

Rego reminder

THE Pharmacy Board is once again reminding pharmacists that registration deadline is 30 Nov.

Ego's new distribution

HOME grown Australian skin-care manufacturer, Ego Pharmaceuticals, has this week opened a brand new 6,600 square metre distribution centre in Victoria.

The new facility will take responsibility for the distribution of the 120 finished Ego products, and also boasts capacity to house more than 3,000 pallets of products for distribution to both local and export markets.

"The opening of the new centre marks an important step in Ego's on-going growth and continued expansion into new markets," the company said in a statement.

"This financial year Ego will invest \$6 million into projects that are designed to lift the production capacity at its manufacturing plant in Victoria, and the new distribution centre will act as a global export hub," the statement added.

Ego Managing Director Alan Oppenheim is pictured below (left) at the opening of the new Centre with the Hon Gordon Rich-Phillips who oversaw the Centre's opening.



No need to fear calcium

THERE is no connection between calcium intake and heart disease or stroke, according to research published in *Advances in Nutrition* November issue.

The study involved a range of academic and industry experts in the fields of nutrition, cardiology, epidemiology, food science, bone health, and integrative medicine, who analysed data (including 16 studies involving more than 358,000 individuals) on the relationship between calcium supplement use and risk of cardiovascular events, focusing on: strength, consistency, dose-response, and biological plausibility.

According to the researchers, several of the studies (including two epidemiological studies and a meta-analysis of randomised, controlled clinical trials- including a subgroup analysis from the Women's Health Initiative) which prompted concern about a potential association between calcium supplement use and a small increase in the risk of adverse cardiovascular events had "a number of issues".

These issues, included: inadequate compliance with the intervention, use of nontrial calcium supplements, potential bias in event ascertainment, and lack of information on and adjustment for known cardiovascular risk determinants, and according to the researchers "suggest that bias and confounding cannot be excluded as explanations for the reported associations".

In addition, the study determined that findings from other cohort studies suggest no detrimental effect of calcium from diet or supplements, with or without vitamin D, on cardiovascular disease risk.

The authors went further to note that "little evidence exists for plausible biological mechanisms to link calcium supplement use with adverse cardiovascular outcomes".

As such, the report concluded that the evidence presented in studies to date which have linked calcium and increased cardiovascular disease risk is not sufficient to call for the end of calcium supplementation for people who do not obtain enough of the mineral through dietary measures.

MEANWHILE, the Australian Self-Medication Industry has lauded the findings, saying that consumers can take calcium supplements with confidence.

"There have been recent, controversial, articles suggesting that there was a link between calcium supplements and the risks of stroke and cardiovascular disease," ASMI Regulatory and Scientific Affairs Director, Steven Scarff said.

"The publication of this most recent review now provides good evidence that calcium supplements are safe and are not associated with an increased risk of heart disease or stroke," Scarff added.

Troval unaffected

RANBAXY Australia has moved to quell concerns following a voluntary recall of some batches of Troval (atorvastatin) in the US.

"Ranbaxy's American subsidiary has announced a voluntary recall of some batches of the atorvastatin calcium tablet that it has supplied in the USA," a statement from the company said.

"This recall does not affect batches of atorvastatin supplied to the Australian market and will not impact on supply in Australia.

"Atorvastatin supplied to the Australian market is manufactured at a different facility to the stock for the US," the statement added.

NPS honorary members

NPS has appointed three new honorary members of NPS MedicineWise: Dr Stephen Phillips OAM, Emeritus Professor Anthony Smith and Ms Janne Graham AM.

According to NPS MedicineWise Board Chair, Dr Janette Randall, the trio have each made outstanding contributions to the quality use of medicines.

"Dr Stephen Phillips has made outstanding contributions in the areas of health systems policy, standards and safety," she said.

"Emeritus Professor Anthony Smith is a national leader in the recognition and dissemination of quality use of medicines principles.

"And Ms Janne Graham has worked extensively representing consumer interests at a national and international level," she added.

Educational lists

THE Australian Health Practitioner Regulation Agency has launched a comprehensive, easily searchable national list of approved programs of study for health practitioners.

The searchable list replaces previously published static lists for each profession and according to AHPRA, will make it easier and quicker to find important information about approved programs of study.

"This new service provides a single point of entry to important info that was previously scattered between states and territories," said AHPRA CEO Martin Fletcher.

"It is only possible through the National Scheme, because we now hold national data about accredited courses for health practitioners".

The list contains approved programs of study for the following professions: chiropractic, dental, medical, nursing and midwifery, optometry, osteopathy, pharmacy, physiotherapy, and podiatry.

AHPRA has said that searchable lists for Aboriginal and Torres Strait Islander health practice, Chinese medicine, medical radiation practice, occupational therapy and psychology professions will be available in the future.

To view the list visit www.ahpra.gov.au/Education/Approved-Programs-of-Study.

Get the power
to access every
off-patent product on
maximum discount.

Call 03 9860 3300
and we'll do the same for you.

pharmacy alliance
Your formula for independent strength

Guild Update

The deadline for entries for the QCCP Pharmacy of the Year (POTY) has been extended to Monday 3 December 2012.

