



NOT ALL PROBIOTIC
STRAINS DO THE
SAME THING

Recommend therapeutic,
scientifically validated strains.

INNER HEALTH PLUS

e-Cigarette drawback

WHILE e-cigarettes promise positive outcomes without the complications of smoke inhalation, poison centres in the United States have reported a significantly increasing incidence of calls relating to the devices.

According to the *April Morbidity and Mortality Weekly Report*, the number of calls received in Sep 2013 was one and in Feb 2014 blew up to 215.

"This report raises another red flag about e-cigarettes — the liquid nicotine used in e-cigarettes can be hazardous," said CDC Director Tom Frieden, in a press release.

"E-cigarette liquids as currently sold are a threat to small children."

More than half the calls to poison centres involved children five years and younger who found the sweet flavouring attractive, the report said.

PSA: a Breath of fresh air

A NEW Action Kit called 'A Breath of fresh air' has been launched as part of a wide range of programs and activities being undertaken by PSA relating to respiratory health.

The activities coincide with the launch of the new Australian Asthma Handbook by the National Asthma Council and the kit is available to pharmacies in the Self Care program.

Around 2.3m Australians suffer from asthma but only a small proportion had a written asthma action plan, the PSA said.

PSA national president Grant Kardachi said pharmacy was an important source of information, advice and support for people suffering from respiratory conditions such as asthma and/or COPD.

"The role of pharmacy in management of asthma and

COPD should extend beyond the supply of prescriptions and verbal counselling.

"It should include screening, demonstrating and regularly checking inhaler technique, checking for self management plans and advising about asthma management in pregnancy and breastfeeding."

The kit covered these areas and contained sections on in-store promotion, service delivery and education, Kardachi said.

TGA, EMA on orphans

THE Therapeutic Goods Administration (TGA) and the European Medicines Agency (EMA) have agreed to share full assessment reports for marketing authorisation of orphan medicines.

The agreement was announced at a meeting at the EMA office on 04 Apr by EMA executive director Professor Guido Rasi and TGA national manager Professor John Skerrett.

If an application is received in parallel by both regulators, they will have the opportunity of scientific exchange to help evaluation of the medicine, the TGA said.

However, both would reach their own conclusions as to authorisation of the medicines.

The two agencies already collaborate in other areas, including a mutual recognition agreement on good manufacturing practices for medicines.

The new agreement would reinforce collaboration and would help accelerate access to new medicines for patients with rare diseases in both regions, the TGA said.

New PGNZ website

THE Pharmacy Guild of New Zealand (PGNZ) has launched an updated version of its website.

The (much better looking) website had been designed to make finding information and resources easier for members, PGNZ ceo Lee Hohaia said.

\$1m in Bupa funding

THE Bupa Health Foundation awards have been announced, with five projects selected for funding that totals \$1m.

One such project involves a randomised clinical trial to determine whether antibiotics cure refractory urge incontinence.

Run by St George Hospital's Professor Kate Moore from February this year to February 2017, the project received \$273,704 from the Health Foundation.

The study would be a multi-centre, double blind trial of six weeks of rotating antibiotics versus identical placebos, in parallel with routine care that is anticholinergic (darifenacin) therapy for all subjects, said researcher Professor Kate Moore.

The study would involve women aged 50 and over.

Advertising medicines

THE Therapeutic Goods Administration (TGA) has prepared an *Application for approval of advertising for medicines* form to assist in the process of applying for approvals in "specified media".

CLICK HERE to access.

Prepare for pregnancy

DISCOUNT Drug Stores will be providing 'Preparing for Pregnancy' clinics in more than 100 of its stores in May to help prepare those who are thinking of starting a family.

Each family will have the opportunity to have a one-on-one consultation with a registered nurse, who will cover the topics of conception, advice for fathers, and what to do once pregnant.

Still no Lyme disease

THE Royal College of Pathologists of Australasia (RCPA) has released a new position statement surrounding the diagnostic testing and management of Lyme disease in Australia and New Zealand.

Dr Stephen Graves, a spokesman for the RCPA, explained that as of January this year, ticks native to Australia and New Zealand were not thought to carry the *Borrelia* spp bacteria that caused Lyme disease.

He added that the disease was often found in travellers returning from countries where the disease was endemic, having been bitten by an infected carrier tick prior to returning to Australia.

ASMI supports review

THE Australian Self Medication Industry (ASMI) said it was good to see that the Therapeutic Goods Administration (TGA) had a transparent mechanism to assess compliance of complementary medicines, and that it took action for non-compliance.

This followed the publication of the TGA's review of listed complementary medicines (*PD 07 Apr*).

ASMI scientific and regulatory affairs director Steve Scarff said the organisation supported the TGA's review approach and publication of findings.

"Regulations are in place to protect public health and safety and it is critical that sponsors comply with them.

"If a sponsor does not comply with the regulations the TGA should take action."

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Pharm scientists

THE fifth annual Pharmaceutical Sciences World Congress is being held next week at the Melbourne Convention and Exhibition Centre.

The congress will see 1000 pharmaceutical scientists in the city.

