

May 2009

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The Mortar & Pestle

Long Term Care Newsletter



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

Prostate Cancer May Cause Neglect of Other Diseases

Most men with early-stage or low- or moderate-grade prostate cancer die from causes other than prostate cancer, Dr. James S. Goodwin and colleagues from the University of Texas Medical Branch, Galveston, report in the *Journal of the American Geriatric Society*. The researchers used data from the Surveillance, Epidemiology, and End Results Medicare database to look at 208,601 men between the ages of 65 and 84 who were diagnosed with prostate cancer from 1988 to 2002. Mortality in these patients was similar to that of men the same age without prostate cancer. Among the men with early-stage, low- or moderate-grade tumors, death from prostate cancer was 2.1% versus 6.4% from heart disease and 3.8% from other kinds of cancer. The researchers concluded that older men with early-stage prostate cancer would benefit from ongoing screening and prevention of cardiovascular disease and other cancers. They added that the decision to use androgen deprivation therapy, used commonly to treat early-stage cancer, must be made cautiously if another serious illness is present. (as reported in *U.S. Pharmacist*)

Sometimes, It's Better Not to Know! - An older frog telephoned the *Psychic Hotline*. His Personal Psychic Advisor told him, "You are going to meet a beautiful young girl who will want to know everything about you." The frog was thrilled and asked, "That's great! Will I meet her at a party?" "No," said his Advisor, "in her biology class."



Dr. Feelegoode's Corner Sunburn

Use aloe vera or vinegar on sunburned skin to stop inflammation and pain. Avoid products made from benzocaine, lidocaine and petroleum jelly. Rub mustard oil on the affected skin and allow it to dry. This will take out the heat from the skin.

Cut fresh cucumber slices and rub them on the affected area. Before taking a bath, add baking powder to the bath water. This will help to soothe the burnt skin. Apply lavender oil or peppermint oil on the burnt skin. Apply apple cider vinegar to the burnt skin using a cotton ball. Take an herbal bath; put a few drops of chamomile and lavender essential oils in bath water. Use an Epsom salt or ice compress. Apply grated potatoes on the burnt skin. Starch from the potatoes will soothe the burn.



GOING GREEN

At least we're going to try and GO GREEN. But, we need your help. We can save energy and resources if you'll allow us to send you the *Mortar and Pestle* by eMail instead of a hard copy. Paper, ink and energy to make and deliver copies could all be saved.

If you'd like to help just send an eMail to BarryP@SMSLTC.COM. Use *Newsletter* as the subject and put your name, job title and facility name as the message. Starting with the next month, your issues will be sent electronically. You'll receive them earlier and parts will even be in full color.

Alas, if you prefer to keep receiving an old-fashioned paper copy, we're not looking to cut down our distribution, and we will continue to mail issues each month to those who didn't go green.

For the next few issues, *Words of Wisdom* will contain verses from the poem, "Food for Thought"

I've dreamed many dreams that never came true
I've seen them vanish at dawn,
But I've realized enough of my dreams, thank God,
To make me want to dream on.

... Author Unknown



Prescription Descriptions

Vitamin Supplements Ineffective Against Lung Cancer

For years, consumers have been urged to take vitamins to prevent a plethora of health conditions, including lung cancer. Now U.S. Pharmacist reports on a study of more than 77,000 vitamin users that was conducted by researchers at the University of Washington in Seattle. It revealed that not only do vitamin supplements not protect against lung cancer, but also they may actually be a factor in increasing the risk of developing it.

According to Dr. Christopher G. Slatore, the study's author, "Supplemental multivitamins, vitamin C, vitamin E, and folate did not show any evidence for the decreased risk of lung cancer." He added, "Increased intake of supplemental vitamin E was associated with a slightly increased risk of lung cancer." The study found that when modeled continuously, the increased risk from taking vitamin E was equivalent to a 7% rise for every 100 mg/day. "This risk translates into a 28% increased risk of lung cancer at a dose of 400 mg/day for 10 years." They found that the risk was most notable in current smokers.



Quick drug info on the Web

WWW.SMSLTC.COM

Choose the link to **Drug Information**



Laughter - the Best Prescription

Arthur, a 90-year-old retiree, has played golf every day for the last 25 years. One day he came home looking downcast. "That's it," he told his wife. "I'm giving up golf. My eyesight has gotten so bad that once I've hit the ball, I can't see where it went." His wife sympathized and made him a cup of tea. As they sat down, she said, "Why don't you take my brother Bill along and give it one more try." "That's no good," sighed Arthur. "Bill's 103. He can't help." "He may be 103," said the wife, "but his eyesight is perfect."

So the very next day, Arthur went to the golf course with Bill. He teed up, took a mighty swing, and squinted down the fairway. He turned to Bill and asked, "Did you see where the ball went?" "Of course I did!" replied Bill. "I have perfect eyesight." "Well, where did it go?" asked Arthur. Bill replied, "I don't remember."

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**Partnership In
Long Term Care**