Entries will be accepted online and by mail until close of business on Monday.

ACT pharmacist and Pharmacy of the Year judge, Patrick Reid, encourages those any pharmacy pondering the wisdom of entering the competition to have a go.

'Some pharmacies that have applied in the past were very shy about their application, but then made the finals.

This year I've often heard people say that they aren't good enough, but they actually are!

Through the POTY process many pharmacies surprise themselves and us!

The point is - don't be afraid to step up and join the honours list," Mr Reid said.

Winners will share in a cash prize and receive a stylish trophy to display in their pharmacy.

Travel and registration costs to attend the award ceremony at APP on the Gold Coast, 21-24 March 2013, will be paid for category winners.

Category winners will have ongoing exposure through QCCP and Guild publications after participating in a professional photo-shoot.

The award has three categories in which a pharmacy can be considered as a finalist:

1. Excellence in business management
2. Excellence in community engagement
3. Innovation in professional services.

All details can be found at www.pharmacyoftheyear.com.au.



**The Pharmacy
Guild of Australia**

Warfarin hemorrhage risk

CANADIAN researchers have determined that atrial fibrillation patients are most likely to hemorrhage in the first 30 days of warfarin therapy, a finding which has prompted calls for the Govt to approve new oral anticoagulants, such as Pradaxa, for the PBS.

The finding is part of a population-based cohort study by Canadian scientists published in the *Canadian Medical Association Journal*, which looked at 125,195 residents of Ontario aged over 66 years with atrial fibrillation who started taking warfarin between April 1997 and March 2008.

The researchers found that overall, the rate of hemorrhage was 3.8% per person-year, and that the risk of a major hemorrhage was highest during the first 30 days of treatment.

During this first 30 days, the rates of hemorrhage were determined to be 11.8% per person-year in all patients and 16.7% per person-year among patients with a CHADS2

(congestive heart failure, hypertension, aged over 75 years, diabetes mellitus and prior stroke, transient ischemic attack or thromboembolism) scores of 4 or greater.

Over the five-year follow-up, 10,840 patients (8.7%) visited the hospital for hemorrhage; of these patients, 1,963 (18.1%) died in hospital or within seven days of being discharged.

In addition, over the five years, 5% of patients suffered intracranial bleeding.

Board evaluation

THE Pharmacy Board of Australia has commenced an evaluation by Board members of performance of the Board and also of the Chair, Stephen Marty.

The results of the evaluation will be delivered and examined in Jan 2013 at the Board's planning session.

Want healthy hair, skin and nails?



Every day this week **Pharmacy Daily** is giving three lucky readers the chance to win the new Omega Beauty Hair, Skin and Nails formula (30s), courtesy of **Totally Natural Products**.

Discover our secret for healthy and beautiful looking Hair, Skin & Nails!

The new Omega Beauty Hair, Skin and Nails formula contains Sea Buckthorn Oil rich in Omega 7 Fatty Acids, Colloidal Silica, Biotin and Zinc.

Omega Beauty Hair, Skin & Nails works at a cellular level promoting beautifully

strong hair, healthy skin and strong nails.

Available in 30s RRP \$ 19.95 and 60s RRP \$34.95.

For more information visit www.totallynatural.com.au.

To win simply be one of the first three readers to send the correct answer to the daily question below.

How many capsules can you take a day for intensive skin care benefits?

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

Congratulations to yesterday's lucky winners, **Carolyn Clifford** of **Pharmabroker Sales**, **Emma Kelly** from **Fresenius Kabi Australia** and **Belinda McLachlan** of **HNE Pharmacy Services**.

Leading Internet pharmacy website for sale

www.hostapharm.com.au

*Significant Turnover

*Easy to operate

*Around 10 thousand products

Expression of Interest should be forwarded to:

bh@hostapharm.com.au



DISPENSARY CORNER

AT least it's good for your skin.

First there was planking, and now there's milking, a less dangerous internet craze which involves people filming themselves pouring milk over their heads in public.

So far 'milking' clips have been filmed outside pubs, at roundabouts, in a tree and even in the middle of the road.

The craze was kicked off by university students from the elite Oxford college in Britain.

"We were just in our kitchen talking about doing it outside Starbucks in Jesmond and thought it would be really funny," said student Tom Morris.

"We did that, uploaded the video to Facebook and got a load of likes.

"So then we thought: 'Why not just make a video?'" he added.

From this seed, the craze grew, with students from Oxford, Edinburgh, Nottingham and Cirencester also getting in on the 'milking' act.

NATO scientists solo mission.

Retired NATO scientist, Robin Lovelock, is about to see the fruits of four years of his labour, when he launches his 4-foot Snoopy Sloop on the first ever unmanned sailing across the Atlantic Ocean.

Weighing in at a mere 13 kilos the boat was constructed in Lovelock's games room from parts sourced from the internet and his home (including bathroom light cord) and cost a grand total of \$680 to make.

Powered by the wind and navigated by Lovelock via a solar powered computer and GPS, the boat will sail along the English Channel, before making its way south around the Azores, to catch the trade winds in the Bahamas and then onto Plymouth, in the US state of Massachusetts.

