



## Group mentality

**GROUP** behaviour changes can improve individual health, according to the results of the US YMCA Diabetes Prevention Program.

The Program is a 12-month group based activity which consists of 16 core sessions, followed by monthly maintenance sessions led by a trained lifestyle coach who facilitates a small group of people with similar goals.

The program is delivered in a classroom setting by trained lifestyle coaches and provides a supportive environment where small groups work together to learn how healthier eating and increased physical activity can help reduce their risk of developing type 2 diabetes.

According to the YMCA's latest research, more than 4,000 Americans enrolled in the program since 2010, one third of which have completed the full 12 mth program.

Participants lost an average of 4.8% of their body weight, whilst hundreds of individuals were found to have dropped an average of 7% of their body weight.

"The Y is on the leading edge of how healthcare services will be delivered in the future," said Jonathan Lever, VP for health strategy and innovation for Y-USA.

"The Y's footprint in communities and the portability of the YMCA's Diabetes Prevention Program means we can reach many of the 79 million individuals currently estimated to have prediabetes and help reverse the rise of chronic disease rates that are causing health care costs to increase," Lever added.

## Screening saves Australians

**NEW** Australian research has provided the first concrete evidence that early detection from bowel cancer screening corresponds with improved prognosis for the disease.

"Our research reveals that cancers detected in people who are screened as part of an organised screening program (namely Australia's National Bowel Cancer Screening Program) will be detected earlier than those identified due to other reasons, such as symptoms or

family history," said Professor of Global Gastrointestinal Health at Flinders University, Graeme Young, who led the research project.

"Bowel cancers detected at an early stage are highly curable, reducing the chance of death from the disease," he added.

The aim of Dr Young's research was to see whether bowel cancer detected through the National Bowel Cancer Screening Program (NBCSP) is found at an earlier stage than bowel cancer detected by other pathways (such as symptoms or a family history), and to determine if there is a link between the different stages of bowel cancer and patient age, gender, socioeconomic status and location.

The study looked at all people diagnosed with bowel cancer in SA who were aged 55-75, and diagnosed between 2003 - 2008 and compared the figures with the NBCSP register to see if people diagnosed with bowel cancer had been invited to be screened with FIT, and if their diagnosis was made within one year after their screening invitation.

According to the results, a total of 3,481 cases of bowel cancer were diagnosed; 221 of these cases were diagnosed within one year of people being invited to be screened by the NBCSP, whilst 3,206 cases of bowel cancer were detected in other ways.

Of those 221 cases detected after the NBCSP invite the study found that they were twice as likely to be diagnosed with Stage A bowel cancer, compared to cases diagnosed in other ways (34.8% versus 19.2%).

The people with cancer detected by NBCSP were also half as likely to be diagnosed with stage D bowel cancer when compared to cases diagnosed in other ways (5.4% versus 12.4%).

In addition the study found that people who returned a positive FIT test were less likely to be diagnosed with stage D cancer (2.6% versus 12.4%).

The study also found age, gender, socioeconomic status and location had no effect on the stage of cancer diagnosed by NBCSP.

## Heart supplements

**RESEARCHERS** from Linköping University and Karolinska University Hospital have found that combining selenium with coenzyme Q10 may cut the risk of developing cardiovascular disease in half.

Published in the *International Journal of Cardiology* the study looked at 443 Swedish men and women aged 70-88 years, some of whom were taking the supplements in combination, and others who were on a placebo.

The five-year prospective, randomised, double-blind placebo-controlled study found that those who took the combination had less than half the cardiovascular deaths compared to those who took identical placebo pills.

In addition those on the supplement combo also had better heart function, as gauged using echocardiography, whilst the supplement group also had lower levels of NT-proBNP.

## High Tech Health becomes Actegy Health.

The new Actegy name was chosen for its uniqueness as well as suggested benefits of keeping "Active" and bringing "Energy".

All that has changed is the company name and email addresses. All phone numbers, fax number, accounts, payment details, ABN details stay the same. There has been no change to ownership, management or staff. It's business as usual.

REVITIVE  
Circulation Booster®

Ultralieve PRO  
Ultrasound Therapy

actegy™  
health

## Pharmacists prescribing

**PHARMACISTS** in Canterbury, New Zealand, are now able to prescribe and dispense Nicotine Replacement Therapy (NRT).

Pharmacists who wish to prescribe the therapy, must undertake an e-learning module developed by the Ministry of Health.

So far 364 pharmacists have completed the module, with 82 out of Canterbury's 108 pharmacies having registered to provide Quitcards and NRT.

## Generic Delsym

**THE** US Food and Drug Authority has granted marketing approval to Tris Pharma for its dextromethorphan polistirex extended-release oral suspension, the generic of Reckitt Benckiser's Delsym suspension- for the treatment of cough due to minor throat and bronchial irritation.

## Chilling results

**REDUCING** the whole body temperature of brain injured newborns during the hours after birth significantly lowers the risk of death and disability, according to a new study published in the *New England Journal of Medicine*.

The study looked at how the use of whole-body hypothermia technique at birth protected oxygen-deprived newborns from death and mental disability during first 6-7 years of life.

The initial study, published when the infants were 18 months of age, found that reducing the cooling process was successful in significantly lowering the risk of death and physical and mental disability by more than 15% among the cooled newborns.

The current study looked at that protection during the first 6-7 years of life, and found that it continued without any significant fall-off.

