



Milk fad dangerous

ONE in six adult Australians are choosing to avoid milk and dairy foods, the majority without a medical diagnosis, which the CSIRO says is not just a concern but is actually "dangerous".

A survey, undertaken by CSIRO and the University of Adelaide, found that the vast majority of avoiders (74%) are making this choice to relieve adverse gastrointestinal symptoms such as cramps, bloating or wind.

CSIRO behavioural scientist Bella Yantcheva says, "The scale of people restricting their diet without a medical reason is very concerning in terms of the public health implications, especially for women."

"It means there is potential for nutritional deficiencies or imbalances, or the risk that an underlying health condition could be going untreated," she said.

The CSIRO survey is published in this month's issue of *Public Health Nutrition*.

HIV-transfusion link

MORE than 2,234 Indians have contracted HIV while receiving blood transfusions in hospitals in the past 17 months, officials have told *BBC News*.

With more than two million Indians living with HIV/Aids, and the official numbers revealed by government-run Naco, health authorities believe the real numbers may be much higher.

The sticking point has been the cost of the screening test at around \$18 per sample as well as the cost of other blood screenings.

Pharmacists potential call

THE Pharmaceutical Society of Australia has issued an "election manifesto," urging the incoming government to ensure pharmacists' skills are maximised to contribute to better health outcomes for all Australians.

The new government should look at better utilising the role of pharmacists in healthcare and explore innovative models of interprofessional care, said PSA national president ceo, adding these are "cost-effective, evidence-based reforms" which should be considered.

The manifesto is titled *Utilising Pharmacists to Achieve Better Health for Australians*, with Demarte saying pharmacists are highly-accessible, qualified health professionals however their knowledge and expertise often go under-utilised.

"Health policy experts have acknowledged pharmacists are well-trained, have expertise in medicines and are located in communities throughout Australia but their role is more limited in Australia than in many other countries," Demarte said.

"Australia is lagging behind implementing innovative care models which makes the best use of the unique skills and expertise of pharmacists".

The manifesto outlines five key reforms:

- Better utilisation of pharmacists in the Health Care Home initiative
- Exploring interprofessional collaboration, particularly for chronic and complex conditions

- Using pharmacists to reduce medication misadventure in Residential Aged Care Facility (RACF) teams
 - Supporting culturally-responsive pharmacist care for Aboriginals and Torres Strait Islanders
 - Investing in preventive health programs using pharmacies to deliver programs such as smoking cessation and immunisation.
- Demarte said that the incoming government needs to ensure pharmacies remain viable and went on to call for stronger recognition of pharmacists as a key component of an effective Australian health care system.

"PSA is committed to working with the incoming Government to improve our nation's health through excellence in pharmacist care," he said.

"Therefore, optimising pharmacists' contribution in collaborative healthcare models to significantly improve the health and well-being of all Australians."

Advance practice applications open

THE Australian Pharmacy Council has opened applications for the June intake of Advance Practice Pharmacists.

An online portal allows submission of practice portfolios for consideration, along with the application and evaluation fees which total \$1650.

See pharmacycouncil.org.au.

Psoriatic arthritis Rx

JANSSEN'S Stelara (ustekinumab), an alternative to tumour necrosis factor alpha (TNF) inhibitors, was funded in the Pharmaceutical Benefits Scheme as a first and subsequent line biological therapy for adult patients with severe active psoriatic arthritis, on 01 May this year.

Administered by subcutaneous injection, the recommended dose of ustekinumab for patients with psoriatic arthritis is 45mg at week 0 and week 4, and then every 12 weeks thereafter.

Research openings

GLOBAL biotechnology industry leader CSL has announced the opening of applications for two inaugural fellowships to be awarded in late 2016, for commencement on 01 Jan 2017.

The CSL Centenary Fellowships are high-value, long-term, competitively-selected grants available to outstanding Australian researchers seeking to consolidate their career and undertake medical research in an Australian academic institution.

Two five-year fellowships are to be awarded each calendar year, for ten years, the total value of each award put at A\$1.25 million, paid in annual instalments of A\$250,000 to the employing university or medical research institute.

Applications close 31 Jul with successful applicants announced 30 Sep - www.csffellowships.com.au.

Palliative listings

THE Health Department has updated the Schedule of Pharmaceutical Benefits, including changes to the restrictions for a number of Palliative Care Schedule items.

Effective this month, the restrictions have been simplified and merged under one item code, with affected items including bisacodyl, diclofenac, ibuprofen, indomethacin, methylnaltrexone, naproxen, paracetamol, rhamnus frangula and sorbitol+citric acid.

