

New MS resource

MS Australia has partnered with La Trobe University to launch a new website for people with MS, their family members and carers, makinssenseofmsresearch.org.au.

The website uses summaries of scientifically rigorous Cochrane Reviews to create a place that people affected with MS can go to seek unbiased, first-class information on medications and treatments.

"This kind of information is normally only available to doctors, so to have it accessible to people living with the disease every day is a great step forward," said MS Australia Acting Chief Executive Officer Trevor Farrell.

"People with chronic illnesses like MS deserve to be able to use web technology like this to empower them to be in charge of their future," he added.



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Dementia ups hospital rates

CITIZENS of New South Wales who suffer from dementia are more likely to end up in hospital than those who do not suffer the debilitating disease.

The finding comes out of the Australian Institute of Health and Welfare's latest report which examined the characteristics of the 252,700 people aged 50 years and over who had at least one night in a NSW public hospital in 2006-07.

According to the findings, 8% of these patients (20,800 people) had dementia, whilst around 26% of people with dementia aged 50 and over in NSW were found to have

had at least one overnight stay in hospital that ended in 2006-07.

This finding compares with 12% of people aged 50 and over without dementia.

The report also noted that hospital patients with dementia were more likely to have had more than one multiple-day hospital stay in a 12-month period than patients without dementia (62% and 43% respectively), and that these stays were also generally longer than for patients without dementia (average of 18 days compared to 9 days).

Interestingly, admission to hospital due to non-dementia mental and behavioural disorders or conditions of the nervous system was more common among people with dementia than those without (14% compared with 5%), whilst people with dementia were also more likely to be admitted because of injury or poisoning (14% compared with 11%).

"A lower proportion of patients with dementia than those without dementia returned to living in the community on discharge -59% compared with 88%," said AIHW spokesperson Brent Diverty.

To access the report **CLICK HERE**.

CSL lifts profit

CSL has lifted its outlook for fiscal 2013, saying it expects net profit to grow by around 20%, despite competitive business conditions.

The prediction is an 8% jump on 2013 guidance outlined in August, in which the company said it expected profit to grow approximately 12% during fiscal 2013.

"I am pleased to report an improved company outlook for the financial year, largely underpinned by the performance of CSL Behring," said Dr Brian McNamee, CSL's Managing Director.

"A number of factors have contributed including a higher level of sales, a better sales mix and improved efficiencies across the supply chain.

"Also contributing to the better outlook is higher than anticipated royalty income from sales of Gardasil," he added.

Winners are grinners



PHARMACY Daily recently awarded Reckitt Benckiser Australia Chief Executive Lindsay Forrest, with a hamper of chocolates, champagne and Gold Class movie tickets.

Forrest (pictured above) scored the loot by visiting the **PD** stand at the recent ASMI conference at Homebush, Sydney.

Scheduling changes?

THE Therapeutic Goods Administration is proposing a raft of scheduling changes to the current Poison Standard.

The changes include rescheduling benzodiazepines from Schedule 4 to Schedule 8; as well as a proposal to exempt from scheduling diclofenac when presented as a 140 mg or less diclofenac transdermal drug delivery system; and plans to to reschedule preparations containing 1% or less hydrocortisone and hydrocortisone acetate when combined with antifungal substances for dermal use from Schedule 3 to Schedule 2.

The changes also include a proposal to reschedule nabiximols from Paragraph 3 of the Appendix D to Paragraph 1 of the Appendix D; and plans to reschedule oseltamivir for the treatment and prevention of influenza type A and type B from Schedule 4 to Schedule 3; as well as a proposal to include lisdexamfetamine in Schedule 8.

The proposed changes have now been referred for scheduling advice to relevant expert advisory committees, and are also up for public comment.

Those wishing to make comment are encouraged to submit thoughts in electronic format (Word or PDF) to SMP@health.gov.au by 17 January 2013.

For details see www.tga.gov.au.

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 **Cruise Weekly**.

