

# Pharmacy DAILY

Wednesday 8th April 2009

PHARMACYDAILY.COM.AU

## Palliative feedback

**NATIONAL** Prescribing Service has invited health professionals to provide feedback on a consultation report about medicines issues in palliative care and end of life.

The report describes key factors affecting the achievement of QUM in palliative care and proposes a number of strategies, with feedback wanted by 20 May - [nps.org.au](http://nps.org.au).

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## Call for Mega Slim action

**HEALTH** academic Ken Harvey has requested that the Therapeutic Goods Administration issue an urgent recall of a weight loss product named Mega Slim because he believes it "constitutes a potentially life threatening or serious risk to health."

He's lodged an official complaint about the product which is widely promoted on the internet and in some health food shops, with claims such as "it stands out as a premium fat burner" and it's a "fast acting thermogenic amplifier."

Harvey said neither the product or its sponsor are listed on the Australian Register of Therapeutic Goods and there's no scientific evidence that its ingredients, including citrus aurantium (bitter orange) and green tea are an aid to weight loss.

Recommended daily doses of

### Paracetamol first

**A SURVEY** of pain sufferers presented this week at the Australian Pain Society Annual Scientific Meeting showed that just 2% of respondents with lower back pain had consulted a pharmacist about the problem.

Experts at the conference said the survey also highlighted confusion about the best way to treat back pain, with many turning first to NSAIDs despite a higher risk of adverse effects.

"One in three people who reported having an ulcer were still using ibuprofen for their back pain - which could potentially be making their ulcer worse," said specialist Dr Vik Wilk.

"These kinds of results underpin the importance of consulting healthcare professionals," he said.

## NUROFEN JUST GOT FASTER

THAN STANDARD NUROFEN

**TWICE AS FAST**

\*ABSORBED UP TO TWICE AS FAST AS STANDARD NUROFEN



## New Sydney Fellow

**MR ESMOND** Brown AM RFD ED Hon MPharm (Syd) FPS FAICD has been named an Honorary Fellow of the University of Sydney at the recent graduation ceremonies of its Faculty of Pharmacy.

Brown is currently the president of the Pharmacy Alumni Association as well as a director of the Herbal Medicine Research and Education Centre and a Governor of the Pharmacy Practice Foundation.

The Faculty said he had "been a tireless ambassador in the promotion of the University, especially the Faculty of Pharmacy for over 50 years since he qualified as a pharmacist in 1952."

10ml equate to 12000mg of citrus aurantium, and Harvey said "much smaller doses have been associated with serious side effects" including adverse cardiovascular reactions.

He's asking the TGA to issue a Class I product recall including stock recall and retraction of claims.

Harvey has also taken exception to other products promoted at [www.nextgenerationsupplements.com](http://www.nextgenerationsupplements.com) including that 'Green Tea Capsules' are efficacious against cancer.

"I suggest that the TGA investigate all products and all claims made by this company," Harvey said.

## NAPSA, PSA cement pact

**THE** Pharmaceutical Society of Australia signed a "significant Memorandum of Understanding" with the National Australian Pharmacy Students' Association at the APP conference last weekend.

PSA president Warwick Plunkett, who's pictured with NAPSA president Lisa Goldsmith signing the MoU, said the pact would see PSA help NAPSA with the conduct of events as well as in administration.

"Further, the MoU will assist NAPSA and its members to access PSA products and services, and will specifically offer NAPSA members professional development opportunities through the PSA," Plunkett added.

"This is a significant development



in planning ahead for the future of pharmacy in this country and in making the best possible opportunities available to pharmacists from their days as students through to their early career and ongoing development."

## WIN TAN IN A CAN

Le Tan has again teamed up with *Pharmacy Daily* giving readers the chance to win a can of the new Le Tan Jet Dry.

**Le Tan Jet Dry** is the perfect last minute tan solution that can be applied before work or a night out on the town with the confidence it will be completely dry and ready when clothing is put on three minutes later.

**Le Tan Jet Dry** is infused with vanilla fragrance making it one of the most pleasantly scented tans available.

Each 100g can retails for \$12.99, and to receive your very own can for FREE, simply send through the correct answer to the following question:

How old is the Le Tan brand this year?

Email your answer to: [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au).

