



The Mortar & Pestle

Long Term Care Newsletter



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

More Money Doesn't Mean More Headaches

Think that having more money means more headaches? Think again! According to a multicenter study published in *Neurology*, assuming no genetic link, children from families with annual household income of \$90,000 or more had a 50% lower occurrence rate of migraine headaches compared with those from households with annual income less than \$22,500. Income had no influence on migraines in families with a hereditary predisposition to the condition.

The researchers plan further examination of nutrition, emotional and physical stress, and disparities in treatment patterns as potential contributors to migraine frequency.

Up, Up and Away !

It was reported in *Enterprise Business Newspaper* that annual spending for medications prescribed in outpatient settings in the USA increased from \$72 billion in 1997 to \$191 billion in 2004. This is almost a tripling of expenditures! Not all of this increase is because of higher drug prices or inflationary causes. Rather, it was greatly driven by the number of prescriptions issued. This increased from 2 billion to almost 3 billion per year over this seven year period. We're just taking more medicine ! Although the increase is highest in the 65 plus population, a general increase is seen across the entire population. (see table below)

	65 and older	below 65
No. of Rx in 1997	22	9
No. of Rx in 2004	31	13
Rx Cost in 1997	\$ 819 per yr.	\$ 347 per yr.
Rx Cost in 2004	\$1914 per yr.	\$ 838 per yr.

Sniffing Out Alzheimer's ?

Researchers at **Rush University** Medical Center in Chicago and the **University of Pennsylvania** uncovered that trouble identifying common odors may be a sign of mild cognitive impairment. According to Dr. Robert S. Wilson, PhD, and colleagues, impaired sense of smell was associated with a 15% overall increase in risk for cognitive impairment.

Saunders House Chooses Shelly's

Saunders House has selected **Shelly's Medication Services** as supplier for all of their pharmaceutical services. **Shelly's** was selected based on its outstanding quality of service, reliability of deliveries and overall value.



Founded in 1864, **Saunders House** is located on the beautiful campus of Lankenau Hospital in Wynnewood, Pennsylvania. The present facility was built in 1973 and includes accommodations for some 200 residents.

After 142 years of continuous operation, **Saunders House** remains dedicated to being a leader in providing long-term care and rehabilitative services involving community-based education and research-directed programs for the physical and emotional well-being of its residents.



Prescription Descriptions

Thiazolidinedione Drugs Need Upgraded Warnings

Manufacturers of the entire thiazolidinedione class of antidiabetic drugs--Avandia (rosiglitazone), Actos (pioglitazone), Avandaryl (rosiglitazone and glimepiride), Avandamet (rosiglitazone and metformin), and Duetact (pioglitazone and glimepiride)--will be updating the label on their products based on postmarketing adverse event reports that patients who take them may be at a greater risk of heart failure. "The new boxed warning addresses FDA's concerns that despite the warnings and information already listed in the drug labels, these drugs are still being prescribed to patients without careful monitoring for signs of heart failure," said Steven Galson, MD, MPH, director of FDA's Center for Drug Evaluation and Research.

Dr. Feelegoode's Corner - Nausea

A wide variety of treatments are said to work well to relieve nausea. The old stand-by of 1 or 2 teaspoons of cola syrup (or any syrup for that matter) is still effective. It's the carbohydrates in the syrup that do it. Small amounts of tea or ginger ale often work equally well.



More exotic teas such as peppermint or chamomile are capable of relieving the nauseating feeling. Plain tea with a fresh piece of ginger is also said to be effective. Two capsules of gingerroot will give quick relief, depending on severity of your nausea.

Acupressure can be beneficial if you know the pressure points. Apply the pressure between the thumb and forefinger. This will help remove the queasy feeling and prevent vomiting.

Laughter ... the best Prescription

With the help of a fertility specialist, a 65-year old woman became pregnant and delivered a healthy baby. All of her friends and relatives came to visit and meet the new arrival.



When they asked to see the baby, the 65-year old mother said, "Not yet." A little later they again asked to see the baby. Once more the mother said, "Not yet." Finally, getting ready to leave, they asked, "Can we see the baby now?" The mother replied, "When the baby cries." Puzzled, they asked, "Why must we wait until the baby cries?" The mother said, "Because I forgot where I put it."

This month's words of wisdom ...

'Don't complain about growing old - many, many people do not have that privilege.' ... Earl Warren

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