

OTC Update Weight Loss

With summer nearly upon us many customers will be seeking to lose a few kilos. This month we will be looking at different products available to aid in weight loss.

Today our focus will be on:

Meal Replacements

Being overweight increases the risk of developing high blood pressure, heart disease and diabetes.

With over 66% of Australian adults overweight or obese, weight loss is a big issue.

Successful weight loss usually comes through a slow and constant approach.

The only way to lose weight successfully is to increase energy expenditure and decrease energy intake.

Weight loss = eat less and exercise more.

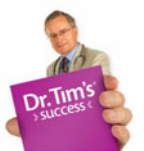
There have been many studies done that show that meal replacement weight loss programs are proven to be effective.

Meal replacement programs work by replacing several meals in the day with a formulated food. The formulated meals provide a precise amount of energy (kilojoules/calories).

They come in various forms such as shakes, soups and bars. The products are nutritionally balanced and contain the right amount of protein, carbohydrate and fat, as well as vitamins and minerals to aid in weight loss.

There are numerous products on the market, but the most effective programs are those that offer in store support to customers to encourage them to keep going to reach their goals.

Customers should be encouraged to increase their exercise, but it is recommended that they start slowly and increase over a period of weeks.



Sponsored by:
Dr Tim's Success,
the weight loss program with a doctor behind it.

NZ pseudoephedrine move

AUTHORITIES in New Zealand have reclassified pseudoephedrine as a prescription-only medicine, with Prime Minister John Key saying if this doesn't address the proliferation of amphetamines he will ban pseudoephedrine totally.

Key made the announcement late last week as part of an action plan to battle the scourge of illicit methamphetamine which is known in NZ as "P".

He said that clinical evidence is that phenylephrine is a safe and effective alternative to pseudoephedrine, and is already used in about 75% of cold and flu medications in New Zealand.

For the small group of people who may in some circumstances benefit from using PSE-based products instead, the government has decided to amend the Misuse of Drugs act to make it a Class B2 controlled (prescription-only) drug, with legislation covering the change to be introduced shortly.

Key said the Government's Expert

Training at PAC

A SPECIAL two day training session on disease state management programs will be conducted in conjunction with this month's Pharmacy Australia Congress in Sydney.

The stand-alone program costs \$660, or for an additional \$100 delegates will also have full access to the congress.

The PSA said it was vital that pharmacists acquire additional knowledge as the profession is increasingly recognised as a front-line health service in the new multidisciplinary model of health care evolving in Australia.

The training runs on Thu 15 Oct 9am-5pm and Sat 17 Oct 11am-5pm - more info www.psa.org.au.

Selim to testify

PAN Pharmaceuticals founder Jim Selim is ill and may be asked to give evidence in advance of a court case against the TGA claiming damages from the 2003 recall of the company's products.

Pharm-A-Care will next week ask the Federal Court to hear Selim's evidence in case he gets sicker.

Selim received \$50m to settle his case against the TGA, with this latest action being a class action from other affected companies.

Advisory Committee on Drugs had also made a "preliminary recommendation that pseudoephedrine should in future be de-listed as a medicine altogether, meaning it would not be available on prescription."

He also announced a series of other moves to crack down on the gangs and organised crime syndicates selling the drugs, as well as supporting treatment programs for users of P.

The Pharmacy Guild of New Zealand said it understands the move, with ceo Annabel Young saying "we expect that these changes will create a lot of work for pharmacists."

"The sales of pseudoephedrine have been declining for some time and it is unclear how the market will react to these changes," she said.

However the New Zealand Self-Medication Industry said it was extremely disappointed in the decision which it described as "an extreme measure that is unjustified and unnecessary."

The Pharmacy Guild of Australia had offered the NZ govt a one year free trial of its Project STOP technology (**PD** 10 Sep) but it appears this offer has not been taken up.

Cancer drug on PBS

THE Federal Government has announced the PBS listing of Revlamid (lenalidomide) from 01 Nov, with the move expected to cost \$104m over the next four years.

The medication is indicated for blood cancer multiple myeloma, with trials showing sufferers can expect on average an 11 month extension of reasonable quality life if treated with Revlamid.

Minister for Ageing, Justine Elliot, said the listing of new medicines "can occur because the government is committed to maintaining the long-term sustainability of the PBS."

She said the introduction of cost recovery of the PBS evaluation and listing process from 01 Jan was key to maintaining this sustainability.

Elliot claimed that although this means pharmaceutical companies are effectively paying for the process "the government remains committed to maintaining the independence of the Pharmaceutical Benefits Advisory Committee."

Competition winner

CONGRATULATIONS to Nicole Harvey of Dr Tim's Success who was the lucky winner of Friday's **Pharmacy Daily** competition.

If you didn't win, don't despair - this week we have another great daily competition - **see page 2**.

FDA Berinert approval

THE US Food and Drug Administration has approved CSL Behring's Berinert for the treatment of abdominal attacks and facial swelling associated with hereditary angioedema (HAE).

It's approved for both adults and adolescents with HAE, which can occur spontaneously or during stress, surgery or infection.

Symptoms include severe nausea, abdominal pain, vomiting, cramps and diarrhoea.

Berinert is a protein derived from human plasma, and regulates clotting and inflammatory reactions that, when impaired, can lead to local tissue swelling.



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NPS stroke program

THE National Prescribing Service is inviting pharmacists working with remote Aboriginal Health Services to participate in a new education program on stroke prevention.

