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Today's issue of PD

Pharmacy Daily today has three pages of news plus a front cover page from **Enliva**.

Enliva for cholesterol

FEATURED on the front page of today's edition is Mylan's new Enliva, a once-a-day active supplement which the company says may help maintain normal cholesterol level in healthy individuals when combined with appropriate diet and lifestyle measures.

See **cover page** for more details.

Zika virus update

WITH new data pouring in daily around the mosquito borne Zika virus, the Royal Australian College of GPs (RACGP) has provided an update for health professionals.

The virus, which has now been demonstrated to be transmitted sexually, has been found in bodily fluids, saliva, urine and blood.

The RACGP and other authorities say that although the virus has been found in a range of bodily fluids, it is not yet proven that it is easily transmitted via these modes.

Only one person in five who becomes infected is likely to have any symptoms, and if they do, the disease is generally not severe and lasts only a few days, with flu-like symptoms most common, including fever, pain in joints, muscle pain, headache behind the eyes, conjunctivitis, a skin rash and weakness or lack of energy.

CLICK HERE for RACGP's update.

Victoria led Xmas sales

WITH a boost in growth of 5.8% over the previous year's data, Victorian retailers picked up the highest growth rate in Australia's retail sector pre-Christmas sales, according to figures released by Roy Morgan Research.

Commissioned by the Australian Retailers Association (ARA), the new report showed NSW and Tas coming in second place with 4.8% growth followed by ACT at 3.8%, Qld and SA at 3.2%, WA at 1.7% and NT 1%.

The national number was 4.2% prompting ARA executive director Russell Zimmerman to declare the figures a stellar result for the industry at the biggest and busiest retail trading period of the year.

My Health Record fast tracks pathology

STATE & territory health departments want to fast-track a project which would allow reports from hospital pathology labs to be uploaded to the My Health Record.

Northern Territory Health CEO Stephen Moo said this was a new initiative agreed to recently in association with the National E-Health Transition Authority (NEHTA).

NEHTA may use the Healthcare Identifiers and the Personally Controlled Electronic Health Record Services technology that has been used to get specialist letters and diagnostic imaging reports into the system from Northern Territory hospitals.



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"This data supports our early estimates of \$46.8b in pre-Christmas sales, and we happy to say that our expectations were not only met, but were exceeded last Christmas," Zimmerman said.

The final result was \$4.7b, up \$200m from estimates he said.

Household goods sales took the lead in the category growth stakes, rising 6.3% on pre-Christmas 2014, followed by apparel with 5.3%.

Online sales were also robust for the period with total spend on e-commerce pre-Christmas standing at \$3.1b.

"While the vast majority of retailers received a year on year boost over Christmas," Zimmerman said, "It's important to note that there were some pockets, particularly in the smaller independent sector that our surveys show may have missed out on the spending joy."

Two of the slower performing states, Qld & WA, were probably affected by the mining downturn he said.

Child NZ vax records

NEW Zealand Ministry of Health said it has received a number of requests from parents in Australia wanting their children's immunisation records.

Children born from 2005 onwards will have their immunisation records on the National Immunisation Register (NIR) and records can be requested from the NIR administrator.

CLICK HERE for more detail.

Cannabis withdrawal and sleep

A NEWLY released journal article about cannabis withdrawal and sleep found sleeping patterns were frequently interrupted during cannabis withdrawals.

Cannabis withdrawal and sleep: A systematic review of human studies concluded that the "specific mechanisms of disruption" remained unclear.

"Methodological issues in the majority of studies to date preclude any definitive conclusion on the specific aspects of sleep that are affected," read the abstract.

The article looked into human studies on the topic involving the administration of cannabinoids and at least one quantitative sleep-related measure.

For more **CLICK HERE**.

Dementia rates drop

A LONG-RUNNING US study has revealed dementia rates have been dropping 20% each decade since the 1790s.

The Framingham Heart Study only involved 5,200 people but researchers believe its findings are likely to reflect a national trend.

Overall, there was a 44% relative decline in dementia.

Researchers found the sharpest decline was in vascular dementia which is caused by damage to the blood vessels.

As the study progressed, fewer people suffered from heart disease, a health problem that has long been linked to an increased risk of dementia.



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Assessment reports

THE European Medicines Agency has released a series of human medicines European public assessment reports (EPARs) relating to meningococcal group A, C, W 135 and Y conjugate vaccine Nimenrix, Parkinsons Disease treatment Azilect (rasagiline), NOAC Eliquis (apixaban), melanoma therapy Cotellic (cobimetinib), epilepsy drug Trobalt (retigabine), Ankara virus vaccine Imvanex and human insulin Actraphane.

[CLICK HERE](#) for details.

Generic drug review

THE US Food and Drug Administration (FDA) has said it will investigate issues around the industry's abbreviated new drug applications (ANDAs).

Congress is pushing the FDA to fast-track generic approvals where original brands are ramping up prices, but the FDA has rejected more than twice as many ANDAs as it approved over the last four months.

Berocca uptake

AS MANY as one in ten Australians over the age of 14 years regularly take a cocktail of riboflavine, thiamin, cyanocobalamin, biotin and niacin in 2015, that is to say Berocca, Roy Morgan Research shows.

In the 22-24 year age group, the number rises to one in five (19%) at least once in a 12 month period, while the rate of consumption then declines throughout late 20s and 30s to just below the norm, but bounces back up throughout the 40 year olds to a secondary peak of 15% among 45-49 year-olds before its popularity again declines, the report said.

Roy Morgan Research Industry Communications Director Norman Morris said the consumption of Berocca seems to be associated with the need for energy-boosts, sometime in attempting to deal with hangover effects, or when needing concentration such as study, sports performance or even the pressure of multiple responsibilities of daily living.

