



## FDA warned on salt

THE US Institute of Medicine has urged the Food and Drug Administration to take action against high salt diets.

According to the Institute, the average US citizen consumes over double the 1500 milligram acceptable level of sodium per day, more than three quarters of which is derived from processed foods and fast food restaurants.

The Institute is calling on the FDA to put in place regulations on food manufacturers which would see the average daily level of sodium intake drop from 3400mg to 2300mg.

MEANWHILE the FDA has approved Novartis' new organ rejection treatment for adult kidney transplant recipients, Zortress(R) (everolimus).

The tablets, taken orally are designed to be taken with reduced doses of the calcineurin inhibitor cyclosporine (CNI), as well as basiliximab and corticosteroids.

Trials found that the use of Zortress led to lower CNI-associated side effects.

## New schedule amendments

THE National Drugs and Poisons Schedule Committee has released the final Poisons Standard Amendment No. 1 of 2010, which includes the rescheduling of codeine products which comes into effect on 01 May.

The amended schedule is now available online, and confirms that the only S2 codeine-containing medications will be those for the treatment of coughs and colds with a maximum daily dose not exceeding 60mg of codeine and in packs of less than 6 days supply.

Other codeine analgesic medications are S3 if there's 12mg or less of codeine per dosage unit, with a maximum daily dose not exceeding 100mg and in packs of not more than 5 days supply.

The schedule also now includes chloramphenicol in S3 for ophthalmic use only, and confirms a number of new S4 entries including clevidipine, mifepristone, nebivolol, robenaxocib, ustekinumab, vaccinia

virus vaccine and red yeast rice.

There's also a new entry in schedule 8 for cannabis-derived buccal spray medication nabiximols which is also in appendix D and appendix K of the schedule.

The S3 entry for panaprazole is also amended to include oral preparations containing 20mg or less of the compound per dosage unit for the relief of heartburn and other symptoms of GORD, as well as medications containing 10mg or less of rabeprazole.

The full schedule is now online at [www.tga.gov.au/ndpsc/susdp.htm](http://www.tga.gov.au/ndpsc/susdp.htm).

## NSW lodgement date

THE Pharmacy Board of New South Wales has advised that applications for Change of Ownership which involve an individual or Pharmacists' Body Corporate acting as a trustee for a trust, must be lodged 21 days before the Board monthly meeting date at which such an application is to be considered.

The revised requirement is to allow for external review of the trust deeds, while all other applications will continue to require ten days lead time before the meeting.

The Board's meetings are held on the second Wednesday of each month.

## National site revamp

THE new national Pharmacy Board of Australia has revamped its website to make it easier for registrants to find out information about the upcoming transition to the national registration scheme.

The site now includes a table detailing how current state and territory registration types will transition to the new arrangements, as well as providing all the latest information on the proposed new registration standards, codes and guidelines - for more info see [www.pharmacyboard.gov.au](http://www.pharmacyboard.gov.au).

## FDA carglumic OK

THE FDA has approved carglumic acid tablets, designed for the treatment of the metabolic disorder N-acetylglutamate synthase deficiency, which creates excess levels of ammonia in the blood.

Trials found that carglumic acid tablets lowered the amount of ammonia in the blood within 24 hrs normalising levels in three days.

## Are PT's dangerous?

THE qualification process for personal trainers will be investigated next Tuesday night on SBS's *Insight* program, airing at 7.30pm.

With basic qualifications to become a PT only taking eight weeks, SBS will look into whether the \$800m fitness industry is in fact actually putting people at risk of serious injury.

Industry representatives from Vision PT, Fitness First and the AIF will also be on hand to answer live viewer questions.

## Alprazolam alert

THE Pharmacy Board of South Australia has advised that it's been contacted regarding concerns about the prescribing and dispensing of alprazolam.

The medication has shown itself to be extremely addictive, with unpleasant and possibly fatal withdrawal once dependent.

Alprazolam is also particularly dangerous when combined with strong opioid agonists such as methadone, with pharmacists asked to be vigilant to the use of alprazolam especially amongst those who present taking both alprazolam and methadone.

## New US ethics code

THE US Council of Medical Specialty Societies has moved to curtail the influence of pharmaceutical manufacturers by implementing a new Code of Ethics.

