



### Carmex winners

WE had an outstanding response to last week's **Pharmacy Daily** competition, in which readers had the opportunity to win a year's supply of Carmex products.

There were five prizes valued at \$50 each, including 2 Carmex lip balm jars; 2 lip balm squeeze tubes and 3 lip balm Click Sticks in Original, Cherry and Strawberry flavours with SPF15 - all stored in a funky cooler bag.

Congratulations to the five winners, whose entries are below.

If you didn't win, don't despair - we have another great competition starting today offering an Ice Age 3 prize pack, in conjunction with Elastoplast - see page 2.

#### Carmex winner 1:

Janet Yeo of Medicare Australia:

*Total protection from sun, wind and cold  
Nourishment beautifies lips young and old  
Soothing relief, It's my belief  
Happy customers when Carmex is sold!*

#### Carmex winner 2:

Sarah Sinclair, BPharm Student at the University of Sydney:

*C - crackling lip prevention!  
A - awesome aroma!  
R - respected brand!  
M - my friends all want mine!  
E - exceptionally flavoursome!  
X - extraordinary choice!*

#### Carmex winner 3:

Frances Lynch, Amcal Loyalty Club Manager

*I keep my lips smooth and moist all year round especially in winter when they are prone to chapping.  
Carmex - the best for protecting!*

#### Carmex winner 4:

Danni Tukunui, Pharmacy Self Care field officer

*Carmex comes in handy whenever you need to smile or pout  
Rather than shout  
To get what you need from the boss!!!*

#### Carmex winner 5:

John Floridis, pharmacist from Guardian Riverland Plaza Pharmacy, Berri SA

*Carmex is a complete lip solution, providing long-lasting, deep nourishing care to those problem lips. When I think dry lips, I think Carmex!*

Carmex prize packs will shortly be on their way to all of the lucky winners.

## Guild under PBS pressure

PHARMACY has once again hit the front pages, with today's *Financial Review* carrying a major story about the upcoming Fifth Community Pharmacy Agreement negotiations.

The story suggests that Health Department officials are still very concerned about the rising costs of the PBS and believe that discounts on generic drugs are making their way into pharmacist/owners' pockets rather than reducing prices to consumers.

Health Minister Nicola Roxon is

### iTherapeutics online

THERE are now more than 25 product modules available on the iTherapeutics pharmacy only web-based product training portal.

Since launching last year (PD 03 Sep 08) more than 3000 staff from across 1300 pharmacies have registered for the system.

Each module takes 20-25 minutes to complete, with each containing a range of information about a particular product as well as helpful advice which can be shared directly with customers.

In most cases staff are also eligible for rewards as they progress through the training.

Current modules cover allergies, arthritis, asthma, bones, muscles and joints, brain health, children's health, cholesterol, coughs, colds and flu, diabetes, digestion, heart and circulation, medical nutrition, men's health, mouth and throat, multivitamins, pain relief, pregnancy, skin care, sleep, stress and anxiety, sports medicine, urinary, vitality, womens' health, wound care and weight management.

Members also receive restricted access to related content on the 'practitioner only' IMgateway website which integrates both complementary and conventional medicine content.

iTherapeutics is produced by UnityHealth and offered free of charge through the support of a range of companies including BioCeuticals, BioRevive, Heinz, Inovail, Roche Diagnostics, Sandoz, Swisse Multivitamins, MG Nutritionals, Nestle Healthcare Nutrition and Omron.

More information and free registration for the system at [www.itherapeutics.com.au](http://www.itherapeutics.com.au).

quoted saying she's keen to analyse the Guild commissioned report which showed PBS savings of \$7.4 billion over 10 years - compared to a government estimate of \$3b (PD 02 Apr) - but "the Guild has not yet made it available."

Tomorrow will mark exactly a year until the Fourth Agreement expires, and issues up for grabs include location rules, dispensing fees and professional programs.

PSA President Warwick Plunkett is cited saying that there will be about \$100 million or 30% of Fourth Agreement professional programs funding unspent because "it has taken too long to get things up and running."

The wholesaler CSO payments are also up for discussion, with one analyst suggesting that the CSO may be cross-subsidising deliveries of non-pharma products.

Guild President Kos Sclavos is also quoted, saying that with 120,000 people employed in the pharmacy sector he's "confident the government won't be taking the knife to pharmacy."

### Pharmacy E-Bulletin

THIS week's edition of the Repatriation General Hospital Pharmacy E-Bulletin is titled Medical Records and Adverse Drug Reactions, and gives an overview of an alert sheet which is used at the hospital to document any ADRs in a timely fashion.

ADRs are an important cause of morbidity and mortality amongst hospital patients, and having a system in place to record details aims to prevent similar reactions occurring in the future.

The bulletin is available free from [chris.alderman@rgh.sa.gov.au](mailto:chris.alderman@rgh.sa.gov.au).

### Health Update Cough & Cold

Today's Health update focuses on

## Treating Pain and Fever

Fever, headache, and aches and pains are often associated with the common cold and influenza.

Pain can be treated by taking analgesics such as aspirin, paracetamol and ibuprofen.

These drugs also have antipyretic effect, that is, reduce fever.

Paracetamol is generally recommended as the first line of treatment as it has fewer adverse effects.

