

Exercise stops smoking

A RECENT US study published in *Pediatrics* has found that exercise may hold the key to getting teenagers to quit smoking.

The study divided teens into three groups, one was given smoking cessation advice; the other support and counselling on healthy lifestyles and stress; and the last group was given counselling plus physical activity and encouragement.

On average, at the start of the study the teens smoked half a pack of cigarettes per weekday and a pack a day on weekends.

At three months into the study 16% of the smoking cessation advice teens had quit; whilst 21% in the counselling group had quit and 31% of the counselling plus exercise group had quit.

Deciphering evidence

THE Pharmaceutical Society of Australia has announced a critical appraisal workshop will be held at PAC11, dealing with the art of deciphering evidence and talking to patients about it.

Titled 'Is it any good and does it matter', the workshop will be held on 09 October, and will enable participants to apply a structured critical appraisal approach to a research paper, understand 'evidence based' practice, gain insight into biases and inappropriate claims of treatment efficacy and have the confidence to advise staff and consumers on latest claims and reports on medicines and treatments.

See www.pac11.com.au.

Immediate action for NCDs

AUSTRALIA and the UN need to act now on the growing threat of non-communicable diseases, according to the Minister for Health and Ageing, Nicola Roxon.

Addressing the plenary session of the UN high-level meeting on non-communicable diseases, Roxon told delegates that "NCDs pose a growing threat – to our health systems, our societies, and our economies".

"In Australia's own backyard, the Pacific has some of the highest rates of NCDs in the world.

"So we must act now, or too many people will continue to suffer

and die from illnesses that are, by and large, preventable – and our health systems won't cope," she added.

The speech came on the back of the provision of an extra \$4m by Australia to WHO to for its *Action Plan for the Global Strategy for the Prevention and Control of NCDs*.

Roxon also announced a \$25m commitment to help Pacific Island countries tackle NCDs; and urged UN members to follow Australia's lead in regards to taking on Big Tobacco with plain packaging.

"Fighting back against Big Tobacco does require resources, and political will.

"But saving lives and improving the health of the global community is an investment that will pay a huge dividend," she said.

Epilepsy discrimination

EPILEPSY Australia is hoping to raise awareness of the burden carried by sufferers of epilepsy, with the results of its latest survey showing one in two Australians living with the condition have experienced discrimination.

Currently affecting around 224,000 Australians, epilepsy is the country's most common chronic brain disorder.

"Current literature suggests that 10 per cent of Australians will have a seizure during their lifetime, one-third of whom will be diagnosed with epilepsy," said study head, Mark Cook, Chair of Medicine St Vincent's Hospital, Melbourne.

Interestingly around 52% of participants said they experienced depression.

To learn more or to register for the longitudinal study visit www.epinet.org.au.

EU trials on the ICTRP

THE European Union Clinical Trials Register (EU-CRT) has been recognised by WHO as one of the primary registries for its International Clinical Trials Registry Platform (ICTRP).

As a result of EU-CTR's recognition, its information will be available through the ICTRP portal by the end of the year.

"The recognition of EU-CTR as primary registry for ICTRP illustrates the global effort to improve transparency in research activities," said Dr Marie-Charlotte Bouësseau, co-ordinator of ICTRP.

"Facilitating public access to information on clinical trials is an ethical responsibility," she added.

Pharmacy winner

CONGRATULATIONS to Adrian Sung of Pharmacy Online Discount Outlet, who was the lucky winner of last Friday's Aromababy competition.

For more chances to win see p2 of today's issue for PD's Nude by Nature competition.

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Guild Update

This week's update from the Pharmacy Guild Scholarships

APPLICATIONS for the 2012 Pharmacy Cricket Scholarships are now open.

Two scholarships, worth up to \$2500, are available to any student (male or female) currently undertaking a full time pharmacy degree or pharmacy masters degree.

Importantly, applicants do not need to play cricket, or have any interest in cricket whatsoever.

