

# MEDICAL ARTS PHARMACY NEWSLETTER

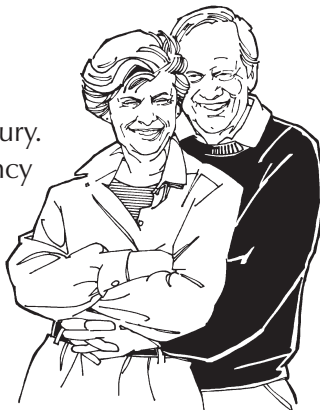
# HEALTH Matters

A MONTHLY RESOURCE TO HELP KEEP YOU INFORMED

JUNE 2005

## JUNE IS SENIORS' MONTH

Life expectancy has increased by over 30 years since the beginning of the 20th century. A senior woman has a longer life expectancy by 4 years compared to senior man. A woman is expected to live until the age of 85 years old. It should be noted that while senior women live longer than senior men not all of this time is free of disability. For this reason, seniors are more at risk of polypharmacy, inappropriate use of medication and drug interactions. Having a complete list of medications the patient is taking including prescription, non prescription, herbs and vitamins could prevent complications.



**EBIXA** (Memantine) is now available in Canada for the treatment of moderate to severe AD (Alzheimer's Disease). Memantine represents a different pharmacological approach to treatment from the currently available cholinesterase inhibitors; Donepezil, Rivastigmine and Galantamine. Non-coverage on our Ontario Drug Benefit Program will limit access. Place in therapy needs to be determined.

## Honey I Shrank the Kids!

We all remember that movie! Now Apotex did the same with WARFARIN 2mg. The pill went from the size of a regular aspirin tablet to a much smaller tablet. They kept the same color, lavender, same shape round, scored tablet, engraved WAR over 2 on one side and APO on the other. You can expect, in the next few months, to see a decrease in size for the other APO WARFARIN strengths.



## FACT BOX STROKE AWARENESS WEEK

Every year about 15,000 Canadians have a Transient Ischemic Attack (TIA), also known as a mini-stroke. However, because many TIA's go undetected, and therefore unreported, this is likely an underestimate. People who have had a TIA are five times more likely than the general population to have a full-blown stroke within two years. There are three easy signs to remember:

1. Ask the patient to smile and check if smile is symmetrical. If not, it could be a stroke.
2. Ask the patient to raise up both hands. If unable to raise both arms, it could be a stroke,
3. Ask the patient to repeat a simple sentence. If unable it could be a stroke.

Taking one baby aspirin per day can reduce the risk of stroke by about 25%.



## INTERACTIONS WATCH!

Whenever a new drug is started in a patient taking warfarin, the INR (International Normalised Ratio) should be monitored closely especially in elderly patients.

If you have requests, suggestions or comments for future issues, your feedback may be directed to

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You can also consult all Medical Arts Pharmacy Newsletters from our website at

[www.medicalartspharmacy.ca](http://www.medicalartspharmacy.ca)

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