Aspirin should not be given to children under 18 years of age due to the risk of Reyes Syndrome.

Paracetamol and ibuprofen come in a range of formulations including liquid form for children.

Ibuprofen should be taken with food to reduce the risk of gastric irritation.

Patients suffering fever should be encouraged to drink plenty of fluids.

If fever persists for more than 48 hours a visit to the doctor may be required to rule out more serious infection.



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References: 1. GSK data on file. 2. Nicabate Minis product information. 3. Nicorette product information. Nicabate® is a registered trade mark of the GlaxoSmithKline group of companies. WH GSK15657

# Pharmacy DAILY

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## Vic emergency order

**THE** Victorian government has revoked the public health emergency orders introduced on 05 Jun which allowed nurses and pharmacists in Victoria to supply Tamiflu without prescription.

The change became effective at midnight on 23 Jun, and means that oseltamivir "will only be able to be prescribed for both treatment of cases and prophylaxis of contacts by a doctor, and dispensed by registered Pharmacists," according to an official update.

Doctors have been advised to only prescribe Tamiflu to patients meeting the clinical case definition who are moderately or severely ill.

## International speakers for PAC

**THIS** year's PSA Pharmacy Australia Congress (PAC) will offer a unique insight into the evolution of pharmacy in the UK, with one of the keynote speakers being the Chief Pharmaceutical Officer of Britain's Department of Health.

Dr Keith William Ridge will speak about his experiences in the development and implementation of the pharmacy White Paper, *Pharmacy in England: Building on Strengths, Delivering the Future* which sets out a clinical vision for pharmacy in the UK.

The topic is particularly timely given that the PSA is currently

developing a Green Paper on the future of pharmacy in Australia.

Dr Shane Jackson will speak about the role of the Green Paper in the PAC Industry Forum.

Plenary sessions will also be led by Professor Carol Armour of the Sydney University Faculty of Pharmacy, who will speak on *The Role of Pharmacy in Disease State Management* with case studies on asthma and diabetes.

Another overseas speaker is Professor Rob Horne, also from the UK, who's an expert in the psychology of medicines usage and will address delegates on the theory and practice of compliance.

FIP President Dr Kamal Midha will also make an address, while consultant pharmacists Debbie Rigby and Geraldine Moses will present on *Practice Pointers and Clinical Controversies*, with PAC also including an update on the Fourth Community Pharmacy Agreement Programs.



## DISPENSARY CORNER

**SCIENTISTS** in India claim to have made a breakthrough in weapons technology with a plan to put the world's hottest chilli powder into hand grenades.

The researchers at India's Defence Research and Development Organisation say they will replace explosives in the devices with Bhut Jolokia, said to be 1000 times hotter than commonly used kitchen chilli.

The extremely potent spice will also be used for a range of other purposes in the Indian army, incl as a food additive for troops on missions in cold conditions - as well as being spread on the fences around army barracks to help keep animals out.

**AMERICAN** seniors are much more likely to remember things than their British counterparts, according to surprising research published in the *BMC Geriatrics* journal last week.

Scientists asked 75-year-olds from both countries a series of simple questions such as the date and day of the week, and recalling a list of simple words.

They found that the US adults performed much better than those from the UK, with the trans-Atlantic gap amounting to as much as ten years of ageing - despite a higher US prevalence of cardiovascular risk factors such as smoking, obesity, high blood pressure and physical inactivity "which are generally associated with cognitive decline and poorer mental function."

Researcher Kenneth Langa from the University of Michigan speculated that higher income and education levels in the USA may have compensated, leading to sharper minds in old age.

## WIN AN ICE AGE 3 PACK



**Pharmacy Daily** & Elastoplast know how unsettling it is for you and your child when they take a little tumble.

Have your child playing silly like Sloth again and protect their small wounds with NEW Elastoplast Ice Age 3 strips.

Not only will the plasters help the wounds heal faster, but the character strips are a great way to put a smile back on their face as they pick out their favourite character strip.

To coincide with the release of Ice Age 3 in cinemas, **Pharmacy Daily** & Elastoplast are giving away an Ice Age 3 prize pack, valued at over \$80 to one lucky reader this week.

For your chance to win this prize pack containing one Ice Age 3 double season pass, a kite, lunch box, height chart and five boxes of Elastoplast Ice Age 3 & Heavy Fabric Strips, simply send in an answer to the weekly question below to [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au):

**Tell us how you think Elastoplast and Ice Age 3 can make small tumbles forgotten.**

All entries must be submitted by the end of the week.

To view the Ice Age 3 product info, visit [www.elastoplast.com.au](http://www.elastoplast.com.au) and click on 'spending time with kids'.

Please note: The product may vary from images shown.



## Swine flu vaccines

**UNIVERSITY** of Queensland scientists have today announced that they have developed a vaccine for Influenza A (H1N1), but the immunisation won't be offered to the public until successful human trials have been undergone.

CSL has also confirmed a sample vaccine, but said that the earliest it could be made available to the public would be August, depending on TGA approvals.

## Sunscreen addition

**THE** Therapeutic Goods Administration has advised of a change in the Australian Regulatory Guidelines for OTC medicines, with the addition of Diethylamino Hydroxybenzoyl hexyl benzoate to the table of 'Sunscrening agents permitted as active ingredients in listed products in Chapter 10.

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