The new code requires groups to publicly declare any private sector support they receive; decline industry funding for the development of medical practice guidelines; board members and lenders to declare any ties or potential conflicts of interests with drug companies and a total ban on all freebies which include brand logos or product names on giveaways at conferences.

"When a physician stands up to represent medicine and his or her specialty, there shouldn't be any confusion as to who they're speaking for," said Dr. Norman Kahn, ceo of the Council of Medical Specialty Societies.

13 specialist groups have already signed up to the Code, which also requires signatories to make "reasonable efforts" to secure multiple corporate sponsors for events or programs.

## WIN A STYLISH COSMETIC BAG



Every day this week, Pharmacy Daily is giving readers the chance to win a stylish cosmetic bag, courtesy of Total Beauty Network.

Exclusive to Designer Brands is a wide range of cosmetic bags, for both men and women. All of the bags are fully lined and made from durable fabrics.

With a variety of colours, shapes and sizes from bright to tame for young and old there is something to suit everyone's needs and taste.

For your chance to win one of these stylish cosmetic bags this week, simply send through the correct answer to the daily question below:

**What colours are also used in the Beige Collection?**

Send entry to: [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)

The first correct entry received each day will win.

Hint! Visit [www.tbn.com.au](http://www.tbn.com.au).

Congratulations to yesterday's lucky winner: Sally Brooks from Mannum Rd Better Health. The correct answer was: Blue & White and Ping & Brown.

**12 FREE**  
Months  
Standard Membership!

Offer ends March 31. ACT NOW!  
Click here for more information  
DAVID PATTON: 0432 515 717

Chemsave

**7.5% PBS  
DISCOUNT!**  
COST **-0.5%**

## CPD Calendar

**WELCOME to *Pharmacy Daily's*** Continuing Professional Development Calendar, featuring upcoming events and opportunities to earn CPE and CPD points.

If you have an upcoming event you'd like us to feature, email [info@pharmacydaily.com.au](mailto:info@pharmacydaily.com.au).

- 28 Apr:** PSA Qld 'Therapeutic Choices for Menopausal Symptoms' workshop - (07) 3896 1900.
- 28 Apr:** PSA Vic 'Complementary Medicines and Mental Health' session; Monash 03 9389 4007.
- 28 Apr-7 May:** The PSA will hold its 35th annual offshore conference in Beijing and Shanghai - details on 1300 139 293.
- 30 Apr-01 May:** Blackmores Research Symposium in Sydney - details 1800 151 493.
- 03 May:** PSA Tas 'Older People and Mental Health' session; University of Tasmania- (03) 6231 2636.
- 04 May:** PSA Vic 'HIV Update' session; University of Melbourne- (03) 9389 4007.
- 05 May:** Short course on Chronic Kidney Disease (three sessions) at AMA Conference Centre, St Leonards 02 9431 1100.
- 06 May:** Medici Capital/Lawler Partners pharmacy dinner in Newcastle NSW - 03 9853 7933.
- 09 May:** Drug Interaction Seminar presented by Debbie Rigby and Geraldine Moses, Brisbane - [aacp@aacp.com.au](mailto:aacp@aacp.com.au).
- 26-28 May:** The NPS's National Medicines Symposium 2010, Melbourne - [nms2010.org.au](http://nms2010.org.au).
- 29-31 May:** The AACP's annual ConPharm clinical seminar at The Grand Chancellor Hotel in Hobart - [www.aacp.com.au](http://www.aacp.com.au).
- 04-06 Jun:** Pharmacy Expo in Sydney - earn up to 20 CPD points in 3 days. More info [www.pharmacyexpo.com.au](http://www.pharmacyexpo.com.au).
- 15-18 Sep:** Pharmacy 2010, the Pharmacy Management Conference on Hamilton Island - [www.pharmacyconference.com.au](http://www.pharmacyconference.com.au).
- 11-14 Nov:** The 36th National SHPA Conference, Medicines Management 2010 in Melbourne - [mm2010shpa.com](http://mm2010shpa.com).

## Child influenza shot alert

DOCTORS are being urged to halt the administration of all seasonal flu vaccines, following a move by the WA government to suspend its free vaccination program for children under 5yrs.

The halt comes as a result of an unusually high number of adverse high fever reactions to the vaccine, which saw 22 children hospitalised within 12 hours of getting the shot for febrile convulsions.

