



TGA update

THE Therapeutic Goods Administration has updated its advice regarding the exporting of medical devices from Australia, in order to reflect the changes in the application process which came into effect on 01 December.

The new process will see the processing of applications for Certificates of Free Sale and Export Certificates for Medical devices, Other Therapeutic Goods and In vitro diagnostic medical devices performed by the Export Unit in the Office of Medicines Authorisation. See www.tga.gov.au for details.

Watson launches Ella

WATSON Pharmaceuticals has launched its controversial emergency contraceptive Ella (ulipristal acetate) in the US.

Available via prescription, Ella comes in a 30mg dose and prevents pregnancy up to five days after unprotected intercourse.

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.

05 Dec: Senior First Aid Level 2, University of Tasmania, Sandy Bay, 6231 2636

09 Dec: PSA Canberra Branch, CPD 'What's on Offer', Canberra Business Event Centre, 02 6201 5897

20-29 Jan 2011: Pharmacy Study Tour, Mammoth Mountain California and Las Vegas - www.medic.com.au/events.

01 Feb: PSA Monthly Lecture, Sexual Health and Contraception, PSA Office Suite, Greenhill Road Unley-sa.branch@psa.org.au.

06 Mar 2011: Drug Interaction Seminar, The Sebel Albert Park, Melbourne, 0418 772 877.

01-10 May 2011: The PSA's 2011 Offshore Conference in Venice, Italy and Salzburg - www.psa.org.au.

ASMI on codeine warning

NON-prescription medicines containing codeine are safe when used in accordance with labelling instructions, according to The Australian Self Medication Industry.

The comments come in response to a comment made by Dr Claire Tobin from the School of Public Health and Preventative Medicine at Monash University, in which she suggested that analgesics containing codeine should carry stronger labelling advice due to their addictive potential.

"Since May this year, access to medicines containing codeine has been made more restrictive to reduce the risk of inappropriate use," said ASMI Regulatory and Scientific Affairs Director, Steven Scarff.

"Products containing codeine are now only available behind the counter in pharmacies, and purchase requires the personal intervention of a pharmacist.

"That places pharmacists in a good position to engage with consumers about the correct use and potential risks associated with these products," he added.

Scarff also welcomed an open discussion on the public health

No gaol for pharmacist

A UK pharmacist, William Parsons, has narrowly avoided a gaol sentence after illegally advertising Viagra on his website potency.co.uk.

Parsons was able to sell Viagra and several other prescription only erectile dysfunction drugs, via his online website after he gained blank prescriptions to prescribe the drugs to customers from a GP located in Cyprus.

The scheme was uncovered in 2006 after blank prescriptions were found in Parson's Hayfield Pharmacy by a Medicine and Healthcare products Regulatory Agency inspector, who also tracked down Parson's website to expose the illegal offers.

As a result of the discovery the MHRA asked Parsons to change his website which was earning him around AU\$1,500 a month, to which he refused and was faced with criminal charges and a lengthy legal battle.

For his crime Parsons was given a nine month suspended sentence.

and safety issues surrounding the labelling of medicines with potentially addictive profiles.

"[ASMI] looks forward to seeing and reviewing the data behind Dr Tobin's comments.

"We also support high levels of awareness amongst healthcare professionals and pharmacy staff to identify misuse.

"Consumers should be reminded to follow the label instructions and to talk to their GP or pharmacist if their pain persists," he added.

Nuts for energy

A NEW study has found that raw nuts and seeds can significantly improve energy levels in adults.

The study, conducted by nutrition profiling firm, MyNutrition, looked at data compiled from an online survey of 230 questions completed by around 50,000 adults, with results indicating that people who eat nuts are twice as likely to have more energy than non nut eaters.

According to the report's authors, around 75% of all respondents reported low energy levels and sugar cravings, a figure which was "significantly lower" in those that ate nuts and seeds.

The survey also found that people who eat raw nuts reported needing less sleep, and were nearly three times more likely to be alert and refreshed than their non-nut eating counterparts.

Menopause trial

A NEW drug trial has kicked off in Australia, looking into the safety and efficacy of S-equal, a soy derived drug for the treatment of menopause symptoms.

According to experts, S-equal can actually be produced naturally within the body by a special enzyme, however only around 20% of women in the western world population have the enzyme, as compared to 80% of women in Asian populations.

This discrepancy, according to the scientists conducting the trial, may explain the lower rates of menopausal symptoms suffered by women throughout Asia.

The trial has full TGA and Ethics Committee approval and is currently taking place in hospitals located in NSW, SA and Victoria.

FDA approval

SAGENT Pharmaceuticals has received marketing approval from the US Food and Drug Administration for four presentations of Midazolam injection, USP, a general anesthetic.

Indicated for preoperative use, Midazolam can be used intravenously for introduction of general anesthesia, and for continuous intravenous infusion for sedation of intubated and mechanically ventilated patients.

Obesity and dysfunction

SCIENTISTS at Adelaide University have found a link between male obesity and erectile dysfunction.

The eight week study took into account results from 68 clinically obese men aged over 40 years, and found that diet-related weight loss improved mild to moderate erectile dysfunction, and also increased levels of sexual desire.

"It is important that people understand the frequency with which some level of erectile dysfunction occurs in obese men, who suffer from no other obesity-related issues," said Professor Gary Witter of the University of Adelaide.

"Erectile dysfunction has been recognised a predictor of coronary heart disease and men with erectile dysfunction are also more likely to suffer from obstructive sleep apnoea and depression.

"It is important to realise these issues can be addressed with weight loss," he added.

Scientists also noted a drop in lower urinary tract symptoms and abnormalities which corresponded with weight loss.

