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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*.

CRUISE WEEKLY

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www.cruiseweekly.com.au

ABERCROMBIE & Kent is offering 50% off for bookings at South Australia's luxury Southern Ocean Lodge on Kangaroo Island.

The deal is valid for bookings of at least three nights made by the end of this month, for travel until 23 August, and it's a saving of up to \$1800 per couple per night.

A four day A&K Southern Ocean Lodge package is priced from \$3600 per couple, with guests able to experience "Australia's Galapagos" with an extraordinary abundance of wildlife and natural wonders, brought to life by expert naturalist guides.

For more info 1300 851 800 or see your travel agent.

EXPERIENCE the stunning Kimberley region with a 20% discount, currently being offered on cruises aboard the exclusive *Kimberley Quest II* vessel.

Accommodating up to 18 guests in ensuite cabins, prices include all activities such as guided treks, fishing and scenic excursions plus gourmet cuisine by Masterchef's Rhys and Nathan.

To book call 08 9193 6131 and mention the code "North West".

ANPHA obesity study call

THE Australian National Preventive Health Agency has released tender documents for the production of three studies into obesity, covering the impact of sugary beverages, sedentary behaviour and an analysis of obesity prevalence trends.

"Overweight and obesity is one of the greatest public health challenges Australia is currently facing," the tender documents state, with many health conditions associated with being overweight preventable.

The "evidence briefs" will

analyse peer-reviewed literature on obesity and preventive health, with an overview of policy implications for the government.

The sugar-sweetened beverage study should include influence on obesity in children, social determinants of consumption, percentage of total dietary intake and differences in consumption by age and sex.

A report on sedentary behaviour should provide evidence on how much it contributes to weight gain, while the analysis of obesity prevalence trends should examine the condition correlated by age, gender, socioeconomic status, jurisdiction and various cultural populations.

US security guide

THE New Jersey Board of Pharmacy has published a new "pharmacy security guide," as part of measures to help prevent drug diversion and theft at the state's community pharmacies.

The move was a partnership with the New Jersey Division of Consumer Affairs, and urges that controlled dangerous substances be stored in a safe or steel cabinet that is locked at all times, and only accessible by licensed pharmacists.

Pharmacies in the state must have a monitored alarm system along with a back-up mechanism such as a cellular phone to ensure notification if it's tampered with.

Non-essential personnel or visitors such as tradespeople must never be allowed in the dispensary unattended, and pharmacies are also urged to use video surveillance.

Any controlled substances should always be recorded, with a "random manual reconciliation" once a month to include at least five drugs that are in the top 10% for diversion.

The full guide is accessible online by **CLICKING HERE**.

ASMI recruiting

THE Australian Self-Medication Industry is seeking a new Member Events & Services Associate, who will report to the Marketing & Business Development Director.

Key tasks involve project management of various ASMI activities through the year, as well as providing administrative support for membership services.

Mental makeover

A NEW report into Australia's mental health system has urged major reform of the sector, with the current "badly designed" arrangements making it impossible to know if the \$28 billion spent on supporting people with a mental illness each year in Australia is an effective use of the funding.

The Case for Mental Health Reform in Australia: A Review of Expenditure and System Design was launched in Melbourne yesterday by beyondblue chairman Geoff Kennett, alongside Minister for Mental Health Mark Butler and executives from Medibank, which commissioned the report.

Kennett said the report shows a significant number of people with a mental illness do not seek appropriate treatment.

And "for those who do, their needs are often not met and they're more unhappy with the service than people who use other health services," he added.

Kennett said there's a lack of coordination across the industry, with the report putting forward a "compelling case" to address systemic problems to ensure people with a mental illness can access appropriate and equitable treatment.



**Find out what shape
you're in as a result
of the April PBS
changes with our
Health Check calculator.**

For your free check and the chance to discover long term strategies that will protect the profitability of your pharmacy, call us now on 03 9860 3300 or email enquiries@pharmacyalliance.com.au

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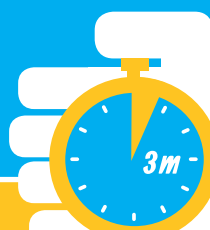


**Pharmacy Assistant
of the Year 2013**

Time is running out, PATY nominations close 17 May!

WHO WILL YOU NOMINATE?

IT'S EASY & TAKES LESS THAN 3 MINUTES



Asthma capitals

HERE'S an honour your place of residence doesn't really want.

The Asthma and Allergy Foundation of America has just released its list of 2013 Asthma Capitals - the most challenging US places to live with asthma.

