

October 2007

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The Mortar & Pestle

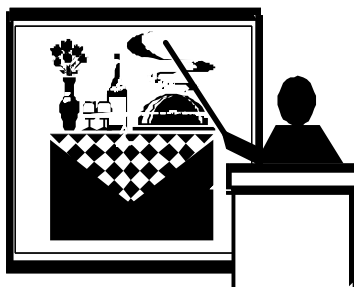
Long Term Care Newsletter



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

Educational Dinner Program

SMS' next educational dinner program will be presented along with co-host **Lilly**, on Wednesday, November 7 at **Maggiano's Little Italy**, 205 Mall Blvd., in King of Prussia. Our **Sign 'n' Sip** registration begins at



6:30 PM with dinner and the program starting at 7 PM. The speaker for the evening is Dr. Alan L. Epstein, of the University of Pennsylvania. His topic will be **Bone Strength Through Innovation**. Please join us and colleagues from around the area for this excellent presentation, as well as an evening filled with good food and drink, fun and prizes. This one will fill up fast, so reserve your place today by calling Barry or Stan at Shelly's (215-785-6616).

FDA Should Have Authority Over Tobacco Products

A new report from the President's Cancer Panel reinforces the urgent need for Congress to pass legislation giving the FDA authority to regulate tobacco in order to reduce its deadly toll.

Each year, more than 438,000 Americans die from tobacco-related diseases, including lung cancer and chronic obstructive pulmonary disease. The panel also made it clear that individual states have a responsibility in the control of tobacco products, including funding tobacco control programs, passing comprehensive smoke-free workplace legislation, and increasing tobacco taxes.

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Drug Information

It's Coming !!!

Before you know it, November 15 will be here, marking the beginning of the Medicare Part D open enrollment period for next year (2008). Starting October 11, you will be able to compare plans on the Medicare website. (www.medicare.gov) And there's lots to consider.

There are 63 Prescription Drug Plans in Penna. and 31 offer enhanced benefits for 2008. Thirty-six (36) plans will have a zero deductible. It is claimed that 90% of current plan subscribers could achieve a lower premium by switching their plan this year.

So warm up those computers, start comparing plans on October 11 and if it makes sense, be ready to make a move, when Med D enrollment opens on November 15. But please remember to make sure that your medications are covered by the plans you consider. A cheaper premium without appropriate med coverage will be no bargain in the long run.

Tamoxifen - mania

The September issue of *Bipolar Disorders* reports that the commonly used breast cancer drug tamoxifen may be an effective treatment for the acute mania seen with bipolar disorder. It may provide faster relief than currently used drugs such as lithium and valproate

Dr. Carlos A. Zarate, Jr. and colleagues, from the NIH in Bethesda, had previously found that tamoxifen could curb manic symptoms in the relatively short time of 3 to 7 days. The present investigation, was a double-blind, controlled study, involving 16 psychiatric inpatients from the Washington, DC area. The subjects included 14 males and 2 females. They were a mean of 35.4 years old, and in good physical health. They were treated with 20 to 140 mg/day of tamoxifen or placebo for 3 weeks. A treatment response was defined as a 50% or greater drop in Young Mania Rating Scale scores from baseline

As early as 5 days after starting therapy, tamoxifen users showed significant improvements in mania compared with controls. Moreover, this benefit persisted throughout the entire trial period. At the end of treatment, the response rate with tamoxifen was 63% compared with 13% for placebo.



Prescription Descriptions

FDA Approves New 300 mg Loading Dose Tablet for PLAVIX®

Sanofi-aventis and Bristol-Myers Squibb Co announced that the FDA has approved a supplemental new drug application for a 300mg tablet of the antiplatelet PLAVIX® (clopidogrel bisulfate). The 300mg tablet will facilitate the use of the FDA approved loading dose for appropriate acute coronary syndrome (ACS) patients as soon as possible after hospital admission. Acute ST-segment elevation myocardial infarction, along with unstable angina and non-ST segment elevation myocardial infarction, are the three conditions classified as ACS, a major cause of emergency medical care and hospitalization in the United States.

"The American College of Cardiology-American Heart Association treatment guidelines and the American Heart Association CPR and Emergency Cardiac Care guidelines for ACS patients recommend a 300mg loading dose of clopidogrel in conjunction with ASA (aspirin).

Dr. Feelegoode's Corner - Migraines

Tying onto last month's article that more money may mean more migraines, here are some home remedies for migraine headache. The juice of ripe grapes is an effective home remedy. Take several small amounts daily. Niacin has proved helpful in relieving migraine pain. Valuable sources are yeast, whole wheat, green leafy vegetables, tomatoes, nuts, sunflower seeds, liver, and fish. Vitamin I complex tablets containing 100 mg of niacin can be taken for the same purpose. An ancient folk remedy is a cabbage leaf compress. A few leaves should be crushed, placed in a cloth and bound on the forehead at bedtime, or when convenient during the day. The compress should be renewed when the leaves dry out.



Laughter ... the best Prescription

Exercise is very important, especially as we grow older. Here is one senior's suggestion. Start with a five pound potato sack in each hand. Extend arms straight out to your sides and hold them there for as long as you can. After a few weeks move up to 10 pound potato sacks, then 20 pound potato sacks, and finally to where you can lift a 50 pound potato sack in each hand and hold your arms straight out for more than a full minute! Next, start putting a few potatoes in the sacks, but be careful not to overdo it at this level.

New Feature ... the Legal Corner



Murphy's Law



If something can go wrong, it will.

This month's words of wisdom ...

GROWING OLDER IS MANDATORY GROWING UP IS OPTIONAL

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SHELLY'S

Medication Services

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Partnership In
Long Term Care