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INNERSEA Discoveries has slashed capacity from 60 to 36 guests for three of its 2013 Alaska voyages onboard *Wilderness Adventurer*.

Titled *Alaska Unleashed*, the departures are designed for active travellers (who engage in regular weekly physical activities equal to 40km bike rides or 8km runs/hikes) who want all-day adventures.

The sailings will depart on 8 Jun, 13 Jul and 10 Aug, and include bushwhacking in Alaskan backcountry, a glacier trek and extended kayaking in ice-filled fjords and wilderness bays.

The voyages will each also be accompanied by a regional expert.

Fares start for the adventures from US\$5,595pp/ts, see innerseadiscoveries.com.

PEPPERS Salt Resort & Spa is celebrating its second birthday by launching a Peppers 'Gourmet Food Trail Special' offer.

The deal is available in its (Chef's Hatted) restaurant and is priced at \$45 per person for a two-course seasonally inspired dinner or \$55 per person for three-courses (valid Sunday to Friday evenings until 23 Dec).

Guests can also stay overnight from \$195 including buffet brekkie.

Call 02 6674 7766.

New frontiers in prevention

IT does not seem like that long ago that three scientists, including Elizabeth Blackburn, won the Nobel Prize for discovering telomeres, and now it looks as though that discovery may well have heralded a new frontier in general practice diagnosis, treatment and prevention.

This frontier comes in the shape of a new saliva-based telomere test from Telome Health (a company co-founded by Blackburn), which looks set to launch in the first quarter of 2013.

Telomeres are molecular caps at the end of chromosomes that protect DNA from degradation.

The new test, according to the company, will provide doctors with important data about their patients' health and disease risk to better inform their clinical decisions.

In addition to clinical utility, measuring telomere length will also allow people to gauge their overall health status and determine whether lifestyle changes are necessary, and potentially indicate the effectiveness of those changes.

The test was recently put through its paces in a clinical study involving 100,000 patients in which the average telomere length of patients was measured and analysed relative to other health domains and clinical outcomes.

The study showed that individuals who had short telomeres had increased risk of death in the three-year follow up period, and that smoking, heavy alcohol consumption, lower education, and poor environments were associated with short telomeres, while

moderate exercise was associated with longer telomeres.

"Telomeres are one of the few parts of the genome that can be changed by lifestyle choices, and hence telomere length measurements can provide valuable feedback on ones' disease risks and, potentially, the effects of lifestyle changes," said Elizabeth Blackburn.

Currently there are telomere tests available, however according to Telome Health, the new saliva test will make the process available to a much wider community, as it is non-invasive and will be able to be utilised in a doctor's office or at home.

"The data from the saliva-based testing in the large Kaiser-UCSF research study is an exciting step forward in the field of telomere science, as it helps to advance the use of telomere testing into regular clinical practice," Blackburn said.



DISPENSARY CORNER

SPIKE that flight or fright response.

A television stunt which has been dubbed the "scariest ever prank" has gone viral, with thousands of people enjoying the fear of a few humble saps caught in an elevator with a 'ghost'.

The stunt was engineered by a Brazilian TV show, and involved a child dressed up in a white dress, holding a doll and made up to look ghostly.

The child scares members of the public after they enter a seemingly empty lift.

After the doors close, and the lift appears to move, then stops and goes dark, as the child enters from a secret compartment, before the lights flicker back on to reveal the ghost-child staring at them.

After the encounter the lights go out, and the child slips away.

To view the clip [CLICK HERE](#).

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.

Name 3 benefits of Omega Beauty Hair, Skin & Nails

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

Congratulations to yesterday's lucky winners, **Kristen Peck** of **APHS Calvary Healthcare Riverina**, **Debbie Ma** from **Supersave Discount Pharmacy** and **Zoe Blandford** of **The Pharmacy Guild of Australia**.

Suicide prevention

UP to \$4.5 million in funding for projects to tackle the high rate of Indigenous suicide are now available for application until 21 December 2012.

Guidelines for funding applications can be downloaded via the Department of Health & Ageing website at www.health.gov.au.