

September 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

US Life Expectancy Up Again

Life expectancy in the US has risen to an all time high! According to the National Center for Health Statistics, in a report released Aug. 19, the average life expectancy has risen to nearly 78 years. Women continue to live longer than men. Males now typically live 75.3 years, compared to 80.4 years for females. The latest increase is attributed mainly to falling rates in nearly all the leading causes of death. In the past decade, U.S. life expectancy has grown nearly 1.5 years.

Despite this growth the US only ranks 50th among the nations of the world. Macau ranks first at 84.36. Among the industrialized nations, Japan is first at 82.12 and is 3rd overall. Other rankings of note include - 8 Canada 81.23, 9 France 80.98, 10 Sweden 80.86, 13 Israel 80.73, 19 Italy 80.20, 32 Germany 79.26, 36 United Kingdom 79.0, and 40 South Korea 78.72. With all of the current debate in the US over healthcare reform, it is interesting to note that some form of universal healthcare exists in all the major countries in the list that placed above the USA

8 Cities Line up for Swine Flu Vaccine Test

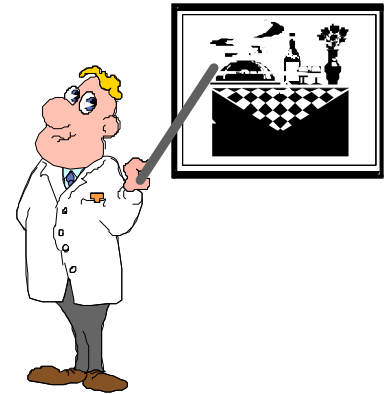
Hundreds of Americans are lining up for experimental swine flu shots in a race to get a vaccine out in case the new virus regains strength this fall and winter. Government research is centered at Saint Louis U. where scientists have been working nights and weekends to organize the studies and recruit volunteers. 200 adults and 200 children will participate at St. Louis. The overall testing will include about 2800. Also under way are separate studies by 5 flu vaccine manufacturers under contract with the government.

Health officials expect to have about 160 million doses of vaccine available this fall, with the first batch sometime in September. The studies will test the safety and effectiveness of vaccines developed by drug makers and help determine dosage and whether it can be given with a seasonal flu shot. Participants will be given different combinations of two swine flu vaccines made by drug makers Sanofi Pasteur and CSL Ltd and a seasonal flu vaccine.

The other study sites are Baylor College of Medicine in Texas, Children's Hospital in Cincinnati, Emory U in Atlanta, Group Health Cooperative in Seattle, U of Iowa, and U of Maryland

Educational Dinner Programs Continue

Shelly's educational dinner programs continue on September 24th, with **Forest Pharmaceuticals** as co-host. **Dr. Malcolm Fraser**, Chairman FDA Industry Advisory Group, will speak on *Bystolic - a Novel Approach to Beta Blockade*. This month we'll meet in The Walton Conference Center at Deer Meadows Retirement Community, 8301 Roosevelt Blvd. in Philadelphia.



There is a slight time change this month. Registration will start at 6:00 PM. The program and dinner will begin at 6:30. Join with colleagues from around the Delaware Valley for this informative and enjoyable evening of dining and discovery. Reserve your place today by calling **SMS** at 215-785-6616. Select #5 and speak to Barry or Stan.

[And by the way, your editor has previously dined at DMRC and they do a great job. You're sure to enjoy yourself.]

Words of Wisdom continues with "Food for Thought" - Verse 4

I've sown many seed that fell by the way,
for the birds to feed upon;
But I've held enough golden sheaves in my hands,
To make me keep sowing on.

... Author Unknown



Prescription Descriptions

Red yeast rice - an option for statin-intolerant patients


For patients with dyslipidemia, reduction in LDL and total cholesterol to recommended levels may decrease a patient's risk for heart attack or stroke. For patients intolerant to statin therapy, alternatives are limited. A recent study published in the Annals of Internal Medicine evaluated the use of red yeast rice for the treatment of dyslipidemia in patients who had experienced myalgias from statin therapy. This randomized control trial, compared subjects on 1800 mg of red yeast rice twice daily to placebo over a 24 month period, with both groups receiving education on lifestyle modifications. Results were measured at 12 and 24 weeks both of which showed significant reductions in LDL and total cholesterol. Patients taking red yeast rice, showed a 35 mg/dL drop in LDL by week 24 which was twice that of patients receiving education alone (P=0.011). For a statin-intolerant patient, an option to evaluate alternative treatment options and suggest a trial of red yeast rice should be considered.

**GO GREEN! Send name and orgztn. 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**



Dr. Feelegoode's Corner



ATHLETE'S FOOT is often a summer time problem. The fungus can be picked up in locker rooms, and summer heat makes it difficult to keep feet dry that is important in treatment. Here are some of my favorites.

Mix 1 part vinegar to 4 parts water, and soak feet for 20-30 minutes twice a day. Sprinkle some baking soda between toes and then rinse feet after fifteen minutes.

For immediate relief from itching or burning, soak feet in an antiseptic mouthwash like Listerine.

Corn starch is effective for soaking up moisture, so keep between toes dry by sprinkling some corn starch on them

Laughter ... the best Prescription

YOU KNOW YOU'RE GETTING OLD WHEN -

Everything hurts, and what doesn't hurt doesn't work.
The gleam in your eye is from the sun hitting your bifocals.
You feel like the morning after and haven't been anywhere.
Your little black book only contains names ending in M.D.
Your favorite part of the newspaper is "20 Years Ago Today."
Your back goes out more than you do.
The little old lady you help across the street is your wife.

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**Partnership In
 Long Term Care**