

APC examiners call

THE Australian Pharmacy Council's Examining Committee is seeking new members with either a pharmacy academic/research/lecturing background as well as any overseas trained pharmacist who is registered in Australia as a result of completing the ABC examination process.

The examining committee has a role in assessing Australian and overseas pharmacy qualifications of applications for migration to Australia, developing and implementing assessment/examination processes to determine the knowledge level of those pharmacists with overseas qualifications assessed as suitable, and determining the competency of intern pharmacists and overseas trained pharmacists.

To apply send your application letter along with your curriculum vitae to the APC Office at PO Box 269, Civic Square, ACT, 2608, or admin@pharmacycouncil.org.au.

Applications close on 13 Nov 09; for info call ceo Lyn Le Blanc or Michael Kingi on 02 6262 9628.

ASMI advocates more access

THE Australian Self Medication Industry has released a position paper on Increasing Access to Medicines to Enhance Self Care.

ASMI argues that current reform pathways under consideration should focus heavily on self care, with patients to take more responsibility for their own treatment of minor and chronic conditions.

This should be coupled with greater input from allied healthcare professionals such as pharmacists who are tooled with the skills to

perform some tasks currently undertaken by GP's, thus taking the pressure off ballooning healthcare budgets.

The paper also advocates the downscheduling of some 'safe' prescription medicines for over the counter sale, and the empowerment of pharmacists to play a more active role in their customer's primary health care.

"It may be possible that after initial diagnosis and prescription, the GP can delegate control to the pharmacist for further management, including medication management, while retaining an advisory role such as in the case of diabetes and asthma," the report says.

It sets out a possible methodology for identifying areas and indications for increasing access to medicines, adding that the current plans for a new scheduling framework are an ideal opportunity to facilitate more medicines becoming more available.

ASMI is calling for a proactive partnership approach by all stakeholders, with increased access to medicines set to "deliver public health, social and economic benefits for all".

Preventive bill passed

LEGISLATION to establish Australia's first ever Preventive Health Agency was today passed in the House of Representatives, and now moves to the Senate.

Health Minister Nicola Roxon said it was essential that the Bill be passed without delay so that the agency can start work on 01 Jan.

"The agency will guide health ministers in their task of curbing the growth of lifestyle risks driving chronic disease," Roxon said.

"It is a role requiring national leadership, capacity to work across sectors and portfolios, and an oversight role for surveillance and monitoring," she added.

The agency will receive \$133m over four years in funding, and will concentrate on reducing the burden that preventable health problems are already placing on the workforce, and ensure Australia's productive capacity is maintained, Roxon said.

She said strong support had been expressed by key players in the preventive health field "and this is important in ensuring the agency's success in forging cohesiveness in national preventive health efforts".

"...has pushed up sales by making pharmacists feel more involved..."

Read what Helen Bourne has to say, click here.



Dispensary
Loop



Win an Al'chemy Style & Treat Duo



CONGRATULATIONS to Anand Vaitha of Amcal Pharmacy, Arundel Plaza, who was the first reader yesterday to tell us that **white tea extract was found in [Al'chemy] Ginkgo & Jojoba Intensive Moisture Vitamin Hair Care Masque.**

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] Ginkgo & 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.

How many shampoos are available from the [Al'chemy] hair care range?

Check out the Purist website for hints at www.purist.com.

[Al'chemy]



IN preparation for the 2009 Multiple Sclerosis Sydney to Wollongong 90km Bike Ride on 01 Nov, this week iNova Pharmaceuticals hosted a morning tea to help raise funds for research into the condition.

So far 26 intrepid iNova staff have signed up to participate in the race, a few of whom agreed to undergo a particularly painful leg wax during Tuesday's morning tea, with all proceeds going towards 'Team Azep iNova's' fundraising

goal of \$15,000.

So far the team has broken the \$10,000 mark thanks to community support and a healthy \$2000 from the iNova Board- who have also agreed to donate \$100 to the fund for every Team member who finishes the gruelling race!

Pictured above, mouth taped and ready for his lovely leg wax is iNova Australasia gm Peter Mayrick, with beautician Amy Hill.

Tax deductible donations can be made at register.gongride.org.au.

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Healthy premium cut

LIFE insurance provider Asteron has launched an online healthcare exercise and diet program, which if effectively utilised over a twenty four month period will reduce premiums.

The preventative health scheme has been developed following research on Asteron clients which showed they were more likely to follow through with the plan if they can monitor their performance online and in their own time.

"This is about taking a genuine interest in the client's welfare," said Asteron gm Jordan Hawke.

Travel Specials

WELCOME to *Pharmacy Daily's* travel feature. Each week we highlight a couple of great travel deals which we're sure will be of interest to everyone in the pharmacy industry.

Enjoy a romantic five night Fijian getaway staying at **THE PEARL SOUTH PACIFIC RESORT** with a free Ocean View room upgrade, daily continental breakfast, a bottle of sparkling wine on arrival, a private candlelit dinner for two under the stars served by your own personal waiter as well as a his and hers half hour back massage and a complimentary black pearl necklace.

