

COAG invests in indigenous health

A \$1.6 billion COAG investment will deliver more health professionals and health services to indigenous communities.

The funding will target chronic disease and risk factors such as smoking.

Around \$470 million will be provided for general practice incentives and support; increased access to specialist and allied healthcare services; and the expansion of the Medical Specialists Outreach Assistance Program.

The package also includes \$171 million to help frontline primary care workers.

Don't smoke daily

YOUNG female smokers who have some cigarette-free days are twice as likely to quit as daily smokers, according to an Australian study.

Researchers looked at changes in smoking behaviour over seven years among almost 1000 females aged 18-23.

They found that in women who were initially daily smokers, a reduction to non-daily smoking was the strongest predictor of cessation.

The likelihood of cessation was also increased by getting married, said the report in *Nicotine and Tobacco*.



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Pharmacists want CM info

PHARMACISTS and GPs want central information resources on complementary medicines they can access through the internet or prescribing/dispensing software, according to the latest findings from research conducted by the National Prescribing Service.

"When GPs and pharmacists are with patients they don't want to waste time having to search for information about complementary medicines. They would like a fast, one-stop location where they can find information about adverse effects, interactions with other medicines, contraindications and clinical evidence" said NPS CEO Dr Lynn Weekes.

According to the NPS survey, pharmacists most frequently use internet search engines, MIMS/APPGuide, colleagues, textbooks, *Australian Pharmaceutical Formulary and Handbook* and the *Australian Medicines Handbook* for information about complementary medicines.

The top three complementary medicines that GPs and



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community pharmacists reported that they would like good quality information about are coenzyme Q10, glucosamine and fish oil.

Blackmores info

BLACKMORES has launched a medical professional only resource centre to address the shortfall in evidence-based information on complementary medicines (CMs).

www.blackmoresmedical.com.au contains referenced information on therapeutic areas, monographs, a medical interactions guide, a resource centre, a library of news and research, what's on calendar, and an interactive medical blog.

It also provides independent information on ingredients found in Blackmores products, and products outside of the range.

Research conducted by Blackmores in July found 97% of GPs have recommended a complementary medicine for arthritis or joint pain, followed by CM products for bone health, pregnancy and cystitis.

No asthma link

A BABY'S use of antibiotics in its first year does not increase its risk of developing asthma or atopy, according to a WA study.

No link was found in the study of almost 200 children at high atopic risk from birth to age five.

Although previous research has indicated an association, this could be because "both antibiotic use and a doctor diagnosis of asthma are related to early infection," the researchers wrote in *Clinical and Experimental Allergy*.

"Furthermore, no dose response effect was observed between numbers of antibiotic courses and any asthma/atopy outcome."

Deadline looms

APPLICATIONS close this week for the Pharmacy Guild's 2009 Scholarships for students from rural areas.

Thirty scholarships each valued at \$10,000 per annum will be offered to full-time students from rural communities enrolling in pharmacy degrees.

A further three scholarships of \$15,000 are also available for Aboriginal or Torres Strait Islander students.

Applications close Dec 5.

Win The Lift Serum

EACH day this week **Pharmacy Daily** is giving subscribers the chance to win a bottle of The Lift Serum from Naked Glow, courtesy of **Total Beauty Network**.

The Lift Serum delivers instant tightening, line filling, line softening and skin firming.

Long term it works to improve skin health and firmness and soften deep wrinkles.

To be in the running to win a bottle, simply send your answer to the below question to: comp@pharmacydaily.com.au.

What does the Argireline ingredient do?

The first person to answer correctly each day this week will win.

HINT: Go to www.tbn.com.au each day and click on the Naked Glow logo at the top of the page.

Congratulations to Ish Patel of Townsville Health Services District who was yesterday's winner.




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Maybe it's minerals

Maybelline's Mineral Power Liquid Foundation (RRP: \$19.95) provides a sheer to medium coverage that doesn't clog pores and is suitable for sensitive skin. The Mineral Power Liquid Concealer (RRP: \$15.50) is oil-free, fragrance-free and blends away imperfections. Ideal for those on a budget who want to try mineral make-up.

RRP: \$15.50 - \$19.95
Stockist: L'Oreal Paris
Tel: 1300 659 259



Cruelty-free lip-gloss

By popular demand, Inika's vegan lip glosses are back for a limited time. Free from chemical nasties, these lip glosses have gone a step further by using plant-based waxes, oils, mineral mica and natural iron oxides (for high shine and strong colour), and not using animal-derived ingredients such as bees wax and carmine.

RRP: \$45
Stockist: Inika
Tel: 1300-1-INIKA



Jazz up with swinging colours

Clarins Jazzy Colours is the essence of elegance and seduction, inspired by the footloose and fancy-free "Roaring 20s". Think flawless complexions, deep red lips and bewitching eyes. The collection comprises the Colour Quartet for Eyes, a harmony of satin rose, violet plum, graphite grey and shimmering blue.

RRP: \$28 - \$65
Stockist: Trimex
(02) 9663 4277



Body and face protection

The Sunsense range has two new products: Anti-ageing Face Milk Matte and a reformulation of the Sunsense Ultra sunscreen. The face milk can be worn every day as it offers SPF30 protection but blends in easily and is not greasy.

RRP: \$7.95 - \$21.95
Stockist: Ego
Tel: 1800 033 706



Singing for a sassy scent

Christina Aguilera's Inspire was created to bring a little of the singer's self-assured confidence and sexiness into every woman's life. It's a beautiful, light, white floral, twisted with colourful fruit notes and musky sandalwood base notes reflecting a classic yet edgy contemporary scent.

RRP: \$43 - \$81
Stockist: Cosmax
Tel: (02) 9695 5678



DISPENSARY CORNER

FORGET lullabies - the best way to get babies to sleep is using pop songs.

That's the finding of a British survey which found that more than 66% of mothers polled thought rock tunes were better than lullabies for their babies.

Songs cited included Robbie Williams' *Angels* and Kate Perry's *I Kissed a Girl*, with the study undertaken by UK firm The Baby Website, which said it was very surprised at the result.

"I expect most mums put the radio on when at home with the baby and the catchy lyrics make it impossible to sing anything else at bedtime," a spokesman said.

In a sad indictment of the modern preschool education system, 10% of mothers said they couldn't even remember the words to any lullabies.

A VERY fertile man from the Netherlands has fathered 46 children without sex.

Ed Houben is said to be Europe's most committed sperm donor, initially volunteering his services through an IVF clinic until he reached his full 25 donation quota.

These days most of the couples he helps find him via word-of-mouth, and he recently hosted a reunion of some families including 12 of his children.

"The kids had the chance to play with their half-brothers and sisters, which was nice" he said.

"Some of [the families] introduced me to the kids and said this is your real dad. But to be honest it didn't mean much to the children. They just looked at me and smiled and then carried on playing" he added.

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