Welcome to the second edition of the Chem Rx Gazette, your newsletter resource for information about Chem Rx, our services and the industry.

Name that Tune

"Music hath charms to soothe a savage breast, to soften rocks, or bend a knotted oak." William Congreve

Songs can link us to a special memory, to a feeling, and to a different time in our lives. The benefits of listening to music can be both mental and physical. A pilot program in a number of Long Island and New York nursing homes, Music & Memory, is seeing the definite benefits that residents reap from listening to the music that they love. Instead of general music being played over a loudspeaker, this non-profit program provides ipods and creates customized music playlists for each patient. Residents are given opportunities to listen to their own music on ipods that have been donated through the program.

The results show a significant impact on the quality of life and responsiveness of those who have participated in the program. Patients who were previously quiet, immobile or difficult often respond by singing and moving to the music. Results show a more engaged, responsive and agreeable resident. Even those who suffer from dementia can show cognitive improvement because music can stimulate a certain area of the brain and invoke pleasant memories.

As John Logan said, “Music’s the medicine of the mind.”
How Can Pharmacy Plus Make it Easy For You?

PHARMACY PLUS

Pharmacy Plus-Computerized Physician Order Entry- Our system prohibits non-formulary orders for both dually eligible, Part D residents or Part A residents. Average facility bill has dropped by 18.5% after three months of usage. Facility has real-time Medical Records. Any order processed at the facility is automatically linked to the pharmacy dispensing system resulting in the shortest possible turnaround time.

- Web-based computerized prescription entry software system
- Client easily selects medications based on effectiveness, cost and formulary status
- Prevents staff from ordering non-formulary drugs
- Eliminates manual handwriting of prescriptions, with an automatic send to Chem Rx
- Real time medical records
- Forms printed on demand at facility

Chem Rx at Client Events

It is our privilege to support our clients and participate in their fundraising efforts.

2/1
AHRC New York City
31st Annual Thurman Munson Awards Dinner – New York, NY

6/4
YAI Central Park Challenge

To have your event posted, please send an e-mail to shanna@chemrx.net.

RECIPE OF THE MONTH

VALENTINE RED VELVET CAKE WITH CREAM CHEESE FROSTING

CAKE: 1 cup softened butter, 3 cups white sugar, 6 eggs, 1 oz. red food coloring,
3 TBS. unsweetened cocoa powder, 3 cups all purpose flour, 1 tsp. vanilla extract, 1 tsp. baking soda, 1 TBS. white vinegar, ½ tsp. salt (optional). FROSTING: 2 (8 oz) packages cream cheese, 12 oz. white chocolate, 1 cup softened butter

Preheat oven to 325 degrees. Grease/flour three 8” pans. In a large bowl, cream 1 cup butter with sugar. Add eggs one at a time, beating well. Mix food coloring with cocoa powder and add to the mixture. Add flour alternately with buttermilk. Add vanilla and salt. Mix baking soda with vinegar, and gently stir into mixture. Be careful not to over-mix. Divide batter into three prepared 8” pans. Bake at 325 degrees for 25 minutes, and allow to cool.

Frosting: Melt the white chocolate and allow to cool to lukewarm. In a large bowl, beat the cream cheese until light and fluffy. Gradually beat in the melted white chocolate and softened butter. Beat until it reached a whipped cream consistency and then use to fill and frost the cake. ENJOY!
2011 Seminar Schedule

Chem Rx Long Beach
All seminars to take place at Leonard’s of Great Neck (Great Neck, New York)
Tuesday, March 8*
Thursday, March 24**
Thursday, May 5
Thursday, June 9
Wednesday, September 14
Thursday, December 1

Chem Rx Albany
Thursday, April 14th (Radisson Hotel, Utica)

*NEW! For Nursing Home Owners, CFOs and all other financial professionals.

**NEW! Long Term Care Symposium for all professionals.

Chem Rx New Jersey
Thursday, April 28 (The Westwood in Garwood, NJ)
Tuesday, June 2 (Ocean Place, Long Branch)
Thursday, September 15 (The Imperia in Somerset, NJ)
Wednesday, December 7th (Forsgate Country Club)

REGISTER ONLINE AT www.chemrx.net
New FDA Approvals of Note

The Food and Drug Administration has approved the following:

**Amturnide** - (Novartis) A combination direct rennin inhibitor, calcium channel blocker and diuretic for the treatment of hypertension.

