

### Diabetes & dementia

**DEPRESSION** in type 2 diabetics may increase the risk of developing dementia, according to a recent study published in the *Archives of General Psychiatry*.

The *Diabetes and Aging Study* looked at a sample of 19,239 diabetes registry members aged between 30 and 75, and found that depression in patients with diabetes was associated with a substantively increased risk for development of dementia compared with those with diabetes alone.

During the three- to five-year period, 80 of 3,766 patients (2.1%) with comorbid depression and diabetes vs 158 of 15,473 patients (1.0%) with diabetes alone had 1 or more diagnoses of dementia.

Patients with comorbid depression also had a 100% increased risk of dementia during the three to five years postbaseline.

## Australian breast cancer

**BREASTSCREEN** Australia is making a difference, having reached 1.6 million Australian women between 2008 and 2009.

According to the latest *BreastScreen Australia monitoring report 2008–2009*, of the 1.6m women who had a screening mammogram during the 12 month period, 1.3m fell into the program's target age group of between 50–69.

The 1.3m figure represents 55% of women aged 50–69 who were targeted by the program.

### Watson's Amethia

**WATSON** Pharmaceuticals has launched a generic of Teva Women's Health, Inc.'s LoSEASONIQUE Amethia Lo tablets in the US for the prevention of pregnancy.

The new Amethia Lo (levonorgestrel/ethinyl estradiol (0.1mg/0.02mg) and ethinyl estradiol (0.01mg)) tablets were launched following a settlement with Teva, whose branded version earned the company US\$28m for the 12 months ending 30 September 2011.

### Begley leaves Hospira

**THE** Executive Chairman of Hospira Inc, Christopher Begley has announced his retirement from the Board, effective 03 January 2012.

Following Begley's departure, John Staley, a Founding Director of the company's Board and currently its Lead Director, will be appointed Non-Executive Chairman.

### US Plan B rejected

**THE** U.S. Department of Health and Human Services has rejected the Food and Drug Authorities bid to make Plan B One-Step emergency contraception available without a prescription to teenagers under 17.

As a result, Plan B contraception will remain only available to females over 17 without a prescription, and only behind a pharmacy counter.

"Women aged 50–69 are targeted because this group has a relatively high number of cases of breast cancer, and screening mammography is known to be effective in reducing deaths in this age group," said AIHW spokesperson, Chris Sturrock.

The report also found that during 2007, there were 6,297 new cases of breast cancer and 1,085 deaths—equivalent to 274 new cases and 47 deaths per 100,000 women.

Nearly two-thirds of all breast cancers detected by BreastScreen Australia were small.

"Small breast cancers are associated with better treatment options and improved survival," Sturrock said.

Interestingly the report championed the program's success, saying that since BreastScreen Australia's launch in 1991, breast cancer deaths have decreased from 68 to 47 deaths per 100,000 women, for women aged 50–69.

### FDA changes Nplate

**THE** US Food and Drug Administration has modified the requirements of the Nplate (romiplostim) Risk Evaluation and Mitigation Strategy Program.

As such prescribing physicians, patients and institutions are no longer required to enrol in the safety monitoring program, called the Nplate NEXUS (Network of EXperts Understanding and Supporting Nplate and Patients) Program, in order to prescribe or receive the drug.

"The goals of the Nplate NEXUS Program were to educate physicians and patients about treatment risks and benefits, and to define the long-term safety profile of Nplate," said Dr Roger Executive VP of Research and Development at Amgen.

"The FDA has now concluded that enrolment in a restricted distribution program is no longer necessary," he added, saying that Amgen will continue to monitor the safety profile of Nplate through clinical trials.

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Every day this week, **Pharmacy Daily** is giving three lucky readers the chance to win a **Protec Anti-Aging CoQ10 + E** cream.

Protec Anti-Aging CoQ10 + E cream is clinically proven to reduce fine lines and increase collagen synthesis to firm skin and improve suppleness.



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Congratulations to yesterdays lucky winners, **Lindsay Scott** from **Broken Hill Base Hospital Pharmacy**, **Wendy Bailey** of **Abbott Diabetes Care** and **Karen Leslie** from **High Tech Health**.