Item codes currently listed for initial treatment will be retained, while the item codes for continuing treatment have been deleted.

The restriction level of some Palliative Care items will also change, and under the changes prescriptions written prior to 01 Jun 2016 for deleted item codes will remain valid for a twelve month transition period.

Other changes revealed on the PBS website yesterday include an updated list of drugs subject to price disclosure, 12.5% and 16% price reductions, ex-manufacturer pricing and formulary allocations.

New 16% price reductions apply to acarbose, azacitidine and eplerenone - see pbs.gov.au.

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Legendary Rail Journey Discounted

2017 rates for The Trans-Siberian, an epic 15-day rail-tour covering two continents and seven time zones departing from either Moscow or Beijing, have been released.

Journey aboard a privately chartered first-class train with stops in Mongolia, Siberia and Tartarstan, from \$10,335 pp twin share - includes eight nights aboard The Czars Gold train.

Beyond Travel: 1300 363 554 or www.beyondtravel.com.au.

Beauty online sales soar

ONLINE purchases of cosmetics and skin-care products have risen by 17% and 30% respectively in 2016 over 2015, according to the latest Roy Morgan Research data.

Between Apr 2014 and Mar 2015, 316,000 Aussies bought cosmetics and 283,000 bought skin-care products from an online retailer in an average four weeks, with 108,000 buying both.

During the same period, these figures rose to 370,000 and 367,000 respectively, while the number of crossover customers increased 11% to 120,000.

However, the average amount spent per customer in both categories decreased from \$94 to \$90 for cosmetics, and from \$100 to \$94 for skin care, the report said.

One important distinction was that Australian consumers are far more likely to purchase cosmetics and/or skincare online from local rather than overseas retailers.

The number of people buying cosmetics from an Aussie online retailer only was double the 91,000 who used overseas websites, although 92,000 other shoppers were unable to distinguish between overseas and Australian websites.

A further 8,000 bought makeup from both a local and an overseas website.

For skin-care products, the bias toward local vendors is even more significant with 194,000 purchasing from an Australian online retailer only, more than double the number (82,000) who reported buying from overseas.

Again with regard to skincare items, 85,000 couldn't tell whether they were buying locally or not and 6,000 bought skincare items from both in an average four weeks.

Predictably, women dominated the purchasing population.

PHARMAC vaccines

NEW Zealand's Pharmaceutical Management Agency (PHARMAC) has announced that it will now extend the funding of chickenpox vaccine to all children and making the HPV vaccine funded for males under 26 years old.

The result is the varicella (chickenpox) vaccine is funded for all children from 01 Jul 2017, and the restriction on funding for the HPV vaccine for females is removed from 01 Jan 2017.

Win with the Cancer Council

Each day this week, Pharmacy Daily and Cancer Council Sunscreen are giving away a Sunscreen Pack valued at over \$65. You could win! Sunscreen is an important step in maintaining beautiful, healthy skin. The new Cancer Council Face Day Wear Matte SPF 50+ is a great way to Protect Your Beauty. This soft-feeling, matte finish sunscreen goes on smooth and clean, and works well as a base under makeup to ensure skin is protected from the sun's damaging UV rays. For more information, visit skinhealth.com.au.

To win, be the first from SA or NT to send the correct answer to the following question to comp@pharmacydaily.com.au

What skin type/s is the Face Day Wear Matte suitable for?

Congratulations to yesterday's winner, Deborah Caldera from Jardine's Chemmart Pharmacy.



DISPENSARY CORNER

WHEN it comes to shop lifting we never thought heavy duty incontinence pads would be a hot item to steal.

Thieves in Leith, Scotland don't seem to agree with us on that one though.

The pads were being stolen from the town's Tesco on such a regular basis they had to be fitted with heavy-duty anti-theft alarms (pictured below).

A siren will go off if someone tries to smuggle the goods out of the store without paying.

Sure, you might spot these alarms on a bottle of Dom Pérignon or a luxury leather jacket, but adult nappies?

We're baffled too and the official comment from Tesco doesn't provide much help.

"Our store managers take appropriate security measures based on the needs of the store," they said.



SOME seriously odd footage has been captured in China recently of a man casually driving along a busy road while attached to an IV drip which is hanging out his window.

The plot thickens as the man is captured taking a swig from a bottle which appears to be beer.

It's not the first time motorists in China have been spotted sporting an IV drip on the road.

Another video is circulating of a woman motorist partaking in the same strange activity.

You can see her **HERE** and the latest video to emerge **HERE**.

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