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Research suggests the correct dose of fish oil needed to help the joint inflammation associated with arthritis is 2.7 grams of omega-3 daily.

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## Illegal drug education

**EVERY** Australian secondary school will receive this week a free, evidence-based drug education resource designed to empower young people to make positive choices for their health, the National Drug and Alcohol Research Centre (NDARC) has said.

The booklets were written by 20 experts from NDARC and the National Drug Research Institute and additional copies of the resource will become available for download at

[www.positivechoices.org.au](http://www.positivechoices.org.au).

## Sargent re-elected

**THE** Australian Self Medication Industry (ASMI) has announced the re-election of Mark Sargent, gm of consumer care Australia & New Zealand, Bayer Australia, as its president.

## 21% quit on e-cigs

**AN EIGHT** month study published in the *International Journal of Environmental Research and Public Health* has demonstrated a 21% rate of ceasing smoking and a further 23% reducing cigarette use by 50% when using e-cigarettes to wean smokers off their habit.

Using e-cigarettes enabled smokers to keep the habit of smoking actions and the nicotine intake without the harmful effects of tobacco smoke, the study authors said.

**CLICK HERE** for the research.

## ANZTPA work to cease

**AUSTRALIA** and New Zealand's Health Ministers have said work on establishing a joint therapeutic goods regulator will cease (**PD** Breaking News yesterday).

Health Minister Peter Dutton and NZ Health Minister Jonathan Coleman released a joint statement saying the decision came after a review of progress and assessment of costs and benefits.

An agreement to establish the Australia and New Zealand Therapeutic Product Agency (ANZTPA) was signed in 2003, but was suspended in 2007, recommencing in 2011.

The Therapeutic Goods Administration and the Medicines and Medical Devices Safety Authority (Medsafe) will continue to explore regulatory harmonisation activities of potential value to both countries.

This includes a new information sharing agreement and formalising

mutual recognition of good manufacturing practice audits.

Both countries remained open to future cooperation activities, the statement said.

Australian Self Medication Industry executive director Dr Deon Schoombie said the organisation had mixed feelings about the decision.

While it had supported the ANZTPA proposal for its potential to pave the way for a single market, it had been playing a waiting game for a long time which had created uncertainty and delays in harmonisation initiatives, he said.

**CLICK HERE** to read more.

## NICE COPD standard

**TREATMENT** of chronic obstructive airways disease (COPD) has been shown to vary significantly across the UK, the National Institute for Health and Care Excellence (NICE) reports.

The Institute's quality standard on COPD has 13 statements that it believes can help standardise and improve care for patients suffering from the disease.

With around 900,000 people diagnosed with COPD, an estimated further two million people have COPD that remained undiagnosed often until they were in the 50s, the NICE report said.

The two critical factors in diagnosis and treatment were access to spirometry and smoking cessation services, consultant respiratory physician Dr Robert Stone said.

## Pharma market stable

**IN SPITE** of warnings around the long term impact of the patent cliff, which saw billions of dollars globally lost from the research companies to generics, a new report from Global Data research company, The Global Pharmaceutical Market Benchmark Report, has shown that overall industry revenues were relatively unchanged.

A number of companies recorded significantly lower sales in 2013, however, with Pfizer heading the list down US\$7.4b (-12.5%) from the previous year.

Most were countered by companies with strong growth, led by Johnson & Johnson (up US\$4.1b) immunology and oncology portfolios and Biogen Idec, up 25.7% to US\$5.5b.

**CLICK HERE** to access the report.

## Vit D and Ca++ fail the fragile osteoporotic

**PATIENTS** with fragility fractures from osteoporosis are not helped significantly by lifestyle changes such as exercise, falls risk reduction or calcium and vitamin D supplementation, according to a study published in *Medicine Today*.

The research revealed that most Australians don't get treatment to mitigate risk post fragile fracture.

