

## Stroke partnership

THE Pharmacy Guild Qld is partnering with the National Stroke Foundation to help raise awareness about high blood pressure in the community.

A campaign, called 'Know your numbers' aims to inform the community about the importance of regular blood pressure checks.

## TGC minutes

THE TGA has released the minutes of the meeting of the Therapeutic Goods Committee held on 29 Apr, with a range of reports and recommendations.

One matter considered was the expansion of the default standard to include pharmacopoeias other than the British Pharmacopoeia.

The committee recommended that the TGA progress changes to legislation to adopt the British Pharmacopoeia, the European Pharmacopoeia and the United States Pharmacopoeia-national formulary as equal default standards for medicines and other therapeutic goods that are not medical devices.

## New pharmacist review

NATIONAL Prescribing Service Limited says its new-look Pharmacy Practice Review counselling and action resource will enable pharmacists to extend relationships with patients.

The materials include tear-off pads with information to give to patients, as well as an action checklist for pharmacists to work through with individual clients and the latest clinical information about best practice.

The Pharmacy Practice Review,

## PSA seminars

THE PSA is holding an Update on Depression for members next Tue 10 Jun at the Robert Douglas Auditorium at Townsville Hospital.

Details [mandyc@psaql.org.au](mailto:mandyc@psaql.org.au).

And at the Victorian College of Pharmacy there's a Sunday Learning Seminar covering Infectious Diseases, on 22 Jun 08.

Topics will include HIV, urinary tract infections, community-acquired pneumonia, childhood infections and cellulitis.

More info 03 9389 4000.

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## Health data storage

AN Australian company has come up with a way for travellers to ensure that their health information can easily be accessed if there's a problem while they're away.

The free online service at [www.mivitals.com](http://www.mivitals.com) allows people to securely store all their health details - such as blood group, medical reports, test results and photos - organised into logical sections such as Emergency, Allergies, Injuries, Immunisations and Lifestyle.

Family members can be grouped together under a single log-in and other travel info such as passport details and emergency contacts can also be included on the site.

Founder of the site Jude Foster is a registered nurse who previously developed Wrap Around Kids, a program that helps parents share information on their children's medical needs with health professionals.

## Get up and walk

DISPENSING with the office chair could deliver the same health benefits as a brisk 100-minute walk, a Melbourne public health expert says.

Associate Professor David Dunstan is on a crusade to rid offices of chairs and improve the health and expanding waistlines of Australians.

The VicHealth research fellow calculates standing at a desk for eight hours uses almost twice as much energy as sitting to do the same job - equating to 100 minutes of pounding the pavement for the average 85kg male and 70kg female office worker.

"It doesn't mean standing at your desk is a substitute for daily exercise," Professor Dunstan said.

"Sitting for long periods, regardless of how much exercise you do, increases risk factors for cardiovascular disease, type 2 diabetes and obesity," he said.

originally launched in 2001 as the Pharmacy Practice Audit, retains the self-audit component to help pharmacists keep up with best practices for specific conditions.

Participants using the materials receive a feedback report that includes individual results, aggregated results of the total participating pharmacist group as well as expert commentary.

The current NPS audit in the new format is on Enhancing Patient Care in Type 2 Diabetes.

Pharmacists who register at [www.nps.org.au/healthpro](http://www.nps.org.au/healthpro) and return the forms by 25 Jul will receive feedback in Dec 08.

## PBS cost recovery

THE Health Department has advised that there are only limited spaces available at the information sessions on the new PBS Cost Recovery initiatives from the May budget.

In Melbourne there are only spaces left at the 2.15pm session on 10 Jun 08, while in Sydney there's space at the 12 noon and 3pm sessions on 12 Jun.

Anyone wanting to confirm a space should contact [pbscostrecovery@health.gov.au](mailto:pbscostrecovery@health.gov.au) by 5pm today.

## Suspect medicine

A HUMAN antibody has reportedly killed six people in China after they were injected with immunoglobulin.

The company making the drugs, Jiangxi Boya Bio-Pharmaceutical Co., has been ordered to stop selling the drugs.

The firm has shipped 9,000 doses of the same batch to hospitals around China, of which 3,192 had been used without any problems.

The remainder have been recalled, and it is not clear if the drugs in question were also used for treating patients outside of China.

## 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](mailto:chris.alderman@rgh.sa.gov.au)



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### Innox's next generation launch

Innox has introduced their next generation skincare range consisting of 25 new products structured over seven sub-ranges - SKINSENSITIVE, SKINLINE-DEFY, SKIN LIFT & FIRM, SKIN BALANCE, SKINMOIST, SKINEVEN, and SKINSPECIALIST. To showcase the range, Innox has given instore merchandising units a fresh new look, plus a new gondola unit.

RRP: various  
Stockist: Innox  
Tel: 1800 025 607



### Vitamins with fizz



EfferMax puts the fizz back into vitamins and minerals by offering those customers who can't swallow tablets an alternative in the form of an effervescent, nutritional drink. Developed by Max Pharma, the new range comes in a variety of flavours, has a free cup giveaway, is supported by advertising and ensures 40 per cent gross margin to pharmacy.

RRP: 9.95 to \$12.95  
Stockist: Max Pharma  
Tel: (03) 9888 5222

### Fingernail food

Weak, brittle nails can now be nourished with Sally Hansen's revitalising new complex, Nail Nutrition. Formulated with 11 natural ingredients, nails are strengthened and nurtured with a blend of anti-oxidants, oils and vitamins.

RRP: \$19.95  
Stockist: Sally Hansen  
Tel: 1800 251 010



### Purple power

Inika's Lash Me Purple is perfect for creating that stylish edge and adding a bit of vibrant fun this winter. Apply generously to both upper and lower eyelashes for sizzling, glamorous eyes. Inika is 100% certified vegan, is free from all harsh chemicals and suits allergy-prone skin.

RRP: \$34.95  
Stockist: Inika  
Tel: 1300 146 452

### Dial a shade

Revlon Custom Creations Foundation allows customers to create a personalised shade with the simple turn of a dial. The innovation features a split bottle containing two shades and an adjustable dial with five settings so you can easily mix the colours to get the perfect match.

RRP: \$37.95  
Stockist: Revlon  
Tel: 1800 025 488



### DISPENSARY CORNER

A MAN in the Netherlands is recovering in hospital - presumably face-down - after a "mooning" incident that went disastrously wrong.

Police in the city of Utrecht said the man, along with two companions, ran down a street with their pants pulled down as part of a childish prank.

However at one point the now injured 21-year-old "pushed his behind against the window of a restaurant" so hard that it broke, resulting in "deep wounds to his derriere."

Police detained the 'not-so-smart-a\*\*e' but the owner of the eatery decided not to press charges after they agreed to pay for the broken window.

HERE'S why people need to take vitamin supplements.

A survey in the UK has found that Britons are eating less and less oranges - mainly because they're too busy to peel them during their lunch breaks.

Orange consumption is down for the third year in a row - but the decline is apparently offset by a rise in sales of other fruit incl mandarins and tangerines which are easier to eat.

SCIENTISTS in the UK claim that laboratory-grown hair cells could be the answer to baldness.

In a trial of "follicular cell implantation" small amounts of healthy cells were multiplied in test tubes then re-injected into bald areas of patients.

Six months after treatment 11 out of 19 experimental subjects had grown new hair.

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