

Men's clocks ticking

MEN may have a biological clock too, suggests research presented at the European Fertility Conference in Spain.

A study of 1200 couples going through fertility treatment found that men begin to lose their fertility as they reach their mid-thirties, and it drops markedly once they are over 40.

The findings challenge the popular conception that only women have a biological clock and that men can continue to have children well into old age.

GSK maternity suit

A DOCTOR is suing GlaxoSmithKline, claiming the company didn't reinstate her into the same job when she returned from maternity leave.

Catherine Streeton was an associate medical director when she fell pregnant, but when she returned to work after having her child was given a "subordinate in status" role as a medical adviser.

The case is scheduled for a hearing in Melbourne today.



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2000 registered for PMP

THE Pharmaceutical Society of Australia and the Pharmacy Guild say that more than 2000 pharmacies registered for the the Patient Medication Profile (PMP) Program before the 30 Jun deadline for the first round of registrations.

The program, funded under the Better Community Health Initiative of the Fourth Community Pharmacy Agreement, will provide eligible patients with a comprehensive list of the medicines they are taking.

The profile includes prescription, OTC and complementary medicines, with initial participants particularly praising the PSA's training module on the PMP, which can be completed online in pharmacists'

Medicines Update

THE PSA's Medicines Update has this year been revised, with case studies to help participants more easily integrate the information provided into current practice.

Medicines Update 2008 aims to enable pharmacists to expand their knowledge of medicines that have recently been released, have changed indications or are soon to arrive on pharmacy shelves.

Two streams will be held in Aug and Sep at the Victorian College of Pharmacy, Monash University.

More info www.psa.org.au.

own time.

Although the 30 Jun deadline for the first wave of registrations has passed, pharmacies can still join the program and will receive payment for the provision of registration and baseline evaluation data.

And all participating pharmacies will be eligible for ongoing incentive payments for the provision of biannual evaluation data.

Acting Guild President Patrick Reid said the PMP Program "forms a part of the growing suite of medication management services offered by community pharmacy."

He said alongside the DAA and HMR Programs, pharmacists now "have a range of options to assist patients get the most out of the medicines, resulting in better health outcomes."

Pharmacies wanting to know more about the program can access the Pharmacy Readiness Kit at www.guild.org.au which also incorporates information about linking the service into current business models and promoting it within local communities.

HMR payment up

ANNUAL indexation has seen the standard payment for a Home Medicines Review increase to \$187.09 from the previous \$180.

Tai chi helps sleep

MARTIAL arts could help older adults overcome insomnia, claims a new study in *Sleep*.

The study involved 112 healthy adults aged 59 to 86, of which 58 per cent reported having difficulty sleeping at least a few nights each week.

One group of participants practised 20 simple moves of tai chi chih - the westernised version of the ancient Chinese art - while the other group attended health education classes covering sleep habits, diet and stress management.

After 25 weeks, the tai chi chih group reported significantly improved sleep quality and duration compared with those receiving health education, said the authors.

Diabetes link to breast cancer

WOMEN who are overweight or show early signs of type-2 diabetes are 50% more likely to be diagnosed with advanced breast cancer, according to a study led by University of Melbourne researchers.

The trial involving more than 60,000 women found that those who were overweight, insulin-resistant or had high blood-sugar levels were far more likely to have the disease.

The study is one of the first of its kind to link precursors for type-2 diabetes to the stage of cancer diagnosis.

RGH Pharmacy

Due to popular demand the RGH Pharmacy Anticoagulation Handbook is now available to the pharmacy industry across Australia.

The handbook gives patients important information about warfarin treatment and has a chart to record INR results.

Repatriation General Hospital is making it available for purchase for \$2.80 per booklet, reduced to \$2.40 for PSA and SHPA members.

More information chris.alderman@rgh.sa.gov.au



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Taking pills on time

Apex's Weekly Pill Turtle combines a convenient container with sections for each day of the week, along with a digital alarm clock that can be set up to four times a day. The two-in-one product is the perfect travel companion or for forgetful customers.

RRP: \$18.95

Supplier: McPherson's Consumer Products

Tel: 1800 651 146



Wash wax safely

The Ear Clear Ear Syringe is designed to thoroughly clear the ear canal of wax without risk of damage. The flared design prevents over-insertion into the ear canal; the tri-stream tip directs water to ear canal walls gently washing the ear canal; and the exit portals allows debris and water to drain in a controlled manner.

RRP: \$12

Stockist: Key Pharmaceuticals

Tel: 1800 653 373

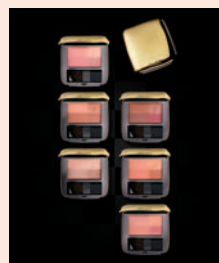
Scent of sorbet flavours

Marc Jacobs introduces three limited edition all-over splash scents in chilled sorbet flavours: basil, grapefruit and pear. Fresh and inviting the splash scents can be worn alone or layered together for a delicious twist.

RRP: \$99

Stockist: Coty

Tel: 1800 812 663



Sculpt the face

Blush 4Eclats is the new blusher from Guerlain for visually lifting the cheekbones and defining facial features. The monogrammed, micro-fine, light and silky smooth powder adheres to the skin with very fine pigments to provide maximum colour.

RRP: \$80

Stockist: Guerlain

Tel: (02) 9695 4800

Cocktails for two

Very Irresistible Givenchy Summer Cocktail for women and Very Irresistible Givenchy Summer Cocktail Fresh Attitude Men are now available for just one season. Both fragrances share the notes of star anise and mint for a refreshing sensation.

RRP: \$80

Stockist: Givenchy

Tel: (02) 9695 4800



DISPENSARY CORNER

A BRITISH pensioner has undergone surgery on her knee without any anaesthetic.

67-year-old Bernadine Coady instead relied on self-hypnosis to dull the pain during an arthroscopy last week.

"I said to myself that if I had any pain I was going to liken it to waves lashing against a sea wall," she said.

Coady has been working as a hypnotist for 15 years, and claims her technique "could be used for any operation - even heart surgery".

According to a hospital spokesperson she went home the same day as the knee operation "looking very happy."

BLOOD pressure could be falling in the British city of Gateshead, where a new health initiative by the local council has seen the number of holes in local salt shakers reduced.

Part of a major health initiative, the move followed "extensive research" which found that reducing the number of holes in salt shakers from the traditional 17 down to just 5 could cut the amount of sodium chloride people sprinkle on their food by up to 50%.

Now council health inspectors regularly call at the local fish and chip shops and confiscate any salt cellars with more than the prescribed number of holes - a move described by critics as "health bureaucracy gone mad."

CELEBRITY chefs could be unwittingly helping spread disease by using unsafe hygiene practices, according to a Welsh doctor.

The issue was raised at the British Medical Association conference in Edinburgh this week by Dr Layla Jader, who said popular TV cooking shows often didn't wash vegetables before using them, or separate uncooked meat from other food.

"These are being watched by impressionable people. They should be setting a good example," she said, warning that the practices on the shows "raise the risk of food poisoning."