

October 2008

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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

Join with colleagues from around the area as SMS presents the next in our continuing series of educational dinner meetings. Jointly sponsored with Glaxo Smith Kline, it will be held on November 12 at **Fleming's Prime Steakhouse**, 555 E. Lancaster Ave., in Wayne. Registration will



begin at 6:30 PM. Dinner and the program will start at 7. **Dr. Gilbert D'Alonzq** Professor at Temple U. School of Medicine, will speak on **Advances in Diagnosing and Treating COPD** As always, the evening promises to be both an enjoyable and informative one. Seating is limited so make your reservation today by calling SMS at 215-785-6616. Then push 5 to reach Barry or Stan.

Dr. Feelegoode's Corner - Razor Burn

Razor burns are a common problem faced by both men and women. They are usually an irritation of the skin caused by shaving with a razor. Razor burns may be accompanied by 'razor bumps' in which the area around the shaved hair gets a raised welt or even becomes infected.



The best way to deal with razor burns is to stop shaving! Give your skin some rest and simply let your hair grow back for a while. But, if the men don't want a beard or the ladies shaggy legs, here are some treatments that will help.

For the burning sensation dissolve two uncoated aspirins in a teaspoon of warm water and mix into a paste. Apply this paste on the affected area. Wash it after sometime with lukewarm water. This will take care of the burning sensation.

Mashing a couple of strawberries with a tablespoon of sour cream can make an effective treatment. Apply mixture after shaving and leave on for 10 minutes. Do twice a week for fresh, razor burn free skin. (ed. note - if it doesn't work you can use leftovers as dessert) Witch hazel, mild salicylic acid solutions and Aloe Vera gel will also provide relief for razor burns

Call for FDA Overhaul

Rep. John Dingell (D, Mich) and Sen. Chuck Grassley (R, Iowa) want to overhaul the FDA by giving it broader powers that include the ability to levy fines, order drug recalls, and restrict drug-industry advertising.

According to *The Wall Street Journal* the recommendations are based on a series of adverse events that occurred during the past year, including deaths related to contaminated blood thinners and salmonella linked to jalapeño peppers. Other safety issues include controversy over popular prescription drugs like Chantix and Vytarin, which suggest the agency was too lax in enforcing its safety and efficacy standards. The FDA restructuring should "build a much taller wall between the agency and the industry it regulates."

Counterfeit Drug Seizures up by 24%

According to the Pharmaceutical Security Institute, an international not-for-profit corporation dedicated to improving prescription drug security, the number of counterfeit drugs seized in 2007 increased by 24%. This included illicit versions of 403 different prescription drugs from 99 countries. One of the most popular copied drug is Viagra. According to Pfizer, it is estimated that counterfeit copies of the drug are costing the company \$2 billion in lost sales.

SAVE THE DATE!!!

Our final dinner program for the year is set for December 2. Details next month

This month's words of wisdom ...

Life is what happens to you while you're busy making other plans. ... John Lennon



Prescription Descriptions

FDA Reports test Results on *Spiriva*

The FDA's Early Communication About an Ongoing Safety Review issued in March 2008 stated that **Boehringer Ingelheim** maker of tiotropium bromide (*Spiriva HandiHaler*), had conducted a pooled analysis of 29 trials that suggested a small excess risk of stroke (2 cases per 1000) with tiotropium bromide over placebo. FDA has now received preliminary data from UPLIFT (Understanding the Potential Long-Term Impacts on Function with Tiotropium), a large, 4-year, placebo controlled clinical trial with *Spiriva HandiHaler* in approximately 6,000 patients with chronic obstructive pulmonary disease (COPD). The preliminary results of UPLIFT reported by Boehringer Ingelheim to the FDA showed that there was no increased risk of stroke with tiotropium bromide (*Spiriva HandiHaler*) compared to placebo.

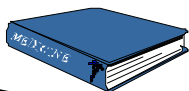
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Using Our New Phone System

You still call our main number of 215-785-6616, but can save some time by immediately pushing: 1 for Data Entry, 2 for a Pharmacist, 3 for Medical Records, 4 for Billing, 5 for Account Service. And, you can reach Stan directly by calling 215-781-6052, or Barry directly at 215-781-6054

Laughter - the best Prescription

Two elderly women were out driving in a large car -- both could barely see over the dashboard. As they were cruising along they came to an intersection. The traffic light was red but they just went on through. The woman in the passenger seat thought to herself, "I must be losing it, I could have sworn we just went through a red light". After a few more minutes they came to another intersection and the light was also red. Again they went right through. This time the woman in the passenger seat was almost sure that the light had been red, but was really concerned that she was losing it. She was getting nervous and decided to pay very close attention to the road and the next intersection to see what was going on. At the next intersection, sure enough, the light was definitely red and they went right through. She turned to the other woman and said, "Mildred! Did you know we just ran through three red lights in a row! You could have killed us! Mildred turned to her and said "Oh damn! Am I driving? "



Quick drug info on the Web

WWW.SMSLTC.COM

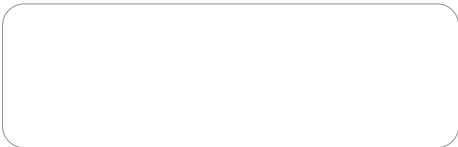
Choose the link to **Drug Information**



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**Partnership In
Long Term Care**