The NPS Outreach Pharmacists for Remote Aboriginal Health Services program supports pharmacists to educate the staff they work with in Aboriginal communities, and was first piloted in the NT in Jun 2008.

Involvement includes twice yearly structured training workshops, ongoing support, resources, periodic teleconferences and providing educational sessions - with a short activity report as part of existing S100 allowance reporting.

NPS advisor Judith Mackson said the program "gives pharmacists working in remote and isolated areas the opportunity to network with other pharmacists working in similar areas, and develop cultural competency in working with Aboriginal Health Services."

NPS will cover the costs of participation incl travel and support materials, with workshops in Darwin 28-28 Oct, Cairns 3-4 Nov and Adelaide 19-20 Nov - to find out more call 02 8217 8650.

Homeopathy 'health threat'

PHARMACY veteran Ron Batagol has slammed the Therapeutic Goods Administration for its failure to curb the availability of homeopathic products, saying "reliance on them, instead of sound medical advice, may result in a serious or life-threatening event."

Writing in the *Weekend Australian* on Saturday, Batagol said it "beggars the imagination" that the TGA allows the use of homeopathic vaccination in Australia, when last year there were about 13,000 cases of whooping cough alone.

Batagol he says there's a danger that pharmacists could be in danger of legal liability if they don't advise parents to seek medical

advice or seek appropriate symptomatic treatment with an OTC medication, "rather than selling or, heaven forbid, recommending homeopathics for use by children or infants."

He posed a question to health regulators: "How do you sleep at night knowing you continue to allow homeopathic products to be legally peddled in the healthcare marketplace as substitutes for effective therapeutic treatment for the most helpless and vulnerable members of our community."

Smith & Nephew dressing court win

SMITH & Nephew (S&N) has hailed a Federal Court of Australia ruling last week which set aside an injunction from KCI Medical Australia, which restrained S&N from commercialising foam dressing kits for use in negative pressure wound therapy here.

KCIMA is claiming that Smith & Nephew's products infringe one of its patents on the technology, but S&N is vigorously contesting this and says it's "confident it will succeed at final trial at which it will argue that the patent is not valid under Australian law."

Smith & Nephew Advanced Wound Management President Asia Pacific, Leon Hoare, said: "We are very pleased with the outcome of the appeal and remain committed to providing a strong and diverse product portfolio, with which the clinician can exercise her or his own best judgement when tailoring negative pressure wound therapy for each patient.

"This is an important milestone for Smith & Nephew and follows a finding in the UK Court of Appeal that a corresponding UK patent is invalid," he said.

KCI has until 4pm today to seek a stay of the order setting aside the injunction while they seek to appeal the decision.

Last year KCI confirmed it had been holding meetings with Australian health officials about the possibility of reimbursement for its home-based wound care systems (TD 08 Dec 2008) which are sold under the V.A.C. (Vacuum Assisted Closure) Therapy brand.



DISPENSARY CORNER

A JAPANESE clothes maker has developed a new anti-H1N1 suit, saying it's ideal for the executive who doesn't have time to be sick.

Haruyama Trading says the suit is coated with titanium dioxide, which is claimed to kill the virus upon contact.

A spokesperson said the suit can destroy 40% of H1N1 germs in about three hours, and will retain its protective capability even after being washed several times.

THERE was a lot of cholesterol in Cape Town, South Africa last weekend when two chefs used 60,000 eggs to create a gigantic omelette.

The world record attempt also involved 500kg of cheese and 200kg of tomatoes, with the omelette cooked in a 14m-wide frying pan.

The finished result weighed 3.2 tonnes and was distributed to underprivileged families.

NATURAL beauties need not apply for this pageant.

Contestants at a beauty quest in Budapest last week showed off their nose jobs, facelifts and breast implants as they vied for the title of Miss Plastic Hungary.

The 18 participants had to prove they'd undergone surgery in their quest for perfection, with botox and collagen injections not enough to gain entry.

Plastic surgeon Dr Tamas Rozsos said the pageant aimed to show that surgery didn't have to be about extreme makeovers.

"This is about restoring harmony...eliminating asymmetries and giving women the opportunity to have normal features," he said.

The winner was Reka Urban who won an apartment, while her surgeon also received an award.

Organisers said contestants were required to "show a perfect harmony of body and soul," but it appears that there weren't many wishes for world peace, with the judges exclusively concentrating on the girls' physical attributes.

Relax with this Lavender pack



RECENT statistics show the average person spends over 2.5 hours a day worrying and a quarter of us toss and turn at night as a result.

Fear no more, because Bosisto's has the perfect anxiety antidote, called Bosisto's Lavender Spray.

Bosisto's has teamed up with *Pharmacy Daily* this

week, giving readers the chance to win a Bosisto's Relax Pack every day this week, featuring Bosisto's Lavender Spray; Oil; a Handy Hints brochure and luxury fluffy bed socks, valued at \$45 each.

The ingenious Lavender Spray product harnesses the clinically proven therapeutic properties of 100% pure *lavandula angustifolia* oil, in a handy Spray can.

For your chance to win this sensational Bosisto's Relax Pack, simply be the first reader to email the correct answer to the daily question below to: comp@pharmacydaily.com.au.

Name 3 Health uses for Bosisto's Lavender Spray?

Check out the Bosistos website for hints at www.fgb.com.au.