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### Travel Specials

**WELCOME** to *Pharmacy Daily's* travel feature. Each week we highlight a couple of great travel deals for the pharmacy industry.

**NOVOTEL** Forest Resort Creswick in Victoria is offering a Golden Summer package available until 28 February 2012.

The package includes accommodation for two in a Superior King room, a bottle of sparkling wine on arrival, unlimited in-room movies and full buffet breakfast for two in Harvest 383 restaurant from \$169 per night.

Call 03 5345 9600 for bookings.

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## SA embraces healthy living

**THE** South Australian Government has launched a new five-year Eat Well Be Active Strategy, designed to bolster healthy eating and physical activity levels

"Nearly 60 percent of our adult population is overweight or obese and we have to do more to encourage people to make the choices now that will prevent chronic disease and even premature death in the future," said SA Health and Ageing Minister, John Hill.

"The Strategy calls for immediate actions not just from government, but the whole community," Hill added.

A key target set under the Strategy aims to increase the proportion of South Australian adults and children at a healthy weight by 5 percentage points by 2017 (from a baseline of 42 percent in 2006).

Another key target includes increasing the proportion of South Australians participating in sport

and recreation at least once a week to 50 percent by 2020.

"To achieve these targets, the Strategy aims to ensure that the places where we live, learn, work, play, eat and shop make it easy for us to be active and eat a healthy diet," Hill said.

Strategy initiatives include creating pedestrian and cycle-friendly streets, providing community gardens, promoting breastfeeding and aiming for clear front of pack food labelling.

"Our vision for the future is a society where the healthy choice is the easy choice, people are more active and individuals are supported in making healthier choices," Hill said.

### Savings ending for APP

**THE** Pharmacy Guild is reminding pharmacists that earlybird registration for APP2012 will close on 31 December 2011.

See [www.appconference.com](http://www.appconference.com).

## DISPENSARY CORNER

**SERIOUSLY** smart pyjamas.

Gone are the days of getting up in the middle of the night to on infants whilst they sleep, and gone are the days of the bulky baby monitor, it is now the dawn of the biosensor pyjamas.

Exmobaby is a snap-on transmitter built in to baby pajamas which is designed to measure vital signs of infants, including heart rate, temperature, moisture and movement.

The data is then transmitted at regular intervals to the parent's computer, tablet and phone and is used to interpret the baby's emotional states and behaviour, transmitting alerts to parents when their babies require care.

And for those concerned about hygiene issues, the device can snap off the PJs when they are being machine washed.

## December MIMS Monthly Medicine Update

### NEW SAFETY RELATED CHANGES

Interstitial lung disease has been reported rarely during treatment with Arava, Arabloc (**leflunomide**). The risk of its occurrence is increased in patients with a history of interstitial lung disease.

Arava, Arabloc (**leflunamide**) must not be given to pregnant women, or women of childbearing potential who are not using reliable contraception during treatment with Arabloc

and for a certain period of time thereafter as long as the plasma levels of the active metabolite are above 0.02 mg/L, unless undergoing washout treatment.

Use of Ciloxan, CiloQuin (**ciprofloxacin**) eye drops in neonates with ophthalmia neonatorum of gonococcal or chlamydial origin is not recommended as it has not been evaluated in such patients.

Efficacy and safety in children less than one

year old have not been assessed with the use of Ciloxan (**ciprofloxacin**) ear drops.

Administration of live or live-attenuated vaccines in patients immunocompromised by chemotherapeutic agents including Cytarabine injection (**cytarabine**) may result in serious or fatal infections. Vaccination with a live vaccine should be avoided in patients receiving cytarabine.

Concomitant administration of voriconazole and Diflucan (**fluconazole**) at any dose is not recommended.

Estraderm, Estraderm MX (**oestradiol**) is now contraindicated in known or suspected pregnancy.

Use in patients after operative interventions in the biliary tract is now contraindicated with the use of Fentanyl injection (**fentanyl citrate**).

*This list is a summary of only some of the changes that have occurred over the last month. Before prescribing always refer to the full Product Information.*