

CHEM RX

TABLET

Happy Spring!



Upcoming Generic Drug Releases

<u>Brand Name</u>	<u>Generic Name</u>	<u>Dose</u>	<u>Date</u>
Provigil	Modafinil	Tabs	4/12
Plavix	Clopidogrel	Tabs	5/12
Lescol	Fluvastatin SOD	Tabs	6/12
Lescol XR	Fluvastatin SOD ER	Tabs	6/12
Ziagen	Abacavir	Tabs	6/12
Maxalt	Rizatriptan	Tabs/ODT	6/12
Clarinox	Deslorayadine	Tabs	7/12
Tricor	Fenofibrate	Tabs	7/12
Singulair	Nanocrystallized Montelukast Sodium	Tabs/Chews	8/12
Actos	Pioglitazone HCl	Tabs	8/12
Xopenex	Levalbuterol HCL	Inh. Sol.	8/12

INDEX

- 1- Generic Drug Release
- 2- Did You Know?
Recipe of the Month
- 3- Seminars
- 4- New Phone System
- 5- Ask the RPh
- 6- Sudoku, Events
- 7- Depression Diagnosis
Puzzle Solution

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CHEMRX
LONG TERM CARE PHARMACY

DID YOU KNOW?

Reflux Disease

While there are many medications to ease the discomfort associated with heartburn, the underlying condition, *gastroesophageal reflux disease*, may lead to more serious issues. Nearly 50% of people over age 50 have experienced acid reflux, where the digestive stomach acids enter the esophagus. The nose, sinuses, throat, breathing tubes and lungs can also be affected, and often, misdiagnosed. Diet is a major contributing factor and the high or low acid content of certain foods can trigger symptoms. The worst trigger food? Unfortunately, it's chocolate.

Aspirin Can Help Kick Cancer

British studies have indicated that aspirin reduces the risk of cancer development, or of cancer related death, and can prevent tumors from spreading. Patients who ingested a daily dose of aspirin showed a 24% lower rate of cancer development after three years, and were 37% less likely to die from it after a five year period, when compared to people who did not take the aspirin. Since research is ongoing and not 100% conclusive, patients are encouraged to check with their physicians before beginning an aspirin regimen.

Stomach Surgery To Cure Diabetes?

Two recent studies show very promising results for reversing diabetes in patients who have undergone stomach reduction surgeries. Patients with obesity-induced diabetes, who had the surgeries, were better able to achieve normal insulin levels. Cholesterol and other heart risks also showed improvement. Some stopped taking all diabetes drugs and had at least a two-year remission.

Some doctors say that these surgeries should be offered sooner to obese diabetic patients instead of being a last resort.

RECIPE OF THE MONTH

Butternut Squash Soup

INGREDIENTS: 2 TBS Butter; 1 Finely Chopped Sweet Onion; 1 (14.5 oz.) Can Low Sodium Chicken Broth; 2 Lbs. Cubed Butternut Squash; 1 Orange (juiced); 1 Orange (juiced and zested), 3 TBS. Sour Cream; Salt and Pepper to taste.

DIRECTIONS: Melt butter in a large saucepan or soup pot over medium heat, and cook and stir in the onion for 5 minutes. Add chicken broth, and stir in the butternut squash cubes, orange juice, and zest. Bring to a boil, reduce heat and simmer until squash is soft. Pour soup into a blender (or use a hand-held) to puree. Whisk in sour cream, add salt and pepper to taste. Heat mixture over low heat, serve hot.

Got a recipe to share? Send to shanna@chemrx.net

ENJOY

Seminars

Register at www.chemrx.net

You're beautiful! See Seminar photos on Chem Rx's Facebook Page and on our Website.



Chem Rx's Irien Moawad, Kenn Brown & Tamika Lue

Please contact a member of the Chem Rx Education Team for further information:

Stephen Edmundson at 516-889-8770 ext 125,
sedmundson@chemrx.net

Tamika Lue at 516-889-8770 ext 145,
tlue@chemrx.net

Cori Yakabouski at 908-222-1011 ext 282,
cyakabouski@chemrxnj.net



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2012 Seminars*

Chem Rx Long Beach

(Leonard's of Great Neck)

5/10 – Spring Educational Seminar

6/21 - Summer Educational Seminar

** (Allegria Hotel, Long Beach)

9/12 – Fall Educational Seminar

12/6 – Winter Educational Seminar

Chem Rx New Jersey

5/1 – Dinner Program: Osteoporosis
co-sponsored by Amgen

(Spanish Tavern, Mountainside)

6/6 – Summer Educational Seminar

(Ocean Place, Long Branch)

9/6 – Fall Educational Seminar

(The Imperia, Somerset)

12/5 – Winter Educational Seminar

(Forsgate, Monroe Township)

Chem Rx Albany

(The Desmond Hotel, Albany)

5/14 – Spring Educational Seminar

10/2 – Fall Educational Seminar

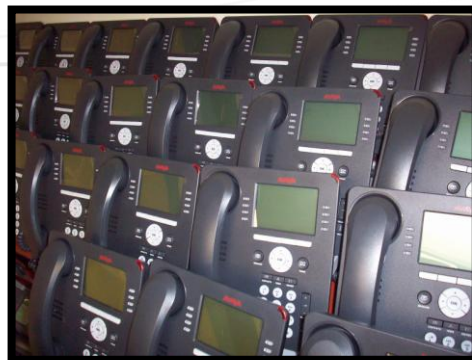
*Other Dates may be added or changed.

