

Congrats to Gillian

PHARMACY Daily would like to congratulate the winner of last Friday's Pure Therapy competition, Gillian Heisey from Symbion.

For her efforts Gillian will receive a beautiful Pure Therapy by Purist gift pack.

WIN A BOSISTO'S TEA TREE PACK



PD has teamed up with Bosisto's this week and is giving ten lucky readers the chance to win a Bosisto's Tea Tree prize pack.

What's the secret to natural first aid? Bosisto's Tea Tree. This Australian favourite contains 100% pure tea tree oil – and is the perfect natural remedy for treating minor cuts and scrapes, soothing the itch of insect bites and relieving Tinea.

For more information visit www.fgb.com.au.

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

Bosisto's Tea Tree Spray can soothe the itch of what?

Congratulations to yesterday's lucky winners, Malie Ung from Priceline Pharmacy Bonnyrigg and Joanne Campbell of Macquarie Hospital.

Australians and COPD rates

OVER 10 percent of Australians have some form of obstructive lung disease, with many cases potentially going undiagnosed according to a new study published in the *Medical Journal of Australia*.

The research, titled *Respiratory symptoms and illness in older Australians: the Burden of Obstructive Lung Disease (BOLD) study*, was designed to measure the prevalence of chronic obstructive pulmonary disease (COPD) among people aged over 40 years.

In order to do this, researchers looked at 1,620 men and 1,737 women aged over 40, who were selected at random using electoral rolls between 2006 and 2010.

Participants were asked to complete a written questionnaire and undergo spirometry testing.

Results of the study showed that the prevalence of GOLD Stage II or higher COPD (defined as post-bronchodilator FEV1/FVC ratio < 0.70 and FEV1 < 80% predicted) was 7.5% among participants aged over 40 years, and 29.2% among those aged over 75 years.

Meanwhile among participants aged over 40 years, the prevalence of wheeze in the past 12 months was 30%, whilst prevalence of shortness of breath when hurrying on the level or climbing a slight hill was 25.2%.

Researchers also noted that there was also a steep increase in the prevalence of shortness of breath in people aged over 75 years.

Interestingly the researchers found that the prevalence of cough was similar among the age groups

(over 40 years and over 75 years), but the prevalence of sputum production, consistent with a diagnosis of chronic bronchitis, increased with age.

"The finding that many participants with confirmed airflow obstruction consistent with COPD did not have a pre-existing diagnosis suggests greater effort is needed in making high-quality spirometry available in all health care settings," the researchers said.

Overall, researchers found that a reported diagnosis of asthma or related illness was much more common than a reported diagnosis of COPD or related illness (18.8% v 5.2% among all people aged over 40), even in the oldest age group.

Amongst all participants the prevalence of GOLD Stage II or higher COPD was 7.5% and the prevalence of severe COPD (GOLD Stage III or higher) was 0.9%.

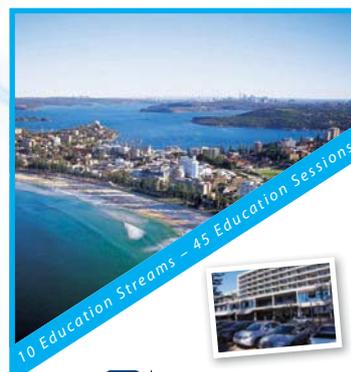
"The findings of our Australian BOLD study have important implications for health service development in Australia," the researchers said.

"Only by accurately diagnosing COPD is it possible to offer the range of interventions that have been demonstrated to improve quality of life, reduce disability and limit health care use.

"The finding that many participants with confirmed airflow obstruction consistent with COPD did not have a pre-existing diagnosis suggests greater effort is needed in making high-quality spirometry available in all health care settings," the researchers added.

Health insurance grows

AUSTRALIANS are embracing private health insurance with more than 122,000 people having taken out private hospital cover in the six months since the introduction of income testing of the private health insurance rebate, according to the Health Minister Tanya Plibersek.



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Guild Update

Disaster Relief

The Guild has established its own Members' Disaster Appeal to help those Members who have lost the most during recent flooding in Queensland and New South Wales.

The Guild has kicked off the appeal with the financial support of Guild Companies.

