

## Cancer and dairy

**PATIENTS** who consume high-fat dairy products following breast cancer diagnosis increase their mortality risk, according to a study published in the *Journal of the National Cancer Institute*.

During the study researchers looked at a cohort of women who were diagnosed with early-stage, invasive breast cancer between 1997 and 2000.

At the beginning of the study, 1,893 women completed a self-administered food-frequency questionnaire, and 1,513 of these women completed a follow-up questionnaire six years later.

They were followed for 12 years on average following study entry.

The category of high-fat dairy products researchers tracked included cream, whole milk, condensed milk, pudding, ice cream, custard, cheeses and yogurts.

According to the findings those consuming larger amounts of high-fat dairy (one serving or more per day) had a higher breast cancer mortality as well as higher all-cause mortality and higher non-breast cancer mortality.

Interestingly the study found an association between high-fat dairy and breast cancer mortality, but no association with low-fat dairy products and breast cancer outcomes.

"Specifically, women consuming one or more servings per day of high-fat dairy had a 64% higher risk of dying from any cause and a 49% increased risk of dying from their breast cancer during the follow-up period," said lead author Candyce Kroenke, staff scientist, Kaiser Permanente Division of Research.

## Pharmacist penalty rates

**A LANDMARK** decision by the Australian Government will see penalty rates paid to thousands of Australian pharmacists enshrined in the Fair Work Act.

Welcoming the move, pharmacist union APESMA said that the result is a win for the pharmacy profession, and called on all political parties and independents to support the move when it is

presented to parliament.

"Many Australian pharmacists rely on penalty rates to give them fair compensation for their complex roles and the large responsibility they have to Australian patients," CEO of APESMA Chris Walton said.

Walton went on to attack the Pharmacy Guild of Australia, saying "professional pharmacists deserve better than the pay cut proposed by the Pharmacy Guild."

According to Walton, under the Guild's plan a pharmacist working 9am to 5pm from Tuesday to Saturday would have their pay cut by at least \$2,612; a first year intern who works on a Sunday from 9am to 5pm would have their pay cut by at least \$4,076; and a pharmacist working part time from 6pm to 9pm would have their pay cut by at least \$8,164.

## Tackling concussion

**HERRON** has partnered with Sport Concussion Australasia, to launch a new community initiative which aims to raise awareness of concussion in sport and provide easy access to a series of free tools to identify the symptoms and diagnose concussion.

As such, Herron is urging parents to take advantage of the many free tools that the program provides as injury statistics show that 1 in 5 junior league players are likely to suffer a concussion this year.

The tool also provides players, parents, coaches and other sports administrators with easy access to a range of free tools that help identify the warning signs of concussion and serious injury and provide a guide of where to find help.

"Concussion rates, especially at a grassroots level, are underreported with many of the incidences going unrecognised or unreported," said Herron Sports Concussion Australasia's, Dr Ryan Kohler.

The program can be accessed at [sportsconcussionaustralasia.com](http://sportsconcussionaustralasia.com).

## New CAHO position

**AUSTRALIA** is set to get its first Chief Allied Health Officer, following an announcement by the Minister for Health, Tanya Plibersek.

"Allied health professionals make up about 20 per cent of the health workforce in Australia, providing vital services to patients and the establishment of a Chief Allied Health Officer will further strengthen and support their work," said Plibersek.

"The Government recognises the work that allied health professionals do and the Chief Allied Health Officer will provide advice on how best to strengthen their role," she added.

## Events Calendar

**WELCOME** to *Pharmacy Daily's* events calendar, opportunities to earn CPE and CPD points.

If you have an upcoming event you'd like us to feature, email [info@pharmacydaily.com.au](mailto:info@pharmacydaily.com.au).

**21-24 Mar:** Guild APP2013 national conference, Gold Coast Convention Centre - more info [www.appconference.com](http://www.appconference.com).

