

RGH E-Bulletin

THIS week's RGH E-Bulletin focuses on medications apart from cholinesterase inhibitors and memantine that may have possible benefits in the prevention and treatment of dementia.

The Bulletin addresses antihypertensives effectiveness in reducing the risk of cognitive decline and dementia. Also in discussion are the effects of aspirin, exercise, folic acid, Vitamin B6, Vitamin B12 and Omega-3 fatty acids.

To subscribe, email: chris.alderman@rgh.sa.gov.au.

Indigenous child health boost

THE Federal Government has announced \$43m in grants to expand Indigenous child and maternal health services in 32 locations around Australia.

This will enable additional health professionals to be employed at each site to provide better access to antenatal care, information about baby care, monitoring of immunisation status infections, health checks and treatment for Indigenous children before starting school.

New strategies for CMs?

RECOMMENDATIONS about strategies to ensure the best use of complementary medicines have been made to the Govt following research conducted by the National Prescribing Service.

Final reports released today, suggest ways for pharmacists, pharmacy assistants and GPs to make sure Australians are using CMs safely and effectively.

Recommendations include providing health professionals access to independent, regularly updated and evidence-based



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clinical software, phone advisory services paper format.

It also recommends CMs inclusion in the drug lists and prompts in computerised prescribing and dispensing systems to allow for easy inclusion in patient records.

NPS has called for further research into how CMs interact with conventional medicines and for CM curricula to be included in undergraduate and postgraduate education - see www.nps.org.au

Skin cancer survey

MORE than 4m women live in a household in which someone has been affected by skin cancer, with 1.2m diagnosed with the disease, according to a survey, conducted by Olay has found.

According to results, 77% of women apply a sunscreen or moisturiser with SPF to their face on a sunny day, however 23% are prepared to take the risk of not covering up in summer.

Also 1 in 4 women don't wear sunscreen in winter.

44% of women that have been diagnosed with skin cancer prioritise wearing a hat.

Testosterone and obesity study

VOLUNTEERS are needed for a study to investigate the causative link between testosterone, obesity and sleep apnea, to be conducted by the Woolcock Institute of Medical Research in Sydney.

"It is already known that obesity and sleep apnea decrease testosterone levels and that low testosterone levels causes obesity and sleep apnea, creating a vicious cycle.

"The purpose of this study is to discover if testosterone therapy can help men lose weight & thereby improve sleep apnea."

70 volunteers will have a diet designed specifically for them and also receiving advice on exercise - call 1800 828 717.



DISPENSARY CORNER

FORGET medications for the treatment of Attention Deficit Hyperactivity Disorder.

A company in the UK has launched a range of 'pre-chewed pencils' to help children concentrate at school.

The manufacturer said that because the pencils look like they're already been chewed pupils are less likely to put them in their mouths.

A spokesman said it's a "cheap but effective way of encouraging youngsters to get their teeth into their lessons instead."

IN Sweden a 56 year old woman busted for drink driving, defended her actions, asserting that although her blood alcohol was over the limit, she was perfectly capable of driving, because she had remembered to keep one eye open instead of two, to stop her seeing double!

A 48 year old South Korean woman has had to have 260 grams of foreign substance removed from her head and neck in facial reduction surgery recently.

This ends her 20 year obsession with cosmetic surgery, which saw her move from her native country to Japan in order to access better surgery.

Win a 6 pack of Slimmm UHT!

THIS week *Pharmacy Daily* has teamed up with Slimmm and API once again to bring you another fabulous competition!

Each day this week we will be giving away a pack of the new Slimmm Ready to Drink UHT!

Slimmm is a weight management, meal replacement program designed to fit in with busy lifestyles. With a unique break out day each week, Slimmm helps you to lose weight and make smarter, healthier food choices in the long run.

The Slimmm program offers your customers the variety they want with the convenience they need to lose weight!

To enter, simply send the correct answer to the following question to: comp@pharmacydaily.com.au

Today's question is:

What are two other products in the Slimmm range?

The first person to respond with the correct answer each day will win.

HINT! For clues and information visit www.slimmm.com.au

Congratulations to yesterday's winner, **Michelle Collins of The Pharmacy Guild (NSW).**



HOT Travel Deals

WELCOME to *Pharmacy Daily's* travel feature.

Each week we plan to highlight a couple of great travel deals which we're sure will be of interest to everyone in the pharmacy industry.

The Hyatt Regency Sanctuary Cove, on the Gold Coast, is turning 21yrs old! In celebration of its coming of age, the hotel has released a '21% off your stay' offer. This deal is available to book from 1 December 08 through to 24 January 09 for stays through to 31 January 09. For more info call 13 1234.

The Sebel and Citigate King George Square, Brisbane, is having a 48hr sale. Superior rooms are priced at \$99, however limited availability applies. Book by 5pm Friday 12 Dec 08, stays are valid for this

Sunday Dec 14th and Monday Dec 15th only.

Spend summer in Melbourne with The Langham's newly released 'Enchanted Summer Haven Package'. Staying in five star accommodation, located on the Yarra river, this two night package includes breakfast, valet parking and complimentary use of the health club. This offer is valid from 18 December 08 until 29 January 09, subject to availability. Prices start from \$450 for a Classic Room and \$555 for a River View Room. For info call 1800 858 662.