The following are the contributions that have been to start the appeal:

Guild Insurance \$10,000
Fred Health \$10,000
Gold Cross \$10,000
GuildLink 10,000

"I am grateful to the boards of these companies that they have authorised this support," National President of the Guild, Kos Slavos said.

"I am pleased that Guild Insurance's contribution to the fund is over and above its already significant level of flood payouts, with totals into the millions".

Funds raised by the appeal will be administered and disbursed under the supervision of the National Council's Corporate Services Committee.

Guild Members who have suffered significant business losses will be able to apply for assistance subject to the following conditions that will be monitored by the Corporate Services Committee.

Too much of a good thing?

HIGH intakes of calcium in women are associated with higher death rates from cardiovascular disease, according to the latest research published in the *British Medical Journal*.

The Swedish study investigated

Good fats on the menu

THE National Health and Medical Research Council has released the 2013 revision of the Australian Dietary Guidelines, which now distinguishes between 'good' fats (polyunsaturated and monounsaturated fats) and 'bad' fats (saturated and trans fats).

The move has been welcomed by the Heart Foundation, with CEO Dr Lyn Roberts saying "Australians have been getting the wrong messages for years - we should certainly be reducing bad fats, but it's important to replace them with good fats".

"Australians are now advised to replace high fat foods which contain predominantly saturated fats such as butter, cream, coconut and palm oil with foods that contain predominantly polyunsaturated and monounsaturated fats such as oils, spreads, nut butters/pastes and avocado.

"It's good to eat some healthier fats and oils such as canola and olive oil, nuts and fish, as they provide essential nutrients for heart health and protect against heart disease," she added.

For information on the Guidelines see www.eatforhealth.gov.au.

the link between calcium intake in women and incidence of cardiovascular disease, and looked at 61,433 women (born between 1914 and 1948) with a median follow up of 19 years.

"We hypothesised that long term intake of low or high calcium increases the risk of cardiovascular mortality," the researchers said.

"We investigated associations between long term dietary and supplemental intake of calcium with all cause mortality as well as with cardiovascular mortality in a large population based prospective study of Swedish women," the researchers added.

According to the results, the risk patterns with dietary calcium intake were non-linear, with higher rates concentrated around the highest intakes (over 1400 mg/day).

The researchers found that compared with intakes between 600 and 1000 mg/day, intakes of calcium above 1400 mg/day were associated with higher death rates from all causes: cardiovascular disease (1.49, 1.09 to 2.02), and ischaemic heart disease (2.14, 1.48 to 3.09) but not from stroke (0.73, 0.33 to 1.65).

"Use of calcium tablets (6% users; 500 mg calcium per tablet) was not on average associated with all cause or cause specific mortality but among calcium tablet users with a dietary calcium intake above 1400 mg/day the hazard ratio for all cause mortality was 2.57," the researchers said.



DISPENSARY CORNER

GO back to the Stone Age.

Analysis of DNA from tartar preserved on the teeth of ancient skeletons has revealed the consequences of changes in human diet and health from the Stone Age to modern day.

According to the researchers, the ancient genetic record reveals the negative impact and changes farming and manufactured foods have had on the evolution of our oral bacteria.

Published in *Nature Genetics*, the research saw scientists extract DNA from tartar from 34 prehistoric northern European human skeletons, and then trace changes in the nature of oral bacteria from the last hunter-gatherers, through the first farmers to later Bronze Age and Medieval times.

"The composition of oral bacteria changed markedly with the introduction of farming, and again around 150 years ago," said study head Prof Alan Cooper.

"With the introduction of processed sugar and flour during the Industrial Revolution, we can see a dramatically decreased diversity in our oral bacteria, allowing domination by caries-causing strains.

"Oral bacteria in modern man are markedly less diverse than historic populations and this is thought to contribute to chronic oral and other disease in post-industrial lifestyles.

"The modern mouth basically exists in a permanent disease state," he added.

Zortress in the US

NOVARTIS drug Zortress has become the first in over a decade to be approved by US Food and Drug Administration to prevent organ rejection in adult liver transplant patients.

Zortress (everolimus) is also the first mammalian target of rapamycin (mTOR) inhibitor approved for use following liver transplantation.

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