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## Methadone review

SCOTTISH authorities have ordered a review into the country's methadone program, after a review found addicts were left "parked" on the drug for years with no further treatment.

## Salt increase in Aussie diets

AUSTRALIANS are eating more salt in their daily diets than they were three years ago, according to findings released today by The George Institute for Global Health.

The study looked at 28,000 food products and found that, on average, salt levels increased by 9% between 2008 and 2011, although there were significant reductions in certain categories and by some food companies.

"The Heart Foundation is very concerned about hidden salt in our food, which is why we're pushing for salt reductions across numerous food categories as part of the Federal Government's Food and Health Dialogue," said Dr Robert Grenfell, National Cardiovascular Health Director at the Heart Foundation.

"The Dialogue's work in the bread sector alone is removing around 1,000 tonnes of salt every year.

"That's been reflected in this research which shows an eight per cent reduction in salt in the bread category," Grenfell added.

According to the report the average Australian eats around nine grams of salt a day, as opposed to the maximum 6g recommended by the Heart Foundation for healthy people and 4g recommended for those with high blood pressure or heart disease.

"Cutting the nation's salt intake by 3g a day would prevent an estimated 6,000 deaths a year from heart disease and stroke," said Grenfell.

"Eating too much salt can cause high blood pressure and increases the risk of heart disease, the

number one killer of Australian men and women.

"Most of the salt we eat isn't added at the table, it's hidden in foods we eat every day like bread, breakfast cereals, canned food and pasta sauces," he added.

## Flu recommendations

THE TGA has accepted the Australian Influenza Vaccine Committee recommendation that the 2013 influenza vaccine contain: A (H1N1): an A/California/7/2009 (H1N1) - like virus, 15 µg HA per dose; A (H3N2): an A/Victoria/361/2011 (H3N2) - like virus, 15 µg HA per dose; and B: a B/Wisconsin/1/2010 - like virus, 15 µg HA per dose.

See [www.tga.gov.au](http://www.tga.gov.au).

## Alliance memberships

PHARMACY Alliance has relaunched a refreshed version of its three membership groups.

The relaunch coincides with the group's 10th birthday, and sees Pharmacy Alliance's existing memberships IPAG, PAL Active and PAL Partner, replaced with PA Buying Alliance, PA Complete Alliance and PA Partner.

All three memberships have been designed to suit different business needs, depending on turnover, front of shop versus back of shop size and how much day-to-day involvement owners want in their businesses.

See [pharmacyalliance.com.au](http://pharmacyalliance.com.au).

## Lyme Workshop

BLACKMORES is gearing up to host a series of two-hour Mineral Therapy workshops on Lyme disease.

The workshop will discuss the disease and present up-to-date research, and will also cover the role minerals play in supporting the debilitated patient who may be on complex treatment regimes.

The workshops will take place throughout October and November in NSW, Vic, SA, Tas, WA and Qld, see [professional.blackmores.com.au](http://professional.blackmores.com.au) for details.



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 5<sup>th</sup> Community Pharmacy Agreement

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The DAAs/Clinical Interventions claim form MUST be lodged with Medicare between 1- 14 October 2012

**Click to access Claim form**

IMPORTANT: Claims received by Medicare after 14 October 2012 will be rejected.

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Department of Health and Ageing



The Pharmacy Guild of Australia

This Project is funded by the Australian Government Department of Health and Ageing as part of the Fifth Community Pharmacy Agreement.

## New HbA<sub>1c</sub> tool

NPS has launched a new online HbA<sub>1c</sub> converter tool to help people with diabetes understand changes to the way their HbA<sub>1c</sub> test results are reported in Australia.

The tool follows a change to the units of measurement for the test.

“Rather than seeing results as a percentage, they are now reported in millimoles per mole (mmol/mol) — for example, a result of 7% will also appear as 53 mmol/mol.

“This is simply a different way of reporting the same HbA<sub>1c</sub> result,” said NPS’ Dr Danielle Stowasser.