Specific pharmacological interventions such as hormonal therapies, antiresorptive agents and anabolic therapies were identified as risk reducing by the study.

**CLICK HERE** for the abstract.

## UTI case study online

**NPS** MedicineWise has released an interactive case study looking at the management of urinary tract infections (UTIs).

NPS clinical adviser Dr Philippa Binns said research had shown when people were prescribed antibiotics to treat a UTI, they could develop resistance to antibiotics that could persist for up to 12 months.

**CLICK HERE** to access.



### Seeking Pharmacists

An exciting opportunity exists at Optimal Pharmacy Plus Kin Kora (Gladstone, QLD) for enthusiastic pharmacists who have a passion and flair for retail pharmacy! Could be a great opportunity for a couple who enjoy the regional lifestyle!

- Full time hours, however this can be negotiable
- Potentially could suit two pharmacists in a relationship
- Rotating weekend roster allows for a great work/life balance
- Competitive rate of pay offered dependent on experience

Please forward resume and cover letter detailing your interest to:  
[paul@optimalsystems.com.au](mailto:paul@optimalsystems.com.au)

or for any preliminary enquiries please phone Paul on 0432 957 867  
Please Note: Only those required for an interview will be contacted



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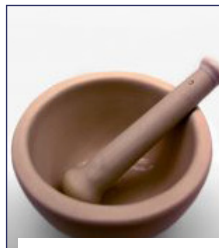
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### Jobs of the Week

- **Pharmacist in Charge** - Melbourne's North, VIC (Job# 2010884)  
Retail pharmacy priding themselves on exceptional customer service.
- **Retail Manager** - Blue Mountains Region, NSW (Job# 2010785)  
Your retail flair, people skills & leadership to a fast paced environment.
- **Pharmacist** - Brisbane, QLD (Job# 2010942)  
New reg opportunity - central Brisbane - part-time Fridays and Saturdays.

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## 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 Nov: Master of Pharmacy Info Session; Sydney; more details at: [www.uts.edu.au](http://www.uts.edu.au)

22-23 Nov: Seminar in Aged Care; Melbourne; for details visit: [www.cpd.shpa.org.au](http://www.cpd.shpa.org.au)

22-23 Nov: Mental Health First Aid; Orange; for more details see: [www.psa.org.au](http://www.psa.org.au)

22-23 Nov: Medication Management Review Stage 1 Workshop; Brisbane; more at: [www.psa.org.au](http://www.psa.org.au)

23 Nov: Managing the side effects of chemotherapy and cancer treatments in the community; Brisbane; see: [www.psa.org.au](http://www.psa.org.au)

24-28 Nov: Asbestos Awareness Week; email: [enquiries@lungfoundation.com.au](mailto:enquiries@lungfoundation.com.au)

26 Nov: Webstercare Information Session; Sydney; for more visit: [www.webstercare.com.au](http://www.webstercare.com.au)

27 Nov: Mental Health First Aid (Short Course); Parkville; see: [www.psa.org.au](http://www.psa.org.au)

30 Nov: Managing the side effects of chemotherapy and cancer treatments in the community; Gold Coast; see: [www.psa.org.au](http://www.psa.org.au)

5-7 Dec: Australasian Pharmaceutical Sciences Association (APSA) 2014 Conference; Brisbane; see: [www.wired.ivy.com/event/APSA14](http://www.wired.ivy.com/event/APSA14)

6 Dec: Mental Health First Aid; Taree; visit: [www.guild.org.au](http://www.guild.org.au)

## \$40m distribution centre opens

**MINISTER** for Health Peter Dutton attended the official opening of the \$40m Symbion Distribution Centre in Keysborough, Melbourne yesterday.

Dutton said the new centre would help maintain the standard of quick access to affordable treatments by supplying Pharmaceutical Benefits Scheme listed medications within 24 hours.

"This ensures patients have access to innovative treatments as soon as possible and will support pharmacies and hospitals to quickly respond to the health needs of their local areas."



