

May 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**

## Multi-Vitamins May Increase Cancer Risk

The Associated Press reported this month that a recent study has reported some worrisome results. Taking too many vitamins may increase men's risk of dying from prostate cancer. The study doesn't settle the issue, but it is the biggest yet to suggest that high-dose multi-vitamins may harm the prostate,

The study, published in the Journal of the National Cancer Institute, tracked the diet and health of almost 300,000 men. About a third reported taking a daily multi-vitamin, and 5 percent were heavy users (more than seven times a week). Within five years of the study's start, 10,241 men had been diagnosed with prostate cancer, 1,476 had advanced cancer; and 179 died. The heavy multi-vitamin users were almost twice as likely to get fatal prostate cancer as men who never took the pills.

Strangely, the researchers found no link between multi-vitamin use and early-stage prostate cancer. They speculate that perhaps high-dose vitamins have little effect until a tumor appears, and then could spur its growth.

More rigorous research is needed, caution the National Cancer Institute scientists. This study involved men who voluntarily took vitamins. Those most at risk - perhaps because they had a family history of the disease - may have been more likely to take the vitamins in hopes of avoiding their perceived fate.

## SMS begins Service at St. Vincent's

Besides the many LTC facilities which we serve, Shelly's Medication Services is also a provider of pharmacy service to many hospices, drug/alcohol rehab centers, personal care facilities and other distinctive outpatient service locations in the area.

Adding to this group, SMS has begun to supply pharmacy service to St. Vincent's - Tacony for all of their programs. Service will be provided at the main location in Tacony as well as at satellites in Germantown (Guardian Angel) and Havertown (Maternity House).



St. Vincent's has a long history of meeting the needs of children. In collaboration with The Dept. of Human Services and Community Behavioral Health, St. Vincent's provides Comprehensive Emergency Shelter, Family Preservation and Residential Treatment for some of the neediest children in Philadelphia. St. Vincent's operates under auspices of Catholic Social Services of the Archdiocese of Philadelphia.

See us at ...



# panpha

## Annual Conference & Exhibition

the future begins with you

June 27 - 29, 2007

Hershey Lodge & Convention Center

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

The secret of staying young is to live honestly, eat slowly, and lie about your age. ... Lucille Ball





### Prescription Descriptions

#### FDA Moves to Stop Marketing of Nausea / Vomiting Drug

The FDA announced that companies must cease manufacturing and distributing unapproved suppository drug products containing trimethobenzamide hydrochloride. Drugs in suppository form containing trimethobenzamide, marketed under such brand names as **Tigan, Tebamide, T-Glen, Trimazide, and Trimethobenz**, says FDA, do not show evidence of effectiveness.

The agency recommends that patients using suppositories with trimethobenzamide or who have questions or concerns contact their health care provider. Many approved drugs, FDA points out, are available in a variety of forms, that effectively treat nausea and vomiting.

#### Agreement on Stronger Anemia Drug Warnings

FDA and drug makers agreed on strengthened safety information for erythropoiesis-stimulating agents (ESAs) used for anemia treatment. Changes include updated warnings, a new boxed warning, and dosing instruction modifications. In studies, ESAs administered at higher than recommended doses indicated an increased risk of death, blood clots, strokes, and heart attacks in chronic kidney failure patients. At recommended doses, the trials reported an increased risk of death in cancer patients who were not receiving chemotherapy and a greater risk of blood clots in postorthopedic surgery patients. Drugs affected by the safety update are darbepoetin alfa (**Aranesp**) and epoetin alfa (**Epogen** and **Procrit**). FDA said that more ESA label revisions were possible following further meetings.

#### Dr. Feelegoode's Corner A Cure for Indigestion

The active ingredient in peppermint oil is menthol. After a big meal, built up gas in the stomach can cause cramps. Menthol relaxes the valve between the stomach and the esophagus, allowing trapped gas to escape upward as a welcome, pressure relieving burp. Menthol is a mild anesthetic that can block pain and nausea signals by numbing nerves in the "gut," including those that normally prompt nearby muscles to contract. But, this process can allow stomach acids to splash up into the esophagus, causing heartburn in those who are prone to it. Use coated capsules, not undiluted peppermint oil itself.



#### Laughter ... the best Prescription

A senior gentlemen complained to his doctor that he was aging more rapidly than he wanted, and walking had become difficult. "It's because your gout is getting worse," said the doctor. "I recommend that you give up smoking, drinking and chasing women for a while."

"WHAT!" said the man, "just so I can walk a little better?"

If it wasn't for smoking, drinking and women, I wouldn't get out of my damned rocker in the first place."



Medication Services

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Partnership In  
Long Term Care