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“The most practical, demystifying course I have been to” - Megan Kelly, Kiama



PD competition winner

CONGRATULATIONS to the winner of last Friday's Olive Leaf competition Chris Braithwaite from the University of South Australia.

Pharmacy Daily today

TODAY'S *Pharmacy Daily* features two pages of news, plus a full page on Prospan.

The cough medicine requires half the dose of most other cough syrups, and can be used in under two's (with pharmacist's advice).

For more details, see **page 3**.

Nominate Excellence

THE Pharmaceutical Society of Australia has opened nominations for its Awards for Excellence, including the PSA's Pharmacist of the Year, Young Pharmacist of the Year and Lifetime Achievement Awards.

The award winners will be announced at PAC12 and nominations close on 30 August. See www.psa.org.au.

Cough and cold changes

NEW labelling for cough and cold medicines will soon appear in pharmacies nationwide, according to the Australian Self Medication Industry (ASMI).

The changes are the result of a Therapeutic Goods Administration review undertaken in April 2009 which looked at the active ingredients used in children's cough and cold medicines.

The review looked at antitussives for acute cough in children (dextromethorphan, codeine, pholcodine and dihydrocodine); expectorants for acute cough in children; antihistamine monotherapy for the common cold and acute cough in children; antihistamine-decongestant combinations for the common cold and acute cough in children; and nasal decongestants for the common cold.

The review found that because there is strong demand for these medicines for children, this is sometimes interpreted as evidence

for efficacy.

“The reviewers do not agree with this interpretation, but there is no evidence to refute or support this idea”, the review said.

As a result of the review's findings the TGA declared that “In light of the current lack of evidence of efficacy and the historical profile of adverse drug reactions (ADRs) in Australia and overseas, it is likely that the risks associated with the use of cough and cold preparations in children outweigh the likely benefits for children below the age of 6 years”.

The TGA also found that “there is currently a lack of evidence of efficacy for cough and cold medicines in children aged 6 to 12 years of age and the historical profile of ADRs indicates that there are potential risks involved in use of these medicines in that age group also”.

As a result, the TGA now requires that cough and cold products transition their labelling to indicate that: the products are not to be used for children under six years of age; and that for children between six and 12 years of age, the advice of a pharmacist or doctor should initially be sought before giving the products.

The new labels, according to ASMI, will no longer contain instructions for children under 6 years of age, and may now carry instructions to only use the product for children between the ages of 6 and 12 on the advice of a doctor or pharmacist.

“It is worth remembering that there has been no change in the products themselves, no change to where you can buy them and no change to the adult dosing,” said ASMI Regulatory and Scientific Affairs Director, Steve Scarff.

“In the absence of modern efficacy data, the TGA took a precautionary approach and decided to limit the age groups for which there would be labelled dosing instructions,” he added.

Meanwhile, in terms of stock, pharmacists can continue to sell their existing stock, as there is no time restriction as to when it has to be run off shelves.

WIN AN AL'CHEMY PRIZE PACK



This week *Pharmacy Daily* is giving 5 lucky readers the chance to win the full hair care regime from Al'chemy, valued at \$50 each.

Each prize pack includes the Al'chemy Ylang Ylang Shampoo, the Al'chemy Macadamia & Wheat Conditioner and the Al'chemy Laven-der & Anthyllis 24 Hour Intensive Moisture Leave-In Conditioner.

Each gentle formulation in the Al'chemy hair care range combines natural botanical ingredients that have been specially selected for purity and effect, giving all skin types, including those with sensitive skin and scalps the care they need with positively radiant, healthy results.

To learn more about Al'chemy, visit www.purist.com or join the conversation at www.facebook.com/alchemybypurist.

For your chance to win the full hair care regime from Al'chemy, simply be the first person to send in the correct answer to the question below.

What are Al'chemy products free from?

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

Congratulations to yesterday's lucky winner, Brenda Tischendorf from Griffith University.

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.

