

Alliance forum success



MORE than 30 Pharmacy Alliance Members from across Australia attended the first ever Pharmacy Alliance Members Forum held in Hobart last week.

The agenda, facilitated by AFL/Sports Commentator Tim Lane, focused on discussing issues around professional services, generics, differentiating independent pharmacy from competitors and how Pharmacy Alliance can help independent pharmacy remain competitive.

The event was sponsored by Swisse and Sanofi, and attendees also met Matt Targett, recent Olympics 2012 Swimming Bronze Medallist and Swisse Ambassador who spoke about the pressures of competing at the Olympics.

Pictured above is Matt Targett, Simon Reynolds, Pharmacy Alliance Managing Director; Tim Lane, AFL/Sports Commentator and Forum Facilitator; and Darren Dye, Pharmacy Alliance, Exec General Manager.

Australians getting fatter

AUSTRALIAN waist lines have ballooned out over the last decade, according to a report by the Australian Institute of Health and Welfare.

The report found that on average men and women are 3.6kg and 2.8kg heavier respectively now than they were ten years ago, and that the proportion of adults whose waist circumference puts them at risk of chronic disease (more than 94cm for men and 80cm for women) has risen from 45% to 60%.

The largest rise in overweight/obesity rates over the decade was found in females aged 12 to 44.

In addition the report found that around 70% of adults are not active enough to get any health benefits, and 93% of adults are not eating the recommended five serves of vegetables a day.

The report did however yield some good news, showing that rates of smoking have fallen substantially among young people, particularly teenagers, in the last decade.

"The proportion of adults who were daily smokers also dropped between 1989-90 and 2007-08, from 27% to 21% for men and from

20% to 17% for women," said AIHW spokesperson Dr Lynelle Moon.

The AIHW also said that smoking is likely to continue to decline into the future because the smoking behaviour of younger age groups is generally predictive of future smoking behaviour.

In terms of drinking, the report found that apart from men aged 75 or over, increases were seen in the proportion of people aged 18 or over who drank at long-term risky levels between 1995 and 2007-08 in all age groups.

However, these rates were found to have stabilised among some age groups since 2004-05.

Speaking in the wake of the report, the National Heart Foundation of Australia expressed concern that heart disease rates could start to rise.

"This is a bad report card for Australia's health – we're getting Fs in almost every area which means that heart disease rates could start rising again," said Dr Lyn Roberts – National CEO of the Heart Foundation.

Roberts used the report to call for the Government to do more to make healthier choices easier for Australians.

Aussie autism test

AUSSIE researchers, led by the University of Melbourne, have developed a genetic test that is able to predict the risk of developing Autism Spectrum Disorder, ASD.

The test is based on measuring both genetic markers of risk and protection for ASD, and was developed after researchers identified 237 genetic markers in 146 genes and related cellular pathways that either contribute to or protect an individual from developing ASD.

Priceline goes for record

PRICELINE, in partnership with makeup company Bourjois, is gearing up to attempt to set a new Guinness World Record for the world's largest makeup class.

Destined to take place at Sydney's Martin Place on 20 September, the event is part of Priceline Pout Day – a day to "wear lipstick proudly to celebrate beauty and to support Australian women through the Priceline Sisterhood and its charity partner, Look Good...Feel Better".

Donations collected on the day and at the makeup class will all go to Look Good...Feel Better for women undergoing cancer treatment.

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The cruise is priced at \$285 for two people and departs from Circular Quay Tuesdays, Thursdays, Fridays and Saturdays at 12.30 and returns at 4.30pm.

Billed as a small group luxury cruise the voyage includes gourmet lunch.

See seasydneycruises.com.au.

Aspen to pursue DPP appeal

ASPEN Australia has vowed to continue its TGA appeal over the decision to de-register Di-Gesic and Doloxene, despite the TGAs affirmation that it will cancel the registration of the DPP products.

The TGAs move follows the Administrative Appeals Tribunal's (AAT) June 2012 decision to remit the matter to the TGA for reconsideration.