“It might be confusing for people at first, so health professionals are encouraged to explain to patients that the new way of reporting the units will not mean any changes to the way they are tested, their HbA<sub>1c</sub> target, or how often they will need to be tested,” she added.

The new NPS unit converter converts HbA<sub>1c</sub> percentages into mmol/mol, and vice versa.

See [www.nps.org.au/unitconverter](http://www.nps.org.au/unitconverter).

## BUSINESS FOR SALE

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## Breast cancer in Australia

THE number of new breast cancer cases has more than doubled in the last thirty years from 5,300 in 1982 and 13,600 in 2008, according to new research by the Australian Institute of Health and Welfare.

The report, titled *Breast cancer in Australia: an overview*, found that on average 37 Australian women are diagnosed with breast cancer every day, with the disease now the most common cancer affecting Aussie women.

Interestingly, the report noted a sharp increase in the incidence rate of breast cancer between 1990 and 1995, after which the rate has been stable.

This spike however, has been attributed to the introduction of the national breast cancer screening program in 1991.

Meanwhile, looking at the disease rates, the research also found that the majority of cases (69%) are diagnosed in women aged 40-69.

Looking forward, the report forecast that the number of women diagnosed with breast cancer will rise, due in large part to the ageing population.

“Our projections indicate that in 2020 about 17,200 new breast cancers will be diagnosed in Australia, this would equate to 47 women being diagnosed every day,” said AIHW spokesperson Anne Bech.

Meanwhile, on a more positive note, the report found that survival from breast cancer continues to improve in Australia, due to both earlier diagnosis and better treatments.

According to the report, between the periods 1982-1987 and 2006-

2010, the five-year relative survival from breast cancer increased from 72% to 89%.

Despite this, researchers noted a disparity between survival rates of women from different regions and socioeconomic levels.

“Some population groups in Australia have lower survival than others, such as women living in remote and very remote areas of Australia, those living in lower socio-economic areas and Aboriginal and Torres Strait Islander women,” the report said.

## US contamination

THE US FDA has linked an outbreak of meningitis, which has so far claimed the lives of eight Americans and infected a further 105 with fungal meningitis, to a contaminated injectable steroid produced and distributed by New England Compounding Center (NECC), which is commonly used to treat back pain.

The link was made after the US CDC found that those infected received an injection of the steroid.

The FDA then observed fungal contamination by direct microscopic examination of foreign matter taken from a sealed vial of the drug collected from NECC.

US health officials have estimated that as many as 13,000 people may have been exposed to the contaminated drugs, and have since recommended the cessation of use of all NECC products, whilst NECC has also voluntarily shut down.

## EU Flexyess approval

THE European Commission has approved Bayer HealthCare’s Flexyess (3 mg drospirenone/0.02 mg ethinylestradiol), the first combined oral contraceptive with a flexible extended dosing regimen.

Following the approval EU Member States will grant national approvals in the coming weeks.

## WIN A MILKY FOOT CARE PACK!



This week PD is giving five readers the chance to win a Milky Foot Care Pack, courtesy of BioRevive.

Every day our feet are under constant pressure, resulting in rough, hardened skin with painful dry cracks. Smooth silky feet are essential, especially with summer around the corner. If you don’t have time for salon pedicures, simply make a date with Milky

Foot Exfoliation Pads and Milky Foot Essence. Milky Foot provides you with an effortless two-step at-home pedicure system. For your chance to win this pampering prize, be first to send in the correct answer to the question below to [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)

## What’s the price of Milky Foot Exfoliating Pads?

Congratulations to yesterday’s winner Alex Moore of Pharmabroker Sales Pty Ltd.

## Ultimate Wednesday Workshop – November 21st

Everyone in pharmacy is invited to attend the Ultimate Wednesday Workshop, hosted by Guild NSW and Sydney University. Enjoy the atmosphere of the Pharmacy Lecture Theatre and hear from Andrew McLachlan - Professor of Pharmacy (Aged Care) and Tim Chen – Associate Professor.

\$110 includes GST and catering. 11CPD credits.

