

CHEM RX

Gazette

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

Diagnosing and Treating Depression vs. Dementia in Elderly Patients

Frequently, elderly patients exhibit symptoms that can be indicators of both depression and dementia. It is important to understand the differences between the two to make a correct diagnosis and administer appropriate drug protocol.

Elderly adults often have life events or changes that can put them at risk for depression. These can include loneliness, isolation, medical issues, medication side effects, grief, or loss of a sense of purpose or importance. Their depression may manifest as a lack of energy, physical issues, sleep disturbances or poor motivation. These symptoms can often be over-looked as signs of depression and instead attributed to natural ageing. In addition, the patients frequently are reluctant to seek out help or even to discuss their feelings with loved ones. Without specific treatment for depression, these patients become at risk for illnesses, prescription drug or alcohol abuse, reduced lifespan or even suicide.

Symptoms of Depression:

- Rapid mental decline
- Knows pertinent facts (date, time and location)
- Difficulty concentrating
- Slowed motor or language function
- Is aware and concerned about memory issues

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Depression vs. Dementia (continued)

Dementia is a loss of brain function that occurs in conjunction with some diseases. A group of progressive illnesses that develop in dementia include declining function in memory, behavior, learning and communication ability. Treatments for dementia can help improve the patient's quality of life and in some cases, reverse, stop or slow symptoms.

Symptoms of Dementia:

- Gradual mental decline
- Easily confused or disoriented
- Once familiar places are unrecognizable
- Decline in short term memory
- Impairment of speech, writing and motor functions
- Unaware and unconcerned with memory issues

Early diagnosis and medical intervention are integral for successful treatment of both depression and dementia in elderly patients.

Source: www.helpguide.org

Chem Rx at Client Events

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

3/10

Head Injury Awareness & Prevention – Hauppauge, NY

4/5 Jewish Board Annual Spring Benefit – Plaza Hotel, NY

4/30

Dominican Sisters of Amityville – Spring Event: Guys & Dolls

6/4

YAI Central Park Challenge

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



RECIPE OF THE MONTH

St. Patty's Day Green Zucchini-Oatmeal Cookies (Tastes Better than it Sounds)

INGREDIENTS: ½ Cup butter, ¾ Cup sugar, 1 egg, ½ tsp. vanilla extract, 1 ½ Cups grated zucchini, 1 ½ Cups all-purpose flour, ½ tsp. baking soda, 1 tsp. cinnamon, 1 Cup quick cooking oats, 1 Cup granola, 2 Cups Semi-sweet chocolate chips.

Preheat oven to 350 degrees. In a medium bowl, cream butter and sugar until fluffy. Stir in the egg and vanilla, mix well, and then stir in the zucchini. Sift together the flour, baking soda and cinnamon and stir into zucchini mixture. Add oats, granola and chocolate chips.

Drop dough with a teaspoon onto an unprepared cookie sheet, leaving 2" between cookies. Bake for 10-12 minutes.

ENJOY!

2011 Seminar Schedule



Prior seminar at Leonard's of Great Neck

Chem Rx Long Beach

All seminars to take place at Leonard's of Great Neck (Great Neck, New York)

Thursday, March 24**

Thursday, May 5

Thursday, June 9

Wednesday, September 14

Thursday, December 1

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! Long Term Care Symposium for all professionals.

FDA Drug Information

We expect that the drugs listed below will be FDA approved in their generic form on or about the dates listed:

<u>Drug</u>	<u>Estimated Date</u>
Concerta (Methylphenidate)	5/1/11
Nasacort AQ (Triamcinolone acetonide)	6/15/11
Levaquin (Levofloxacin)	6/20/11
Primaxin (Imipenem and Cilastatin)	2Q 2011
Keppra XR (Levetiracetam)	9/12/11
Gabitril (Tiagabine hydrochloride)	3Q 2011
Zyprexa/Zyprexa Zydis (Olanzapine)	10/23/11
Lipitor (Atorvastatin)	11/30/11

New Indication:

Cymbalta (Eli Lilly) is now FDA approved for the management of chronic musculoskeletal pain, including chronic osteoarthritis pain and chronic lower back pain.

Please ask your Client Services or Pharmacy representative if you have formulary or prior authorization questions. We want to make it easy for you!



Ask the Pharmacist

Q: What happens when a tolerance for a certain medication is built up over time?

A: There are a few classes of drugs to which tolerance develops. The most well known are narcotic analgesics. Over time higher doses are needed to get the same effect. This is called long term tolerance. The best way to manage this is stopping the drug for a while or switching to a pain medication that has a completely different mechanism of action and affects different receptors in the body. This will in essence give the 'tolerant' receptors a drug holiday.

Some drugs cause rapid tolerance. Two such examples are Lidocaine and Nitroglycerin. Patch forms of these drugs can only be on the body for 12 hours and must be off the body for the same amount of time to prevent tolerance.

A less known fact is that Pepcid and Zantac are 2 examples of heart burn medications for which tolerance can occur. Drug holidays are recommended in these instances as well.

A Healthier You for 2011

Top Cancer Fighting Foods

- *Fruits & Veggies
- *Folate (found in most breakfast cereals, orange juice, melon and strawberries)
- *Asparagus
- *Eggs
- *Lycopene (found in tomatoes)
- *Green Tea
- *Resveratrol (found in grapes and grape products)
- *Beans
- *Cabbage family veggies
- *Dark Green leafy veggies
- *Curcumin (spice)
- *Berries

TIPS:

It is better to get your vitamins from foods than from supplements. Watch that you don't exceed the recommended daily allowance of vitamins with the combined food and supplement intake.

Avoid processed, salted and smoked meats and meats cooked at very high temperatures.

What's in a Name?

We're thinking of changing the name of this newsletter to:

"The Beacon"

"The Paragon"

"The Paradigm"

"The Tablet"

Which do you like? Place your vote at shanna@chemrx.net.



Other Drug News

The New State Medicaid Update Letter announced that as of January 1, 2011, Medicaid will no longer require that providers obtain prior authorization when administering Invega Sustenna and Risperdal Consta. In addition, Medicaid will provide reimbursement for long-acting extended release injectable antipsychotic Invega Sustenna. As with Risperdal Consta, prior authorization will not be required for the use of this drug. *Please note, these drugs are covered under the Medicaid program as physician-administered drugs ONLY, and are not included on the Medicaid Pharmacy List of Reimbursable Drugs.* Both Invega Sustenna and Risperdal Consta are widely reimbursed under Medicare Part D Plans.



**PRIOR
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Please feel free to submit your questions, comments

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

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