The scholarship is awarded based on academic results and community/professional contribution, including:

- Academic record (including high school if applicant is in their first year of pharmacy).
- Leadership, teamwork and university/community involvement.
- Commitment to work in community pharmacy.
- A brief (300 words) comment on their perception of the future of pharmacy and how they see themselves contributing to the profession.
- Indication of how they will use the scholarship funds for personal advancement and/or to assist with costs associated with their course.

To obtain a copy of the full scholarship criteria please email Pharmacy Cricket at hodgson@bigpond.com.

Applications close on Monday 17 October 2011 and the successful applicants will be notified by phone and in writing.

Last year's winners are featured on the events page of Pharmacy Cricket's website at www.pharmacycricket.com.au.



The Pharmacy
Guild of Australia

Make a difference and win

BLUE September is calling on Australian pharmacists to step up efforts this month in starting conversations with customers about male cancer.

The call comes on the back of the Blue September Quilton launch, in which pharmacy-only Quilton toilet tissues hit pharmacy stores, with the aim of raising funds for the cause.

"A lot of Australians feel more comfortable talking to their pharmacist than they do with their doctor," a Blue September spokesperson told **PD**.

"Pharmacists are in a really great position to start conversations about this important topic," the spokesperson added.

The charity is also reminding pharmacists that they only have until 30 September to send in their Blue September in-store display photographs for their chance to win a five night stay in the Napa Valley, California.

The first prize includes five nights

at The Villagio Spa in the Napa Valley for two people, including dinner and a wine tour, as well as two nights in LA with flights and transport (total value \$9,000).

The three runners up will receive a \$100 Men's Health magazine pack, a \$100 Marie Claire beauty pack and a \$200 Rebel Sport voucher.

"Pharmacists are really jumping onboard," said the spokesperson.

"Having a great display really gets the ball rolling with discussion," the spokesperson added.

Photo entries should be emailed to amym@blueseptember.org.



One of the entries so far

WIN A NUDE BY NATURE PACK

This week **Pharmacy Daily** is giving three lucky readers the chance to win a skin care pack (pictured below), valued at \$122.70, courtesy of **Nude By Nature**.

Australia's favourite natural mineral makeup range has extended into skin care and this range of natural and effective products from Nude by Nature will allow you to achieve maximum results towards beautiful skin without harsh chemicals. With products that will treat dry and sensitive through to oily and blemish prone skins, there is a solution for everybody no matter what age or skin type.

For your chance to win this fantastic Nude By Nature pack, email your answer to the question below by COB on Friday to:

nudebynature@pharmacydaily.com.au

In 25 words or less tell us why using natural skincare and make-up is important to you

Three most creative entries will win this fantastic prize pack and their names will be announced in **PD** on Tuesday 27th Sep.



DISPENSARY CORNER

NOW that's service!

A South African couple who travelled to New Zealand for the Rugby World Cup, found themselves at a loose end after they mistakenly booked into the Majestic Hotel, in Sussex UK.

Instead of the "splendid pier views" promised on the website, the pair arrived in Eastbourne NZ only to circle around the suburb lost as their GPS tried its hardest to get them to the hotel in England.

Eventually the pair stopped at the town's local pharmacy where they found out there was no hotel in the suburb at all.

The helpful pharmacy assistant, Linda Burke, also discovered the couple's mistake in country, and tried in vain to book them into one of the town's many B&Bs.

Unfortunately due to Rugby World Cup fever there was no room anywhere.

Burke, seeing the couple's plight, then offered them a room at her own house for the night, for which they were greatly appreciative and took her up on.

UNFAIR physical advantage?

Panasonic's Evolta Robot is gearing up to compete against human athletes in the upcoming Ironman Triathlon in Hawaii.

In what must have athletes and sports referees scratching their heads worldwide, the robot will swap bodies three times during the race, the first of which is mounted on a bicycle, followed by one that is strapped into a mouse style running ring allowing it to "run", and then a swimming body replete with fin like arms.

Luckily for the athletes Evolta does not seem to pose a threat, given that the Ironmen will finish the race in one day, and estimates put the robot crossing the line in seven days.