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First time mothers

THE average age for first-time mothers is on the rise, with more and more Australian women choosing to have babies in their 30s and 40s.

The figures, found in the AIHW report *Australia's mothers and babies 2010* found that of all first time mothers in 2010, about 14% were aged 35 or older, compared with 11% in 2001.

According to the report, the average age of all mothers in 2010 was 30 years, compared with 29.2 years in 2001.

In terms of a state breakdown, Victoria and the Australian Capital Territory had the highest average age for first-time mothers (30.7 and 30.9 years respectively) whilst the NT had the lowest average age of 27.9 years.

See www.aihw.gov.au for details.



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The nation looks to Dr Google

ALMOST half of the nation's population use the internet as a means to get healthcare advice.

The statistic comes from the International Bupa Health Pulse Survey, which took into account responses from 14,528 people across 13 countries, including 1,204 Australians.

Looking at worldwide trends, Australia ranked as one of the top

countries for "Dr Google" self-diagnosis, with 42% of Aussie adults admitting to self diagnosis via the internet, compared to other top Googlers China (53%), New Zealand (49%) and the USA (45%).

Meanwhile, it appears that younger Australians are more likely than their older counterparts to trawl through the internet for health advice, with 56% of Aussies aged 18-34 admitting to using online to self diagnose.

Worryingly, only 43% of Australians who use the internet for health advice said that they always check the credibility of the source to make sure it is reputable,

In addition, 29% of those who admitted to being unhealthy, confessed that they used the internet for advice on managing a long-term condition.

Take care with warfarin

NPS is reminding patients on warfarin this Christmas to take care with what they consume, given that changes in food and drink intake can affect how warfarin works, especially vitamin K-rich foods like leafy green vegetables, and alcohol.

"During the holiday season, social events and travelling can mean a change in your usual routine, and this can affect your warfarin.

"Remember that eating a diet containing consistent amounts of vitamin-K containing food helps keep your INR steady," said NPS MedicineWise clinical adviser Dr Andrew Boyden.

"Keep taking your warfarin at the same time every day, and don't skip doses or double dose.

"Since vitamin K is essential to our health you shouldn't exclude foods rich in vitamin K from your diet if you're taking warfarin.

"Instead, you should keep the amount of these foods in your diet consistent - that is, have about the same amount of them each week," he added.

Sun beds banned by 2014

THE Victorian Health Minister, David Davis, has announced a ban on commercial solariums, effective 31 December 2014.

Speaking to Fairfax Radio this week, Davis said "The evidence says that they [sunbeds] harm skin and cause cancer and put lives at risk".

"At the end of the day we need to have a system in Victoria that protects people from cancer and this is an important step in doing that," he added.

Meanwhile, Davis also said that the State is now looking at introducing an import ban on the sale of sun beds.

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Events 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.

19-26 Jan: Medici Capital Pharmacy Study Tour; Val d'Isere, France; see - www.medici.com.au/event/pharmacy-study-tour-2013.

30 Jan: First Aid Level 2 Workshop; Cossar Hall Tutorial Room Faculty of Pharmacy and Pharmaceutical Sciences, VIC; tina.liu@psa.org.au.

22-24 Feb: NSW Guild Convention 'CPD by the Sea' at Novotel Manly Pacific; for details see www.cpdbythesea.com.au.

1-3 Mar: PSA NSW 2013 Annual Therapeutic Update March Weekend; Crowne Plaza, Terrigal NSW; email nsw.branch@psa.org.au.

16 Mar: Think Arthritis and Osteoporosis- A Clinical Update Day; Kolling Institute, Royal North Shore Hospital, St Leonards; 9am-4pm; call 02 9857 3300, or view www.arthritisnsw.org.au.



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Jobs of the Week

- **Pharmacist in Charge** - Coastal, NSW (Job# 2009551)
Relaxed holiday, coastal town, full-time hours with flexible start date.
- **Pharmacist in Charge** - Rural, VIC (Job# 2009512)
Sole pcist, small country town, great opportunity for a new/recent registrant.
- **Pharmacist** - Mid North Coast, QLD (Job# 2009548)
Career opportunity, all levels of experience considered, 2 f/time roles avail.

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New sunscreen modules

INDEPENDENT education and training portal for Australian pharmacy assistants, Pharmacy Club, now sports new training modules for both Invisible Zinc and Hamilton Suncare products. See pharmacyclub.com.au.

AIDS to cure cancer

A PROMISING new treatment currently being trialled at the Children's Hospital of Philadelphia is garnering worldwide attention, after the first patient to undergo the therapy is now in remission.

The clinical trial, CTL019, is a T cell therapy for B cell cancers such as acute lymphoblastic leukemia, B cell non-Hodgkin lymphoma, and the adult disease chronic lymphocytic leukemia.