It is unclear whether the reaction is due to a bad batch, or whether the larger number of children getting the free vaccine in WA, which is not offered in other states,

### New Hamilton range

HAMILTON Laboratories has released its 'Sensitive Choice' range of skincare, approved by the National Asthma Council Australia's (NACA) Sensitive Choice Program.

The new range of cleansers and moisturisers, Aquae dry mouth gels and sprays as well as its Narium saline nasal drops and sprays are specifically designed to provide practical and non-irritating skin and healthcare solutions for asthma allergy, and dry/sensitive skin sufferers.

The Sensitive Choice range will also bear the NACA's blue butterfly logo - [www.sensitivechoice.com.au](http://www.sensitivechoice.com.au).

### Small script scripts

DESPITE public disapproval and consumer group outcry, The California Board of Pharmacy has knocked back a proposal which would have seen larger type mandated on medicine labels.

In the lead-up to the vote the Board received more than 1,000 letters from the public requesting it to approve larger type standards (the most letters it said it had ever received on a single topic), and was set to legislate larger type standards.

However according to *The Los Angeles Times* the Board changed its position only days before it was due to vote when a representative of a pharmacy retailer - who happened to be a major supporter of governor Arnold Schwarzenegger - was appointed to the panel.

The smaller type size has been ratified along with a provision which allows customers to request bigger text from their pharmacist.

has just naturally lead to more cases of adverse reaction.

The suspension and general warning to doctors will stay in place until the TGA has had time to investigate the matter further.

Chief Medical Officer, Prof Jim Bishop, said the TGA had already contacted CSL to confirm which batches of vaccine were used in WA as well as reviewing data from WA Health "to see if the rates of fever and convulsions are truly higher than expected".

He said the information would be reviewed by a specially convened scientific advisory panel.

Bishop also said people over five years of age can continue to be vaccinated against seasonal influenza as per usual.

He said there do not appear to be implications for the swine flu vaccine Parvax.

### Vaccine patches?

THE efficacy of vaccines could be enhanced if they were 'delivered into the [antigen-presenting cells in the] narrow layer just beneath the skin surface', according to the latest research published in Plos ONE.

The researchers looked into vaccine delivery methods other than injection, and came up with a Nanopatch; a skin adhesive around the size of a ten cent coin that delivers vaccine through the skin.

Trials of the patches found that whilst using 100 times less vaccine, Nanopatches produced comparative rates of protective immune response and did not require other immune stimulants or multiple doses.

It is now hoped that the results of the trial will result in mass production of the Nanopatch, which researchers say could spell an end to the high costs associated with providing vaccines to developing nations.

They could also lead to the ability for people to self-administer a range of vaccines which could even be dispatched by mail.

### No issue on Monday

THE next issue of *Pharmacy Daily* will be published on Tuesday 26th April, due to the ANZAC Day public holiday in NSW next Monday.



## DISPENSARY CORNER

**BREATHING** through the skin-that's new!

Conservationists at the World Wide Fund for Nature are fighting to protect large stretches of Borneo's forest, citing the discovery of around 67 plants, 29 invertebrates, 17 fish, five frogs, three snakes and two lizards as a reason to protect the land.

One of the more bizarre discoveries includes a frog that has no lungs, but rather breathes through its skin, effectively allowing it to flatten out and glide more quickly through the water.

**CORONER** speaks from beyond the grave....

A coroner's report into the famous US Wild West shoot out at OK Corral, missing for 125 years has been found in an old box stacked under a pile of old paperwork in a jail storeroom.

The shoot-out has inspired countless Westerns, and saw two men Wyatt Earp and Doc Holliday become folk heroes after confronting a gang of outlaws in the township of Tombstone, which turned into a 30 second shoot-out leaving three of the gunmen dead.

The report, written on the same day as the gun battle, tables eyewitness accounts, and speaks in detail about the event and injuries as they unfolded.

**SOME** smells may not simply be sprayed away with deodorant!

A US criminal, on the run from methamphetamine charges was found by authorities hiding in a pit of liquid manure.

The man, neck deep in the brew of pig and dog faeces had to all intents and purposes escaped detection in the pit for almost an hour during a game of cat and mouse with police officers.

After swimming in the pool for about 58 minutes the man was excessively hostile with officers, and had to be hit with a stun gun to subdue him.

He was then taken to the hospital and treated for hyperthermia - and deodorised.