

PSE overseas

GANGS involved in producing amphetamines have turned to overseas suppliers of pseudoephedrine, according to a report in *The Australian*.

Customs officers have seen a significant increase in amounts of ephedrine and pseudoephedrine smuggled into the country since restrictions were placed on the sale of cold and flu medications in Australia in 2006.

The article says the main chemical smugglers were outlaw motorcycle gangs.

Gentle push for weight loss

A GENTLE, positive approach is preferable to "tough love" when needing help to stick to a weight loss program, said 71% of Aussie women in a national survey.

The independent survey of 800 women, conducted on behalf of Jenny Craig, also found 95% of Australian women are dieting alone and only 2% succeed in achieving their weight loss goal.

"And yet 78% of these women do believe having someone monitor and motivate them would help them stick to a diet or weight loss program," said dietitian Karen Inge.

She said positive reinforcement and advice was the key to long term weight-loss success.

Tell your pharmaceutical friends about Pharmacy Daily

They can sign up for a free subscription at

www.pharmacydaily.com.au

Click here

Stressed use sleep drugs

STRESSED people are turning to prescription and non-prescription drugs to get a better night's sleep, according to new research by the Chiropractors' Association of Australia.

The 'Get Straight to Sleep' research project, conducted last month for Chiropractic Care Week (19-25 May) found that nearly one in four Australians (24%) had used painkillers to get to sleep, while 12% had used sleeping tablets and 9% had used other drugs or medicine.

38% of Australians reported that their sleep quality had reduced in the last 12 months, with 40% citing home or work-related stress as the reason.

CAA spokesperson and chiropractor, Patrick Sim, said: "A good night's sleep is an essential part of a healthy lifestyle and drugs aren't the answer to addressing on-going sleep problems.

"Factors such as sleeping

Time of day

A NEW York University study has found sixty drugs were more effective when taken at certain times of the day.

Ibuprofen, when used to treat symptoms of osteoarthritis, was most effective when given between noon and 3pm; but for rheumatoid arthritis it's better to take it after an evening meal.

Some cancer therapies are up to four times more effective when taken in the morning compared to the evening, while some cholesterol-lowering statins are best taken at night.

The researchers attribute the findings to our circadian clock, which determines when we feel tired, but also controls body temperature, hormone production, blood pressure, bowel movements and the immune system, with peak times for each function varying over 24 hours.

NEW

No need to SMOKE™

Program for Pharmacy

Click Here



position, mattress and pillow selection, reducing caffeine intake, regular exercise and maintaining your spinal health can all help you to get straight to sleep for a healthy life.

"The vast majority of people with sleep problems are suffering in silence and not seeking advice (64%)," said Mr. Sim.

RHEF lecture

RURAL Health Education Foundations's next live program, "Rheumatic Heart Disease: All But Forgotten", will be broadcast next week.

Viewers will learn to identify the standard of care, including preventive care, for acute rheumatic fever and rheumatic heart disease, and how to implement management strategies in line with available evidence.

The one-hour program will be broadcast on Channel 4 of the Foundation's satellite network on Tuesday night (27 May) and repeated on Channel 23 on Friday afternoon (30 May).

Also available on DVD and video, webstreaming or podcast, the program is accredited CPD/CPE by the Pharmaceutical Society of Australia.

Got him!

A MAN was yesterday charged over the armed robbery of three Brisbane pharmacies.

It is alleged the 48-year-old held up two Woolloongabba stores, and another chemist at Annerley on the weekend.

He is due to appear in court today.

RGH e-Bulletin

THIS week's edition of the Repatriation General Hospital Pharmacy e-Bulletin deals with combination therapy for osteoporosis, using bisphosphonate, calcium and vitamin D - copies via chris.alderman@rgh.sa.gov.au.

DISPENSARY CORNER

IT'S probably good for prostate health.

Two inventive Belgian men have launched a new video game which allows players to virtually kill aliens or speed down ski slopes as they relieve themselves at urinals.

Werner Dupont and Bart Geraets said they got the idea while drinking Belgian beers.

They've created a "Place to Pee" booth designed for two users at a time.

Players hit their targets by aiming at sensors positioned on either side of the urinal.

And it's not sexist - they've also developed a specially designed paper cone which enables women to play too.

The mind boggles.

HEALTH workers had an emergency on their hands at a school sports carnival in the USA this week, after an enthusiastic photographer got a bit too close to the javelin competition.

Ryan McGeeney of the Provo Standard-Examiner in Utah was accidentally speared through the leg by a student.

However the injury wasn't serious, and the keen snapper even managed to take a picture of his speared leg as paramedics worked to stop the bleeding.

Most of the javelin was cut off at the scene, with the remaining piece, through the limb but luckily avoiding any major blood vessels, removed in hospital with 13 stitches applied.

The thrower, teenager Anthony Miles said that when the spear hit McGeeney "my heart just stopped."

But his coach was a little more pragmatic, saying "One of the first things that came to my mind was 'Good thing we brought a second javelin.'"

**pharmacy
expo**
2008

Fri 20 - Sun 22 June
Sydney Convention & Exhibition Centre

Register Now to visit the **FREE** Trade Expo or take part in the Educational Workshop Program. Click here or visit www.pharmacyexpo.com.au to view the program and to **BOOK ONLINE**.

EARN UP TO 20 CPD POINTS