

November 2007

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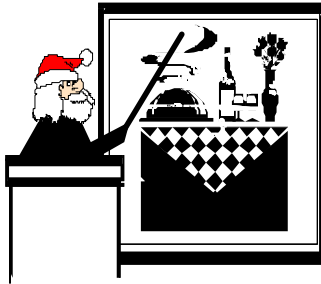
The Mortar & Pestle

Long Term Care Newsletter



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

Educational Dinner Program



In a precedent-breaking move SMS along with Boehringer Ingelheim has scheduled one more educational dinner program just before the holiday season is in full swing. You'll want to be there on Dec. 5th for our **Holiday Happening !**

Take a break from the hassles and headaches of holiday shopping and preparations. Join us and colleagues from around the region at **Bourbon Blue**, 2 Rector St. in Manayunk, for a relaxing evening filled with good food and drink, fun and prizes. And you'll pick up some smarts from the excellent presentation on **Identifying the COPD Patient** given by **Alisa Billington E. McEvoy, RPh**, Sr. Care Consultant Pharmacist. Our Sign 'n' Sip registration begins at 6:30 PM with dinner and the program starting at 7 PM

This program is sure to fill up quickly. Space is limited, so reserve your place today. Call Barry or Stan at Shelly's (215-785-6616).

Dr. Feelegoode's Corner Hangovers

With the holiday season approaching, we are concerned that some may over do it a bit and wind up suffering from a nasty hangover. So, we are re-running last year's article on hangover cures, since you, our readers, may be called upon to provide advice to the afflicted.

Drinking robs the body of B vitamins and causes dehydration. Take Vitamin B Complex with a full glass of water before going to bed to prevent most symptoms. Besides being hydrating, the water gives a head start on diluting the alcohol.

Fructose helps the body burn alcohol faster. Drinking vodka & orange juice may prevent some hangovers or lessen their severity. Drink fruit juice or swallow some honey upon rising in the morning to get rid of remaining alcohol quicker.

Alcohol also causes blood vessels to dilate, resulting in the morning after headache. The caffeine in your morning coffee constricts the vessels and reduces the headache. Or, even better, cups of strong tea with honey give water, caffeine, and fructose all at once. The caffeine also acts as a diuretic, giving more reason to take in lots of fluids.



Poor Drug Compliance by Seniors

According to a recent **RAND Corporation** study published in the journal **Health Affairs**, many seniors quit taking drugs for chronic illnesses such as diabetes and high blood pressure, when they exceed their drug plan's yearly spending limits. The study also revealed that even when drug benefits resume at the start of a new health plan year, a significant number of seniors do not resume their prescription medications. High spenders in the capped plans were more likely to discontinue use of their medications than people enrolled in a plan without spending limits.

DON'T FORGET - November 15 to December 31 is the Medicare Part D annual open enrollment period. Almost 1/2 of the Prescription Drug Plans in Penna. offer enhanced benefits for 2008, many with a zero deductible. It is claimed that 90% of current plan subscribers could achieve a lower premium by switching their plan this year. Take a look!

US Life Expectancy Hits New High

A report from the CDC shows that a child born in the United States in 2005 can expect to live nearly 77.9 years. Over the past few decades, life expectancy has increased from 75.8 years in 1995 and from 69.6 years in 1955. "This report highlights the continued reduction in deaths from the three leading killers in the USA, heart disease, cancer and stroke ... most likely due to better prevention efforts and medical advances in the treatments of these diseases," said Hsiang-Ching Kung, a co-author of the report and survey statistician with the CDC's National Center for Health Statistics.



Prescription Descriptions

FDA Approves Combo Drug for IOP

Allergan, Inc. announced that the FDA has approved **Combigan™** (brimonidine tartrate/timolol maleate ophthalmic solution) 0.2%/0.5%, for reduction of elevated intraocular pressure (IOP) in patients with glaucoma or ocular hypertension.

There is no cure for glaucoma; however, lowering elevated IOP can slow the progression of the disease and help prevent further vision loss, said E. Randy Craven, MD, Director of Glaucoma Consultants of Colorado and Associate Clinical Professor of Ophthalmology, University of Colorado School of Medicine. Many patients require more than one medication to meet their target IOP. With Combigan, patients are offered two strong agents in one bottle.

In the 12-month pivotal trials, **Combigan** significantly reduced mean IOP up to 7.6 mm Hg from baseline and was well tolerated. Clinical studies found that the ophthalmic solution provided an additional IOP lowering versus either brimonidine or timolol, the two agents included in the formulation of **Combigan**. It will be available to physicians in the fourth quarter of 2007.

Laughter ... the best Prescription

A sweet grandmother phoned the hospital and timidly asked, "can you tell me how a patient is doing?" The operator said "I'll be glad to help, dear. What's the patient's name and room number?" The grandmother in her weak, tremulous voice said, "Holly Finkel, room 302." The Operator replied, "Let me check. Oh, good news. Holly is doing very well. Her blood pressure is fine; her lab work just came back as normal and her doctor has scheduled her for discharge tomorrow." The Grandmother said, "Thank you. That's wonderful! I was so worried!" The operator replied, "You're more than welcome. Is Holly your daughter?" "No," the Grandmother said, "I'm Holly Finkel in 302! No one ever tells me anything!"

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the Legal Corner

Kaminski's Law
Nothing is impossible for the man
who doesn't have to do it himself.

This month's words of wisdom ...
Be nice to your kids they'll probably pick out your nursing home.
... A anonymous

SHELLY'S

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