Therapeutic Principles in mental health • Managing Medicines in older people • Lab Test Interpretation • Understanding Drug Interactions • Evidence and inter-professional collaboration



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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).



### Keep kids skin safe this summer

SunSense has committed to the health of Australian children's skin, releasing a new SunSense Kids SPF 30+ range, just in time for summer. The formula is specially formulated for delicate skin and is free from irritating ingredients such as fragrance, making it suitable for infants, toddlers and children. In addition, the 30+ sunscreen is dermatologically tested, paediatrician tested, manufactured to pharmaceutical standards and offers the highest UV protection in the country. The formula is available in two formats: a Kids 30+ 50ml roll-on for easy travel, and a Kids SPF 30+ 250ml bottle.

RRP: \$7.95 SunSense Kids 30+ (50ml roll-on), \$15.95 SunSense Kids SPF 30+ (250ml bottle)

Stockist: 1800 033 706

Website: [www.egopharm.com](http://www.egopharm.com)



### HAVE a hug online!

Facebook just got a bit more real-world, following the development of a social media vest which allows users to hug their friends and family.

Titled 'Like A Hug' the vest inflates to give the wearer a tightening feeling, similar to that of being hugged when any of their Facebook friends 'Likes' one of their status updates, photos or videos.

"Connecting it to Facebook conceptually was simply a way to explore how social media might push past the traditional graphic user interface," said vest co-creator Melissa Kit Chow, of the Massachusetts Institute of Technology's Media Lab.

### WHAT! It's not a shrub?

An elderly British couple has found themselves in a spot of trouble after discovering that their well loved shrub was in fact a large marijuana plant.

The unwitting duo purchased their plant from a car boot at a flea market thinking it was an innocuous green plant, and then proceeded to tend to it carefully.

Over the next year or so, the plant grew luxuriantly and ended up taking up a large space in their suburban garden.

It is unknown how the police managed to find the plant, but the couple were reportedly shocked to discover its true nature.

Soon after the "raid" the local police took to Twitter to post a photo of the plant (pictured below) saying "Seized today. Elderly couple bought shrub at car boot sale, tended carefully-biggest cannabis plant we had seen!!".



### Clarins Christmas Odyssey

Inspired by ancient Greece, Clarins limited-edition Christmas 2012 Odyssey Collection includes an Eye Quartet Mineral Palette which contains brown, beige, taupe-bronze and gold shades. The shadows can be used wet for a darker more dramatic night-time look, or dry for a more subtle natural daytime look. The perfect Christmas present, the palette is contained in a heavy-weight gold compact embossed with a delicate gold circle pattern, and cased in a red velvet pouch. The compact also comes with a set of instructions on how to create the perfect Odyssey look.

RRP: \$50

Stockist: (02) 9663 4277

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



### Designer beauty at a fraction of the price

Designer Brands new Designer Make-up Kit is a must have for ladies who love colour and want a wide range to experiment with. Encompassed in a black slim-line double-decker case with a large application mirror, the kit includes 21 on-trend eye shadow shades, two blushes, a multi-bronzer and two eye liners. Convenient to transport in a handbag or cosmetics purse, the kit offers endless opportunities to craft creative looks, ranging from subtle work wear to more daring night-time party looks.

RRP: \$14.99

Stockist: 1300 765 332

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

### QV intensive just got bigger

QV has released new 1 litre sizes of its popular Intensive Moisturising Cleanser and Intensive Body Moisturiser. The Cleanser is soap-free, enriched with moisturising agents, and has a light foaming action, which leaves a protective moisturising film on the skin; whilst the highly emollient Moisturiser helps to relieve, soothe and protect dry skin. The moisturiser is also water-free, meaning that it won't sting when applied to cracked or inflamed skin.

RRP: \$28.99 (Intensive Moisturising Cleanser 1kg), \$24.99 (Intensive Body Moisturiser 1kg)

Stockist: 1800 033 706

Website: [www.egopharm.com](http://www.egopharm.com)

