Canada, just yards away from the North Dakota border.



Her land had been the subject of a minor dispute between the United States and Canada for years. The now widowed woman, lived on the farm with her son and three grandchildren.

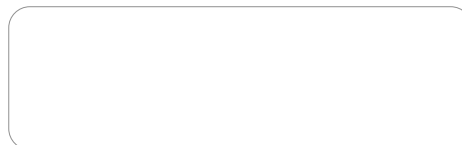
One day, her son came into her room holding a letter. "Here's some news, Ma," he said. "The government has come to an agreement with the people in North Dakota. They've decided that our land is really part of the United States. We have the right to approve or disapprove of the agreement. What do you think?"

"What do I think?" his mother said. "Sign it! Call them and tell them we accept! I don't think I could stand another Canadian winter!"

# SHELLY'S

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Partnership In  
Long Term Care