

November 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

Local Firm Cranks Out H1N1 Vaccine

The Philadelphia Inquirer has reported that a local firm, AstraZeneca P.L.C.'s MedImmune Inc., has avoided the production problems plaguing others manufacturers of H1N1 vaccine. They are churning out nearly three million doses of vaccine a week at their facility near Northeast Philadelphia Airport.

The other manufacturers cannot get the H1N1 virus to grow as quickly as they had predicted, creating unexpected shortages. They get the seed strain of the virus that they use to make their flu vaccine from the Centers for Disease Control and Prevention. This strain of the H1N1 virus is "dead," or inactivated. MedImmune on the other hand uses a live version of the virus that it weakens, or attenuates. Live virus is easier to grow than inactivated virus. This is one reason for MedImmune's success. The other companies say they have largely now fixed their problems. MedImmune, meanwhile, at its Red Lion Road site, is operating around the clock and has ramped up production from 1.7 million doses weekly in the summer to nearly three million now.

Treatment of Red Eye in the Elderly

Older patients may have minor eye redness for which they wish relief. Products such as *Visine*, *Advanced Eye Relief*, and *Clear Eyes* contain vasoconstrictors that are safe and effective when used for short-term relief. They should not be used longer than 72 hours to prevent rebound conjunctivitis, a condition in which the product causes further ophthalmic irritation. This prompts the patient to continue use of the product far beyond the 72-hour limit. Also, these products should not be used by patients with narrow-angle glaucoma, since they can produce mydriasis, which can trigger an attack of glaucoma.

Educational Dinners

Before the hectic holiday season gets you completely tied up, take a break and join us on December 9 for our last educational dinner program of the year with Forest Pharmaceuticals as co-host. Dr. Meenakshi Patel, Assoc Prof., Wright State U. Dir.of Geriatrics, Miami Valley Hospital, and Pres. Ohio Med..Dir.. Assoc.will speak on Bystolic. This month we'll meet at Maggiano's Little Italy, 205 Mall Blvd., King of Prussia (610-992-3333)..



Space is definitely limited for this program Please call Barry or Stan at SMS (215-785-6616) today to place your reservation.



Dr. Feelegoode's Corner - Tinnitus (ringing in the ear)

Avoiding foods like saturated fats, dairy products, sugar, salt, processed foods, etc. can help because all these food items tend to aggravate the condition. Avoid coffee, tea, sweet foods, and refined alcohol because all of these result in low blood sugar, which can lead to tinnitus. Include lots of fresh and raw fruits and vegetables in your diet. Eat a protein rich diet. Tinnitus patient's diet must include vitamin A, vitamin B, vitamin E, zinc and choline. Avoid alcohol and smoking. Exercise daily to improve your blood circulation. Check and keep your blood pressure under control.

This Month's Words of Wisdom

If "A" is success in life ..then $A=x+y+z$
["x" is work, "y" is play, and "z" is keeping your mouth shut!]

... Albert E Einstein



Prescription Descriptions

New Leukemia Treatment is Fast Tracked

US Pharmacist has reported on its website that the FDA approved **ofatumumab** (Arzerra) for treating patients with chronic lymphocytic leukemia (CLL), a blood and bone marrow cancer. Ofatumumab was approved using the accelerated approval process for patients with CLL whose cancer is uncontrolled by other types of chemotherapy. The effectiveness of the drug was evaluated in 59 patients with CLL whose disease no longer responded to the available therapies. CLL, which arises from B cells found in the body's immune system, mainly afflicts patients older than 50 years, killing about 4,400 people each year.

"The approval of Arzerra illustrates FDA's commitment to using the accelerated approval process to approve drugs for patients who have limited therapeutic options," said Richard Pazdur, MD, director of the Office of Oncology Drug Products in the FDA's Center for Drug Evaluation and Research. The manufacturer, GlaxoSmithKline, is currently conducting a clinical trial to verify that ofatumumab added to standard chemotherapy delays CLL progression.

Laughter ... the best Prescription

There was an old man who had worked and saved all of his life, and was a bit of a miser. Quite ill and knowing he might not last much longer he said to his wife, "When I die, I want you to take all my money and put it in the casket with me. I want to take it to the afterlife with me." And he got his wife to promise. Well, he eventually died. His wife was sitting at the funeral with a friend beside her. When the ceremony concluded, and just before the casket was closed the wife called out, "Wait just a moment!" She had a small metal box with her; and put it in the casket. Then the undertakers locked the casket. As they rolled it away her friend said, "Girl, I hope you were not fool enough to put all that money in there with your husband." The wife replied, "Listen, I'm a faithful wife and I cannot go back on my word. I got all of his money together, put it into my bank account, and wrote him a check. If he can cash it, he can spend it!"

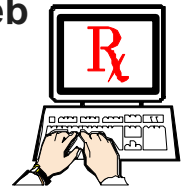


GO GREEN!
Send name and organization in e-mail titled "Newsletter" to BarryP@SMSLTC.com
Receive the Mortar & Pestle by e-mail, starting next month.

Quick drug info on the Web

WWW.SMSLTC.COM

Choose the link to Drug Information



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Partnership In Long Term Care

