

Quote of the Month

"The only way to have a friend is to be one."

Ralph Waldo Emerson

Pharmacy News

December 2011

Cholesterol-Lowering Drugs Safe for Long-Term Use,

Statins reduce heart risks without raising odds of cancer, other illnesses, research shows. British researchers have good news for anyone taking the cholesterol-lowering medications known as statins: These drugs are effective and safe, even when used for long periods of time, they say. The 11-year study found that simvastatin (brand name Zocor) reduced the risk of cardiovascular disease by almost one-quarter. In addition, the researchers found no increase in illness or deaths from cancer or other non-vascular causes. "All those at increased vascular risk should start taking statins early and continue taking them long term," said the study's lead author.

[Click here for the rest of the story](#)

Introducing the 4D Discount Drug Card



[Click here for more information.....](#)

FDA Approves First Insomnia Drug for Middle-of-the-Night Waking Followed by Difficulty Returning to Sleep

The U.S. Food and Drug Administration approved Intermezzo (zolpidem tartrate sublingual tablets) for use as needed to treat insomnia characterized by middle-of-the-night waking followed by difficulty returning to sleep. This is the first time the FDA has approved a drug for this condition. Intermezzo should only be used when a person has at least four hours of bedtime remaining. It should not be taken if alcohol has been consumed or with any other sleep aid.

[Click here for the rest of the story](#)

Governors Petition DEA to Reclassify Medical Marijuana

A pair of U.S. governors appealed to the Drug Enforcement Administration to reclassify marijuana as a drug with accepted medical uses, saying current federal law makes it difficult for states that have legalized medical marijuana to safely regulate it. The petition filed by Gov. Christine Gregoire of Washington and Gov. Lincoln Chafee of Rhode Island asks the government to change marijuana from Schedule I to Schedule II under the Controlled Substances Act. Schedule I drugs are those determined to have no accepted medical use in the United States. Schedule II drugs are those that have some accepted use and can be prescribed, administered or dispensed with controls, according to Gregoire's office.

[Click here for the rest of the story](#)

Non-Fried Fish Might Help Ward Off Alzheimer's: Study

Older fish eaters have larger brain volume, less risk for the disease, study finds. Eating baked or broiled fish as little as once a week may boost brain health and lower the risk for mild cognitive impairment and Alzheimer's disease, new brain scan research suggests. The study authors found that eating baked and broiled fish -- but not fried -- helps to preserve gray matter neurons, strengthening them in areas of the brain deemed critical to memory and cognition. "Those who eat baked or broiled fish had larger brains," noted study author Dr. Cyrus Raji, a resident in the department of medicine at the University of Pittsburgh Medical Center, Mercy Hospital. "They had larger brain cells in areas of the brain responsible for memory and learning. And the reason that's important is that these brain areas are at high risk for Alzheimer's disease."

[Click here for the rest of the story](#)

Young Athletes and Energy Drinks: A Bad Mix?

The Gatorade cooler and the coffee pot in the locker room have competition. From youth playing fields to major league clubhouses, caffeinated energy drinks such as Red Bull and its scores of cousins have become a familiar presence in sports. "The bottom line is, it's a long season. You're going to do what you have to do, whether you feel like you have to jump into a cryogenic freezing tank or a hyperbaric chamber or drink a Red Bull," said Texas Rangers pitcher C.J. Wilson, a World Series starter who says he has never used alcohol or drugs but consumes energy drinks socially and to prepare himself to pitch. "I see nothing wrong with drinking Red Bull." Some athletes and industry officials compare the beverages to a cup of coffee. But doctors and other experts increasingly warn of misunderstandings about energy drinks' contents, lax labeling requirements and the risks of high doses of caffeine — particularly to young athletes.

[Click here for the rest of the story](#)

Table of Overall Rankings - 2011 Edition

America's Health Rankings® — 2011 Edition shows Vermont at the top of the list of healthiest states again this year. The state has steadily risen in the rankings for the last 13 years from a ranking of 17th in 1997 and 1998. New Hampshire is ranked second this year, an improvement from ranking third last year. New Hampshire has ranked in the top 10 states every year of the index. Connecticut is number three, followed by Hawaii and Massachusetts. Mississippi is 50th and the least healthy state, while Louisiana is 49th. Oklahoma, Arkansas and Alabama complete the bottom five states.

[Click here for the rest of the story](#)

Office Workouts

It pains me to see a banker walking through the CBD. He's got the best suit, the big house, big car, big bank account ... and the big gut. Because ultimately, what does he really have? He has a short wait for diabetes or that big heart attack to show him what's really important in life: health. This blog is written to that banker, and to the many Australians that think they are stuck in the office with zero chance to exercise ... because you can. In the office we eat, hold office drinks, sometimes sleep, and even plant seeds that lead to romance, so guess what? It's time to move and exercise in the comforts of your office. From the basic to the high intensity, here are four office workouts:

[Click here for the rest of the story](#)

Obama Administration Refuses to Relax Plan B Restrictions

The Obama administration stunned women's health advocates and abortion opponents alike Wednesday by rejecting a request to let anyone of any age buy the controversial morning-after pill Plan B directly off drugstore and supermarket shelves. For what the Food and Drug Administration thinks is the first time, the Department of Health and Human Services overruled the agency, vetoing the FDA's decision to make the contraceptive available without any restrictions. Revealing a rare public split, FDA Administrator Margaret A. Hamburg said her conclusion that the drug could be used safely by women of all ages was nullified by Health and Human Services Secretary Kathleen Sebelius.

[Click here for the rest of the story](#)

Bill Would Make Drug Price Gouging a Federal Crime.

