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Weekly Comment

Welcome to *Pharmacy Daily's* weekly comment feature.

This week's contributor is **Joanne Lyons** from **Bookmarx Bookkeeping**.



Get me to the BAS on time

THERE are a lot of things to get done in a month in order to get the Business Activity Statement lodged on time.

It is important to have good systems in place for it to all work harmoniously.

It also requires consistency!

You have to keep on top of those weekly tasks. Getting behind in those can cause a real struggle to get on top of them again.

A good idea is a system called 'monthly jobs list' - a monthly list of jobs ranging from the first to the end of the month which can be put in a spreadsheet.

For example by the 8th of the month have previous month's bank statements reconciled, by the 18th all the previous month's invoices entered, by the 20th all creditor statements need to be reconciled.

By keeping yourself on track with these jobs you can get the BAS lodged on time, keep the ATO happy, plus get that nice credit back to help with those end of month bills.

This system gives real peace of mind. The spreadsheet can get coloured in as each job is done.

At the end of each month, simply copy the spreadsheet to a new sheet, change the colours and start again.

Bookmarx is a boutique bookkeeping firm which is passionate about the success of small business in Australia - more at www.bookmarx.com.au.

Medicines top Aussie export

THE Australian medicines industry was the country's most valuable hi-tech exporter in 2011, according to new figures released by the Australian Bureau of Statistics today.

Exports of pharmaceutical and medicinal products were valued at \$3.74 billion - significantly more than exports for the car industry (\$2.54 billion) and the wine industry (\$2.03 billion).

However pharmaceutical exports dropped when compared to 2010, when they were valued at almost \$4 billion for the year.

Medicines Australia ceo Brendan Shaw said the figures showed the industry had held up well in terms of exports, in the face of the challenging global economy.

"These numbers underline the significant contribution Australia's medicines industry continues to make to the economy," he said.

There's also potential to build on

this high-tech export capability, with Shaw saying that 'with revamped policy settings and incentives from Government we could build the Australian medicines industry into one of our key innovative export industries for the future'.

Major export markets for the industry, which employs about 14,000 Australians, include Asia, South Africa, Europe and NZ.

OTC coughs in March

THE Pharmaceutical Society of Australia has lined up Professor Jaffé to speak at at this year's Annual Therapeutic Update - March Weekend in the Blue Mountains, NSW.

Professor Jaffé is a consultant in respiratory medicine and Head of the Respiratory Department at Sydney Children's Hospital, Randwick, and will discuss the safety of OTC cough medicines in relation to children.

Jaffé will elaborate on findings of the Cochrane review of *Over-the-counter (OTC) medications for acute cough in children and adults in ambulatory settings*, which concluded that 'There is no good evidence for or against the effectiveness of OTC medicines in acute cough'.

He will also speak about other therapies used to treat coughs and colds; and will explain what a cough is, what causes it, and what are the signs to suggest that it is not a non specific, post upper respiratory tract infection cough.

Symbion's POTY

SYMBION'S Faulding Probiotic has taken out the 2012 Product of the Year award, in this year's Consumer Survey of Product Innovation.

Voted on by 7,000 Australians the Product of the Year is designed to reward innovation and winning a title allows products to sport a Product of the Year logo.

"Faulding Probiotic has received strong customer support since launching and it's fantastic to have the product recognised with this accolade," said Melanie Bosanko, Product Manager for Symbion Consumer Products.



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Fosamax extension

MERCK has this morning confirmed a change to the PBS listing of Fosamax, which will allow the treatment to be accessed by patients aged 70 or older with a Bone Mineral Density T-score of -2.5 or less and no prior fracture.

The expanded criteria under Authority Required (streamlined) prescriptions, has moved from the previous measure using a BMD T-Score of -3.0 or less, and will "provide reimbursed treatment options to a group of patients with osteoporosis who have previously had to pay on private prescription or wait for the disease to worsen before being eligible for reimbursement," the company said.

Patients with established osteoporosis and a prior fracture from minimal trauma also remain eligible for Fosamax regardless of their age and BMD T-Score.

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Pharmacy winner

CONGRATULATIONS to Eva Goodlich of Yokine Pharmacy, WA, who was the lucky winner of last Friday's *Pharmacy Daily* competition.