For more, **CLICK HERE**.

Guild Update

Casual Conversion

Do you know your obligations?

The Pharmacy Industry Award 2010 (PIA) does not allow an employee to be employed on a casual basis if they work 'reasonably predictable hours'. Whilst the transitional provisions permitted employees employed prior to the certain dates, these provisions cease to operate on 1 July 2014.

On 1 July each year, an employer has had the opportunity to convert permanent casual employees to part time or full-time status without the need to obtain the employee's consent.

Alternatively, by mutual agreement this conversion could occur at any time throughout the year.

This provision will cease to operate on 1 July 2014, at which time any remaining permanent casual employees (that is, casual employees who work regularly and systematically) must be converted to permanent status.

Failing to convert casual employees who work regular and systematic hours by 1 July 2014, will be a breach of the PIA and penalties can be applied to employers who neglect to meet their award obligations.

For more information on converting casuals to full time or part time status, contact the Workplace Relations manager in your State or Territory Branch.

Vit D meta-analyses war

TWO recent meta-analyses evaluating the role of vit D in health outcomes have generated conflicting results.

Dr Raymond Mullins, a consultant physician in the field of clinical immunology and allergy at Allergy Capital, said medical literature was "littered with the corpses of theories and treatments which, when subjected to closer study, have proven to be ineffective."

While arguing the understanding that associations linked to a product do not prove causation, Mullins agreed that bone health, birth weight and reduced risk of death have been justifiably linked to vitamin D ingestion.

Blackmores Institute director Dr Lesley Braun said that a fair minded approach would agree that a balanced diet was the best way to get vitamins, however, achieving a truly balanced intake from diet could be easier said than done.

Dr Tim Gill, principal research fellow at The Boden Institute at the University of Sydney, said the Australian diet now was based on processed foods, those that had

calories added to them, and where food was relatively cheap and bad food even cheaper.

MEANWHILE, a recent randomised placebo-controlled longitudinal study of more than 36,000 postmenopausal women aged 50 to 79 years, titled 'Calcium plus vitamin D supplementation and health outcomes five years after active intervention ended' and published in the *Journal of Women's Health*, demonstrated statistically significant reductions in the risk for hip fracture.

ASMI scientific and regulatory affairs director Steve Scarff said the body of scientific research demonstrating beneficial results for vitamin D had grown in recent years, reducing death due to cardiovascular disease, cancer and other causes while another study demonstrated that vitamin D 3 significantly reduced overall mortality among older adults.

He agreed it could be difficult to get vitamin D through diet and there were risks associated with sun exposure, so supplements offered a useful alternative.

DISPENSARY CORNER

CREATIVE resignation.

A New York stenographer has allegedly been caught out expressing his innermost thoughts on his stenograph, instead of recording the details of trials, by hitting random keys or typing "I hate my job, I hate my job".

Orange News reports that as a result, he was fired and arrested and at least ten convictions will be overturned.

EDIBLE art.

British landmarks such as a London double-decker bus, Stonehenge and the Angel of the North, as well as portraits such as those of the Duke and Duchess of Cambridge (Kate & William), Cheryl Cole and Twiggy are the subjects of cheese and cracker 3D sculptures on display at a London art gallery.

The unique and even 'tasty' show is titled the 'Jacob's Snack Happy' exhibition, artists confessing that a few of the mini-cheddars seemed to go missing during the creative process.

CROWDED skies.

What could possibly hurt you as a skydiver when free falling prior to opening your 'chute to land?

Not many things, but something shooting past at greater speed is one possibility and a Norwegian skydiver found he was not alone on his earthward trajectory when a meteorite narrowly missed him on its very fast path.

Although a video from the skydiver's helmet cam clearly shows the close call, there is some scepticism about the validity of the claim, reports *IOL News*.

WINDY peak.

A Devon farmer, Tony Dallyn, refused a request to erect a wind turbine on his land, passing on up to £1.14m from the developers.

Unfortunately for Dallyn, his neighbour took a more pragmatic view and the turbine may yet be in place only 450 m from Dallyn's house window.

WIN JOHN PLUNKETTS ECZEMA CREAM



This week *Pharmacy Daily* has teamed up with **Plunketts** and every day is giving one lucky reader the chance to win John Plunkett's Eczema Cream, valued at \$29.95.

John Plunkett's Eczema Cream is specially formulated for flare-ups. It is more than just a moisturiser as it contains up to 10 times more active ingredients mg/gram than most other Eczema Creams. The Natural Actives include

Chamomile, Aloe Vera, Omega 3 & 6, Urea & Allantoin, Colloidal Oatmeal, Avocado and Rosehip Oil. The cream absorbs easily and is pleasant to use. It quickly heals broken skin without stinging and is suitable for wet and dry eczema and for both children and adults.

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

Hint! Visit www.plunketts.com.au.

How many mg/gram of Natural Fish Oil is there in John Plunkett Eczema Cream?

Congratulations to yesterday's lucky winner **Alison Luong** from **Priceline Pharmacy Ashfield**. The correct answer was **Reduces inflammation**.



The Pharmacy
Guild of Australia