

# A LITTLE LESS TALK A LITTLE MORE WALK

What will you do a little less & a little more?  
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### IMMUNE SUPPORT



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CHC52973-06/13

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## Less talk, more walk

**HIGHLIGHTING** its range of activity support supplements, Blackmores has launched a new Move More program with the challenge, "What will you do a little less and a little more?"

See the **front full page** of today's **PD** along with the website at [www.littlelesslittlemore.com.au](http://www.littlelesslittlemore.com.au).

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## Aug PBS price reductions

**SIIMVASTATIN** and clopidogrel are among a range of medications which will see significant price cuts later this week, as the next round of the government's PBS reforms kicks in from 01 August.

The Health Department has posted details of the latest round of changes, with the Weighted Average Percentage Reduction for simvastatin being a hefty 44.66%.

Clopidogrel is subject to a 43.75% cut, while other reductions include a 39.7% drop in the price of risperidone.

The PBS website confirms that these reductions are for drugs

and manners of administration that were directly affected by the December 2012 Federal Court judgement around treatment of delisted brands in price disclosure.

Brands that were not affected by this judgement have already had their prices reduced on 01 April.

A total of 41 molecules are impacted this time around, with price cuts also applying to such items as amoxycillin, cephalexin, clarithromycin, pravastatin, fluoxetine, gemcitabine, paroxetine, sertraline and omeprazole.

There are also price cuts to dexamethasone and temozolomide.

## UTS CM centre launch

**THE** University of Technology Sydney is set to hold an event to officially launch a research centre which it says will "provide national leadership in the critical assessment of complementary medicine use and practice in Australia".

Dubbed the Australian Research Centre for Complementary and Integrative Medicine (ARCCIM), the initiative is led by UTS Professor Jon Adams, who said it's the first facility worldwide to "house leading researchers with a range of methodological expertise and to focus on conducting and promoting critical public health and health services research into complementary medicine."

Since its establishment last year ARCCIM as already attracted more than \$7 million in grant funding.

The formal launch event will take place on Thu 08 August.

## Cruise for diabetes

**AUSTRALIA'S** first ever educational cruise for people with diabetes and their families will take place over three nights aboard the luxury *Celebrity Solstice* liner departing Sydney on 17 Jan 2014.

It's an initiative of the Danii Meads-Barlow Foundation and CruiseScene, which has specially created the short break package strategically planned for patients to help manage their diabetes while in 'recreation mode'.

There are limited cabins available for the so-called "Jelly Bean Cruise" which particularly targets kids and teenagers with diabetes and their families and is priced from just \$461 per person.

The weekend of diabetes education will see participants cruising in the company of leading Australian diabetes specialists and diabetes nurse educators - for more information call 1800 678 555 or see [www.cruisescene.com.au](http://www.cruisescene.com.au).

## Hospitals improve

**HEALTH** minister Tanya Plibersek has hailed new data from the National Health Performance Authority showing "widespread improvement in public hospital performance across Australia," with an improvement in urgent surgery and emergency department waiting times in most states.

# EVERYONE LOVES IT!



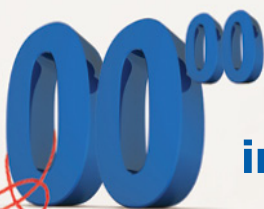
"In the time since we installed our robot, we've eliminated the "mosh pit" of sick and busy clients waiting for their scripts. I've fitted a large CCTV screen in the pharmacy so clients can see what's going on inside the Rowa - kids love it! I love it!"

**Guy Ewing**

Owner of Barossa  
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## ASMI Code review

**THE** Australian Self Medication Industry is asking members for any suggestions as to how the ASMI Code of Practice might be revised.

Suggestions can be emailed to [steve@asmi.com.au](mailto:steve@asmi.com.au), with a closing date of 15 Aug 2013.



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## CHD patient complacency

**A NEW** report released today titled *Two Hearts One Future* from the Baker IDI Heart and Diabetes Institute, reveals that many heart attack survivors underestimate their risk of having a future heart attack, and fail to follow their GP's advice or attend rehabilitation.

According to Professor Simon Stewart, Head of Preventative Cardiology at Baker IDI, the study serves as a major wake up call to Australians living with coronary heart disease and highlights the need for more effective secondary prevention and ongoing support programs for heart attack survivors.

Less than half of those who had survived a heart attack maintained a healthy diet, and even less are exercising regularly, the report said.

"The findings suggest that heart attack survivors are failing to make the necessary lifestyle changes to mitigate their risk of a repeat heart attack," said Professor Stewart.

"Nearly one in four people who are fortunate to survive a heart attack will go on to have another episode or require medical intervention.

"Within a year, one in 11 of these people will die," he said, adding: "We need to place greater emphasis on patient education, supported by innovative strategies such as telephone support and in-home care."

Every year around 55,000 Australians are hospitalised due to a heart attack, with nearly a third of these due to repeat attacks.

By the end of the decade, the number of Australians dying from

repeat heart attacks is expected to rise to 7,521, a 40% increase on current levels.

The report also looked at the impact of heart attacks on carers, who were more deeply affected post-event, carrying a greater emotional burden and expressing concern that nearly half of survivors hadn't taken responsibility for their future heart health.

Heart Support-Australia and the Heart Foundation have joined together to promote the content of the report, which was supported by Astra-Zeneca.

## EMA to cut Nizoral

**THE** European Medicines Agency has recommended the suspension of marketing authorisations for oral ketoconazole, sold as Nizoral.

The EMA's Committee on Medicinal Products for Human Use has concluded that the risk of liver injury is greater than the benefits in treating fungal infections.

Doctors are being told to stop prescribing the oral medication, but topical formulations continue to be approved because they have very low systemic absorption.

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## DISPENSARY CORNER



**AN** armed bandit in Indonesia has been captured after he stopped in the middle of a home invasion to take care of a crying baby.

Kojek Mista and four fellow thieves broke into a house near Jakarta armed with swords, guns and knives, according to the *Jakarta Globe* newspaper.

They tied up the adults inside, but in the process woke a sleeping baby who started to cry.

Mista had already immobilised the baby's mother and nanny, and the child's cries awakened something in his conscience, he admitted during a police press conference last week.

"I asked his mother how to make him stop crying, and she said he had to be fed with milk.

"I gave it to the baby while cradling him...not long after that the baby fell asleep so I put him in bed," he said.

The gang then escaped with goods worth about \$5000 but were later captured, with the impromptu carer now facing ten years in prison.

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**What does Frank believe are the secrets to  
maintaining vibrant health?**

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