

HMR feedback

THANKS to the many *Pharmacy Daily* readers who have written in the last few days over the Home Medicines Review furore.

Yesterday's article on the Royal Australiain College of General Practitioner's position provoked a strong response, in particular relating to the RACGP claims about HMRs that "there's no evidence of their effectiveness in primary care".

PD reader John Wilks, who's been a consultant pharmacist since 1997, provided a typical response:

"My experience is that the doctors I work with, both via medication reviews in the home and in the surgery, find these reviews to be highly beneficial to patient care, with medication mishaps avoided, doses changed, drugs deleted from or changed in the patient's regime, and collaborative relations being very positive.

"There is no sense of a 'turf war'. The singular focus is the patient, and thus far all participants (doctors, patients and myself) are delighted with the ongoing constructive outcomes."

We welcome any and all comments via email to info@pharmacydaily.com.au.

Diane-35 under scope

AUSTRALIAN patients taking Diane-35, Brenda-35, Juliet-35, Estelle-35 or Laila-35 are being advised not to stop taking the drug without consulting a doctor.

The TGA says it's closely monitoring the medication after last week's suspension of Diane-35 by the French regulator (**PD** Fri).

New anticoagulant program

NPS Medicinewise yesterday officially launched a new educational program, aiming to assist pharmacists and other health professionals understand the use of warfarin and newer coagulants.

'Achieving Good Anticoagulant Practice' will help pharmacists to feel more confident in their role when it comes to advising and educating patients requiring anticoagulant therapy, according to NPS clinical adviser, Dr Danielle Stowasser.

The program outlines why people with non-valvular atrial fibrillation whose anticoagulation is well controlled using warfarin "may not benefit clinically from switching to a newer oral anticoagulant," she said.

"It also reminds prescribers that although there are no readily available and validated tests for measuring the activity of the newer oral anticoagulants, routine clinical monitoring of all patients on anticoagulant therapy is still

TGA Albuterex alert

THE Therapeutic Goods Administration has advised that a range of fat loss products sold as Albuterex Xtreme, Albutarax Xtreme and Albuterex Femme Formula pose a "serious health risk" to Australian consumers.

TGA testing has found that batches of the products contain prescription-only theophylline as well as extremely high levels of caffeine which combined could have a "dangerous stimulant effect" leading to life-threatening heart rhythms and seizures.

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Busy time for ASMI

THE Australian Self-Medication Industry has released an update on its current activities, with a raft of consultations currently under way.

ASMI will represent the industry at the External Reference Group meeting on 18 Feb in relation to the TGA's Medicine Labelling & Packaging Review.

The group is also currently analysing the TGA/Medsafe paper on the ANZTPA, with a consultation closing on 21 Feb.

There's also the TGA consultation on Permitted (Coded) Indications for Listed Medicines, with an upcoming ASMI meeting to further discuss the consultation documents now available on the TGA website.

ASMI is also involved in the TGA consultation on Minor Variations to Prescription Medicines, and its implications for OTC items.

And the proposed public version of the TGA recalls database is also under scrutiny by ASMI.

The database is being created in anticipation of the ANZTPA and will be published as part of the TGA's commitment to transparency.

WIN A NS-8 PRIZE PACK

Every day this week *Pharmacy Daily* is giving two lucky readers the chance to win a NS-8 prize pack, courtesy of **Plunketts**.

Each prize pack includes NS-8 Foot & Leg Moisturiser 125g and NS-8 Heel Balm 100ml.

PREVENTION and **CURE** for dry, cracked heels and feet!

NS-8 Foot & Leg Moisturiser softens and cares for very dry feet and legs, preventing rough, cracked skin.

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To win, simply be the first person to send in the correct answer to the question below to: comp@pharmacydaily.com.au.

True or False: NS-8 Heel Balm is non-greasy so you don't need socks.

