

**LEISURE WORLD COMMUNITY CORPORATION
HEALTH ADVISORY COMMITTEE
Tuesday, January 19, 2010**

MEMBERS PRESENT: Dr. James Kavanagh, Chair; Dr. James Curtin, Barbara Barnes, Muriel Brenner, Dr. Henry Kissman, Polly Wade, Roma Sohn, Robert Spiegel, Evelyn Perlmutter, Peggy Life, Lillian Lynch, Shirley Garrison, Florence Foss, Gail Greenberg, Francoise Lesage, Morton Sclar

MEMBERS ABSENT: Lawrence Jason, Eleanor Friedenber, Jane Hause, Marvin Freedenberg, Carol Freibert

MANAGEMENT: Kevin Flannery, General Manager; Virginia Bronaugh, Administrator, Medical Center; Myrna Cooperstein, Director of social Work; Gayle Shackelford, Secretary

VISITORS: Claire Bloom, Jackie Rabinow, Barbara Spath

1. **Call to Order** – Dr. Kavanagh called the meeting to order at 2:00 p.m.
2. **Review of Minutes** – The minutes of December 15, 2009 were approved as amended. Under Health News, Page Two, the last line should read H.pylori (the bacteria connected with getting stomach ulcers).

Dr. Kavanagh explained to the new members that a document would be passed around the room for each of them to write a brief statement on their background. The secretary will compile all the information and give everyone a copy at the next meeting. Each new member also verbally introduced themselves giving a brief summary of their background. Dr. Kavanagh also invited the new members to consider writing health related articles that would be published in the Leisure World News. He explained the procedure to follow for writing an article.

3. **General Manager's Report** – Mr. Flannery, General Manager, presented the December report.
4. **Subcommittee Reports**
 - a. **H1N1 (Swine) Flu** –Dr. Kissman reported that the most recent on-line CDC bulletin reports a decline in the H1N1. The number of reported deaths has also declined. From mid-April through mid-December 2009, there have been 55 million cases of the H1N1 flu, 246,000 hospitalized and 11,000 deaths. Mrs. Sohn reported that the H1N1 flu is going up in Africa and that another wave is expected here in the spring. The disease is not over, people should get vaccinated.

- b. **Health News** – Mrs. Sohn reported on the following: 1) A study that showed there was more aggressive treatment of strokes on weekends. 2) A diet high in refined and processed foods and saturated fats may increase the risk of depression. 3) If you take 1000mg of vitamin B12, sublingually, under tongue, this seems to speed up the resolution of Aphthous Stomatitis, a condition which results in cracks inside the mouth. 4) High intensity workouts, such as racket sports or swimming, seem to reduce the risk of stroke. 5) Found 13 new gene variants that influence blood glucose regulation and insulin, five of which increase the risk of developing type 2 diabetes. Most of these genes seem to impair the beta cell function and they are really hoping to be able to catch people before they get diabetes and also find a cure via these gene variants.
- c. **Health Education: Preventive Medicine** – No report
- d. **Health News Archive** – We are up-to-date in the archives book.
- e. **File of Life** – Everyone is well supplied at the moment with the File of Life.
- f. **Blood Pressure** – Twice a month a group of volunteer retired nurses take blood pressures. The blood pressure totals for today were 53. The first Tuesday the total was 79. There are a sufficient number of nurses to help. The service is advertised on the TV and twice a month in the Leisure World News. There is no charge for this service.
- g. **Health Legislation** – No report.

5. **Medical Center Reports**

- a. **Administrator** – Mrs. Bronaugh reported on the following items regarding the Medical Center.
Last week was National Influenza Vaccination Week. It is appropriate to review the status of flu vaccinations in Leisure World.

FLU CLINIC RECAP

Seasonal flu shots were given by MGH Home Health in October and November. The total number given was 2,160. H1N1 flu clinics were held on Jan. 12 and 15, 2010. A total of 595 shots were given. Medstar Health Visiting Nurses Association gave the vaccinations. Without much time to promote the dates, the turnout was very good. The Medical Center has a small amount of H1N1 vaccine that we have been offering to patients by appointment in the clinic. If we can continue to get supplies we will continue to offer it. The dates for the Fall 2010 clinics have been reserved already and have been again arranged with MGH Home Health. The clinics will start in late September and run through October.

