

## Vitamin D for Death?

VITAMIN D deficiency may lift the risk of death from heart disease, a new study has found.

Research published in the *Archives of Internal Medicine*, concluded that blood vitamin D levels should be 20 nanograms per millilitre or higher during adulthood to maintain health.

In the study of 3,258 people who received an angiogram between 1997 and 2000, those with low vitamin D levels were more than twice as likely to die as those with higher levels.

## Naked Kiss up for grabs!

TODAY is the last day for our Naked Kiss competition.

Congratulations to **Regina Tucker of Griffith University School of Pharmacy** who was the first *Pharmacy Daily* subscriber yesterday to tell

us that Naked Kiss increases fullness by 40%..

Each day this week *Pharmacy Daily* is giving you the chance

to win this great Lip Plumping product from from Naked Kiss, courtesy of **Total Beauty Network**.

This product enhances your lips in minutes and lasts for 3-6 hours.

Each lip product includes unique blends of naturally derived oils and extracts selected from Jojoba, Avocado, Macadamia, Aloe Vera, Ginger, Mango, Black Current and Shea Butter.

These premium natural ingredients protect against dryness and smooth away cracks.

To win, send your answer to the below question to:

comp@pharmacydaily.com.au.

**For how many hours does the lip treatment last?**

The first person to answer correctly each day will win.

**HINT:** Go to [www.tbn.com.au](http://www.tbn.com.au) and click on the Naked Kiss logo at the top of the page.



## Terry stymies Metcash bid

TERRY White has put the kybosh on grocery firm Metcash's attempt to buy Symbion Pharmacy, saying that the 140 Terry White outlets will not work with the company.

Metcash ceo Andrew Reitzer met with White in Brisbane last week, but apparently failed to convince him to support the bid.

At issue is the "fundamental conflict between a wholesaler and a retailer," Terry White said, according to the *Financial Review*.

White warned that if Metcash bought Symbion pharmacy "there's half a billion-plus worth of business that would not be there," saying that the Terry White board wanted the brand to

be independent.

"We have made a decision that we are going to take the Terry White brand back ourselves; or if that was not possible, we would still walk away and move our stores to another brand name.

"The decision has been ratified by our board and will be put to our members in due course."

Hong-Kong based Zuellig Pharma is also interested in Symbion Pharmacy, with White saying "we have not formed an opinion about other potential bidders."

Primary Health Care is also selling Symbion Consumer, with interested parties understood to include Merck and sanofi-aventis.

## Pharmacy Horizons

MEDICI Capital and the PSA are inviting pharmacy owners and prospective purchasers to the third Pharmacy Horizons event for the year, to be held 17 Jul in Kew.

The session aims to give an insight into industry best practice for pharmacy partnership; more info and RSVPs 03 9389 4000.

## Insulin needle tick

A DEVICE that reduces the risk of needle-stick injury has been approved by the Therapeutic Goods Administration.

Safety Medical Products' pen needle aid device allows safer and easier attachment, recapping, removal and disposal of insulin pen needles.

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Prices inc gst, delivery charges may apply.



## Gold Cross boost for pharmacy

COMMUNITY pharmacy is set for a national boost this weekend, with the second phase of the multi-million dollar Gold Cross branding campaign kicking off on Sunday.

A series of TV ads will screen across Australia, prompting the public to: "Ask your pharmacist where you see the Gold Cross."

The first advertisement sees a pharmacist providing a customer with professional advice about Mersyndol Day Strength.

It aims to present pharmacists as "problem solvers" for consumers' health needs.

The new 15-second ads follow last year's successful campaign, which led to greater recognition of the Guild's Gold Cross logo.

According to the Guild's post-campaign survey, recognition increased from 44% to 56% of the general population - the equivalent of an additional 1.7million adult Australians.



## DISPENSARY CORNER

**FORGET** about Stilnox - a UK hotel chain has come up with another way to help its guests get a good night's sleep.

Travelodge commissioned a survey to find out what were the happiest smells for its guests, based on the premise that smells have a close connection with memory.

According to the study of 5000 customers, the top four triggers for happy memories were 1) the sea, 2) new-mown grass, 3) baby powder, and 4) apple pie.

And now Travelodge is offering guests 'ReminiScents' in each of these odours - small sachets to be placed inside pillowcases to encourage sweet dreams.

**A US MAN** has given birth.

34-year-old Thomas Beattie was born female but underwent gender realignment surgery to remove his breasts.

However he kept his female reproductive organs, and last year was inseminated using anonymous donor sperm.

Mr Beattie and his daughter are reported to be "doing well" in an Oregon hospital.

## Just ask Dr Deb!



This week's question comes from **Chris Alderman** from **RGH, SA** -

**Q** - Dr Deb, Our family, and several other families with us, are contemplating a holiday with kids (> 10 years old) in Southern Vietnam. Are there vaccination/malaria/other traveller's health issues we should be taking on board?

**A** - Vietnam is certainly becoming popular. There are three groups of vaccines - required, routine, recommended. There is nothing **REQUIRED** for Vietnam. **ROUTINE** childhood vaccines e.g. tetanus, measles, chickenpox, Hepatitis B should be updated. All travellers are **RECOMMENDED** to have protection from Typhoid, Hepatitis A. We would also discuss influenza vaccine, duktoral and rabies vaccine depending on the persons medical history, activities and style of trip, and distance from medical care. Southern Vietnam has a risk of Dengue. Malaria pills are not usually required for the common tourist areas. Vehicle trauma is an issue country wide. I would recommend you carry a medical kit with the right tablets to treat travellers for diarrhoea etc (e.g. ciprofloxacin, not lomotil), especially if travelling with children. Bon voyage!

**HAVE SOMETHING TO ASK DR DEB?**

Email your questions to [askdrdeb@pharmacydaily.com.au](mailto:askdrdeb@pharmacydaily.com.au)