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Dementia brochure

THE Department of Veterans Affairs has released an information brochure for older Australians titled Dementia, which covers tips for remembering medications.

Topics featured in the brochure include: 'What should I do', 'Keep a medicines list', 'Use reminders', and 'Use a medicines organiser'.

To download a copy visit www.veteransmates.net.au.

EMA grants access

THE European Medicines Agency has taken policy steps to grant wider public access to documents related to medicines for human use.

According to the EMA the new policy is in direct response to public pressure regarding the need for greater transparency, and will see the Agency release documents once a procedure concerning a medicine has been finalised, to protect the decision making process.

The policy will give public access to all business related documents, that are not protected by prior arrangement, or that would affect the privacy of a "natural or legal person", see www.ema.europa.eu.

Vit D and calcium revised

STUDIES into the protective qualities of Vitamin D and calcium against cancer, heart and autoimmune diseases and diabetes, have overall, conflicting and mixed results, and also lack evidence, according to the latest report by the US Institute of Medicine of the National Academies (IMNA).

Despite this criticism, the report's authors did say that the studies did however "point to possibilities".

"Past cases such as hormone replacement therapy and high doses of beta carotene remind us that some therapies that seemed to show promise for treating or preventing health problems ultimately did not work out and even caused harm," said IMNA committee chair, Catharine Ross.

"This is why it is appropriate to approach emerging evidence about an intervention cautiously, but with an open mind," she added.

The comments come after consideration of 1000 published studies, as well as input from experts and stakeholders, into the optimum dietary intake levels for

calcium and Vitamin D to maintain health and avoid risks associated with excess.

According to their findings, children aged between 1-3yrs need 700 milligrams of calcium per day; whilst children between 4-8yrs need 1,000 milligrams; and adolescents between 9-18yrs need no more than 1,300mgs daily.

Between the ages of 19-50 (and men up until the age of 71) adults need 1,000mgs of calcium; and women aged 51 and upwards, as well as men aged from 71 years need 1,200mgs per day.

In terms of optimal Vitamin D levels 600 international units (IUs) meets the levels of everyone until the age of 71, after which 800 IUs per day is recommended.

In general, the study authors said, teenage girls may not be getting enough calcium in their diet, whilst the elderly may be lacking adequate calcium and Vitamin D.

Given the increased awareness of the dangers of sunburn and the double edged sword that Vitamin D is created naturally in the body through exposure to the sun, the new intake levels recognised by the IMNA cover the needs of individuals who "get little sun".

On the flip side of deficiency, the IMNA also noted that the current trend of food fortification (adding vitamins to food), as well as an increase in the amount of people taking supplements, had the potential to increase consumers chances of overdosing on both Vitamin D and calcium.

Report authors noted that excess calcium can lead to kidney stones, whilst excess Vitamin D could lead to kidney and heart damage.

In terms of maximum daily intake guidelines, the IMNA said that between 1-3yrs children should not exceed 2,500 IUs per day, whilst children aged between 4-8 should not exceed 3,000 IUs daily, and for people aged upwards of 8yrs the maximum daily limit is 4,000 IUs.

In addition, they noted maximum calcium intakes for ages 1-8 as 2,500mgs; ages 9-18 as 3,000mgs; ages 19-50 as 2,500mgs and upwards of 50 as 2,000mgs.



DISPENSARY CORNER

BLOOD leads to mystery.

Police called to the George Washington Hotel in Pittsburgh described the scene in one of the hotel's rooms as "the most grisly murder scene" they had ever seen.

However after eight hours of tough police work, investigators discovered the scene was in fact the set of a horror movie titled 'New Terminal Hotel'.

The room featured blood spattered walls, bottles of alcohol, and a scalp, and according to the hotel manager, was kept in pristine condition from the end of the shoot in case the director wanted to do re-shoots.

Starring the late Corey Haim, the movie bypassed cinemas and went straight to DVD.

SANTA busted for littering.

A kind-hearted UK person who signs cards 'The Woodland Santa' has been cautioned over littering after leaving hundreds of Christmas presents hanging off fir trees in a local Carmarthenshire park.

Authorities from the Council as well as park rangers, have urged the Santa to stop giving, saying the presents cause "littering issues".

Last year alone, the anonymous Santa left 600 presents out for children, including soft toys, puppets and books.

Not wanting to be considered Christmas Scrooges, the Council has urged the Woodland Santa to come to "some sort of arrangement to better distribute his generosity".

FROSTBITTEN tourists.

Latvian police officers have arrested four British tourists after they were discovered naked in minus 15C temperatures, whilst posing for photos astride a life-sized wooden horse.

Strange but true, the drunken tourists were ordered to put their pants on and accompany police back to the station.

The prank has since been posted on Youtube and has clocked 60,000 views.

WIN A PROTEC SKIN CARE PACK



Pharmacy Daily has teamed up with Protec this week and is giving 5 lucky readers the chance to win a Skin Care Pack.

Each pack

contains 5 products including an Anti-Ageing Q10 + E Cream and a Natural Vitamin E cream in 4 fragrances.

Offering therapeutic formulations with quality ingredients, Protec provides a range of daily skincare products and hair vials at affordable prices. Protec is more than a Natural E Cream it contains Vitamin E, Dragasantol, Vitamin A Palmitate (Retinyl Palmitate), Vitamin D3 and Marine nutrients and Allatoin to relieve and sooth the effects of sunburn and minor skin irritation. It helps reduce the appearance of wrinkles and improves skin elasticity.

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In 25 words or less tell us about your best beach experience

5 most creative entries will win!

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