**Axiron** – (Eli Lilly & Acrux Pharma) Topical testosterone replacement therapy for men 18 years and older.

**Cycloset** – (Santarus) A dopamine receptor agonist (approved in May 2009) is available for management of Type 2 diabetes in adults.

**Donepezil Hydrochloride** - (Ranbaxy Pharmaceuticals) A generic version of Aricept for treatment of Alzheimer dementia and for mild and moderate Alzheimer disease.

**Gardisil** – (Merck & Company) The recumbent injection human papillomavirus (HPV) quadrivalent vaccine is now approved for the prevention of anal cancer and associated precancerous lesions due to HPV types 6, 11, 16 and 18 in patients 9-26 years of age.

**Levocetirizine** – (Synthon) A generic version of Xyzal for all branded indications for the treatment of indoor and outdoor allergies.

**Teflaro** - (Forest Laboratories) A broad spectrum bactericidal cephalosporin for treatment of community acquired bacterial pneumonia.

**Viibrid** – (PGxHealth) Antidepressant approved to treat major depressive order in adults.

**Ask the Pharmacist**

Q: When new indications for drugs become FDA approved, does taking the medication for the new indication pose any health risks since the drug was not originally intended for this purpose?

A: Many drugs are created for a single use and then later are used because of a particular side effect, which can become a new indication. For example, Benadryl, a highly sedating antihistamine, is often used in OTC sleep aids. Another example is Minoxidil, a very potent blood pressure medication in tablet form. As a topical liquid, though, it promotes hair growth. Viagra was originally prescribed for heart problems, and a then an interesting side effect was noticed during studies. Now very few people would associate the famous “little blue pill” as a heart medication.

In summary, a new use is usually a known effect of the drug but in order to get officially approved for that use, it must undergo a rigorous FDA approval process and demonstrate safety and efficacy at the recommended dosage. New indication uses are generally safe when used as directed.
A Healthier You for 2011

Did You Know These Foods that May Raise Cholesterol Levels?

Ground Turkey ** Added Sugars ** Mashed Potatoes ** Pizza ** Whole-fat Dairy Products ** Plant Foods from the Tropics ** Ghee (Clarified Butter) ** Pies and Pastries ** Movie Theatre Tub Popcorn

According to the Mayo Clinic, the following foods can help to lower Cholesterol Levels:

Oatmeal, oat bran and higher fiber foods ** Fish and omega-3 fatty acids (for example, Mackeral, Lake Trout, Herring, Sardines, Albacore Tuna, Salmon & Halibut) ** Walnuts, almonds and other nuts ** Extra Virgin Olive Oil ** Foods with added plant sterols or stanols

Researchers have found that drinking a half cup or more of coffee or tea is linked to a reduced risk of “glioma” brain tumors. The researchers believe that the antioxidants contained in these beverages may be responsible for the health benefits.

Did you get your flu shot this year? While the CDC recommends immunization in the late summer and early fall, getting a flu shot during the winter months can still be preventative for the flu season that can extend and peak in early spring.

Fat Fighting Foods

Keep your New Year’s Resolution.

Greek Yogurt Quinoa Cinnamon Hot Peppers Green Tea Grapefruit Watermelon Pears Apples Berries & Grapes Raw Veggies Sweet Potatoes Eggs Coffee Oatmeal Crisp Breads Tabouli Air Popped Popcorn Skim Milk Lean Meats Fish Beans

Winter Blues? Think about Things we Can Learn from a Snowman:

Wearing white is always in style.
It’s fun to just hang out in your front yard.
Don’t get too much sun!

Accessories don’t have to be expensive.
If you look down and can’t see your feet – you’re probably not too active.
Other Drug News

The FDA has limited acetaminophen in combination products such as many opioids. In addition, manufacturers will be required to update the warning labels of all prescription combination products to warn of the potential risk of severe liver injury. This risk primarily occurs when patients take multiple products containing acetaminophen at one time and exceed the current maximum dose of 4,000 mg within a 24-hour period. Over the counter acetaminophen products are not affected by these new regulations.

A Canadian research report has determined that the combination of calcium channel blockers prescribed to lower blood pressure and macrolide antibiotics (such as erythromycin and clarithromycin but not azithromycin) prescribed to treat infections can cause a sharply reduction in blood pressure in the elderly.

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