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4-hours saves lives

THE new 4-Hour rule for emergency departments (ED), which came into effect nationally on 01 January, may save lives, according to a study published in the *Medical Journal of Australia*.

The policy, says 90% of patients will spend no more than four hours in ED under nationally agreed targets which are being phased in over four years.

Hospitals in WA began their own 4-hour targets in 2009.

As such, the study looked at data from three tertiary hospitals and three secondary hospitals in Perth, for 2007–08 to 2010–11 to assess whether ED overcrowding was reduced after the 4-hour rule in WA, and whether changes in overcrowding saw significant changes in patient mortality rates.

Analysis of the data found that there was no change in mortality from 2007–08 to 2010–11 for the secondary hospitals and from 2007–08 to 2009–10 for the tertiary hospitals.

ED overcrowding however (as measured by an 8-hour access block) at the tertiary hospitals fell from above 40% in July 2009 to around 10% by during the first half of 2011 and presentations increased by 10%, while the mortality rate fell from 1.12% to 0.98% between 2009/10 and 2010/11.

“Monthly mortality rates also decreased significantly in two of the three tertiary hospitals concurrently with decreased access block and an increased proportion of patients admitted in under 4 hours,” the authors said.

No need for further PBS cuts

THE record number of drugs coming off patents in 2012 and the launch of their generic equivalents will drive hundreds of millions of savings to the Pharmaceutical Benefits Scheme this year, eliminating the need for further PBS cuts, according to the Generics Medicines Association (GMIa).

“Australian patients and taxpayers need to make the most of the unprecedented value of medicines coming off patent in 2012 – leading to a windfall of hundreds of millions of dollars in savings to the economy,” GMIa said.

Backing these statements, the Chairman of GMIa, Dr Martin Cross, said Australia should take its lead from the US and UK which both “depend heavily upon the more

cost effective, high quality generic medicines to create savings to the patient and drive savings to the countries’ respective health budgets”.

According to Cross, 78% of all medicines dispensed in the US are generic follow-ons, compared to Australia where only 36% of drugs dispensed are generic follow-ons.

“Every time a consumer chooses a follow-on generic medicine, there are substantial benefits to national savings,” he said.

“We need to ensure the PBS remains sustainable and affordable.

“Supporting the uptake of follow-on generic medicines in Australia provides a three-way win for the patient, the taxpayer and the economy,” he added.

Adding to his argument, Cross said that when the first follow-on generic medicine lists on the PBS there will be an automatic statutory 16% reduction applied to both the follow-on generic medicine and the initial brand.

“This generates an immediate and significant saving to the PBS and government,” he said.

This windfall needs to be better absorbed back into the health budget, according to Cross, who added that if the uptake of generic drugs was boosted, the Government would not need to cut into the PBS in order to get the Budget into surplus.

Terry's student winners

TERRY White Chemists’ has announced the winners of its National Student Achievement Awards for Excellence in Community Pharmacy Management: Damian Scott (University of Tasmania), Mahdi Azalimi (Curtin University), Elaine McGrath (Charles Sturt), Rohit Srivatsa (Monash), Azis Dungerwalla (Qld University), Rebecca Prigg (Griffith), Zeke Steindl (Qld University of Technology), Ashely Crouch (University of WA) and Chelsea Lewis (Sydney Uni).

The awards are designed to reward students who had shown outstanding achievement in the area of community pharmacy.

Blood fat and stroke

HIGH levels of triglycerides (blood fats) are the strongest risk factor for the most common type of stroke in older women, according to new research from the Albert Einstein College of Medicine at Yeshiva University and NYU School of Medicine.

The study, published in *Stroke*, looked at data from 972 post menopausal women who experienced an ischemic stroke and 972 women who had not had a stroke.

Looking at blood samples from the women, researchers found that those in the highest quarter of baseline triglyceride levels were nearly twice as likely to have suffered an ischemic stroke as women in the lowest quarter of triglyceride values.

“It’s important to note, many of the traditional measures of cholesterol that physicians use including total cholesterol and LDL cholesterol were not associated with risk of ischemic stroke,” said lead author of the study, Dr Jeffrey Berger, Assistant Professor of medicine at the NYU School of Medicine.

“Currently, there is a lack of data that lowering triglyceride levels can help reduce the risk.

“We believe future studies of people with elevated triglyceride levels are warranted to show the reduction of ischemic stroke,” he added.