Gallipoli Refresher

THE PSA has released details about its post-2012 PSA Offshore Refresher Conference tour to Gallipoli, saying "no trip to Turkey is complete without paying homage to the Australian and New Zealand allied forces, as well as the Turkish troops, who lost their lives at Gallipoli in World War I".

The post-conference tour will be led by Kenan Çelik, who has been a guide to the battlefields of the Gallipoli Peninsula for more than 25 years - for full details visit www.psa.org.au/refresher.

WIN A NUDE BY NATURE PACK



PD has teamed up with **Nude by Nature** this week and is giving

six lucky readers the chance to win a *Summer Lovin'* pack, valued at \$41.85 each!

Each *Summer Lovin'* pack includes: Mineral Bronzer 4g, Natural Tinted Moisturiser 30ml & Half Moon Brush.

For your chance to win, 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** next week.

Aussie decade of dithering

2002-2012 will be known as a "decade of dithering" for the bowel cancer community, according to Julian Wiggins, chief executive of Bowel Cancer Australia.

The comments are part of Bowel Cancers Australia's push to have the National Bowel Cancer Screening Program expanded to include testing every two years for those aged 50 years and over.

At present the program is only available as a one-off test to people turning 50, 55 or 65 years of age between January 2011 and December 2014.

National medical guidelines however recommend screening at least once every two years for those aged 50 years and over.

"We've endured pilots, reviews, research and even months of uncertainty regarding the continuation of the screening program," said Wiggins.

"And the result after 10 years? A piecemeal program, no supporting awareness campaign and a 40 per cent participation rate.

"We know Governments can do better - they have done a great job making available comprehensive screening programs for breast and cervical cancer," he added.

Comparisons of bowel, breast and cervical screening programs show that in 2008 14,225 people were diagnosed with bowel cancer, and

in 2007 4,047 people died from the disease; whilst in 2008 13,680 people were diagnosed with breast cancer and 778 with cervical cancer, whilst in 2007 2,706 people died from breast cancer and 208 died from cervical cancer.

Screening programs for bowel cancer were extended to those aged 50, 55 and 65 years and included a one-off FOB test, whilst breast cancer testing was extended to people aged 40+ and included 2-yearly mammogram, and cervical cancer testing was extended to those aged 18+ and included 2-yearly pap smear tests.

According to Bowel Cancer Australia participation rates for the three saw 40% of the Bowel Cancer target group get tested, 57% of breast cancer target group tested and 61% of the cervical cancer target group tested, whilst national awareness campaigns only extended to breast and cervical cancer.

"Bowel cancer is one of the few preventable cancers, but is still the second biggest cancer killer of Australians claiming 78 lives every week," said Wiggins.

"Screening every one to two years can reduce your risk of dying from bowel cancer by up to 33 per cent. This research alone makes the status quo of the NBCSP unacceptable," he added.

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DISPENSARY CORNER

A SORE mouth can certainly make you desperate.

A woman arrested in the USA for robbing a bank told police she did it because she needed a new set of dentures.

The toothless lady was reportedly captured on CCTV robbing a bank in the town of Waynesburg, Pennsylvania.

"During her confession she stated she wanted to use the money to pay for dentures she was unable to get through welfare until next year," according to a police report.

A GROUP of apes in the Eastern European country of Kazakhstan are likely to end up as alcoholics if the cold weather continues.

A zoo in the remote city of Karagandy, which is currently in the centre of an unprecedented freezing snap, is giving its monkeys red wine to help protect them from respiratory infections.

"After all, primates are just like people," said spokesperson Svetlana Pilyuk.

"Some of them even abuse it, coming up to the drinking trough several times," she said.

Red Communion wine is used, with the addition of chopped fruit, honey, lemon, sugar and hot water to make it more appealing.

Pilyuk emphasised that pregnant monkeys and babies are not allowed to have the drink.

Last Fri the outside temperature in Karagandy was a chilly -33° Celsius.

AND they wonder why obesity is such a problem in America.

More than 20,000 people gathered in the US city of Philadelphia last weekend to watch world eating champ Takeru Kobayashi demolish 337 chicken wings in just 30 minutes.

Kobayashi absolutely smashed the previous record of 255 to claim a \$20,000 cash prize, with last year's winner only managing to gorge himself on 271 wings.

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