

Victorian POTY

MARSHA Watson has been named the 2012 Victorian Pharmacist of the Year at the annual Victorian Pharmacists Dinner held at Cossar Hall.

According to the PSA "Watson was awarded the prestigious Victorian Pharmacist Medal for being a quiet achiever who has passionately served her local community for many years, making excellent contributions to the health and wellbeing of many people in Benalla".

"She was among the first to put into practice DMAS and the health destination pharmacy concept," said Victorian President of the PSA, Michelle Lynch.

"She also utilises a fully automated dispensary to facilitate patient counselling and her nomination was strongly supported by her customers and her peers," she added.

Myfortic approval

FROM 01 Dec Myfortic will be listed on the Pharmaceutical Benefits Scheme for Australians living with lupus nephritis.

The approval provides a treatment option for up to 2,000 Australians with this potentially life threatening kidney disorder (which causes inflammation of the kidney and can result in mild, moderate or severe kidney damage).

"I think this is a great outcome for patients with lupus nephritis," said Dr Richard Phoon, Senior Staff Specialist in Nephrology at Westmead Hospital.

ANZTPA draws ever closer

WITHIN the current financial year the TGA and Medsafe will deliver a common recalls portal for therapeutic products.

The news follows the second meeting of the Australia New Zealand Therapeutic Products Agency (ANZTPA) Implementation Ministerial Council this month.

Speaking in the wake of the

meeting Catherine King MP, Parliamentary Secretary for Health and Ageing said progress is continuing, and includes the commencement of joint working groups to help progress development of a common regulatory framework for the application, assessment and approval of therapeutic products in Australia and New Zealand.

Other programs expected to be delivered by the end of the current financial year include: a common early warning system to inform the public of potential safety issues concerning therapeutic products; a common streamlined, but rigorous process to evaluate and assess the safety, quality and efficacy of over the counter medicines; as well as an integrated capability to conduct audits to assess good manufacturing practice (GMP).

To this end, in early 2013, both organisations will commence sharing of GMP reports.

Get fit, stay alive

TAKING statins or being modestly physically fit markedly improves survival in people with dyslipidaemia (abnormal levels of harmful blood fats/cholesterol).

The finding comes from research published in *The Lancet*, which looked at over 10 000 veterans (9,700 men and 343 women) with dyslipidaemia from Veterans Affairs hospitals in the US.

Interestingly, the study found that even people with dyslipidaemia not taking statins, but who were highly fit, were roughly half as likely to die from any cause during the median 10-year follow up than those taking statins, but who were unfit.

"The fitness necessary to attain protection that is much the same or greater than that achieved by statin treatment in unfit individuals is moderate and feasible for many middle-aged and older adults through moderate intensity physical activity such as walking, gardening, and gym classes," said lead researcher, Peter Kokkinos from the Veterans Affairs Medical Center, Washington DC.

Sodium ruling

A ROUNDTABLE meeting involving members of the Health Department, health experts and representatives from manufacturers Smith's Snackfood Company and Snack Brands Australia, along with major retailers Woolworths, Coles and ALDI, has resulted in proposed sodium reformulation targets.

As such, companies have agreed to the following sodium reduction targets: an average target of 550mg/100g and a maximum target of 800mg/100g across 'potato chips' products; an average target of 950mg/100g and a maximum target of 1250mg/100g across 'extruded snacks' products; an average target of 550mg/100g and a target of 700mg/100g across 'cereal based snacks' products; and an average target of 850mg/100g and a maximum target of 1100mg/100g across 'salt and vinegar' products.

The timeframe for action will be three years from December 2012 to December 2015.

Australian health

CHRONIC disease remains Australia's leading cause of death and disease burden, according to results from the Australian Health Survey.

The survey also found that 21% of Australians have high blood pressure, whilst approximately 63% of adults are now overweight or obese.

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.

19-26 Jan: Medici Capital Pharmacy Study Tour; Val d'Isere, France; see - www.medici.com.au/event/pharmacy-study-tour-2013.

30 Jan: First Aid Level 2 Workshop; Cossar Hall Tutorial Room Faculty of Pharmacy and Pharmaceutical Sciences, VIC; tina.liu@psa.org.au.

22-24 Feb 2013: NSW Guild Convention 'CPD by the Sea' at Novotel Manly Pacific; for details see www.cpdbythesea.com.au.

1-3 Mar 2013: PSA NSW 2013 Annual Therapeutic Update March Weekend; Crowne Plaza, Terrigal NSW; email nsw.branch@psa.org.au.

16 Mar: Think Arthritis and Osteoporosis - A Clinical Update Day; Kolling Institute, Royal North Shore Hospital, St Leonards; 9am-4pm; call 02 9857 3300, or view www.arthritisnsw.org.au.

