

## Today in Pharmacy

### TODAY'S Pharmacy Daily

features two pages of news, plus a health and beauty page, and a full page from Busby Natural Oils detailing discounts of up to 20% off, see p4 for details.

## TGA Process Review

**THE** TGA has launched a process review regarding minor variations to prescription medicines for sponsors.

The review applies to changes to an entry of a prescription medicine in the ARTG of the following kinds: corrections to the entry, safety-related changes, 'self-assessable' quality-related changes and Category 3 quality-related changes.

The scope of the review includes: the existing processes that the sponsor undertakes (such as the forms to be filled in), and the existing processes that the TGA undertakes.

Extensive consultation with industry about the proposed changes is planned in August and September, and full details of the proposed changes will be made available closer to the consultation period.

## Assistance with job hunting

**PHARMACY** employees now have a new tool for recruiting pharmacy assistants, following this week's launch of the Pharmacy Assistants Link.

The brainchild of Pharmacy Link Australia, the Pharmacy Assistants Link facilitates the hire of pharmacy assistants by Australian pharmacies.

"Many employers across Australia have been in contact with me, asking if we have pharmacy assistants on our books," said pharmacist and Managing Director of Pharmacy Links Australia, Georgia Bolden-Strestik.

"It has made me realise that there are many employers out there who are short-staffed and don't know where to turn next."

"Our process is simple yet effective," she added, saying that employers simply need to contact Pharmacy Assistants Link with a position to fill, and from there the organisation will identify the pharmacy's needs and provide a short list of assistant applicants from its database.

"This service eliminates the

**How to build the financial strength of your pharmacy in the face of PBS price disclosure.**

**Independent Pharmacy Briefing June 2012**

Melb: 5th Perth: 6th Syd (5th): 12th  
Syd (Nth): 13th Bris: 14th



PHARMACY ALLIANCE



## Perjeta approval

**THE** US Food and Drug Administration today approved Perjeta (pertuzumab), a new anti-HER2 therapy, to treat patients with HER2-positive late-stage (metastatic) breast cancer.

## Pharmacy for Sale

### North Coast NSW (#1521)

- Life Style Pharmacy
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\*\*\*\*\*

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## Sleep and stroke

**A NEW** three-year study of 5,666 adults has concluded that people who sleep less than six hours a night are 4 times more likely to have a stroke than those who sleep longer.

"People know how important diet and exercise are in preventing strokes," said lead author, Megan Ruitter from the University of Alabama.

"The public is less aware of the impact of insufficient amounts of sleep.

"Sleep is important, the body is stressed when it doesn't get the right amount," she added.

Interestingly patients involved in the study had no history of stroke or sleep apnea, and the study found that participants with healthy weight but who slept less than 6 hours a night were at about 4.5 times greater risk of developing stroke symptoms, compared to those that slept for 7-8 hours.

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## PermaDerm orphan

THE US Food and Drug Authority has granted Orphan Status approval for PermaDerm, the only tissue-engineered skin prepared from autologous (patient's own) skin cells consisting of both epidermal and dermal layers, that is indicated for catastrophic burn patients.

## Diabetics are missing out?

PHARMACISTS should ensure that their diabetic patients are signed up to the National Diabetes Services Scheme (NDSS), according to the Australian Diabetes Council.

### Growing bones

THE future of bone injury and disease treatment could lie in stem cells harvested from fat, according to a new study published in *Stem Cells Translational Medicine*.

The study looked at the possibility of using bone grafts from purified stem cells originating from fat, and found that this method could lead to a more efficient way to regenerate bone and end painful operations needed to collect a patient's own bone for grafting.

During their research, the authors were able to demonstrate the potential of a population of stem cells found in human fat to generate bone, and also identified a new factor to stimulate bone growth.

The perivascular stem cells (that surround blood vessels) used in the research were a purified byproduct of liposuction, and were found to form significantly more bone than other fat cells, and researchers also found that they were plentiful in the body, so they could be harvested from even those with very minimal body fat.

