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Stress can lead to arthritis?

BEING stressed may lead to arthritis in women, according to a new Australian study.

Published in the *Annals of Behavioral Medicine*, 'The Influence of Perceived Stress on the Onset of Arthritis in Women' study explores perceived stress as a risk factor for

arthritis in 12,202 women from the 1946–1951 cohort who completed the Australian Longitudinal Study on Women's Health surveys in 2001, 2004 and 2007.

According to the results women who reported moderate to high stress levels were 2.2 times more likely to develop arthritis than their stress-free counterparts three years later.

In addition, women who reported minimal stress levels were 1.7 times more likely to develop arthritis, compared to those without stress.

Meanwhile, researchers also noted that obesity was also a risk factor for developing arthritis, with obese women two times as likely to develop the condition as those with a healthy weight.

"The findings from this study have important clinical implications," said the authors from Newcastle University and the University of Technology, Sydney.

BPD guidelines

THE Minister for Mental Health and Ageing Mark Butler has launched a new guide to assist health professionals to recognise and treat Borderline Personality Disorder.

The Clinical Practice Guideline for the Management of Borderline Personality Disorder was developed by the National Health and Medical Research Council (NHMRC) at the Government's request.

"Borderline Personality Disorder is estimated to affect at least one per cent of the population," Butler said.

"It is associated with a high risk of suicide and causes significant loss and grief for individuals, their families and friends.

"However, treatment for Borderline Personality Disorder is effective and people can recover and lead fulfilling lives," he added.

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New powers for HCCC

THE Health Legislation

Amendment Bill 2013 will enable the Health Care Complaints Commission to investigate health care providers who are "likely to affect the clinical management or care of an individual client in addition to health services that do affect such management or care".

In addition, the Health Care Complaints Commissioner may make a complaint under the HCC Act but only if it appears to the Commissioner that the matter that is the subject of the complaint: raises a significant issue of public health or safety, or raises a significant question regarding a health service that affects, or is likely to affect, the clinical management or care of an individual client, or if substantiated, would: provide grounds for disciplinary action against a health practitioner, or be found to involve gross negligence on the part of a health practitioner, or result in the health practitioner being found guilty of an offence under the Public Health Act 2010.

The new Bill was introduced into the NSW Parliament last week, and will close legal loopholes used by groups such as the Australian Vaccinations Network to avoid sanctions.

Today in Pharmacy

TODAY'S PD features two pages of news **PLUS** a full page from the Guild offering \$99 registration for the NSW Pharmacy National Convention & Exhibition 2013 (p3).

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Weekly Comment

Welcome to PD's weekly comment feature. This week's contributor is **Paul Rowe, Chief Executive of Razor Group of Companies.**



Buying a Pharmacy Part 2

So you have decided on the perfect pharmacy to purchase, identified the price you are willing to pay and have made an offer which was vetted by a solicitor and or accountant.

What next?

Managing time, outcomes and information flow will be your focus for the next 2-3 months as you move to full ownership.

These include payment of the deposit, completion of due diligence, finance approval, applications in regard to assignment or creation of a lease, application to the board and settlement.

Due diligence allows you to understand what you don't know and confirm what you do know is correct.

I suggest you appoint a specialist to act on your behalf as they could save you tens of thousands down the track.

Check leases, contracts, confirm income and expenditure identify script data and if possible get a script map.

Understand current/future competitors and changes that may occur in the local area.

Ensure sufficient time for finance and completion of valuations and understand what the banks require.

At settlement ensure that all documentation is in place and all notifications have been made including: Water, Telephones, Medicare, signage, Pharmacy board, staff entitlements, stock take, finance, assignment of leases & stationary.

It is exciting to own a pharmacy; it is also a great deal of hard work.

Be prepared and you will enjoy the journey.

NZ pricing model is better?

AUSTRALIANS are paying far too much for prescription drugs, especially drugs that are no longer under patent, according to a new report by the Grattan Institute.

The first report from Grattan Institute's Health Program, *Australia's bad drug deal*, compares Australian drug costs with the prices paid in New Zealand.

The report also looks at how drug prices are set elsewhere and explains the steps that will "get a much better drug deal for Australia".

"In New Zealand, drug prices have plunged dramatically, freeing up money to spend on new drugs and other kinds of care," the report said.

"New Zealand's secret is simple.

"The Government has taken the politics out of price-setting and appointed independent experts to make decisions.

It has also capped the budget for drugs, which ensures clear priorities and tough negotiations with pharmaceutical companies.

"For Australia's PBS, by contrast, decisions on drug pricing are opaque and unconstrained by a budget," the report added.

The report went on to criticise the Department of Health's PBS

committee, saying that two of its six members are representatives of drug companies.

"They have little interest in keeping prices low," the report said.

"In New Zealand, politicians decide how much is spent on drugs in total, then independent experts negotiate prices.

"In Australia, expert judgements come first but can be overridden by political decisions.

"No one assesses how much we should spend overall.

"As a result, our wholesale prices for identical drugs are now more than six times New Zealand's.

"In some cases, they are more than 20 times higher," the report added.

Steps to improve Australia's pricing process, according to the report, include "reversing the politics".

"In other words, political choices should determine the overall drug budget, but not the value of individual drugs at the end of the process," the report said.

"An independent board of experts, with a defined, indexed budget, should set prices.

"As well, the price of new generics should be no more than half the price of the originator, with annual benchmarking against the world's best prices," the report added.

These changes would cut "wasteful" spending by at least \$1.3 billion per annum, according to the report.

PD comp winner

CONGRATULATIONS to the winner of last Friday's **Pharmacy Daily** competition, Kelly Healey of Jewellstown Pharmacy.

Visit us at APP Stand 67 to

WIN A GALAXY TAB

Sign up to GP Mail at APP to go into the draw to WIN a Samsung Galaxy Tablet.



*Competition drawn 25th of March. One to be won. Winner will be contacted via phone or email.

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POSTMAN may wave goodbye to his hearing.

A six-year-old Golden Retriever from Adelaide, Charlie, has broken the Guinness World Record for the Loudest Bark by an Individual Dog by barking at 113.1db.

Charlie's bark of 113.1db was 42 times louder than everyday conversation and the same volume as a loud rock concert!

His bark smashed the previous record set in London in 2009 by Daz, a white German Shepherd, bringing the title to Australia for the very first time.



WIN A BOSISTO'S PRIZE PACK



PD has teamed up with FGB Natural Products this week and is giving three lucky readers the chance to win an amazing Bosisto's prize pack.

Bosisto's is embarking on an exciting project to plant 1 million trees in 2013! Customers can help Bosisto's 'Plant a Tree' by purchasing any specially-marked 200mL Eucalyptus oil, available instore from May. The project aims to support local communities, the economy and the environment.

For your chance to win, email your answer (in 25 words or less) to the below by COB on Friday to: comp@pharmacydaily.com.au.

If you could change the environment for the better, what would you do?



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Visit www.lagoonbeachvanuatu.com and bring the answer to the following question "What is the name of the Kindergarten located at Lagoon Beach Resort Apartments?" with you to the event, for your chance to go into the draw.

Spot prizes will also be given away over the weekend.

Conditions apply for further details please visit our website www.nswpharmacy-nce.com.au
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