31 May-02 Jun 2013: PSA NSW CPEXpo, Hordern Pavilion Sydney; email cpexpo@psa.org.au.



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Remember the burn

LEADING physicians have banded together to launch a Know Your Own Skin campaign, designed to remind Aussies to remember their past sun damage and how it could be affecting their skin now.

The campaign encourages Australians to check their skin at the start of each season for sun damage; and to ask for a skin check with their family doctor as part of a routine health check.

To watch the video and learn about skin checks **CLICK HERE**.

Free Swisspers

TO celebrate the launch of its Swisspers Naturals Aloe Everything Balm, Swisspers is giving away a free Everything Balm to those who buy any product from the Swisspers Aloe range (offer excludes facial wipes).

The balm contains Aloe Vera extracts, super-emollients, vitamins and antioxidants, which help to replenish the skin.

No grapefruit list grows

THE list of medications which do not mix well with the humble grapefruit has grown, according to a new study published in the *Canadian Medical Association Journal*.

The research, undertaken by David Bailey, a clinical pharmacologist at the Lawson Health Research Institute in London, Ontario, who alerted the world to grapefruit interactions over 20 years ago, reviewed current evidence regarding grapefruit and medications and found that the list of no-go grapefruit drugs has grown from 17 to 44.

"What I've noticed over the last four years is really quite a disturbing trend, and that is the increase in the number of drugs that can produce not only adverse reactions but extraordinarily serious adverse drug reactions," Bailey said.

The expanded list includes: anti-cancer drugs; Crizotinib, Dasatinib,

Erlotinib, Everolimus, Lapatinib, Nilotinib, Pazopanib, Sunitinib, Vandetanib, and Venurafenib; as well as anti-infective drugs; Erythromycin, Halofantrine, Maraviroc, Primaquine, Quinine, and Rilpivirine.

The list also includes cholesteral lowering drugs: Atorvastatin, Lovastatin, Simvastatin; cardiovascular medications: Amiodarone, Apixaban, Clopidogrel, Dronedarone, Eplerenone, Felodipine, Nifedipine, Quinidine, Rivaroxaban and Ticagrelor; as well as central nervous system meds: Alfentanil (oral), Buspirone, Dextromethorphan, Fentanyl (oral), Ketamine (oral), Lurasidone, Oxycodone, Pimozide, Quetiapine, Triazolam, and Ziprasidone.

Other drugs on the list include: gastrointestinal medication Domperidone; immunosuppressants Cyclosporine, Everolimus, Sirolimus, and Tacrolimus; and urinary tract drugs Darifenacin, Fesoterodine, Solifenacin, Silodosin, and Tamsulosin.

Heart conference

REGISTRATIONS are now open for the Heart Foundation conference, Prevention of cardiovascular disease: translating evidence into practice.

The conference will be held at the Adelaide Convention Centre between 16 and 18 May 2013.

Keynote speakers include Dr Steven Nissen, Chairman of the Department of Cardiovascular Medicine at the Cleveland Clinic; Dr Larry Frank, Professor in Sustainable Transportation at the University of British Columbia; and Dr Christine Albert, Director of the Centre for Arrhythmia Prevention, Brigham and Women's Hospital, and Associate Professor at Harvard Medical School.

Early registrations close 08 March, and abstract submissions close 15 February.

To find out more and to register visit www.heartfoundation.org.au/conference.



DISPENSARY CORNER

WORLD without pathology.

Imagine a world where doctors try to treat patients without blood work, and where a near enough is close enough diagnosis is the norm.

That's the picture that the Royal College of Pathologists of Australasia (RCPA) is painting this month, with the launch of a fun and light-hearted social media campaign to encourage viewers to imagine a "World Without Pathologists".

The campaign includes a series of videos showing doctors trying to help patients in a world where pathologists do not exist.

In one video a doctor uses a feather and a harmonica to test his patient, before determining that the problem has something to do with the patients torso, and that some exploratory surgery would be needed to "have a look and see".

"Pathology largely takes place 'behind the scenes', so it's still relatively unknown and its importance is not widely understood by the public," the RCPA said.

To view the videos **CLICK HERE**.

MOVEMBER year round.

As men Australia wide prepare their razors and shaving cream, and say their last farewells to their Movember mo's, men in the Middle East are looking to thicken up their facial hair via mustache transplants.

The trend, according to Turkish plastic surgeon Selahattin Tulunay, is on the increase in the region, with most clients ranging in age between 30 and 50.

Known as follicular unit extraction, the mustache transplant, costs around US\$7,000 and involves the removal of hair from other parts of the body, and then the implantation of those hairs into the face.

The procedure only takes a few hours, and clients can walk out on the same day sporting a thicker, more lustrous growth.

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**.

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Congratulations to yesterday's lucky winners, **Debra Phillips** from **Capital Chemist Palmerston**, **Gayleene Chapman** of **Health Focus Pharmasave** and **Bronwen Harris** from **MCI Australia**.