"The possibility of using this method in the future to heal bone defects would be a breakthrough for patients," said Dr Anthony Atala, Director of the Wake Forest Institute for Regenerative Medicine.

The call follows the release of data which showed that at present, around 90,000 Australians living with diabetes are missing out on additional support and discounted products and services because they haven't registered for the NDSS – a free government funded service for all Australians with diabetes, including gestational diabetes.

"Free registration on the NDSS gives Australians with diabetes access to subsidised products and services through their pharmacist or diabetes centre, so you can really make a difference to your patients by giving them the form or helping them to register," said Nicola Stokes, CEO, Australian Diabetes Council.

"Australian Diabetes Council, and the different diabetes organisations in each state and territory, provide diabetes support programs and NDSS products and services for all people impacted by diabetes.

"We're here to help and don't want people to miss out!" she added.

According to the Diabetes Council, registration is simple and only requires people with diabetes, or their carers, to fill in a form from their pharmacy, Diabetes Centre or health clinic and have it signed by their GP or a Credentialed Diabetes Educator and return the form to the pharmacy/Diabetes Centre/health centre.

The registration form can also be obtained at [www.ndss.com.au](http://www.ndss.com.au).

For more information about diabetes or the NDSS phone 1300 342 238.

## Aussie weight gain

A NEW study from Bupa has found that adults in families are far more likely to be classified as overweight or obese than young couples or young singles.

The Bupa Family Health Survey looked at 1188 (526 male and 662 female) adults who were young singles, young couples, or in young or older families, across Australia, and found that 61% of surveyed parents under 40 years were overweight based on their Body Mass Index (BMI).

Comparatively 40% of couples without kids and 45% of young singles were found to be overweight.

"Family life can be go, go, go, and we know sometimes parents' health can suffer due to a busy household," said Bupa Chief Medical Officer, Dr Paul Bates.

"While this can have serious implications for the parent, it's also easy to forget that kids are picking up on mum and dads' behaviours along the way.

"It's concerning that many young parents have reached such an unhealthy outcome at such an early age.

"In order for kids to learn the behaviours they need to live a healthy lifestyle early, parents need to show them how it's done," Bates added.

Interestingly, the survey found that fathers with young children had the highest figures of obesity, with three quarters in the overweight or obese categories, and more than a third of this group in denial about their actual weight classification.

## Win an Australis Mascara All Sorts Prize!



This week PD has teamed up with Australis and is giving four lucky

readers the chance to win an Ultimate Australis Mascara All Sorts Prize.

Some like them thick, some prefer them groomed. Some flirt their curves, others stretch their luck. Some just need some TLC. Lashes come in ALL SORTS, That's why we've got a mascara for you. Australis Mascara comes in 7 different styles for every sort of lash.

For your chance to win, simply be the first person to send in the correct answer to the question below to:

[comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)

## Does Australis have a Facebook page?

Hint! Visit [www.australiscosmetics.com.au](http://www.australiscosmetics.com.au)

Congratulations to yesterday's lucky winner, John Huy Le from Priceline Pharmacy Roselands.

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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](mailto:advertising@pharmacydaily.com.au).



### Get into the Vocal Zone

**Vocal Zone Throat Lozenges** are designed to help users keep a clear voice, and to relieve sore, irritated or dry throats caused by excessive singing, speaking, smoking or the common cold. Developed 100 years ago for the famous Italian opera tenor Enrico Caruso, by renowned Ear, Nose & Throat Surgeon Dr William Lloyd, the lozenges are perfect for singers, actors and voice professionals. The lozenges contain menthol, peppermint oil and myrrh and are said to be used by singers including Robbie Williams, Bette Midler and Tom Jones.