THANK YOU TO VOLUNTEERS AT THE FLU CLINICS

Polly Wade arranged for the volunteers for the H1N1 clinics and they included Jane Hause, Peggy Life, Arlyne Liebrand, Marion McCabe, Muriel Brenner, Barbara Barnes and Jeanette Smith-Ferris, in addition to Polly. Four volunteers worked each day from 8:30 to 1:30 or 2:00 helping register each participant. Their help was greatly appreciated.

GENERIC DRUGS

A discussion of generic drugs at the Health Committee meeting in December led to questions about the potency of generic drugs as they are compared to their brand name counterparts. The following information was presented:

1. The content of oral drugs is allowed to vary by + or – 7% from the amount stated on the label. For example, a tablet labeled 100 mg may have as little as 93 mg or as much as 107 mg in each tablet. This applies to all oral drugs, brand and generic.
2. Bioequivalence studies allow 20% variance in comparing the absorption blood levels to brand. That is they may be 20% more or less than brand when submitting the Abbreviated New Drug Application (ANDA) to the FDA. There are many things that affect absorption especially as we get older.
3. These differences are not considered significant for most drugs. They may be significant for drugs that have a narrow therapeutic index, such as Thyroid replacement medication, Digoxin, medicines used to treat seizures (Dilantin, Tegretol) and blood thinners.
4. The FDA publishes the Orange Book which lists the rating of generic drugs by manufacturer. An A rating for a generic means that it can be legally substituted for its brand name counterpart. These drugs are considered the same in safety, efficacy and bioavailability.

The FDA also estimates that 50% of generic drugs are made by the same company that makes the brand name product.

DRUG RECALL

In consultation with the FDA, McNeil Consumer Products is voluntarily recalling certain lots of their OTC products following reports of unusual moldy, musty, or mildew-like odor that, in a small number of cases, was associated with some GI events that included nausea, stomach pain, vomiting and diarrhea. McNeil has reported that the smell is caused by trace amounts of a chemical that is applied to wood pallets that were used to store the raw materials. The pharmacy received a fax of the lot numbers of the recalled products. The fax is 17 pages long. (This recall started with complaints of odor in Tylenol Arthritis Extra Strength with easy open cap and expanded-)

Mrs. Greenberg asked about how the Medical Center handles urgent care incidents. An article had been previously published in the Leisure World News on this topic and Mrs. Bronaugh will arrange to have the article printed again.

SOCIAL SERVICES

Mrs. Cooperstein reported that Wilma Braun helped 55 residents with their Medicare Part D prescription drug applications. She worked with the residents helping them to select an appropriate plan for next year.

The social workers are particularly busy after the holidays when relatives have visited and have not seen their family for long periods of time.

The beginning of February Mrs. Cooperstein will address the Ladies Sodality at our Lady of Grace Church.

Mrs. Cooperstein issued an invitation to new as well as old committee members who would like to talk to her about the role the social workers play at Leisure World.

Mrs. Cooperstein also reported on increasing costs of long-term nursing home stays. Daily rates are approaching \$300 per day for a semi-private room. There are a number of nursing homes in Montgomery County that do not want patients who are on Medicaid when they begin their stay. There are a limited number of choices for these patients and it is very concerning.

- 6. Unfinished Business - Dr. Kavanagh talked about the reports given at the meeting. The chair of each subcommittee is giving their report to the committee. The new members may want to be on a committee or have a topic they want to bring up. As many people as want to will participate in the activities of this committee.**
- 7. New Business**
- 8. Open Forum**
- 9. Next Meeting Date – February 16, 2010**
- 10. Adjournment – The meeting adjourned at 3:00 p.m.**

James F. Kavanagh, Ph.D.
Chair, Health Advisory Committee