The deal is priced from FJ\$915 per person, twin share. Airfares and transfers are sold separately. For more information, or to book, see your local travel agent.

Or explore the magic of Vietnam with **TRAVEL INDOCHINA's** five night Vietnam package, including return flights with Vietnam Airlines, taxes, five nights accommodation at the three star centrally located Elios Hotel in Saigon with breakfast daily, from just \$999 per person. The bargain is valid for bookings to 31 Oct for travel until 20 Nov 09 - call 1300 365 355.

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UK herbal registration move

THE British Medicines and Healthcare products Regulatory Agency (MHRA) has introduced a new 'Traditional Herbal Registration' certification mark as part of a new regulatory regime for complementary medicines.

The mark, pictured at right, will be used to indicate that a herbal medicine has been registered with the MHRA and "meets the required standards relating to its quality, safety, evidence of traditional use and other criteria."



Under the Traditional Herbal Registration scheme, the permitted indications for medicines are based on traditional usage and not on evidence of effectiveness of the products.

For products registered under the scheme the authorised usage and dosage of the medicine is based on evidence of its traditional use, and

Blackmores results

BLACKMORES has today announced robust first quarter figures revealing a 17% rise in its year on year Group revenue to \$54.7 million.

Australian sales results were up 14%, while sales in Asia soared 37%, boosted by demand for immunity products in the wake of the swine flu scare.

Whilst expressing her pleasure at the results, ceo Christine Holgate reminded investors that the firm's Asian performance was affected by the H1N1 outbreak, and that continued growth would depend on the strength of the Aussie dollar.

Net profit fell 4.1% year on year to \$6.9 million, with the drop attributed to Blackmores' recent investment in its Warriewood Campus.

New developments throughout the first quarter included the introduction of two new teen multivitamins, higher iodine content in kids multivitamins and the development of the new heart health range

"The first quarter result has provided a pleasing start to the financial year," said Holgate, with the board confident that Blackmores is "on track to achieve modest profit growth for the year."

"the effectiveness of the product has not been assessed by the MHRA," the agency said.

Use of the THR mark is recommended but not compulsory for medicines registered under the scheme, and if used must be affixed in addition to the MHRA's official registration number.

More info www.mhra.gov.uk/thr.

TGA's legal bill

THE Therapeutic Goods Administration has today made public its Legal Services Expenditure for the year to 30 Jun.

The TGA spent just over \$1m on external legal costs including \$905,000 on solicitors, \$57,000 on barristers and \$85,000 on other disbursements.

The cost of maintaining an in-house legal branch was \$2.37m.

Worms for immunity

A 21 week study into coeliac disease has found that the introduction of intestinal worms could in fact be the solution to autoimmune disorders.

Participants suffering coeliac disease had a hookworm introduced to their systems, and were then given white bread for five days at week 20, with the findings showing that those with the parasite fared better, suffering less inflammation and intestinal wall damage than those without the worm.

Researchers said the findings may show that human immune systems are meant to 'play host and may work better with certain friendly organisms'.

Fruit juice finding

A STUDY involving 1000 people from Adelaide's Women's and Children's Hospital who regularly suffered digestive problems found that a high number of participants were in fact 'fructose malabsorbers' - a condition whereby sufferers have problems processing natural sugars.

As such, the simple act of having a fruit drink like apple juice could produce an assortment of side-effects ranging from discomfort to diarrhoea.

The study also found that 'fructose malabsorption' may be a major contributing factor in the development of Irritable Bowel Syndrome.



DISPENSARY CORNER

LIVING in the bush is good for your health, according to a study into the effects of living near so-called 'Green Space'.

The research showed that people living closer to nature are less likely to suffer from mental illnesses, cardiovascular disease, musculoskeletal disorders, respiratory disease, neurological disease and digestive disease.

Greenery was also shown to have a direct correspondence with better levels of general health and wellbeing.

IF you think you've slept badly, then you'll have a bad day - whether or not you actually did.

Research studied in the *Sleep* journal this month shows that the perception of a restless or interrupted night is just as likely to affect your day even if you actually slept well.

Over 3000 participants suffering heart or respiratory disease underwent two sleep tests, five years apart, and despite a slight increase in actual sleep disruptions between the two tests, participants who did not suffer, but thought they suffered a poor night's nap reported feeling sleepier during the daytime.

CHOOSING a habitat in the animal kingdom may not be random, but instead creatures should blame their parents.

A University of California research project which aimed to find out why certain animals within the one species selected habitats that were similar to those they grew up in, has found that a happy, well adjusted childhood is the key.

The scientists compared the behaviour of two test groups of adolescent fruit flies, finding that the group who had access to food and hiding places actively sought out a similar environment upon reaching maturity, whereas the group who had food and hiding areas placed out of their reach during their 'teens' were more likely to settle for the first viable environment they happened upon when they flew the coop.