14 Jul: Half Day Course, Financial Management for Pharmacists, Brisbane, cpd.training@qldguild.org.au.

24 Jul: Guild Business Bites: Retail Management - Product and Pricing, 6.30pm-8.30pm, St Leonards, NSW guild.clinical@nsw.guild.org.au.

03-06 Aug: Australian College of Pharmacy Annual Conference, Hilton Hotel Brisbane - for details phone 02 6163 6700.

07 Aug: Guild Business MasterClass: Retail Solutions for Pharmacy, 9am-4.30pm, St Leonards, NSW guild.clinical@nsw.guild.org.au.

07 Aug: First Aid Certificate, 9am-3pm, Cammeray, NSW beryl.park@psa.org.au.

11-15 Aug: Medici Capital Pharmacy Snow Business 2012, Mt Buller Vic - details at www.medic.com.au.

29-31 Aug: The Pharmacy Management Conference; Palmer Resort Coolool, Sunshine Coast, Qld; pharmacyconference.com.au.

02-06 Oct: Pharmacy Guild of Australia Offshore Conference 2012, Waikiki, Hawaii - pgahawaii2012@arinex.com.au.

19-21 Oct: PSA Pharmacy Australia Congress, Melbourne Convention Exhibition Centre - www.psa.org.au/pac.

01-04 Nov: SHPA 38th annual conference - Medicines Management 2012, Canberra - mm2012shpa.com.



DISPENSARY CORNER

Lifestyle conference

THE Australian Lifestyle Medicine Association's 4th annual Lifestyle Medicine Conference will take place between 2-4 November in Freshwater, Sydney.

Titled Healthy Ageing: for the individual and the world we live in, the conference will explore topics including sleep and lifestyle.

See www.lifestylemedicine.com.au.

Palmer's goes Pink

THIS October Palmer's has committed to getting 'Pinked' for National Breast Cancer Awareness Month.

The initiative marks the sixth year the Australian beauty brand has backed The National Breast Cancer Foundation's Breast Cancer Awareness Month's aim of ensuring no more deaths from breast cancer by 2030.

As such, in October 30 cents from every Palmer's Pink Ribbon Bottle sold will go directly to the cause.

For more details visit www.palmersaustralia.com.

Postnatal depression in Oz

ONE in five mothers of children aged 0-24 months suffer from depression, according to a new report from the Australian Institute of Health and Welfare.

The research looked at 29,000 mothers or carers of children aged 0-24 months and found that more than half of mothers with diagnosed depression suffered from perinatal depression (depression that is diagnosed from pregnancy until the child's first birthday).

According to the report, this represents an estimated 111,000 mothers being diagnosed with depression, and of these 56,000 with perinatal depression.

In addition, of all the cases of diagnosed depression, just over one in five were diagnosed for the first time during the perinatal period of the infant selected for the survey.

The report also found that eight in 10 women suffering from postnatal depression received treatment, whilst the majority of

mothers suffering from perinatal depression sought treatment from their general practitioner and support from family and friends.

Developed in consultation with BeyondBlue and a range of experts, the survey revealed that perinatal depression was higher among mothers who were aged under 25, unemployed, smokers, from low income households, from more disadvantaged areas, and born in Australia in English speaking households.

Responding to the report the Minister for Mental Health and Ageing, Mark Butler, said "One of the key challenges for tackling perinatal depression as a government is the lack of consistent data across the States and Territories".

"Data collected in this survey will provide important baseline information on screening and treatment as well as better targeting of the National Perinatal Depression Initiative," he added.

DON'T do this at home, or anywhere.

A Russian base-jumper has learned the hard way that the risks involved in his thrill seeking hobby often outweigh the rewards.

The base jumper was filmed nervously making his way to the edge of a 120-metre metal structure, and working up the courage to plunge off its edge.

Unfortunately for the thrill-seeker, the short film also captured the moment when his parachute failed to open, and he landed with a loud thud onto the ground below.

Fortunately for the man, the ground happened to be covered in thick soft snow which cushioned the impact and saved his life.

He did not get away scot-free however, and suffered broken bones, which healed over three months.