Hint! Visit www.NS8.com.au

Congratulations to yesterday's lucky winners, **Kelly Healey** from **Jewellstown Pharmacy** and **Adrian Sung** of **Pharmacy Online Discount Outlet**.



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DISPENSARY CORNER

HERE'S a way to get those blokes off the couch.

Researchers from Harvard University in the USA have found that men who spend most of their spare time watching TV have a significantly lower sperm count than those who are more active.

A report published this week in the *British Journal of Sports Medicine* says that 15 hours or more of exercise a week appears to boost the quality of semen.

Those who watched television at least 20 hours a week had a sperm count that was 44% lower than men who didn't spend much time in front of the box.

However according to the *BBC* men may want to be selective in the type of exercise they do if they're trying to lift their fertility, with some activity such as bike riding or long-distance running in tight shorts also possibly detrimental to sperm count.

A BREWERY in Alaska has found an excellent alternative use for beer - it's being fuelled by its own products.

A special "broiler" system uses spent grain utilised in the brewing process to create energy by converting it into steam which in turn operates a turbine.

According to officials at The Alaskan Brewing Co, this means that their brew is actually "beer powered beer".

THE grieving family of a 101-year-old Chinese woman who had apparently passed away probably need a bit of therapy, after the lady in question sat up and spoke to them just as she was being put into a coffin.

Peng Xinhua's daughters had called in the undertakers after she apparently lost consciousness and they couldn't detect a heartbeat.

After waking up, she said "I am a lucky woman. Not only did I get to see how many people care for me, but I also woke up before they took me to be cremated".

Keep up to date with the latest medicines information

The 2013 edition of the **Australian Medicines Handbook** has been released, with lots of new and updated drug information. This year the AMH has been expanded with a new section on acute coronary syndromes, while other additions include information on statins and diabetes risk, interactions with combined oral contraceptives, allopurinol dose changes, mefloquine in pregnancy, beta-blockers and respiratory disease as well as cardiovascular effects of NSAIDs. There's also a new AMH Online + Mobile option so the information is always at your fingertips.

Stockist: Australian Medicines Handbook Pty Ltd

RRP: \$165

Website: www.amh.net.au



New Milky Foot makeover

Milky Foot Intense Exfoliation Foot Pads have just undergone a makeover with a new 3D comfy booty, a gentler formula but with much more intense results in a much faster time frame. Milky Foot now boasts a better fitting boot, improved formula with less irritation and the application time is half the time - now only taking 45-60 minutes. Results are faster too: within 3 days your feet start the peeling process and the whole exfoliation process is complete within 5 days. So give your feet a makeover with new improved Milky Foot!

Stockist: BioRevive 1300 790 978

RRP: \$29.95 (regular and large)

Website: www.milkyfoot.com.au



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Money back bonus for head lice

School is back, meaning the return of dreaded head lice. **NeutraLice** is easing the pain somewhat by offering a money back guarantee.

The deal is being promoted to encourage consumers to treat the problem properly, with an instructional video with tips on how to avoid recurrences online at the NeutraLice website. Pharmacy staff can direct their customers to the site for a simple demonstration on how to use the products to achieve optimal results - and the offer is being promoted via a \$550,000 television campaign.

Stockist: Key Pharmaceuticals 02 8113 6200

RRP: \$19.99 (NeutraLice Advance Kit)

Website: www.neutralice.com.au

This range is "best after breast"

The new **Tommee Tippee Miomee** range offers everything needed for baby feeding. Scientifically designed bottles and teats and superior accessories for breast and bottle feeding are included, along with advanced health and safety products. There are also orthodontic comforters and hospital-grade breast pumps. The lightweight and quiet Tommee Tippee Miomee Single Electric Breast Pump kit offers nine adjustable settings to simulate baby's natural feeding action, and also includes bottles, lids, breast pads all together in a convenient carry bag.

Stockist: Tommee Tippee 1800 890 011

RRP: \$249.99 (full kit)

Website: www.miomee.com.au