The first correct entry received each day will win the prize, so get those entries in quick!

Hint: Visit the Le Tan website at: [www.letanfast.com.au](http://www.letanfast.com.au).

**CONGRATULATIONS** to Liz Jeffreys of Regional Health Care Group who was yesterday's winner.



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 Guild

## Health, Beauty and New Products

Welcome to our weekly feature with all the latest health, beauty and new products for pharmacy!

Suppliers wanting to promote products in this feature should email [advertising@pharmacydaily.com.au](mailto:advertising@pharmacydaily.com.au).



### DISPENSARY CORNER

**DE-GAS** was needed by a soccer player in the UK, who was given a yellow card for distracting a member of his opposing team by breaking wind.

The referee decided that the member of the Chorlton Villa team had deliberately farted to distract the other player as he took a penalty kick.

The flatulent player was booked for "ungentlemanly conduct."

**MAYBE** your mum was right when she made you eat your greens.

Broccoli could play a key role in prevention of stomach ulcers and cancer, according to a group of researchers who studied 50 people forced to eat three ounces of broccoli sprouts a day.

A control group were fed alfalfa sprouts instead, with the broccoli eaters found to have a 40% lower level of the *H. pylori* bacteria which has been linked to stomach problems.

**RESEARCHERS** at the University of New England have come up with a fruity treatment for sleep apnoea sufferers.

They found that patients who drank a banana smoothie just before bedtime were much less likely to choke while asleep.

They attributed the success of the unconventional nightcap to fatty acids, or phospholids, in the bananas which are known to keep the throat open for up to six hours.

**BUT** let's hope the banana treatment doesn't make them sleep for two long.

Another study has found that people who sleep for more than nine hours a day are more likely to suffer dementia in old age.

The *European Journal of Neurology* found that those who reported dozing for more than nine hours each day were more than twice as likely to end up with some sort of degenerative mental condition.

There was also a higher risk of memory loss, dementia and Alzheimer's disease in those who slept less than 5 hours a day.

### Organic Barrier Balm

Aromababy's Barrier Balm contains a blend of calendula, organic primrose and gmo free vitamin E oil as well as German Chamomile to soothe and aid in the healing of minor skin complaints. Its sweet almond oil and natural beeswax also provide a light barrier to guard against further irritation. Great for sunburn, chafing and cradle cap.

RRP: \$26.96

Stockist: [www.aromababy.com](http://www.aromababy.com)



### Health products for man's best friend

Rufus and Coco is a new range of tested and proven vitamin and mineral supplements for pets. The range includes Joint Aid, Super Skin & Coat, Odour Fender, Inner Balance and Vitality Plus. These Australian made products come packaged in an attractive box and are colour coded for different items in the range. The vitamins are suitable for dogs as well as other animals.

RRP: \$19.95 to \$39.95

Stockist: McPhersons Consumer Products  
[www.mcphersons.com.au](http://www.mcphersons.com.au)



### Colour and Illuminate

Australis Duos powder compacts are a combination of blusher, bronzer and illuminator, to give you beautiful sculptured cheekbones. Available in three combinations: Rosy Bronze - matt bronzer/dark pink blush; Sunkissed Gold - bronzer/illuminator, and Sunkissed Glimmer - shimmering bronzer/light pink blush. Perfect for a quick and convenient freshen-up. Available from 1st July.

RRP: \$12.95

Stockist: 1300 650 981

[www.australiscosmetics.com.au](http://www.australiscosmetics.com.au)



### Test for drugs at home

Drug Alert is a new range of test kits which can selectively detect levels of illicit (street drugs) and prescription drugs in urine. Versions are available to test for marijuana, cocaine, opiates, amphetamines as well as methadone, barbiturates and benzodiazepine. There's also a website listing all stockists at [www.drugalert.com.au](http://www.drugalert.com.au).

RRP: \$9.95-\$59.95

Stockist: Frostbland  
Phone: 02 8709 8800



### Vinegar with added goodness

Comvita has relaunched its range of vinegars including Honeygar, which combines Apple Cider Vinegar with New Zealand UMF 5+ Manuka Honey and bush honey. The products are free from artificial additives and colourings, and are ideal as an "uplifting drink or culinary ingredient."

RRP: \$15.90

Stockist: Comvita

Phone: 07 3853 5300