Pharmacists face crisis

THE opioid addiction crisis is placing pharmacists in "tough situations" according to a report in *STAT News*.

The article details US pharmacies robbed so many times owners are forced to instill siren-and-strobe-light security systems.

Federal data shows more than 4 million Americans abuse prescription painkillers with pharmacists increasingly called upon to play "drug cop" - turning away abusers, rejecting phony prescriptions and protecting their medications from criminals.

"People say, 'It's not fun. It's not what I signed on for.' But the way I see it, it's what I'm supposed to do. I'm entrusted with these chemicals," Texas pharmacist Joe Harmison told *STAT*.

The expectation pharmacists act as watchdogs is controversial.

Some worry that they'll hurt legitimate patients by denying them medication they desperately need while challenging criminals can endanger themselves or staff.

AusPARs update

TWO products now have updated Australian Public Assessment Report (AusPAR) guidance from the Therapeutic Goods Administration.

Celgene's Revlimid (lenalidomide), indicated for treatment of patients with newly diagnosed multiple myeloma, has additional strength capsules.

NOAC Pradaxa (dabigatran) from Boehringer Ingelheim has extended indications.

[CLICK HERE](#) for information.

Velettri recall

ACTELION Pharmaceuticals Australia in conjunction with the Therapeutic Goods Administration advises health professionals it is recalling two batches of its Velettri consumables kit, which are used to administer pulmonary arterial hypertension treatment.

Kits with batch numbers 0309757 or 0309991 include B. Braun water for injections 100 mL from lot 14217404, and may leak.

[CLICK HERE](#) for more.

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Weekly Comment

Welcome to **PD's** weekly comment feature. This week's contributor is **Lynn Weekes**, CEO of NPS MedicineWise.



Supporting antidepressant adherence

Suboptimal medicine use as a barrier to successfully treating a medical condition is something all pharmacists are familiar with. The story is no different when it comes to clinical depression. Non-adherence and poor adherence to antidepressant medicines are common and impact on long-term health outcomes including risk of relapse and recurrence.

There are many reasons why a patient might be non-adherent to their antidepressant, including fear of addiction, stigma associated with antidepressants or thinking the medicine is no longer needed because they feel better. These reasons highlight the importance of regularly asking questions to gauge a patient's perception and knowledge of their condition, medicines and treatment.

Pharmacists should consider each episode of care as an opportunity to discuss concerns, provide education and encourage strategies that promote adherence. Strategies that might be helpful could include keeping a [medicines list](#) (paper, online or [smartphone app](#)), information to manage side effects, dosage reminder systems and administration aids that assist with polypharmacy.

Creating prompts in dispensing software can assist with follow up and facilitate ongoing quality use of medicines. Having targeted written information and resources on hand to support verbal counselling may also be useful.

GuildCare Pharmacy award

GUILDCARE congratulates LiveLife Pharmacy Noosa Fair, QLD, upon winning GuildCare Pharmacy of the Month.

Pharmacists Sam Harbison and Ryan McKinnon (pictured left and right) said they were particularly excited as the award recognises the work and new processes they have put in place over the past months.

Managing partner Andrew Feichter (pictured centre) said, "As a team we have focused on having an 'Optimal Care pharmacist' located at the back counter, availing themselves to all customers."



"GuildCare pop-up notifications have enabled us to take advantage and offer MedsCheck, Compliance and New to Therapy Patient Adherence Programs to our customers," he added.

Nexcare POY award

NEXCARE'S Blister Waterproof Bandages have won the Product of the Year award in the Wound Care category for 2016.

The POY award, now in its seventh year, was based on votes by 14,422 household consumers.

The blister bandage features a cushioned hydrocolloid gel pad for added protection and to help ease discomfort with the diamond shape designed for a 360° seal around the pad and to minimise edge lift.

Medsafe consultation

CHANGES have been proposed for data sheet process and the Guideline on the Regulation of Therapeutic Products in New Zealand.

Medsafe is seeking comments and input from interested parties.

For more about these updates or to comment [CLICK HERE](#).



DISPENSARY CORNER

WHEN you hear the shrill buzz of your early morning alarm, are you motivated to jump straight out of bed? You might be now.

UK-based designer Josh Renouf has invented a coffee brewing alarm clock (pictured below). Yes, you heard right - it's an alarm clock that prepares your caffeine hit for you!

The scent of freshly brewed coffee is a smart way to lure even the sleepest person out of bed.

According to Renouf the machine uses stainless steel ball bearings that boil the water through induction heating which percolates through the coffee & into the cup. Nifty, huh!



MR BEN the one legged parrot had been struggling to get a good night's sleep because every time he dozed off on his perch he lost his balance.

A vet, moved by Mr Ben's predicament found a company willing to design him a 3D printed prosthetic claw.

In ground-breaking surgery he had his new limb fitted (pictured below).

It was a raving success minus one aspect, Mr Ben chewed off his first new leg. They're trying again but making it more 'robust'



Win with Mute

This week Pharmacy Daily and Mute are giving away everyday two Mute starter packs.

Mute is a patented respiratory technology designed to gently stent open your nasal airway during sleep to increase the volume of air travelling through the nose, making nasal breathing much easier which may alleviate the incidence and severity of snoring. Designed with the anatomy of the nose in mind, it sits comfortably in the nose and by gently dilating the airway, it may alleviate nasal congestion and obstruction, making it easier to breathe. Available in 3 sizes (small, medium and large) freely adjust the dilation system to personalise the fit to each nostril.

To win, be the first two from NSW or ACT to send the correct answer to the question to comp@pharmacydaily.com.au

True or false: changing your pillow may help reduce snoring?

Need a hint? [CLICK HERE](#)

Check here tomorrow for today's winners.



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