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**OTC Update**  
**Weight Loss**

Summer is nearly here so customers will want to shed those extra kilos they gained over winter.

This month we are looking at different products available to aid in weight loss.

Today our focus is on:

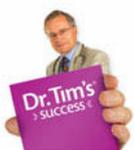
## Weight Loss Medications

For customers to lose weight and keep it off, lifestyle changes must be made for life. Foods high in fat contribute greatest to weight gain, therefore fat intake should be kept to a minimum.

Medicines to assist weight loss should only be used as an adjunct to a healthy lifestyle approach.

**Appetite suppressants** are one medication for helping with weight loss. They are generally only available on prescription. Most of them work either by Central Nervous System stimulation or by a direct effect on the appetite controlling centres of the brain.

**Xenical** is another medication for helping weight loss. It is available over the counter on recommendation of the pharmacist. Xenical is a lipase inhibitor - this means it works by targeting the absorption of dietary fat in the body, rather than suppressing appetite. Xenical is taken with meals and works by allowing about 30% of the fat eaten in a meal to pass through the gut undigested, rather than being broken down and absorbed into the body. This means the body cannot store these excess calories as fatty tissue or as an source of energy. Patients therefore burn up fat that is already stored on the body, thus reducing weight. Xenical should be taken in conjunction with a low-fat, well-balanced, calorie controlled diet and exercise. Some patients experience unwanted GI side effects.



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

## Terry White Medibank pact

**TERRY** White Chemists has today announced a new strategic partnership with health insurance provider, Medibank Private, which will see its customers given access to a host of new in-store health-care services and check-ups.

"Pharmacists play a vital role in providing health advice to the wider community especially concerning medications linked to chronic disease, so by coming together we can provide Australians with a trusted point of healthcare co-ordination in what is becoming an increasingly complex health system," said Medibank md, George Savvides.

He said there was a growing demand for health care advice and

### PD Competition winner

**CONGRATULATIONS** to Amanda Pippia of Dowleys Pharmacy in Leeton, NSW who was last Friday's Bositos Pamper Pack Competition winner.

See page 2 for details of this weeks fantastic Al'chemy comp!

services being driven by the ageing population and chronic disease.

As part of the agreement Medibank will next month deliver in-store health 'snapshots' incl checks on blood pressure, BMI and cholesterol levels to 16 Terry White pharmacies in NSW and Qld.

Other joint programs and services on the horizon could include screening services to assess health risks and conditions, wellness programs for customers wanting to 'optimise their health', support programs for people managing chronic conditions and joint marketing initiatives to promote the in-store health services to the public.

"We are very excited by the opportunity that working with Medibank offers...we share a common vision for growing the role of our pharmacies will play in the health system and are committed to helping our customers proactively improve their health and general wellness," said Terry White ceo, Anthony White.

## National Pharmacies 2009 Awards



**LEFT:** The proud team from the National Pharmacies outlet in the Sydney suburb of Kellyville - the brand's only NSW store - has taken out the prestigious 'Striving for Excellence' award at the group's annual awards.

National Pharmacies managing director, Jim Howard, said the Kellyville team has "consistently met or exceeded the targets set for them, including sales and membership goals, and they've recorded positive growth in a geographic area where there is much price competition."

Pictured above are, from left: Leisane Hudson, Josephine Sammut (holding team mascot 'Natalie'), Claudia Spaggiari, Tanya Dinic, Fran Haak and Wendy Minkus.

And at right is the team from Ferntree Gully in Vic, who took out the Pharmacy of the Year award for Victoria.

Pictured from left: Lara Klapsas, Rose Swiderski, Kathy Battersby, Kim Veale and Yee-Teng Phun.

National Pharmacies has 58 pharmacies and 23 optical outlets across SA, Vic and NSW, with the awards taking place in Adelaide and Melbourne last Wed



## Gardasil go-ahead

**THE** FDA has approved Gardasil for use on boys and men 9-26yrs for the prevention of genital warts.

"This vaccine is the first preventive therapy against genital warts in boys and men ages 9 through 26, and, as a result, fewer men will need to undergo treatment for genital warts," said Karen Midthun, M.D., acting director of the FDA's Center for Biologics Evaluation and Research.

A study into the effectiveness of a 3x Gardasil injection preventative treatment program in males aged 16-26yrs found that Gardasil was 90% effective in preventing genital warts, and also showed a good immune response in boys 9-15.

## Pharmacy bulletin

**THIS** week's edition of the Repatriation General Hospital Pharmacy E-Bulletin deals with progressive multifocal leukoencephalopathy - free copies from [chris.alderman@rgy.sa.gov.au](mailto:chris.alderman@rgy.sa.gov.au).



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## Obesity & pregnancy

A RECENT study conducted by Brisbane researchers has found that a large portion of women are ignoring the risks obesity places on pregnancy.

Of the 412 pregnant women surveyed, 30% of participants were overweight when they fell pregnant, and of those obese respondents, 36% thought their weight was 'normal'.

The findings have prompted calls for doctors to be vigilant in calculating bmi's and advising patients of the risk obesity places on the body not just during pregnancy, but in general.

## Lease1 endorsement

GOLD Cross has endorsed Lease1 as a preferred retail lease negotiation and advisory service for all Pharmacy Guild members.