**02-09 May:** PSA Offshore Refresher Conference, London - more info 1300 139 293.

**31 May-02 Jun:** PSA CPEXpo, Hordern Pavilion Sydney - see [www.psa.org.au/cpexpo](http://www.psa.org.au/cpexpo).

**21-23 June:** NSW Pharmacy-National Convention & Exhibition. Sydney Convention & Exhibition Centre, Darling Harbour. For details see: [www.nswpharmacy-nce.com.au](http://www.nswpharmacy-nce.com.au).

**5-8 July:** Australian College of Pharmacy's 24th Annual Conference and Exhibition, Brisbane Convention & Exhibition Centre - [www.acp.edu.au](http://www.acp.edu.au).

**04-07 Sep:** Navigating the Future - Pharmacy 2013: The Pharmacy Management Conference; Sheraton Mirage, Port Douglas; see [pharmacyconference.com.au](http://pharmacyconference.com.au).

**11-13 Oct:** Pharmacy Australia Congress in Brisbane - details [www.psa.org.au/pac](http://www.psa.org.au/pac).

**14-16 Oct:** Global Drug Safety Conference and Exposition, Brisbane - for more details email [qldadmin@psa.org.au](mailto:qldadmin@psa.org.au).

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## New AusPARs

THE TGA has added new AusPARs for Evicel, Ezetrol, Humatrope Pandemrix H1N1 pandemic influenza vaccine, Olmetec, and Xifaxan to its website. See [www.tga.gov.au](http://www.tga.gov.au).

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*What does it mean when a skincare product, such as Rosehip PLUS Rosehip Oil, is registered as Australian Certified Organic with a specific listing number?*

Congratulations to yesterday's lucky winner, **Georgia Kilpatrick** of **Health World Limited**.

## Kidney disease on the rise

GLOBAL mortality rates from communicable diseases have seen a steady decrease from 1990-2010, from 34.1% of total deaths to 24.9%, whilst in the same time period, death rates from non-communicable diseases, including chronic kidney

disease, have increased.

The figures are part of a recent *Global Burden of Disease Study* published in *The Lancet*.

According to the study, between 1990 and 2010 death rates attributed to kidney disease increased 82%.

Globally, kidney disease now ranks in the top 25 conditions leading to years of lost life.

The study also found that there was a 21% increase in years lived with disability due to the condition.

"The unfortunate globalisation of the fast food market combined with unhealthy eating and obesity play a major role in the rise of chronic kidney disease," said Dr Beth Piraino, President of the National Kidney Foundation.

"And yet, we can all modify our diet and make positive changes.

"Personal choices have an impact on the kidneys and a healthy lifestyle can slow or prevent the progression of kidney disease," she added.

## Qutenza expansion

THE European Commission has approved expanded options for pre-treatment prior to use of Qutenza (8% capsaicin patch), the first and only licensed high concentration capsaicin cutaneous patch for the treatment of peripheral neuropathic pain in Europe.

The expansion means that before application a patient may now take an oral analgesic, or the treatment area may be pre-treated with a topical anaesthetic.



## DISPENSARY CORNER

### EYE check.

A prank has left a few traffic police officers wondering if they should go and get an eye check-up, after they mistook a car made out of snow, for a real car.

The prank, which took place in a Aachen, Germany, saw tricksters carefully build a VW car overnight out of snow in freezing temperatures.

The construction included outlines for headlights, windscreens and a VW badge.

"It was incredibly realistic looking and it looked like you could get into it and drive away once you'd swept the snow off," one local told media.

To add to the joke, the car was built in a strict no parking zone, which attracted the attention of traffic wardens the next morning, who swiftly ticketed the vehicle.

The joke did not however amuse the authorities, who after realising they had been hoodwinked told media that "whether it was made of metal or snow it was still obstructing a road that should have been clear".



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**Jobs of the Week**

- **Pharmacist in Charge** - Far North, QLD (Job# 2009708)  
Coastal location with a difference - all exp. levels considered - Accom prov.
- **Retail Manager** - Sydney Eastern Suburbs, NSW (Job# 2009704)  
Enthusiasm needed for a Pharmacy in the heart of the Eastern Suburbs.
- **Customer Care Pharmacist** - Melbourne's West, VIC (Job# 2009683)  
P/t time role for a confident Pharmacist to counsel and engage customers.

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