"I don't think there's any doubt that these findings will have a significant impact on the medical treatment of newborns who experience oxygen deprivation at birth," said study author, Dr Seetha Shankaran, Professor of Pediatrics for the DMC Children's Hospital of Michigan.



### Travel Specials

**WELCOME** to *Pharmacy Daily's* travel feature. Each week we highlight a couple of great travel deals for the pharmacy industry, brought to you by **Dettol**.

*Mission for Health*

### GERM HUB TRAVEL TIP:

When travelling, sanitise your hands with Dettol Healthy Touch Instant Hand Sanitiser after touching germ 'hotspots', such as bathrooms and door handles.



[www.germhub.com.au](http://www.germhub.com.au)

**GECKO'S** has reduced the rate of five of its African tours by 30%.

The tours on sale include a 10-day Backroads of Botswana (now priced from \$1,012pp); a 21-day Botswana & Zimbabwe Adventure (now \$2,146pp); a 15-day East Africa Safari (now \$1,796pp); a 15-day Masai Mara and Mountain Gorillas (now \$2,447pp); and a 22-day Complete East Africa (now \$3,580pp).

For details see

[www.geckosadventures.com](http://www.geckosadventures.com).

**MERCURE** Capricorn Resort Yeppoon, on the Queensland Coast, has launched a 'Winter Escape' package priced from \$149 per room per night.

The package includes accommodation in a Superior Room for two adults and up to two children, plus a full buffet breakfast for two adults and Kids Eat Free for Breakfast arrangement for children aged 0-16 years.

See [www.accorhotels.com](http://www.accorhotels.com).

**PERISHER** Valley Hotel is offering a Bed and Breakfast special, for minimum two-night stays, priced from \$299 per room per night.

The deal includes full hot breakfast and accommodation for up to two adults, and cannot be combined with other offers.

See [www.perisher.com.au](http://www.perisher.com.au).

## PSA President in new Senate

**PROFESSOR** Gabrielle Cooper, the President of the Pharmaceutical Society of Australia's ACT Branch has been appointed to the Local Lead Clinicians Group - otherwise known as the ACT Clinical Senate.

The newly formed Senate is designed to be a forum for health experts and consumers to share knowledge and discuss strategic clinical issues, as well as to make recommendations to improve health outcomes of ACT residents.

The Senate will report to the Director-General of the ACT Government Health Directorate as well as to the Chair of the ACT Medicare Local, who will consider and respond formally to the Senate's recommendations.

"It's a great honour to be a member of the Senate which will provide advice on a wide range of areas including clinical service planning and reform, models of

care and service delivery," said Professor Cooper.

"I will be able to provide valuable input on the role of pharmacists and how they can improve patient care through their full integration in the provision of services to patients across all settings of care.

"Further, our work will look at major clinical strategic areas including the development and implementation of strategies to implement national and territory clinical guidelines and standards," she added.

The key issues that the Senate will look to focus on, according to Cooper, will revolve around appropriate strategies to improve the safety, quality, efficiency and sustainability of clinical services and prevention strategies.

"The ACT Clinical Senate is an important step in the development of a fully collaborative health-care system in the ACT," she said.

## WIN A PURE THERAPY PRIZE PACK



This week **Pharmacy Daily** has teamed up with **Purist** and is giving five lucky readers the chance to win a Pure Therapy prize pack (pictured to the left), valued at \$87.75.

Pure Therapy by Purist®, the range formulated

for severely dry and sensitive skin prone to Eczema, Psoriasis and Dermatitis has expanded to offer a number of facial skin care products as well as an extension to its existing body and hair care range. The new products are now available in pharmacies and health food stores nationally. Selected winners will receive the latest products from the Pure Therapy by Purist range.

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

**Which products are new to the Pure Therapy range?**

Email your answer to: [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)

Congratulations to yesterday's lucky winner, **Nicholas Adams** from **Coral Coast Pharmacies**.

## DISPENSARY CORNER

**FISH** lives in lung.

A living fish has been surgically removed from a 12-year old boy's lung, after he swallowed it whilst playing in a river.

The 9cm fish, according to reports, slipped down "the wrong way" and entered the boy's lung in a river in India's Madhya Pradesh district.

"The fish was live when the bronchoscopy was done, restricting the functioning of both the lungs resulting in low intake of oxygen," said Dr Pramod Jhavar who performed the 45 minute fish removal.

**ANIMAL** intelligence.

A rotund hamster is gaining a firm fan base worldwide for its dramatic flair, playing dead on cue.

Posted on YouTube, the hamster's trick sees his owner point a fake finger gun at the thespian before pulling the trigger and saying bang, to which the hamster responds by falling back against the wall, slowly closing his eyes, and then dramatically lolling onto his side.

Captioned "No hamsters were hurt in the making of this film", the clip has clocked hundreds of thousands of views since its release.

**THE** taste of sorrow.

Collectors of the bizarre will be excited to learn of a new product release, salt created from human tears.

The salts are being sold in London's Hoxton Street Monster Supplies and are classed into the categories from which the tears were created, Anger, Chopping Onions, Sneezing, Laughter and Sorrow.

"Salt Made From Tears combines centuries-old craft with the freshest human tears which are gently boiled, released into shallow crystallisation tanks, then harvested by hand and finally rinsed in brine," said a spokesperson from the store.