

## OTC Update Weight Loss

Many customers will be asking for help in shedding extra kilos in time for summer, so this month we are looking at different products available to aid in weight loss. Today our focus will be on:

### Diet pills and other supplements.

Losing weight is alot harder than putting it on. It is a slow process and customers need to set realistic goals.

Losing half a kilo a week is a good target for weight loss.

Many people like to try to assist their weight loss by taking supplements or pills that claim to speed up weight loss.

Most of the products on the market claim to INCREASE metabolism and SUPPRESS appetite as well as BURN fat. But what do they contain to substantiate these claims?

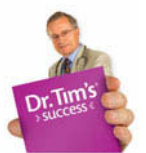
Supplements such as *Fat Blaster*, *Hydroxycut*, *Xenadrine RFA-1* and *Xantrax* contain combinations of herbs and nutrients as well as some vitamins.

Most contain *Garcinia* or *Guarana* or *Caffeine* which are stimulants - they suppress the appetite and increase metabolic rate. Many contain antioxidants such as green tea ( in various different forms) which is claimed to work to help support a healthy metabolism.

Some also contain fibre such as *Pysillium Husk* which they claim assists the absorption of fat in the diet.

There are also various Detox programs available on the market; many of these also contain a variety of herbs to help slimming as well as detoxing the system.

Bulking agents may also help weight loss by inducing a sense of fullness by swelling in the stomach, thus decreasing appetite. eg *Fybogel*, *Agiofibe*.



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**Dr Tim's  
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doctor behind it.

## Project STOP recommended

AN international drug symposium held in Sydney last week has recommended that the Pharmacy Guild's Project STOP anti-diversion system for pseudoephedrine be made compulsory.

The NSW Police department proposed making the medications prescription-only (PD 19 Oct) but the Australasian Chemical Diversion Conference finally resolved to instead advocate the online pharmacy tracking system.

### Faulding is back!

SYMBION has today announced the relaunch of its Faulding brand, saying the move further reinforces its aggressive focus on OTC categories.

The first new Faulding-branded product is *Faulding Heart Health* which is scheduled to be exclusively available from Symbion pharmacies by the end of October.

"Initial feedback we've received from our pharmacists is that they're very excited to be able to offer new and unique products to consumers under the trusted Faulding brand," said Symbion's consumer products marketing manager Lisa Robertson.

Robertson said the relaunch of Faulding was part of a move to provide Symbion customers with a greater range of differentiated product across different categories.

"Our private label has shown strong growth and while we will continue to drive house brands, we're also now aggressively focusing on developing specific differentiated products which will augment these," she said.

Faulding Heart Health is a once-daily combination of Co-enzyme Q10 and Policosanol - two strong sellers as separate products.

Project STOP is mandatory in Qld but only an estimated 60% of pharmacies in NSW are currently using the program.

The Pharmacy Guild has urged that the technology be mandated nationwide.

NSW Police Minister Michael Daly said that over the past year NSW police have seized around 40kg of amphetamines with a street value of \$21.5 million.

Around one third of the pseudoephedrine used to make the drug ice is thought to be bought or stolen from pharmacies, he said.

### H1N1 emergency

US President Barack Obama has declared swine flu to be a national emergency, clearing the path for health-care providers to respond quickly to sick patients.

Swine flu has claimed over 1000 lives in the US since April, and the supply of vaccines continues to be outstripped by demand.

The declaration states that "the rates of illness continue to rise rapidly within many communities across the nation, and the potential exists for the pandemic to overburden health care resources in some localities."

It allows the waiving of federal requirements for the prescription and distribution of medications, allowing patients to access drugs more quickly.

The World Health Organisation said on Friday that at least 5000 people have died from swine flu, but the number could be higher.

MEANWHILE, reports have emerged that Rhode Island has become the first US state to track swine flu by using electronic pharmacy prescription data.

"Great! Absolutely happy as... immediate uptake with good results"

Read what Brett McAllister has to say, click here.



Dispensary  
Loop



## Pharmacy Daily today

TODAY'S issue of *Pharmacy Daily* features two pages of news including the latest OTC Update and a fabulous new competition.

There's also a full page promoting Charles Sturt University's Annual Pharmacy Social Weekend which will take place in Wagga Wagga 06-08 Nov - more info p3.

### Breast cancer report

THE Australian Institute of Health and Welfare and the National Breast and Ovarian Cancer Centre have released a new report showing that while the number of women being diagnosed with breast cancer is increasing, death rates are continuing to fall.

The report was released today to coincide with Breast Cancer Day.

Dr Adriana Vanden Heuvel from AIHW said the number of women diagnosed with breast cancer each year will climb to 15,000 by 2015.

The report says 1 in 9 Australian women will develop breast cancer.



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## Pharmacy E-Bulletin

**THIS** week's RGH E-Bulletin discusses 'treatment-emergent affective switch', the phenomenon of abnormal mood elevation in patients with bipolar affective disorder during treatment with antidepressants.

The Bulletin looks at which drugs have the highest switch rates.

Anyone can subscribe to the RGH E-Bulletin at no charge by emailing [chris.alderman@health.sa.gov.au](mailto:chris.alderman@health.sa.gov.au).