The facility employed more than 100 people from Melbourne and had the capacity to move tens of thousands of units of medicines every hour, he said.

EBOS Group ceo Patrick Davies (pictured centre with Dutton on the left and chairman Rick Christie right) said the opening of the new site, following the closure of the Ballarat facility this year, was a response to growth and a need for a "dramatic" upgrade in terms of space and technology.

It was also a demonstration to suppliers, business partners and the government that the company was confident about the future, Davies said.

## Iowa marijuana revisit

**THE** Iowa Board of Pharmacy will reconsider the classification of marijuana to Schedule II meaning that it could be used to treat medical conditions.

The board sought the change in 2010 without success, although the oil is approved for chronic epilepsy.

## WIN with Airssential

This week *Pharmacy Daily* and *Airssential* are giving five readers the chance to win a Vitalic Perio-TENS Pain Management device (RRP \$34.95).

Transcutaneous (through the skin) Electrical Nerve Stimulation, known as TENS, is a non-invasive therapy used to relieve pain. The Perio-TENS device can relieve a variety of painful complaints including sciatica, period pain, migraine, nocturnal leg cramps, muscular pain and stiffness due to sport or daily activities, Airssential says. The Perio-TENS is a powerful but miniature device which discreetly affixes to the skin at the site of pain, ensuring it can be used under clothing without attracting unwanted attention.



To win, be the first from **VIC** or **TAS** to send the correct answer to: [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)

What side effects would you expect from the Vitalic Perio-TENS?

Hint: [www.airssential.com.au](http://www.airssential.com.au)

Congratulations to yesterday's winner, **Michelle Clarke** from **Symbion**.

## DISPENSARY CORNER

**'WHOEVER** keeps leaving death threats on the fridge...'

If your pharmacy is an example of workplace bliss, we can only congratulate you, but for those who have worked in slightly less harmonious environments, the *Telegraph* has taken a look at the most annoying workplace habits.

The list comes in the wake of UK Chief Secretary to the Treasury accusing the Chancellor of the Exchequer of keeping a padlock on the office fridge to stop people using his milk.

We can only hope a Commons-wide slap fight breaks out over just who keeps eating the Speaker of the House's turkey on rye.

The list includes those who never offer to do a tea round, constantly ask if they can "pick your brain" and leave food to rot in the fridge while strenuously denying any knowledge of it.

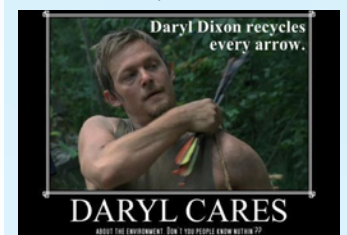
**ANTIBIOTICS**, anyone?

Further proof that pharmacists would be invaluable in the apocalypse, the most recent season of *The Walking Dead* is currently airing, with the media reporting every episode like it was the Royal Wedding (now a zombie royal wedding...).

The best character is Daryl Dixon, the general bad ass of the group, who kind of serves as the (unqualified) chemist, thanks to his pain killers and antibiotic stash.

Daryl has, of course, spawned many a meme, which we include for your viewing pleasure.

To view more, **CLICK HERE**.



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Postal address: PO Box 1010, Epping, NSW 1710 Australia  
Street address: 4/41 Rawson St, Epping NSW 2121 Australia  
P: 1300 799 220 (+61 2 8007 6760) F: 1300 799 221 (+61 2 8007 6769)  
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**Publisher:** Bruce Piper  
**Editor:** Alex Walls [info@pharmacydaily.com.au](mailto:info@pharmacydaily.com.au)  
**Reporter:** Mal Smith  
**Advertising and Marketing:** Katrina Ford [advertising@pharmacydaily.com.au](mailto:advertising@pharmacydaily.com.au)  
**Business Manager:** Jenny Piper [accounts@pharmacydaily.com.au](mailto:accounts@pharmacydaily.com.au)

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