Raven's Rx

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Kalydeco approval

THE US FDA has approved Kalydeco (ivacaftor) for the treatment of a rare form of cystic fibrosis in patients aged 6 years and older who have the specific G551D mutation in the cystic fibrosis Transmembrane Regulator gene.

Cystic fibrosis affects around 30,000 people in the US, and is the most common fatal genetic disease in the Caucasian population.

In patients with the G551D mutation, Kalydeco, a pill taken two times a day with fat-containing food, helps the protein made by the CFTR gene function better and as a result, improves lung function and other aspects of CF such as increasing weight gain.

MEANWHILE the FDA has also granted Gleevec (imatinib) regular approval for use in adult patients following surgical removal of CD117-positive gastrointestinal stromal tumors (GIST).

GIST is a rare form of cancer that originates in cells found in the wall of the GI tract.

"The development of Gleevec over the past decade highlights the need to further study drugs after approval to truly characterise their benefits," said Dr Richard Pazdur, Director of the Office of Hematology and Oncology Products in the FDA's Center for Drug Evaluation and Research.

"Although originally approved in the metastatic disease setting, this subsequent trial has demonstrated that longer use of Gleevec can prolong patient's lives in earlier disease settings," he added.

New Medicare Local body

THE Department of Health has announced that it will establish a new national body for Medicare Locals, the Australian Medicare Local Network (AMLN).

The body was proposed by the Australian General Practice Network (AGPN), the national primary care organisation which will form on 01 July this year, and its governance will be comprised of a skills-based board including clinical and community leaders.

"The Australian Medicare Local

Network will lead the way in assisting the nationwide network of 62 Medicare Locals as they deliver comprehensive primary health care services for local communities," said Health Minister Tanya Plibersek.

The parameters of the AMLN will build and expand on AGPN's current functions supporting divisions of general practice by: supporting each Medicare Local to build strong links with Local Hospital Networks and working with a wider range of general practice, health, social care and aged care stakeholders to strengthen and improve the country's primary health care system to provide better, more accessible front line care for Australians.

The AMLN will also promote and develop Medicare Locals' potential across the country to deliver locally designed primary health care services to meet community needs.

See www.yourhealth.gov.au.

NSW sunbeds banned

NSW has announced a total ban on commercial UV solarium tanning beds, saying there is mounting evidence that the use of sunbeds is associated with an increased risk of melanoma at any age.

"The International Agency for research on Cancer has increased the classification for solarium to 'carcinogenic to humans' and this places solarium in the same category of risk of harm to humans as asbestos," said Environment Minister, Robyn Parker.

"Sadly, Australia has the highest incidence of skin cancer in the world and this ban is long overdue.

"Obviously we can't stop people going out in the sun but this ban will prevent them from being exposed to the harmful UV from tanning units," she added.

The new law will come into effect from 31 December 2014.

Poor periodontal health

RESEARCH published in the *Journal of Periodontology* has linked injectable progesterone contraceptives with poor periodontal health.

The study looked at data from non-pregnant, premenopausal women aged 15-44, and found that those currently taking depotmedroxyprogesterone acetate (DMPA) injectable contraceptive, or who had taken DMPA in the past, were more likely to have indicators of poor periodontal health, including gingivitis and periodontitis, than those who have never had a DMPA.

Interestingly researchers found that current DMPA users were more likely to have gingivitis, while past DMPA users were more likely to have periodontitis.

"Hormones can play a role in woman's periodontal health," said Dr. Pamela McClain, President of the American Academy of Periodontology.

"I would encourage women that use or previously used this form of contraception to maintain excellent oral care," she added.

Expressions of interest sought

This is a rare opportunity to acquire two pharmacies that are both located within one of Australia's premier shopping centres. The main pharmacy, with a medical centre attached, trades at well above the Australian average and the second pharmacy is of significant strategic value.

Both pharmacies will be sold together enabling retention of centre rights to the purchaser.

Both pharmacies are located only 25kms from Melbourne CBD.

To register your interest, please email **Peter Marshall**, Pharmacy Solutions Australia.

e: peterm@pharmacysolutions.com.au

m: 0417 721 203 f: 1300 148 679

w: www.pharmacysolutions.com.au



WIN A NUDE BY NATURE PACK



Pharmacy Daily 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.

No harsh chemicals, animal testing or itchy bismuth. Nude

By Nature is the 100% natural formulations with incredible airbrushed results that are good for even the most sensitive skin!