## Food labelling review

**FOOD** labelling laws in Australia are facing an overhaul.

Former health minister Dr Neal Blewett was appointed last Fri to head up a review panel that will undertake a comprehensive review of food labelling law and policy.

Blewett was appointed by the Australian Parliamentary Secretary for Health, Mark Butler, who said the review will "play an important role both for consumers who are looking for clarity in labelling and industry who are looking for certainty about their roles and responsibilities."

The terms of reference of the review were released on Friday and submissions are being welcomed.

## MA: PBS reforms are working

**MEDICINES** Australia (MA) says a report released today shows that last year's reforms to the Pharmaceutical Benefits Scheme have made the scheme sustainable.

The *Impact of PBS Reforms on PBS Expenditure and Savings* report was released by the Centre for Strategic Economic Studies and was commissioned by MA.

It shows that the 2008 reforms will deliver the federal government an extra \$3 billion in savings.

"[The report] shows very clearly that the ... reforms are working and that the PBS is now sustainable," MA acting chief executive Brendan Shaw said today.

"The Government expected the

price cuts announced in the PBS reforms to save the taxpayer \$3 billion over 10 years.

"This new report shows that PBS reform will actually deliver savings to the public purse of \$6 billion, \$3 billion more than the govt had banked on," he said.

Dr Shaw said that no further reforms to the PBS are needed and that the sustainability of the PBS is no longer in question.

The report said that average growth of the PBS will be around 3.7% each year to 2013-14.

It also found that over ten years manufacturers would lose \$8.13 billion in sales revenue and wholesalers will lose \$591 million as a result of the reforms.

Pharmacists are projected to be better off by \$2.34 billion, while patients will save \$420 million.

The savings to the government are predicted at \$5.96 billion.

The Guild welcomed the new report, saying it confirms the report it commissioned earlier this year which also found that savings to the government from the reforms would be bigger than predicted.

"One thing that Medicines Australia and The Pharmacy Guild of Australia certainly agree on is that the Government estimates were far too conservative and PBS Reforms will have major impacts on the pharmaceutical sector," the Guild said.

## Fri PD winner

**CONGRATULATIONS** to Rachel Wong of Lynwood Pharmacy in WA who was the final winner in last week's Al'Chemy competition.

## Novo Nordisk gong

**NOVO** Nordisk has been awarded a Good Design Award by the Japan Industrial Design Promotion Organisation for its NovoTwist needle designed for use with the FlexPen insulin delivery device, which makes injection easier for people with diabetes.

## Back pain in smokers

**A MAJOR** study in Canada has added another health concern for smokers, finding a higher rate of chronic lower back pain in people who smoke on a daily basis than in non-smokers.



## DISPENSARY CORNER

**HOW** about this for a healthy mouthful?

Some people will do anything to get into the record books, including stuffing their mouths full of cockroaches.

A pet store employee from Michigan is claiming a world record after filling his mouth with 16 live roaches.

He says the previous world record was 11, but his effort needs to be certified by Guinness before it officially counts.

## A SHOCKING experience!

An Irish shopkeeper who is fed up with drunks urinating on his premises is planning to give them a real shock by electrifying the pavement outside the store.

The man says he has been tolerating the "anti-social" behaviour for years, but being greeted at work every Monday morning with "pools of their urine, mounds of their faeces" has finally become too much.

So he has rigged up an electric box with five wires running along the front of the shop that should give anyone planning on using the shop as a midnight toilet a real jolt.

## THE 'undead' attack Brisbane!

Thousands of 'zombies' stumbled through the streets of Brisbane yesterday for the fourth annual Brisbane Zombie Walk.

The ABC reports that Zombie brides, zombie doctors and nurses, zombie strippers and even zombie Santas were among the popular costumes this year.

The walk was designed to raise money for the Brain Foundation.

Since its inception, the number of walkers has continued to increase.

Despite their looks, Police said the zombies were well-behaved.



## Win a HemAway Seat



**DID** you know that nearly 50% of the world's population will suffer from some degree of haemorrhoidal pain by age 50?

The new HemAway seat (pictured) is the answer, providing urgent immediate, pain-free relief!

Each day this week, HemAway is giving **Pharmacy Daily** readers the chance to win a HemAway Seat, valued at \$185.

The HemAway Seat is a heavy plastic seat that sits over your own toilet in the comfort and privacy of your home.

It's a haemorrhoid management system, providing pain relief and control over the haemorrhoids aggravation for hours after use.

**For your chance to win a HemAway seat, 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 is the Hemaway seat used for?**

Hint! Take a look at the HemAway website at:  
[www.hemaway.com.au](http://www.hemaway.com.au).



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***Friday Evening***

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To see and do –

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***Saturday Evening***

CSU Pharmacy Foundation Dinner at Magpies Nest Restaurant  
*With Guest Speaker*  
*Belinda Green*

***Sunday***

Alumni Breakfast

Pharmacy Cricket presents: City v Country – Annual Challenge  
 and  
 CPD Lectures  
 Speakers include: Geoff Sussman



RSVP to Belinda Boshier on (02) 6338 4680 or by email [bboshier@csu.edu.au](mailto:bboshier@csu.edu.au) by 26 October 2009