RRP: \$8.95 (pack of 24 lozenges)

Stockist: 1800 653 373

Website: [www.vocalzone.com.au](http://www.vocalzone.com.au)

### Push your scent boundaries

**Paco Rabanne's new Black XS L'Excès** fragrance duo is inspired by the rock world and is described as "pushing all sorts of boundaries". **Black XS L'Excès for men** is a woody aromatic, and features top notes of Calabrian lemon and lavender, with heart notes of an ozonic accord and cypriol, based with amber wood and patchouli. **Black XS L'Excès for women** is an oriental floral which features top notes of neroli and black pepper, heart notes of jasmine and rose absolute, with a base of cashmere wood and black vanilla.

RRP: \$130 (100ml for men), \$150 (80ml for women)

Stockist: 02 9663 4277

Website: [www.be-a-rockstar.com/uk](http://www.be-a-rockstar.com/uk)



### Winter comfort without weight gain

**IsoWhey's Hot Chocolate** is a tasty hot chocolate beverage, which not only tastes good but also boasts just 21 calories per serve. The hot chocolate powder also features four key ingredients which are said to aid relaxation and fuel the metabolism: Lacticum (a biopeptide derived from milk protein that aids in calming and relaxation), cocoa (rich in antioxidants), green tea (antioxidants), and chilli (to fuel metabolism). Speaking about the product, IsoWhey brand ambassador, accredited nutritionist, chef and author, Zoe Bingley-Pullin said "stress-related weight gain can result from emotional eating, so when a craving for high-carb, sugary foods does hit, a low-calorie hot chocolate is the ideal alternative".

RRP: \$24.35

Stockist: 1300 IsoWhey (1300 476 6943)

Website: [www.isowhey.com.au](http://www.isowhey.com.au)

### Find relief with a soothing bath

**Pure Therapy Soothing Bath Milk** is designed to calm and hydrate dry, sensitive skin and skin prone to eczema, psoriasis and contact dermatitis. The product uses Therapure Hydrate Technology to hydrate and help support the skin lipids to minimise water loss from the skin, as well as Vitamin B, pro-Vitamin B5 and 2% colloidal oatmeal to soothe and restore dry, red, itchy skin. The bath milk is non-irritating and dermatologist tested and helps to provide 24 hour moisture protection. As an added bonus, the bath milk is soap, fragrance and colour free, and is Australian formulated, made and owned.

RRP: \$18.95

Stockist: 1800 631 283

Website: [www.puretherapy.purist.com](http://www.puretherapy.purist.com)



## DISPENSARY CORNER

### MEDICAL accident.

A professor from the Luozhou Medical School in China's Huan province caused a scare when he flipped his truck and 16 dead bodies tumbled onto the road.

Police who responded to the accident sealed off the road thinking that they had a serial killer on their hands.

Despite the initial reaction, police soon discovered that rather than a mass murderer, the professor was transporting the bodies, purchased by the medical school, for use in his class.

### THE real world?

An online game lover may need a good dose of Vitamin D and some outdoor activities after admitting that he has spent the last 10 years playing the computer game Civilisation where he created his own world.

Known online as Lycerius, the game fanatic has said that his "virtual world" is now approaching 4000AD and is a "hellish nightmare of suffering and devastation" ruled by three superpowers which each compete for the scant resources left in his world.

"Roughly 90% of the world's population has died either from nuclear annihilation or famine caused by the global warming that has left absolutely zero arable land to farm," he said, adding that the three superpowers: the Celts, the Vikings and the Americans have been at war in his world for around 1700 years.

"I was forced to do away with democracy roughly a thousand years ago because it was endangering my empire," he said.

"But of course the people hate me now and every few years since then, there are massive guerrilla uprisings in the heart of my empire that I have to deal with which saps resources from the war effort," he added.

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12x 10mL units	\$3.61	<b>\$2.89</b>	\$4.95	<b>56%</b>	
<b>Total Purchase Price</b>		<b>\$155.20</b>			

**\*Deal One also includes 100mL Tester for Consumers and Staff Samples\***

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