

September 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

## USA Behind in Life Expectancy



The 2008 Beijing Olympics are now just a memory, but in the "Olympics of Life Expectancy" the USA is far out of the running for a medal, even the Bronze!

The CIA's *World Factbook* ranks the USA 47th in life expectancy behind Japan, Canada, France, Sweden, Switzerland, Australia, Israel, and the United Kingdom (just to name a few).

Some blame the environment, poor living conditions, lack of health insurance, etc., but this low ranking is more likely about the quality of health care. With arguably the best health care system in the world, millions of Americans do not benefit from it because they cannot afford to. More disturbing is that, among Americans who pay dearly for health insurance, many do not get the tests, treatments, or drugs they need because of the restrictiveness of their plans. While we may have the best diagnosticians in the world, it may all come down to the availability of life-saving drugs. Some critics blame our poor showing in world life-expectancy on the FDA and its backlog of new drug approvals. Unfortunately, their task is daunting.

The agency is under-funded and under-staffed, even recently announcing that they have 1,300 open positions. Let's hope that the next administration, whichever party wins, may look to correct this situation and let the FDA better perform its vital tasks.

## The Manor at Chestnut Hill Selects Shelly's

The Manor at Chestnut Hill has selected Shelly's Medication Services as its supplier for all pharmaceutical services. The Manor at Chestnut Hill selected SMS based on its outstanding quality of service, reliability of deliveries and overall value.

This assisted living facility, located in the Chestnut Hill area of Philadelphia, was for many years known as The Atria of Chestnut Hill. There is now a new name, The Manor of Chestnut Hill, new ownership, The Hillinger Group, and new management. All of which promise to bring a new level of care to the facility's residents. SMS is proud to be working with The Manor of Chestnut Hill to help achieve this.

## Educational Dinner Program Scheduled for October

Our second program for this season is scheduled for October 16 at **Maggiano's Little Italy**, 205 Mall Blvd. in King of Prussia. Hosted by SMS and Eisai it will feature a presentation by **Dr. Daniel Haimowitz**, Geriatrician, on *The benefits of Diagnosing Alzheimer's Disease and treating with Aricept*

Registration begins at 6:30 PM with dinner and our program beginning at 7 PM. Join with colleagues from throughout the area for this enjoyable and informative evening of dining and discovery. Reserve your place today by calling Barry or Stan at 215-785-6616.

### Dr. Feelegoode's Corner - Arthritis

Raw potato juice therapy is considered one of the most successful biological treatments for rheumatic and arthritic conditions. It has been used in folk medicine for centuries. The traditional method of preparing potato juice is to cut a medium-sized potato into thin slices, without peeling the skin, and place the slices overnight in a large glass filled with cold water. Then, drink the water in the morning on an empty stomach.

A cup of green juice, extracted from any green leafy vegetable, mixed in equal proportions with carrot, celery, and red beet juices is also good for arthritis. The alkaline action of raw juices dissolves the accumulation of deposits around the joints and in other tissues. A cup of fresh pineapple juice is also valuable, as the enzyme bromelain in fresh pineapple juice reduces swelling and inflammation in osteoarthritis and rheumatoid arthritis.



*This month's words of wisdom ...*

Content makes poor men rich; discontentment makes rich men poor. ... Benjamin Franklin



Prescription Descriptions

**FDA Adds Boxed Warning to Regranex**

The FDA added a boxed warning to the label of Regranex Gel 0.01% (becaplermin)--a topical cream for treating stubborn leg and foot ulcers in diabetic patients--due to increased risk of death from cancer. A long-term safety study completed in 2001 compared cancer rates and mortality among 1,622 patients exposed to Regranex and 2,809 otherwise similar patients who were not exposed. Results showed no overall increase in cancer incidence among the Regranex patients, but they indicated a fivefold increased risk of cancer mortality among patients exposed to three or more tubes of the product.

Health care professionals are cautioned to carefully weigh the risks and benefits of treating with Regranex. The product is not recommended for patients with known malignancies.

It's Not Too Late - There are still a few days left to reserve a place at our opening **Educational Dinner Program** at the **Buck Hotel** in Feasterville on Sept. 18. Hosted by **SMS** and **Forrest Pharmaceuticals** our speaker will discuss the new beta blocker, *Bystolic*. Call Barry or Stan at 215-785-6616.

Quick drug info on the Web  
**WWW.SMSLTC.COM**  
Choose the link to  
**Drug Information**

**Laughter - the best Prescription**

A grandmother was giving directions to her grown grandson, who was coming for a visit. "You come to the front door of the apartment. I am in apartment 14T. There is a big panel beside the door. With your elbow push button 14T. I'll buzz you in. The elevator is on the right. Get in, and with your elbow just hit 14. When you get out I am on the left. With your elbow, ring my doorbell". "Grandma, that sounds easy enough, but why am I hitting everything with my elbow?" "You're not coming empty handed, are you?"

**AND THE WINNER IS ---**

The winners in our Anniversary Issue prize pack drawing were:  
Patti Jo Bailey - St Katherine Drexel  
Sandra Benjamin - Attleboro Nursing  
Maureen Rippel - Villa St. Martha.  
Cecile Shocket - D'Youville Manor  
Donna VanSchaick - Pickering Manor  
And our SMS winner was Jose Daniel. Congratulations to everyone! Your prizes are on the way.

**SHELLY'S**

**Medication Services**

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**Partnership In  
Long Term Care**