The trial involves the collection of T cells from patients, which are then reprogrammed in a lab to recognize and attach to a protein that is found only on the surface of B cells.

This process sees the T cells reprogrammed with a disabled form of HIV (due to the virus' aptitude at carrying genetic material into T cells).

After this reengineering, the cells are called chimeric antigen receptor T cells.

From here the cells are put back into the patient where they disperse to find cancerous B cells.

As the reengineered cells multiply in the body, they attach and kill the rapidly dividing cancerous B cells, and remain in the body long after to continue fighting any new cancerous B cells.

The first patient to undergo the therapy, seven-year old Emma Whitehead, underwent the treatment after she suffered two relapses from chemo, and had run out of options.

Seven months after treatment, Emma is in complete remission.

There were however some issues with the "aggressive treatment", including extreme side effects which rendered Emma unconscious and on a ventilator.

This was complication was overcome when doctors used an arthritis drug to combat the side effects.

Thus far nine out of the first 12 patients to trial the treatment have responded favourably.

Australians' incontinence

315,000 Australians are currently living with incontinence, according to the Australian Institute of Health and Welfare (AIHW).

The figure comes from the AIHW's Incontinence in Australia: prevalence, experience and cost report which analysed data from 2009.

According to the report two thirds of people experiencing incontinence are female (66%), whilst about 144,000 people always needed help or supervision with their bladder or bowel control.

"Incontinence affects people's ability to take part in education, employment and social situations," said AIHW spokesperson Brent Diverty.

"In 2009, only one in five people aged 15-64 who always or sometimes needed assistance with bladder or bowel control were working or looking for work.

"This was substantially lower than for those who had difficulty with bladder or bowel control but needed no assistance (42%) and those who had no difficulty at all (57%)," he added.

In terms of carers, the report found that in 2009 there were 72,900 primary carers in 2009 who helped with another person's

incontinence, along with other needs for support and assistance.

"Three quarters of these carers (73%) spent 40 or more hours a week actively caring or supervising, and the toll on their wellbeing was more than for carers whose support and assistance did not include help with incontinence," the report said.

Analysing this extra toll, researchers found that 50% of primary carers helping with managing bladder or bowel control said they had a change in their physical or emotional wellbeing, whilst around 45% reported weariness and lacking energy, and 40% reported worry or depression.

These figures compare with less than a third for each of these factors, for carers whose support and assistance did not include help with managing incontinence.

Meanwhile, the report also found that in 2008-09, health care spending for incontinence was about \$202 million, and that the largest share (\$146 million, or 72%) of this spend went for admitted patient hospital services, whilst the continence Aids Assistant Scheme and out-of-hospital medical services cost \$32m and \$18m respectively.

WIN A DARE TO BE BARE BIKINI READY PACK



This week **Pharmacy Daily** is giving five lucky readers the chance to win Dare to be Bare Bikini Ready Pack by **Andrea Hair Removal**, valued at \$66.80 each.

Time to peel off your winter clothes! A smooth set of legs, underarms and a flawless bikini line are essential for the warmer weather. Get bikini-ready in a flash with Andrea Hair Removal products for use in the comfort and privacy of your own home.

For your chance to win this great prize pack, simply be the first person to send in the correct answer to the question below.

Why would you use a bleach rather than a hard wax?

Email your answer to: comp@pharmacydaily.com.au

Congratulations to yesterday's lucky winner, Tayla Chapman from Health Focus Pharmacy.



DISPENSARY CORNER

NEVER let sickness get you down.

Famous British Admiral, Horatio Nelson, known for his heroics in the Napoleonic wars, suffered for his art, with newly discovered letters penned by the man of war, suggesting he suffered severe seasickness over his entire career.

Writing to Earl of Camden, the Secretary of State for War in 1804, about the Camden's nephew who ditched the navy after suffering seasickness, Nelson said "I am ill every time it blows hard".

"Nothing but my enthusiastic love for my profession keeps me one hour at sea," he added.

The letter has only recently come to light, having been retained by the Camden family for the past 200 years.

Speaking in the wake of the seasickness revelation, naval historians have said that whilst Nelson suffered the condition over his 30 year career, the letter is more of a boast as to his stalwart heart.

"Nelson used his seasickness as a means of expressing his patriotism, duty and sacrifice," said a historian.

"The implication is that while the Earl of Camden's seasick nephew might not have stuck at it, Nelson will suffer on for his country," the historian added.

SHOULD have said no to seconds.

A rotund prisoner has foiled his own escape plot by getting stuck in the hole he carved.

Rafael Valadao was one of four inmates in on the plan, with the first escaping scott free, whilst Rafael, at 102kgs, found himself firmly plugging the hole after trying to follow suit.

After several attempts to free himself, Rafael was forced to concede defeat and call for help.

