

## Free Heart Week kit

PHARMACIES are being invited to support Heart Week 2008, which this year will focus on encouraging parents and carers to get active with their children.

A free kit, containing balloons, posters and booklets, is provided to help hold an event or display promoting this health message to families in your local community.

According to the Heart Foundation, two out of three Australian families are affected by heart disease.

More info 1300 36 27 87.

## Bronchiectasis drug

PHARMAXIS is seeking Australian marketing approval of a new drug for patients with bronchiectasis.

Pharmaxis met with the TGA this week following completion of a Phase III study of Bronchitol, a twice-daily therapy for people with the incurable condition.

The company said the trial demonstrated an improved quality of life for patients on Bronchitol, with a significant difference in mucus clearance.

## PSA now nationally united

THE Pharmaceutical Society of Australia has formalised its move to become a unified organisation with the historic signing of the Branch-National Agreement.

The pact was signed this week by PSA National President Brian

### NRT PBS push

LESS than 4% of smokers use Zyban (bupropion) to help them quit, prompting smoking cessation experts to renew calls for the govt to include Nicotine Replacement Therapy on the PBS.

"Bupropion usage has fallen by 72% since a peak in the year of first listing on the PBS [2001], while the utilisation of NRTs appears to have increased, despite the price differential in favour of bupropion," University of Queensland researchers wrote in *Drug and Alcohol Review*.

As smokers seem more inclined to use NRT "the Australian government should reconsider its decision not to list NRT on the PBS," the researchers suggest.

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## DISPENSARY CORNER

VALENTINE'S day will have produced lots of giftware sales, and it also saw the release of lots of facts and figures about the day of romance.

In one study Paris was found to be the city where lovers were most likely to argue while on a romantic break.

An English survey found that 49% of Britons prefer a short break in a cosy country cottage to a stay in a five star hotel.

25% favoured the luxury option while 14% said a sailing trip would float their romantic boat.

But probably the most interesting statistic was the finding that 8 million Americans admitted to sending themselves a Valentine's gift.

As a Reuters report put it, "they may feel lonely and unloved but at least they will get something they want."

GOLF-LOVING pharmacists visiting the USA should rush to buy a new 'digital map' which promises to guide them to their nearest golf course no matter where they are.

Inventively named "Never-Search for Golf" the DVD has exact GPS coordinates for every one of the 18,475 golf courses in the USA - plus 1600 driving ranges and even 3500 golf shops.

The map integrates with many in-car satellite navigation systems, with inventor Keith Kreft saying he launched the product after finding many GPS maps were outdated or missing the vital golfing information.

As well as course locations the guide also has details such as rating, designer, green fees and even yardage for each hole.

## Today's PD wine fact - number 22!

WELCOME to our regular *Pharmacy Daily* wine feature.

### SAUVIGNON showdown!

Next week sees the best winemakers from NZ take their wines on an Australian trip.

The *New Zealand in a Glass 2008* tour will allow visitors the chance to experience 400 premium wines from across the ten main NZ wine regions.

Most people mention New Zealand when talking about Sauvignon Blanc, due to a wealth of international awards.

The good NZ Sauvignons are indeed excitingly exuberant, with pungent flavours that have dazzled many wine critics.

The region of Marlborough in the South Island is the most famous, with a particularly great example being the Sauvignon from Seresin (RRP \$55) which is typically lighter and crisper in style than its northern cousins.

The Seresin displays lots of passionfruit and herbaceous characters on the nose, and the mouth feel is finely textured with gooseberry and citrus and a slight creaminess and

persistent acidity to draw out the palate - see [seresin.co.nz](http://seresin.co.nz).

But don't think you have to cross the water to find world class Sauvignon, with many Australian winemakers also creating something special.

Philip Shaw Wines No. 19 Sauvignon is one such wine.

Philip Shaw waited a long time to make sure his impressive vineyard in Orange NSW was ready and mature enough before making this complex wine; elegant yet with a full palate of focused tropical fruit, a mineral lift and a mellow, but not sluggish, finish.

This exceptional quality comes from Philip's wonderful Orange vines, which he's personally selected using his 40 years of world-wide winemaking experience.

The Shaw wines are also created with painstaking patience, with his team (mostly made up by his family) actually hand-sorting the grapes!

It's available at RRP \$24, see [www.philipshawwines.com.au](http://www.philipshawwines.com.au).

Grogan and reps from five states in the Members' Rooms at Old Parliament House, Canberra.

Mr Grogan said the signing of the agreement marked a milestone for the PSA.

"With this agreement PSA's structure has been adapted to fit the modern environment in which the profession operates," he said.

"The health-care environment is changing and it is important for PSA to have a more prominent role in representing the profession and the role of pharmacists with federal and state governments."

The next step will be for each state to form a branch committee and to nominate members to the new national board, which is expected to sit for the first time in mid-2008.

## Early detection health clinics

FOLLOWING the success of its sun care clinic held in December, Melbourne pharmacy group Pharmore Pharmacies, together with Quality Health Screenings, has announced plans to conduct clinics every six weeks.

The Pharmore Health Clinics, which offer proactive services that promote early detection, will focus on areas such as cardiovascular health, breast cancer awareness and aged care.

A registered nurse provides free 15-min assessments incl a personal risk-factor review and instruction on preventative measures.

The first Pharmore Health Clinic was opened in Melton two months ago, with Melton Pharmore owner Steve Gowty saying the clinics help his pharmacy provide a complete health service and aim to bridge the gap between health care professionals and the community.

## Happy are healthy

HAPPINESS is good for your health, a study has confirmed.

British researchers studied 3000 people and discovered a strong link between health and happiness, particularly in women.

Happier people were found to have lower levels of so-called "stress hormone" cortisol, which when elevated can contribute to a lower immune system, high blood pressure and obesity.

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