

May 2008

R

The Mortar & Pestle

Long Term Care Newsletter



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

Educational Dinner Program

There's still a little time left to register. **SMS and Forest Pharmaceuticals** will host the next educational dinner program on June 10th at **The Rouget** (2 Swamp Road in Newtown, PA). Our speaker for the evening is **Dr. Roger Cadieux**, a geriatric psychiatrist. His presentation is titled **Update on Depression, Delirium and Dementia**. Join with colleagues from throughout the area for this informative and enjoyable evening. Our Sip'n'Sign registration begins at 6:30 PM followed by dinner and our speaker starting at 7. Reserve your place today by calling Barry or Stan at 215-785-6616. This will be our last program until after the summer, so don't miss out. Call in today.

Laughter - the best Prescription

Seems an elderly gentleman had serious hearing problems for a number of years. He went to the doctor and the doctor was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The elderly gentleman went back to the doctor in a month for a checkup. The doctor said, "Your hearing is now perfect. Your family must be really pleased that you can hear again." To which the gentleman said, "Oh, I haven't told my family yet. I just sit around and listen to the conversations. I've changed my will three times!"

Funny, I don't remember being absent minded.

Dr. Feelegoode's Corner - Dandruff

Fenugreek seeds is one of the most important remedies in the treatment of dandruff. Two tablespoons of these seeds should be soaked overnight in water and ground into a fine paste in the morning. This paste should be applied all over the scalp and left for half an hour. The hair should then be washed thoroughly with soap-nut (ritha) solution or shikakai.

The use of a teaspoon of **fresh lime juice** for the last rinse, while washing the hair, is another useful remedy. This not only leaves the hair glowing but also removes stickiness and prevents dandruff. **Beets** have been found useful in dandruff. Both tops and roots should be boiled in water and this water should be massaged into the scalp with the finger tips every night. White beet is better for this purpose.



Mary J. Drexel Home selects Shelly's

Mary J. Drexel Home has selected **Shelly's Medication Services** as its supplier for all pharmaceutical services. **SMS** was selected based on its outstanding quality of service, reliability of deliveries and overall value.



Founded over 110 years ago by John D. Lanckenau, as a memorial to his late wife, the Home is open to individuals regardless of national origin, race, age, color or religion, and offers both skilled nursing care as well as assisted living accommodations. The Home moved to its present location on a Bala Cynwyd estate in 1953. The architecture and decor add to the atmosphere which helps make the Home a unique one for older adults.

Starting the next chapter in its history, the Mary J Drexel Home has recently affiliated with Liberty Lutheran Services.



Prescription Descriptions

Hypertension Vaccine Could Become Reality

Recently published trial results in *The Lancet* report on a vaccine being developed in Switzerland. Currently in an industry-sponsored phase II trial, it appears to effectively block angiotensin II, a known cause of hypertension. According to lead investigator Martin Bachmann, PhD, of Cytos Biotechnology AG, the vaccine reduced blood pressure without any serious adverse events.

The 300-mcg dose of the vaccine, known as CYT006-AngQb, reduced ambulatory pressure at week 14 of the trial. The vaccine is based on a virus-like particle and is given subcutaneously. The vaccine's effects have a half-life of about four months, which would be compatible with a treatment regimen of a few injections a year. The researchers caution that a larger trial is needed to better study the vaccine's safety.

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Annual Conference & Exposition

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June 18 & 19 ... Hershey Convention Center ... Booth 55

This month's words of wisdom ...

Life may not always be the party we hoped for,
but while we are here we might as well dance ... A nonymous

SHELLY'S

Medication Services

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 **Partnership In Long Term Care**