Price gouging on prescription drugs already in short supply would become a federal crime under legislation about to be introduced. Sen. Charles E. Schumer, D-N.Y., said he's proposing a bill that that would give the U.S. Department of Justice authority to crack down on "unscrupulous drug distributors" who sell hospitals life-saving prescription medicines in short supply at huge markups. The problem has been growing this year, as shortages have dramatically worsened for normally cheap generic injected medicines that are the lifeblood of hospitals: drugs for cancer, pain, infections, even liquid nutrition and anesthesia for surgery. The shortages are disrupting care of patients and even clinical trials of experimental drugs that must be tested against older standard treatments.

[Click here for the rest of the story](#)

Dietary Supplement Use Increases As We Age

Follow these guidelines if taking dietary supplements. More than one half of American adults take dietary supplements. Women are bigger users than men and the use of dietary supplements is steadily rising among those over age 60. If you are among the crowd that takes a daily multivitamin or any self-selected nutrient, herb or related product, there are some important guidelines you should follow.

[Click here for the rest of the story](#)

Researchers Call for Monitoring of Arsenic Levels in Rice

It's long been known that rice takes up more arsenic from soil than other crops, and now a new study is raising concerns about the arsenic levels ingested by women who eat as little as half a cup of cooked rice in a day. Currently there are no limits on the amount of allowable arsenic in rice in the USA. But the Environmental Protection Agency has set arsenic limits in water of 10 parts per billion. Researchers in a paper in Monday's Proceedings of the National Academy of Sciences report that women who ate the national average of half a cup of cooked rice a day in the two days prior to urine collection, ingested an amount of arsenic equivalent to drinking four and a quarter cups of water a day containing arsenic at the maximum allowable level set by the EPA. The findings are worrisome enough that researchers are calling on the Food and Drug Administration to regulate the amount of allowable arsenic in rice.

[Click here for the rest of the story](#)

Lung Cancer's Hidden Victims: Those Who Never Smoked

More than 32,000 Americans who never lit up will die each year, with women at higher risk, experts say. Opera legend Beverly Sills never smoked. Neither did actress and health advocate Dana Reeve, wife of the late actor Christopher Reeve. And yet in 2007 and 2006, respectively, both joined the ranks of about 32,000 Americans each year who never touch a cigarette but die of lung cancer anyway. In fact, experts say, one in every five cases of the leading cancer killer occurs in nonsmokers. The annual death toll among this group now approaches that of breast cancer (about 40,000 per year) and is roughly equal to that of prostate cancer (32,000). Many never-smoking women may also be unaware that they are more than twice as likely to die of lung cancer as they are of ovarian cancer (14,000 deaths per year).

[Click here for the rest of the story](#)

Striiv Pedometer to Combat Obesity, Heart Disease, Diabetes

Are you sitting down? Me too. And that, according to the makers of the Striiv, is the problem. We spend our days trapped at computers or tapping at our handhelds, fidgeting through meetings or driving the kids around -- everything except getting the exercise that doctors say would help protect against obesity heart disease, diabetes, and, possibly, certain cancers.

[Click here for the rest of the story](#)

December Health Awareness

Safe Toys and Gifts Month

World AIDS Day

National Handwashing Awareness Week

[Click here for the full list of December Health](#)

[Awareness Topics](#)

5 Tips for Choosing Safe Toys

According to the Toy Industry Association, toys generated nearly \$21 billion in sales in 2010. Many of those purchases came during the Christmas holiday season. No matter what time of year they are purchased, a danger risk comes along with them. In fact, the Consumer Product Safety Commission reports that, during that same year, 181,500 children under the age of 15 were treated in emergency rooms across the nation as a result of toy-related injuries. There were also 17 toy-related deaths in 2010.

[Click here for the rest of the story](#)

World AIDS Day: What Does the Future Hold?

In the 30 years since the scourge emerged, more than 30 million people have died and twice as many have been infected with HIV. Dr. Richard Marlink, executive director of the AIDS Initiative at the Harvard School of Public Health, offered his perspective on what the future holds. In many ways, he's optimistic. "We think the end of AIDS is coming about," he said. There's reason to hope that the deadly pandemic has been halted, Marlink said, because the last decade has seen an explosion of new scientific and medical information with which to battle the virus. "It's not a simple silver bullet, but really a repertoire of what we call combination prevention," Marlink said in a phone conversation.

[Click here for the rest of the story](#)

NYC Recommends AIDS Drugs for Any Person with HIV

Health officials in the nation's largest city are recommending that any residents living with HIV be offered AIDS drugs as soon as the virus is diagnosed, an aggressive move that has been shown to prolong life and stem the spread of the disease. Standard practice has been to have patients put off the expensive pill regimen — which can cost up to \$15,000 a year in the United States — until the immune system weakens. But New York City Health Commissioner Thomas Farley said recent studies have shown that the benefits of early treatment, combined with education and testing, appear to be a promising strategy for countering the epidemic.

[Click here for the rest of the story](#)

It's National Handwashing Awareness Week

Did you know about National Handwashing Awareness Week? At this time of year, with colds and flu lurking around every corner, it seems especially necessary to remember the importance of washing your hands. Kids don't always listen when you tell them to wash up, but it's by far the best way to prevent germs from spreading and to keep you and them from getting sick. Not only can colds and the flu be prevented, but so can conjunctivitis, pharyngitis, tonsillitis, bronchitis, bronchiolitis, pneumonia, Coxsackie virus, Streptococcus and more! According to the Centers for Disease Control, "the most important thing you can do to keep from getting sick is to wash your hands."

[Click here for the rest of the story](#)

Fit for You: National Hand Washing Week

National Hand Washing Week reminds people to wash their hands regularly and how often it should be done. Hand washing can significantly reduce the spread of infectious diseases among both children and adults.

The steps to proper hand washing are:

[Click here for the rest of the story](#)