July MIMS Monthly Medicine Update

NEW PRODUCTS

Azilect (**rasagiline mesilate**) is a potent, irreversible monoamine oxidase type B (MAO-B) selective inhibitor. The precise mechanisms of action of rasagiline are unknown. One mechanism is believed to be related to its MAO-B inhibitory activity, which causes an increase in extracellular levels of dopamine in the striatum. The elevated dopamine level and subsequent increased dopaminergic activity are likely to mediate rasagiline's beneficial effects seen in models of dopaminergic motor dysfunction. Azilect is indicated for the symptomatic treatment of idiopathic Parkinson's disease as monotherapy (without concomitant levodopa/decarboxylase inhibitor therapy) or as adjunct therapy (with concomitant levodopa/decarboxylase inhibitor therapy). Azilect is contraindicated in

hepatic impairment; concomitant use with MAOIs, pethidine (including 14 days after rasagiline discontinuation), tramadol, tapentadol, methadone, dextropropoxyphene, dextromethorphan, St John's wort and potent CYP1A2 inhibitors (e.g. ciprofloxacin). Azilect is available as 1 mg tablets in a blister pack of 30.

NEW INDICATIONS

Botox (**botulinum toxin type A**) purified neurotoxin complex injection is now indicated for treatment of urinary incontinence due to neurogenic detrusor overactivity resulting from a defined neurological illness (such as spinal cord injury or multiple sclerosis) and not controlled adequately by anticholinergic agents. This does not include idiopathic overactive bladder.

NEW CONTRAINDICATIONS

Caduet (**combination of atorvastatin and amlodipine**) is now contraindicated with the concomitant use of fusidic acid.

Slow K (**potassium chloride**) and Duro K (**potassium chloride**)

are now contraindicated in all forms of hyperkalaemia, including hyporeninaemic hypoadosteronism, and in hyperkalaemic periodic paralysis (an inherited autosomal dominant disorder affecting sodium channels in muscle cells and the ability to regulate potassium levels in the blood). Slow-K and Duro-K are also contraindicated in patients in whom there is cause for arrest or delay in tablet passage through the gastrointestinal tract, such as partial or complete oesophageal obstruction (e.g. by oesophageal, postcricoid

or thyroidal carcinomas, aortic aneurysm, left-atrial enlargement, inflammatory stricture due to reflux oesophagitis, oesophageal displacement due to cardiac surgery), stenosis or atony in any part of the gastrointestinal tract.

NEW PRESENTATIONS

Xyntha (**moroctocog alfa (rch)**) (**recombinant coagulation factor VIII**) is now also available in a prefilled dual chamber syringe containing 250 IU, 500 IU, 1000 IU, 2000 IU or 3000 IU of Xyntha lyophilised powder in one chamber and 4 mL sodium chloride solution (9 mg/mL) for reconstitution in the second chamber. Each prefilled dual chamber syringe is supplied with a vented cap that is attached to the tip of the syringe prior to reconstitution, a plunger rod, 2 alcohol swabs, a sterile infusion set, sticking plaster and gauze.

SAFETY RELATED CHANGES

Ritonavir, phenytoin, carbamazepine and phenobarbitone may have the potential to reduce plasma concentrations of the active metabolite of Zentel (**albendazole**). The clinical relevance of this is unknown, but may result in decreased efficacy, especially in the treatment of systemic helminth infections. Patients should be monitored for efficacy and may require alternative dose regimens or therapies.

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.

Why Recommend Prospan for Chesty Coughs?



- Prospan has a dual action.
- No known interactions with other medicines.
- Great value: half the dose of most other cough syrups.
- Tastes great!
- Can be used in under 2s (with pharmacist's advice).
- Active ingredient (hedera helix) has over 20 published clinical studies in children & adults.
- Comprehensive training (in-store or CD).
- Available in 20ml Infant Drops, 100ml & 200ml Expectorant.

Last year over 32 million bottles of Prospan were sold around the world!

	20ml	100ml	200ml
API	336688	249386	292982
Sigma	016501	801423	860825
Symbion	494119	137219	455199



For Prospan Deals, contact your BioRevive Territory Manager, or call head office on (03) 8416 0399