Summer Lovin' pack offers a summer glow without the damage using a subtle shade of 100% naturally golden minerals.

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

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

Email your entries to: nudebynature@pharmacydaily.com.au

Three most creative entries will win this fantastic prize pack and their names will be announced in *Pharmacy Daily* next week.

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Health, Beauty and New Products

Welcome to our weekly feature with all the latest health, beauty and new products for pharmacy!

Suppliers wanting to promote products in this feature should email advertising@pharmacydaily.com.au.



DISPENSARY CORNER

Get ultra moist lips in an instant

Crabtree & Evelyn's Pomegranate, Argan and Grapeseed Lip Butter is an ultra moisturising formulation which combines the nourishing properties of pomegranate, with the moisturising and soothing qualities of argan and the powerful antioxidant action of grapeseed oil. Overall the smooth formulation works to soothe, re-condition and protect lips.

RRP: \$10.50 (14g)

Stockist: 03 8551 1000

Website: www.crabtree-evelyn.com.au



ATTRACTIVE males.

Researchers from the University of Nottingham have discovered that eating dark coloured fresh produce such as plums and nectarines may have more impact on how attractive a man appears than his masculinity.

The discovery was part of a study into effects on attractiveness of dietary carotenoids, such as those found in red or yellow fruit and vegetables.

"Our results showed that people who eat more fruit and vegetables - especially those yellow and red fruit such as plums and peaches, and green leafy veg like spinach, that contain high levels of red/yellow antioxidants - have a more 'golden' skin tone," said Dr Ian Stephen of the University of Nottingham.

"This tone seemed to have a much better effect on healthy appearance than a suntan," he added.

"Since healthy appearance is a huge part of attractiveness, it seems as though fruit and vegetables can make you more attractive," Stephen concluded.

FACEBOOK depression.

Research from the American Academy of Pediatrics has found the existence of a new phenomenon described as "Facebook Depression".

According to the researchers Facebook Depression is defined as "depression that develops when preteens and teens spend a great deal of time on social media sites, such as Facebook, and then begin to exhibit classic symptoms of depression."

The findings have not been wholly endorsed by the medical community however, with some arguing that if Facebook causes depression, the same could be said for a teen sitting alone in the cafe or restaurant.



Meet Kate Moss' daughter, Lilabelle

Supermodel **Kate Moss** has created her new fragrance **Lilabelle** to reflect her daughter, Lila. The scent features top notes of mandarin, osmanthus flower and dewy freesia; heart notes of white lily, night blooming jasmine and plumeria; and base notes of sandalwood, glowing amber, heliotrope, sensual musk and creamy suede. Lilabelle is described as a pretty, soft and fruity floral which "captures the beauty of youth and femininity". "I created it for both for grown women who want to remain young at heart and teens who want glamour and sophistication," Kate said of her new scent.

RRP: \$30 (30ml) and \$39 (50ml)

Stockist: 1800 812 663

Website: www.katemossparfums.com

Experience edgy elegance

Orly Professional Nail Care's new limited edition collection, **Cool Romance**, features a muted palette of cool metallics and pastel colours, described as a fresh take on the classic, subdued colours often seen in the Autumn months, giving these subtle colours an edgy twist. The range features six lacquers including: You're Blushing (muted lilac crème), Prelude to a Kiss (pastel pink crème), Jealous, Much? (pastel mint), Faint of Heart (soft grey crème), Steel your Heart (charcoal shimmer) and Artificial Sweetener (dusty rose shimmer). The collection will be available from April 2012.

RRP: \$18.95 each (18ml)

Stockist: 1300 769 355

Website: www.orybeauty.com.au



Synergise your look with Dr LeWinn

Dr. LeWinn's Synergise Tinted Moisturiser SPF 30+ is a light formula that provides sheer coverage for radiant looking skin. The product is formulated using green tea extract to provide a dose of antioxidants and to nourish the skin. Other key ingredients include hyaluronic acid which acts as a moisture magnet to increase moisture levels in the skin, as well as regu age which is known for its ability to reduce puffiness and dark circles, and swiss apple stem cells which, according to Dr Lewinn's, work in synergy with skin cells to protect and regenerate them. The moisturiser is light-weight and non-greasy, and has a matte finish which can be worn alone or under make-up.

RRP: \$39.95 (50ml)

Stockist: 1800 630 056

Website: www.drlewinns.com.au