

# frontshop resource

## Personal care

The Oral-B **Triumph** toothbrush is embedded with SmartGuide technology that displays usage and notifies the user when a replacement brush head is required.



It also features a two-minute timer and a pressure sensor to signal when the user is brushing too hard. [www.oralb.com](http://www.oralb.com)

New for bath comfort is Aqua Sense's **Folding Bath Seat**, a practical accessory designed to open and fold with the push of a button, to be put away when not in use, making bathroom safety and comfort easy to obtain. [www.myaquasense.com](http://www.myaquasense.com)



From **Jamieson Laboratories** comes **PMS Support Chocolate Bars**, a collection of 15 premium bars containing white willow bark, sodium caseinate and artichoke leaf, and infused with natural botanicals to help relieve both the physical and emotional symptoms of PMS, including bloating, pain and irritability.

[www.jamiesonvitamins.com](http://www.jamiesonvitamins.com)

## Nutritional Supplements

Developed by a pharmacist, the probiotic **Bifidox** helps restore, normalize and stabilize the intestinal flora, particularly while the user is on antibiotics. Each capsule contains 4 billion cells made up of Lactobacillus Acidophilus. [www.bifidox.com](http://www.bifidox.com)



for baby

Pairing up with Sesame Street for a new line of toddler cereals and snacks is **Earth's Best Organic**, a



Canadian organic baby food brand, whose products are nutritionally balanced and preservative-free. Sesame Street-branded products include the Elmo-endorsed **Yummy Tummy Instant Oatmeal** and **Letter of the Day Cookies** featuring the Cookie Monster. [www.earthsbest.ca](http://www.earthsbest.ca)

written as a guide to help patients find relief from problems related to seasonal allergies and air pollution. Available through [www.amazon.ca](http://www.amazon.ca).

**Universal Medical ID** provides high-quality and customized medical identification bracelets and necklaces, including coloured sportbands for kids, all designed as reliable and effective ways to communicate special needs during a medical emergency. [www.universalmedicalid.com](http://www.universalmedicalid.com)



## Patient resources

New in print is **The Sinus Cure: 7 Simple Steps to Relieve Sinusitis and Other Ear, Nose and Throat Conditions** by ear, nose and throat specialists Debra Fulghum, Ph.D., and Murray Grossan, M.D. It's been

## Senokot®

Senna (Standardized Sennosides from Senna Concentrate CG)  
Purdue Pharma Sld.  
PERISTALTIC STIMULANT

**Indications:** For relief of functional constipation (chronic or occasional).  
**Contraindications:** The "acute abdomen."

**Precautions:** If griping occurs, reduce dosage. Administer with caution to nursing mothers. Do not use in the presence of abdominal pain, nausea, fever or vomiting. Overuse or extended use may cause dependence for bowel function. Do not take any type of laxative for more than one week, unless your physician has ordered a special schedule. Laxatives should not be taken within two hours of another medicine because the desired effect of the other medicine may be reduced. Rectal bleeding or failure to have a bowel movement after use of a laxative may indicate a serious condition. Discontinue use and consult a physician.

**Adverse Reactions:** In clinical trials, adverse effects were seen in approximately 4% of the cases; in about one-third of these, the effects were ascribed to dose being too high. Most frequently, these consisted of cramps and/or griping, usually described as "mild" or "slight," or "occasional," which are extensions of the activities associated with bowel evacuation. Only 0.21% of cases were reported as severe cramping; in some cases this resulted in cessation of treatment. Due to the presence of chrysophanic acid in natural senna, **Senokot®** laxatives may cause discoloration of breast milk, urine, or feces depending on the acidity (yellow-brown discoloration) or alkalinity (red-violet discoloration) of the substance. There is no pathologic significance to this coloration. Urine discoloration, if present may interfere with the interpretation of laboratory tests. Prolonged use of these products may also result in the development of atonic colon. Reversible pigmentation of the colon, i.e., melanosis coli, may also result from prolonged use of senna containing preparations; this effect is considered benign.

**Dosage and Administration:** Administer preferably at bedtime.

**Syrup:**  
Adults: 10 to 15 mL at bedtime, as required. Maximum, 15 mL twice a day. Pregnancy and Children (6 to 12 years): 5 to 10 mL at bedtime.