The report aims to bring attention to the many factors involved in asthma quality of life - such as pollen, ozone, pollution, high levels of poverty and even secondhand cigarette smoke.

This year an additional factor was added to the survey: emergency room visits for asthma.

The worst place for asthmatics to live was found to be Richmond, Virginia which has very high levels of year-round pollen, no city smoking bans and high rates of people without medical insurance.

Also near the top of the list was Chattanooga and Memphis, Tennessee, followed by Philadelphia Pennsylvania and then Oklahoma City, Oklahoma rounding out the top five.

See www.AsthmaCapitals.com.

PBS cuts impacting Sigma

SIGMA Pharmaceuticals says that it's hoping to reduce its reliance on the PBS, but admits that as much as 75% of its revenue relies on the scheme.

Speaking at yesterday's agm, md Mark Hooper said that "with PBS reform now a well established feature of the healthcare landscape, Sigma continues to work with its customers to both reduce costs and discounts to negate this impact".

He said members of Sigma's Guardian and Amcal banner

groups had "enthusiastically embraced our strategy which aims to reinvigorate their business and in turn ours".

Hooper said the Sigma team is committed to growing the business, with recent investments across the company in areas such as multi-channel, supply chain, loyalty, data warehouse, and private and exclusive label products.

ACP free for interns

THE Australian College of Pharmacy is offering free registration to intern ACP members for its annual conference which takes place 05-08 Jul in Brisbane.

There are a limited number of subsidised intern places available - for more details or to apply call the ACP Helpdesk on 03 9535 3639.

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DISPENSARY CORNER

WE all know it's true - but now a study has proved it.

If you go food shopping when you are hungry you will generally buy more food - and in particular unhealthy items such as lollies, chocolate and chips.

Researchers from Cornell University in the USA conducted an experiment in which selected subjects fasted for five hours before going to the supermarket.

They found that the hungry customers tended to buy food with much higher calories than if they shopped after eating.

Interestingly, in most cases people bought the same number of food items - it's just that the ones purchased on an empty stomach were more fattening.

The scientists said the findings were particularly relevant given the proliferation of fad diets, which often include fasting.

"One decision to shop hungry pretty much messes you up for the rest of the week," said study leader Brian Wansink.

Eye study vindication

BLACKMORES says a newly released study on Age-Related Eye Disease confirms a decision to remove beta carotene from its Macu-Vision supplement, with the research confirming increased risk of lung cancer with beta carotene.

Published in the *Journal of the American Medical Association*, the study involving 4203 people across the US indicated "positive trends" for supplementation with lutein and zeaxanthin in reducing the risk of progression to advanced age-related macular degeneration, compared to populations with low dietary intakes of the substances.

Pharmacy Daily is Australia's favourite daily pharmaceutical industry newsletter, read by more than 10,000 people across the industry each day.

Pharmacy DAILY

We are currently recruiting for two roles to support our ongoing strong growth.

News Reporter

This is a permanent part-time role, working five mornings per week from our offices in Epping, NSW. The successful applicant will be an experienced writer with a good sense for news, preferably with knowledge of the pharmacy industry. As well as sourcing the latest pharmacy industry news you will be helping with the production of the newsletter so desktop publishing experience (Adobe Indesign) will be well regarded. On-the-job training will be provided.

Business Development Manager

Pharmacy Daily is seeking a Business Development Manager, to promote our popular newsletter to pharmacy suppliers. This is a part-time contract role with flexible hours, which would ideally suit someone with pharmaceutical or medical industry sales experience. Duties will involve sourcing new business from advertisers and developing relationships with clients with the aim of further growing the business.

Salary for both roles will be commensurate with experience. Join our fun friendly team working to keep the pharmacy industry informed. Applications due by Friday 10th May to jobs@traveldaily.com.au.

WIN THE LATEST FROM SUKIN!



Every day this week, *Pharmacy Daily* is giving two lucky readers the chance to win Sukin's hottest NEW skincare products. Each pack includes: Rose Hip Hydrating Day Cream, Sensitive Soap Free Body Wash, Sensitive Soothing Body Lotion, valued at \$55.85 each.

Sukin's NEW Sensitive Soothing Body Lotion is a gentle body moisturiser, formulated with hydrating cocoa and shea butters combined with soothing actives for calm and balanced skin. For your chance to win, be the first person to send the correct answer to the daily question below.

What are the three key soothing actives found in the Sukin Sensitive Body Lotion?

Email your answer to: comp@pharmacydaily.com.au

Hint! Visit www.sukinorganics.com

Congratulations to yesterday's lucky winners, Jodi Gayton from Symbion and Amanda Pippia of Leeton Pharmacy.