New Phone System Coming to Long Beach

You requested...and *you were right!* We are pleased to implement our new phone system later this month.

We look forward to serving you more efficiently, and connecting you with the right person – right away.

- Calls answered faster
- Easier access to your desired party
- Less Waiting Time
- Routing Improvements
- Pharmacy specialists by industry



Coming soon to Albany and New Jersey!



Q: What is a **norovirus**?

A: Noroviruses are highly infectious, quick-acting viruses that when spread, have been known to close a school system, empty an office building, and ruin a vacation cruise. In the Long Term Care Setting, the spread of these viruses can be particularly devastating.

Noroviruses can cause acute gastroenteritis and can affect people of all ages. These infections can be severe and life threatening. This virus is infectious in low doses, spreads quickly, and mutates so often that immunity after infection is short-lived. A new strain emerges every two to four years. Typical symptoms include diarrhea and concurrent vomiting. Acute dehydration can easily occur and will require hospitalization. These symptoms are sudden and usually last 12 to 48 hours. Infections occur year round but are most common in cold weather. Since infected persons are contagious before the symptoms become obvious, those who get norovirus could shed the virus for over a month.

According to the CDC, 23% of outbreaks occur in **nursing facilities** and control is nearly impossible. In addition, norovirus (also called calicivirus) lacks a lipid envelope, making it resistant to hygienic control with detergents and alcohols. Noroviruses can survive temperatures from freezing to 60°C (140°F). Only heat and chlorine based disinfectants inactivate this virus rapidly.

Determining how an active outbreak occurred is vital in controlling the outbreak. Early exposure can include contaminated water, or eating food that was contaminated during cultivation or irrigation. While the norovirus is not an airborne transmitted virus, contagion can be spread from the fecal / oral route.

Late exposure can occur after contact with infected persons who are shedding the virus. This can occur by being exposed to aerosolized viral particles from vomiting or eating food contaminated during preparation or serving.

Treatment for norovirus infection includes oral rehydration with fluids and electrolyte-containing drinks. If symptoms are severe, intravenous fluids should be started. Antibiotic use is discouraged.

UPCOMING WORTHY EVENTS

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

- 4/21 – UPLift Help International 3rd Annual Brunch Fundraiser & Auction (Coral House)**
- 4/23 – Jewish Board of Family & Children’s Services Spring Benefit (Plaza Hotel)**
- 4/24 – Leake & Watts Spring Benefit (Eleven Madison Park)**
- 5/4 - AABR 56th Anniversary Dinner Dance & Casino (Terrace on the Park)**
- 5/5 – Dominican Sisters of Amityville Spring Event: Star Struck Afternoon - 42nd Street (John W. Engman Theatre, Northport)**
- 5/9 – Institute for Community Living’s 26th Anniversary Gala (Ritz Carlton New York/Battery Park)**
- 5/14 – Workmen’s Circle Multicare Center Annual Golf Outing (Brae Burn Country Club, Purchase, NY)**
- 5/15 – Birch Family Services FEELINGS IN FOCUS Event (City Winery, NY)**
- 5/15 – The Educational Alliance Annual Gala (IAC Building, New York City)**
- 5/17 – Life’s WORC 25th Anniversary Geraldo Rivera Golf & Tennis Classic (Plandome Country Club, NY)**
- 5/21 – Mercy First Annual Spring Golf Outing (Tam O’Shanter Club, Brookville)**

To have your event posted, please e-mail shanna@chemrx.net. E-mail shanna@chemrx.net.



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SUDOKU

4		2			6		5
7			9	2			4
		1	5		9		
	3		2			6	
6			8				3
	2		6			5	
		6	4		1		
2			1	3			6
8		3			5		9

See Solution on the last page. No peeking!

Depression Diagnosis in Teens

A recent study conducted at Northwestern University identified 26 potential biological depression markers. A small group of teenagers were the study subjects, and there were markers found in depressed teens that were distinguishable from those who didn't suffer from depression. Testing has now been extended to a larger group.

The study's author, Eva Redei, stated that "it would be more accurate to diagnose depression with a blood test," rather than the current subjective diagnosis. Depression can be harder to identify in the teen population because of the normal adolescent mood swings.

Sudoku Solution

4	9	2	7	3	8	6	1	5
7	6	5	9	1	2	3	8	4
3	8	1	6	5	4	9	2	7
5	3	8	4	2	9	7	6	1
6	4	7	5	8	1	2	9	3
1	2	9	3	6	7	4	5	8
9	7	6	8	4	5	1	3	2
2	5	4	1	9	3	8	7	6
8	1	3	2	7	6	5	4	9

Contact Chem Rx

CORPORATE SERVICES

750 Park Place

Long Beach, NY 11561

TEL: 516-889-8770

FAX: 516-889-8225

NEW JERSEY

4041 Hadley Road, Building M

South Plainfield, NJ 07080

TEL: 908-222-1011

FAX: 908-222-8877

www.chemrx.net

LONG BEACH PHARMACY

790 Park Place

Long Beach, NY 11561

TEL: 516-536-0800

FAX: 516-889-4500

ALBANY

16 Walker Way

Albany, NY 12205

TEL: 518-452-7795

FAX: 518-4524494

Please feel free to submit your questions, comments

or suggestions to Chem Rx via e-mail to shanna@chemrx.net.

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