Lease1 offers its range of services to all industry sectors, from local independent operations to large branded franchises, and has dedicated pharmacy resources.

Currently Lease1 clientele already includes Guild members in NSW, Qld, WA and Tas.

Call Lease1 on 0411 883 257.

## Pseudoephedrine proposal

PSEUDOEPHEDRINE may soon become available as prescription-only medication, if a NSW police proposal is approved by the govt as part of its campaign against backyard drug labs.

The proposal is set to be the main discussion point of the 'Australasian Chemical Diversion Conference' held this week in Sydney featuring delegates from the Federal Govt, health departments, police and pharmaceutical companies to discuss the marked increase in illegal laboratories.

It follows the clamp-down announced last week by NZ Prime Minister John Key (PD 12 Oct) which will see pseudoephedrine become prescription only in that country - and if that doesn't work, the compound banned totally.

The Australian Self-Medication Industry today said such a ban on OTC pseudoephedrine wasn't warranted in Australia.

ASMI executive director, Juliet Seifert, said the association "has been working with NSW Police for some months on measures to strengthen the illicit diversion of

pseudoephedrine under Project STOP..

"There has been no indication during these discussions that the situation was out of control, so the latest reported comments come as something of a surprise," she said.

Measures including active involvement by ASMI, the Pharmacy Guild and the PSA in the National Precursor Working Group had seen a significant decline in the number of clandestine laboratories using OTC products in the illicit manufacturing of methamphetamine since their introduction, said Seifert.

The Pharmacy Guild said its Project STOP technology was a better solution, with spokesman Shaun Singleton quoted as saying that "pharmacists are perfectly trained to handle the issue."

## ARTG addition

THE Therapeutic Goods Administration has announced that preparations containing *Chlorella vulgaris* as a therapeutically active ingredient must be included in the Australian Register of Therapeutic Goods, for oral use only and with a recommended daily dose of less than 300 micrograms of iodine.

## Student of the year

THE title of Pharmacy Student of the Year has been awarded to Simeon Ngweso from Curtin University, at last week's Pharmacy Australia Congress in Sydney.

The award gives students an opportunity to showcase their skill-set, and also emphasises the importance of 'communication and counselling skills in best pharmacy practice'.

Simeon was one of eight outstanding candidates nominated for the award including Jo Higgins, Griffith University; Lloyd Smith, Charles Sturt University; Amy Pitchford, University of Canberra; Ed Anderson, University of Tasmania; Brooke Oxley, LaTrobe University; Alexandra Phillips, University of South Australia and Elise Taylor of Charles Sturt Uni.

"The judges were really faced with a very difficult task as all the candidates displayed great talents and ability," said Warwick Plunkett, PSA National President.



## DISPENSARY CORNER

THE man responsible for creating the 'Octomum' phenomenon, Dr Michael Kamrava of the West Coast IVF Clinic in Beverly Hills, has been expelled from the American Society for Reproductive Medicine (ASRM).

Kamrava transferred six embryos into Nadya Suleman, a number which far exceeded the ASRM guidelines for her age range (only 1-2 embryos for patients under 35), and in its review of Karrassa ASRM found that on average he implanted 4.1 embryos to women under 35yrs.

This expulsion does not affect his medical registration, but may impact his patient flow as some insurers will only cover procedures by ASRM members.

RESEARCH into 'tip of the tongue' word memory lapses has found that the tongue may in fact have nothing to do with word loss issues.

'Tip-of-the-finger' word memory lapses are also common in sign language, with psychologists saying that there are two probable causes for the blockages, the first being 'like words' clashing within the thought processes, and the second simply being a faulty memory slipping over rarely used words.

Testing of subjects also showed bilingual speakers and signers suffered almost double the glitches than monolingual counterparts.

A UK grandmother has been given the auspicious title of the Britain's loudest snorer, clocking a whopping 111.6 decibels

Louder than a low flying jet, Jenny Chapman has tried everything from nose bands to pills and countless GP visits, eventually attending a snore-camp where experts monitored her snoring sound levels over a two-day period.

"It's been almost 20 years and I've not yet learnt to live with it," said Jenny's long suffering husband, Colin. "I do sympathise because Jenny doesn't only wake me and other people up, she wakes herself up as well," he added.

## Win an Al'chemy Style & Treat Duo



Every day this week, Al'chemy is giving *Pharmacy Daily* readers the chance to win an [Al'chemy] Style & Treat Duo, valued at \$35.90.

The [Al'chemy] Style & Treat Duo contains [Al'chemy] Lavender & Anthyllis 24 Hour Intensive Moisture Leave-In Conditioner 150ml and [Al'chemy] Gingko & Jojoba Intensive Moisture Vitamin Hair Masque 150ml.

[Al'chemy] styling and treatment hair care products contain a synergistic blend of ingredients to help improve

microcirculation and protect hair from heat styling and environmental damage. The result is hair that is stronger, softer, more flexible and easier to manage.

For your chance to win this sensational duo pack, simply be the first reader to email the correct answer to the daily question below to: [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au).

What are the two nourishing natural oils in [Al'chemy] Lavender & Anthyllis 24 Hour Intensive Moisture Leave-In Conditioner?

Check out the Purist website for hints at [www.purist.com](http://www.purist.com).

[Al'chemÿ]