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Good news for coffee

PEOPLE who drink caffeinated coffee have a lower risk of some oral cancers, according to a new American Cancer Society study.

Published in the *American Journal of Epidemiology*, the study examined associations of caffeinated coffee, decaffeinated coffee, and tea intake with fatal oral/pharyngeal cancer in the Cancer Prevention Study II, a prospective US cohort study begun in 1982 by the American Cancer Society.

The research involved 968,432 men and women who were cancer free at the start of the study, and noted 868 deaths due to oral/pharyngeal cancer occurred during 26 years of follow-up.

The researchers found consuming more than four cups of caffeinated coffee per day was associated with a 49% lower risk of oral/pharyngeal cancer death relative to no/occasional coffee intake).

A dose-related decline in relative risk was observed with each single cup per day consumed, and interestingly the association was independent of sex, smoking status, or alcohol use.

In addition, the study noted a similar link among those who drank more than two cups of decaffeinated coffee per day, although, according to researchers, that finding was only marginally significant.

No association was found for tea drinking.

"Coffee is one of the most widely consumed beverages in the world, and contains a variety of antioxidants, polyphenols, and other biologically active compounds that may help to protect against development or progression of cancers," said the study's lead author Janet Hildebrand, MPH.

API enjoys steady growth

2012 was a big year for Australian Pharmaceutical Industries, with the company's CEO, Stephen Roche, confirming that it's Soul Pattinson, Pharmacist Advice and Club Premium membership grew to 690 stores across Australia.

The comment comes as part of Roche's address at the API's Annual General Meeting this week, where he also revealed that Priceline continued to outperform the sector.

"And with the launch of our online business and a return to significant growth in our bricks and mortar store network, it is clear that Priceline Pharmacy is the future growth engine of our business," he said.

"Given that Priceline Pharmacy is a franchise business, it is crucial that we deliver for our franchisees, our pharmacists," he added.

Meanwhile, looking toward the future, Roche reiterated the company's commitment to focus on the health and beauty market, and in particular its focus on women.

"The Australian Bureau of Statistics data shows very clearly that pharmaceutical, cosmetics and toiletries have far outperformed other retail sectors over the last

five years," he said.

"Even though we're no longer seeing the double digit growth we enjoyed before the impact of the GFC, we're nonetheless experiencing growth that remains healthier than other retail sectors," he added.

Interestingly, Roche also added that key demographic trends are also working in the company's favour, with older consumers having more disposable income than those from previous generations and their life expectancy is also greater.

"Hence their increased spend on health-related products, particularly on prescription medicines, where we see 70% of scripts are for our population over 60 years of age," he said.

"And not only do women care more about how they look, they're typically much more careful than men about their physical health, so they live longer.

"Our ageing population has resulted in approximately \$10 billion being spent by those over the age of 65, even though they only account for 13% of the population," he added.

TGA welcomes orphans

LEUPRORELIN acetate (Lucrin), mercaptopurine and methotrexate have been added to the Therapeutic Goods Administration's list of orphan drugs.

See www.tga.gov.au.

Diabetes review

NPS MedicineWise's latest online Pharmacy Practice Review, *Type 2 diabetes - Enhancing patient care*, is designed to offer pharmacists the opportunity to review their management of people with type 2 diabetes and further contribute to improved patient outcomes.

The program is accredited by the PSA as a Group 2 activity for 16 credit points (8 hours).

See www.nps.org.au/pharmacy_practice_reviews.

Pharmacy and horses

THE Pharmaceutical Society of Australia's new ignite leadership program for early career pharmacists, will feature a unique horse workshop.

"The use of horses in a special workshop will accelerate learning for ignite leadership program participants to further develop their skills in communication, team building, relationship development and trust," the PSA said in a statement.

"Working with horses is a somatic experience designed to increase an awareness of self and help to activate the creative thinking of those involved.

"Importantly, it enables participants to develop their non verbal communication, which forms up to 80% of all communication," the statement added.

For more information see www.psa.org.au/education/leadership-program.

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Travel Specials

WELCOME to *Pharmacy Daily's* travel feature. Each week we highlight a couple of great travel deals for the pharmacy industry, brought to you by **Cruise Weekly**.

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CORAL Seas is offering NZ\$100 cash spending money for those that book its The Edgewater Resort & Spa package by 31 January 2013.

