

March 2010

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# The Mortar & Pestle

Long Term Care Newsletter



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

## Cholesterol - More to Worry About

It was recently reported that blood fat content may be an early indication of increased risk of rheumatoid arthritis: Dutch researchers say unfavorable ratio of such blood fats as total cholesterol, HDL (good) cholesterol, and triglycerides could indicate increased risk of rheumatoid arthritis developing, as much as 10 years later.

Reporting in the *Annals of Rheumatic Disease* Dutch researchers said they analyzed 1,078 deep frozen blood samples from 79 people who had given blood between 1984 and 1999 and subsequently went on to develop rheumatoid arthritis. They compared the fat content of those to samples from 1,071 randomly selected blood donors. The researchers looked at levels of total cholesterol, high-density lipoprotein (good) cholesterol, triglycerides, apolipoproteins A and B, and lipoprotein (a).

They found that people who subsequently developed rheumatoid arthritis had a more unfavorable balance of circulating blood fats than those who did not develop the disease. Total cholesterol was on average 4 percent higher, HDL levels 9 percent lower, triglycerides 17 percent higher and apolipoprotein B 6 percent higher.

The researchers said the same people also had an increased risk of ischaemic heart disease, in which the artery walls are thickened and hardened by fat deposits, possibly helping to explain why there is a higher rate of cardiovascular disease among patients with rheumatoid arthritis.

## Senior Drug Facts

In 2006 census estimates said that about 12 ½ % of the US population was over 65 years old. Statistics also show that adults over 65 consume more than 30 % of all prescription medications and purchase 40 % of all OTC medications. Studies show that on average people over 65 take from two to seven prescription meds daily.

With aging, many body processes are altered or slowed down. This affects the way medications are handled, and creates a greater risk of drug interactions, drug/food interactions, and side effects. Unfortunately, these all combine so that almost 40 % of all adverse drug reactions reported each year involve people over 60 years old.

## Dr. Feelegoode's Corner - Backache

The most important remedy for backache is the use of garlic. Two or three cloves should be taken every morning to get results. Also, an oil made from garlic, rubbed on the back, will give great relief. Prepare it by frying 10 cloves of garlic in 60 ml of oil. Any oil such as mustard oil, sesame oil, or coconut oil can be used according to one's choice. Fry the cloves on a low fire till they are brown. After the oil has cooled, it should be applied vigorously on the back, and allowed to remain there for three hours. The patient may then take a warm-water bath. This treatment should be continued for at least fifteen days.

Lemon is another useful remedy for backache. The juice of one lemon should be mixed with common salt and taken by the patient twice daily to give relief. It is the Vitamin C that does the job. Alternatively, 2,000 mg may be taken daily for treating backache. Considerable improvement will be noticeable within 2 days.

Raw potato is an ancient home remedy for backache in the lumbar region, especially in the lower part of the back. Application of raw potato in the form of a poultice has been found very effective in this condition.



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CONFERENCE & EXPOSITION

Choices at the Crossroads

Spring Meeting April 20 ..... Lancaster Convention Center

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

**I DON'T KNOW THE KEY TO SUCCESS, BUT THE KEY TO FAILURE IS TRYING TO PLEASE EVERYBODY.**

*... Bill Cosby*



**Prescription Descriptions**

**Expanded Recall of Cleviprex**

The FDA has posted a notice that The Medicines Company announced it is voluntarily expanding the recall of Cleviprex® (clevipidine butyrate) injectable emulsion due to the potential presence of particulate matter which has been observed in some vials. Cleviprex is a calcium channel blockers, which is an injectable medication, used to treat high blood pressure in people who cannot take medicine by mouth. Four (4) additional lots of Cleviprex are being recalled. The Company is cooperating with the FDA on this recall. The visible particulate matter is primarily made up of inert stainless steel particles of around 2.5 microns diameter. Particles could theoretically reduce blood flow in capillaries, cause mechanical damage to some tissues, or initiate acute or chronic inflammatory reactions. Reduced blood supply to tissues may lead to ischemia or organ insufficiency in the brain, kidney, liver, heart or lungs. Anyone with inventory from the affected lots of Cleviprex should arrange for its return through their pharmaceutical wholesaler/distributor.



**GO GREEN!**

Send your name and organization in an e-mail titled "Newsletter" to [BarryP@SMSLTC.com](mailto:BarryP@SMSLTC.com) The Mortar & Pestle will come by e-mail, starting next month.



**Quick drug info on the Web**

**[WWW.SMSLTC.COM](http://WWW.SMSLTC.COM)**

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**Laughter - the best Prescription - The Fourth Marriage**



A reporter from the local news station was at the Shady Rest Home last week to interview an 80-year old lady, who had just gotten married for the fourth time. The reporter asked questions about her life, about what it felt like to be marrying again at age 80 and about her new husband's occupation! "He's a funeral director," she answered. "Interesting," the newsman thought, and then asked what her previous husbands had done for a living. She paused for a few moments, while she reflected on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her early 20s, then a circus ringmaster when in her 40s, a preacher when in her 60s, and now in her 80s, the funeral director. Astonished, the interviewer looked at her and asked, "Why did you marry four men with such diverse careers?" She smiled and explained easily, "I married one for the money, two for the show, three to get ready and four to go!"



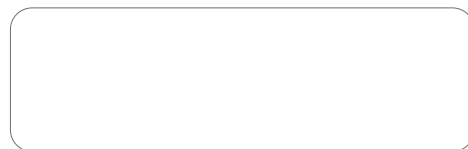
*Funeral Service*

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*PARTNERSHIP IN LONG TERM CARE*

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