The AAT looked into the matter after Aspen launched its appeal, and made the decision to remit it back to the TGA after hearing from the parties and their respective experts.

The AAT was concerned that Di-Gesic and Doloxene remain available to patients "for whom there is no suitable alternative to analgesics containing DPP", and also said that "it is not appropriate to refuse registration approval for a preparation simply on the basis that it may be used deliberately for the purposes of self-harm".

The AAT also accepted the evidence of Professor Horowitz, an

expert cardiologist, that in the ordinary circumstances of prescribing, the potential for sudden death is "about zero".

This decision to remit the matter back to the TGA is designed to allow both the TGA and Aspen time for both parties to explore whether, in light of the AAT's reasons, they could find an agreed solution, rather than having one imposed on them.

The AAT also said that if Aspen remained aggrieved with the TGA's decision, it would have the right to return to the AAT and continue the review of the TGAs decision.

Aspen has said that it is likely to exercise this right.

"Aspen understands that, like many other prescription and over-the-counter drugs, DPP has the potential to cause harm if it is not used appropriately," Aspen said in a statement.

"Aspen also recognises that it may not be appropriate for DPP to be prescribed to patients where another moderate analgesic, such as codeine or tramadol, adequately relieves the patient's pain.

"However, Aspen supports DPP being available to patients who need it, and who will be left without satisfactory pain relief if DPP is removed from the market.

"Aspen also believes this group of patients should be able to access their medication in a timely manner, without incurring additional supply costs," the company added.

MEANWHILE Aspen has also stressed that Di-Gesic and Doloxene will remain on the register while the appeal is heard.

As such, doctors may continue to prescribe both products after carefully considering the indications, warnings and contraindications in the Product Information and Consumer Medicines Information for these products.

"At Aspen, patient safety and quality care are our top priority and we will continue to operate with the utmost integrity in meeting the needs of the Australian community," Aspen said.

DISPENSARY CORNER

NOT too worried about lice.

A group of three men have been busted by customs officials trying to smuggle monkeys out of India and into Dubai.

The men were caught after officials noticed suspicious bulges in their underwear during a frisk search.

Fortunately the primates, all slender lorris', were found alive and well and were quickly transported to an animal hospital by a charity titled People for Animals.

Sadly lorris' have become popular exotic pets of late, leading to their decline in the wild.

THINK thin.

If you get clammy hands and a heightened heart rate in confined spaces, then the newest addition to the housing landscape in Warsaw, Poland, is definitely not for you.

Designed by architect Jakub Szczesny, the abode will be the world's thinnest house when it is complete, with its broadest point only measuring 120cms.

The house is being designed as an "art installation" created to stimulate the feeling of restriction upon those that live within its confines.

"It's the most challenging project I ever had... the living conditions in it will require a spaceship-like adaptability," said Szczesny.

The house is set to be occupied for around a week at a time by a succession of artists and writers and is due to be open for business on 20 October.



The space in between the above buildings is where the house will sit. Above: An artists impression of inside the house.

WIN A LAVENDER PACK

Every day this week, **PD** is giving one lucky reader the chance to win a Bosisto's Bedtime Bliss Lavender Pack, courtesy of **FGB Natural Products**.

Stressed? Tired? Sometimes you just need a little help from Mother Nature. Bosisto's Lavender Spray contains 100% pure premium grade Lavender Oil, so now you can enjoy Lavender's sleep-inducing, soothing properties at the touch of a button.



Each pack is valued at \$30 and contains a Lavender Spray, a Lavender Oil and Information Guide.

Spray around the bedroom to help sleep or onto a hanky to ease stress and headaches.

It's also perfect to spray in a baby's nappy bin to eliminate odours. It even helps ease the itch of insect bites!

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

Spray Bosisto's Lavender onto a hanky and inhale to ease stress and what?

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Congratulations to yesterday's lucky winner **Karen Leslie** is **Actegy Health**.