The package includes five nights accommodation at The Edgewater Resort & Spa for the price of three, return economy flights including pre-paid departure taxes with carry-on luggage only, airport meet and greet, tropical island breakfast daily and return airport transfers, and is priced from \$945pp.

The Edgewater Resort & Spa located on the sheltered west coast of Rarotonga in the Cook Islands.

Call 1300 320 795 for information.

MERCURE Capricorn Resort in Yeppoon located on the Coral Coast is enticing Aussies with a sizzling Summer Package includes accommodation in a Superior Room and full buffet breakfast for two adults and two children, from just \$149 per night.

As an added bonus kids aged 0-16 years can eat until their little hearts content as their dinner meals are free when dining with adults.

Other room types are also available in the deal and families can take up a one-bedroom apartment or Capricorn Suite priced from just \$209.

Two-bedroom apartments start from \$239 per room per night and are fully self-contained. See www.mercure.com.

Medical workforce growth

AUSTRALIA is enjoying positive growth in its medical workforce, with improved supply across all regions of Australia, according to a report released today by the Australian Institute of Health and Welfare (AIHW).

The report, *Medical workforce 2011* took into account the demographic and employment characteristics of medical practitioners who were registered in Australia in 2011.

In 2011 there were 87,790 medical practitioners registered in Australia, 85% of which responded to the AIHW's Workforce survey which was used for the report.

According to the AIHW between 2007 and 2011 the number of medical practitioners employed in medicine increased by just over 17% from 67,208 to 78,833, whilst the overall supply of clinicians across Australia increased 11.4% from 323 full-time equivalents per 100,000 people in 2007 to 360 in 2011.

"Between 2007 and 2011, there was also a rise in the supply of employed medical practitioners in all regional areas, including Major cities up by 60 FTE, Inner regional areas up by 60 FTE, Outer regional areas up by 69 FTE and Remote/Very remote areas up by 45 FTE," a spokesperson for the AIHW said.

The report also noted that around 94% of employed medical practitioners were working as clinicians, of whom 34% were general practitioners, 33% specialists, 17% specialists-in-training, and 13% were hospital non-specialists.

Meanwhile, the report also found that of those that were employed as non-clinicians (6% of all employed medical practitioners), more than half were researchers or administrators.

The largest main speciality of practice among both clinician specialists and total specialists was found to be physician, (5,157 and 5,689 respectively), whilst the second-largest main specialty for clinician specialists and specialists

(3,951 and 4,125 respectively) was surgery.

"Women are increasingly represented in the medical practitioner workforce, up from 34% in 2007 to 38% in 2011," the AIHW spokesperson said.

"Among clinicians, women accounted for 48% of hospital non-specialists compared to 26% of specialists," the spokesperson added.

Interestingly, the report also found that the average age of medical practitioners has fallen slightly from 2007 to 2011, from 45.9 to 45.5 years, whilst the average weekly hours worked by employed medical practitioners remained stable between 2007 and 2011.

"In 2011, male medical practitioners worked an average of 45.9 hours per week, while female medical practitioners worked an average of 38.7 hours per week," the AIHW said.



DISPENSARY CORNER

CLAUSTROPHOBIC?

For those that dislike small confined spaces, perhaps the smallest house in Brussels may not be the place for you, but for everyone else, the house, on a street just off the central Grand Place square, is up for auction.

A few hundred years old, the two-storey townhouse has had many incarnations in its lifetime, including a furniture workshop and a creperie, and measures a mere 2.75 metres wide.



Squashed between a pizzeria and a souvenir shop, the sign above the house (above) reads 'The smallest house in Brussels'.



WIN YOU ME & EVERYBODY PACK

This week we are giving five lucky readers the chance to win a You, Me and Everybody prize pack from **Symbion Consumer Products**.

The You Me and Everybody range has been specially designed and formulated for women who are seeking products that are highly effective and offer great value for money. The range includes products in the general skin care, skin assist and cosmeceutical beauty categories.

Each You Me and Everybody prize pack is worth \$115 and contains: Derma Karma Arnica Cream, Shady Lady Moisturiser, Helping Hands Wash, Saving Face Serum, Saving Face Toner, Saving Face Moisturiser, Cool it Aloe Vera Gel; and Pucker Up Paw Paw (not pictured).

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

Hint! The answers can be found on the You, Me and Everybody website: www.youmeandeverybody.com.au.

Name the four products in the You, Me and Everybody 'Everyday Skincare' range

Congratulations to yesterday's lucky winner, **Desiree Elkhoury** from **Flinders Medical Centre**.