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## Male heart disease

**MEN'S** Health Week, 13-19 Jun, is being promoted by the Australian Heart Foundation, with Heart Foundation Walking encouraging group members to 'Bring a Bloke' given that women far outnumber men in the walkathons, the Foundation has said.

Heart Foundation Walking is funded nationally by Fitbit and the Queensland Government and aims to reduce the incidence of hypertension, hypercholesterolaemia, obesity, diabetes type 2 and associated hospitalisations and deaths.

Whether part of cardiac rehabilitation, tackling high blood pressure, addressing type-2 diabetes or keen to shed some kilograms, the Foundation says you can find a Heart Foundation Walking Group to suit you at [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au).

## New hope for MS

**AGGRESSIVE** chemotherapy followed by a stem cell transplant may halt the progression of multiple sclerosis (MS), a study in the *Lancet* has suggested.

The UK MS Society said the method offers hope but also brings "significant risks" - **CLICK HERE**.

## Queens Birthday honours

**INFLUENTIAL** pharmaceutical and medical professionals were awarded for their achievements during the Queen's 90th Birthday celebrations over the weekend.

Dorothy Lucardie (pictured below), a highly-respected adult educator and Pharmaceutical Society of Australia (PSA) national training manager received a coveted Order of Australia Medal for her service to adult education in the pharmacy sector.



PSA's national president Joe Demarte applauded her for her outstanding work.

"On behalf of PSA, I thank her for wonderful work over recent years in education and training to help improve education standards of pharmacists in Australia," Demarte said.

PSA Life Member Philip Messenger also received an OAM for his service to the Benalla community in Victoria.

"We believe he is a pharmacist of high-standing that deserves the appropriate recognition within the Order of Australia," Demarte said.

Further to this, the Pharmacy Guild of Australia has sent congratulations to Dr John D'Arcy O'Donnell (pictured left) for being awarded a Member of the Order of Australia.



Through his role as a prominent medical broadcaster, he has championed the notion of 'shared care' which highlights collaboration among doctors, pharmacists and other allied health professionals.

Dr D'Arcy O'Donnell produces *Health Check*, a radio program broadcast on over 70 metropolitan and regional stations throughout the nation.

The Pharmacy Guild has been a sponsor of the show for the last decade, helping to produce material promoting health literacy, preventive health, and quality use of medicines.

The Guild commends him for his "contribution to health literacy and to the understanding of the important role of community pharmacy".

## AusDI updates names

**MEDICAL** Director AusDI has announced that its June release now includes the recently updated ingredient names to support the Therapeutic Goods Administration's (TGA) International Harmonisation of Ingredient Names (IHIN) initiative.

The TGA flagged to health professionals in Feb this year that some drug names in Australia are obsolete and that it intends to update some medicine ingredient names used in Australia to align with names used internationally (PD 09 Feb).

The harmonisation program will use a four-year transition period for these changes, from Apr 2016 to Apr 2020.

Some name changes are relatively minor such as changing 'y' to 'i' while other adjustments are more significant and will require manufacturers to carry both names on their labels and packaging.

AusDI said it has optimised its product search, interactions & safety and browse functions enabling users to choose either the old or the new ingredient names as search parameters and updates have also been designed to work seamlessly across both the desktop and mobile platforms.

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## Fibrosis research

**BOEHRINGER** Ingelheim and Harvard scientists have announced that they have established a research alliance to find novel treatments for severe fibrotic diseases.

The new research collaborators have said they aim to discover better treatments for diseases like idiopathic pulmonary fibrosis (IPF), chronic kidney disease (CKD) and nonalcoholic steatohepatitis (NASH).

The diseases can affect organs, such as liver, bone marrow, lung, kidney, gastrointestinal tract, skin, eye, and the heart which may lead to organ failure and death.

## Calanna marks 40 years

**CALANNA** Pharmacy Group mark their 40th year of operation this month with the announcement of plans for a refreshed brand and renewed focus on their founding principal of whole health.

Established by Mario Calanna in Cairns in 1976, Calanna has grown into the largest family owned whole health



pharmacy group in Northern Australia with 11 stores across Queensland.

Mario's passion was passed on to his own children with son Matthew, also a pharmacist, now at the helm of the company and daughter Catherine a manager and

Natural Health Consultant at the Woree store - (Calanna family pictured).

Calanna said the group has had a focus on whole health now for four decades and employs a range of practitioners including naturopaths, homeopaths, registered nurses and nutritionists with all pharmacists trained to engage directly with anyone who walks through their doors.

"We have some big plans for Calanna Pharmacy over the coming years, we want to achieve a sense of warmth and wellness in all our pharmacies that reflects our heritage but also carries our vision into the future," Mario explains.

"We want our pharmacies to continue be a place where people know we have their health at heart and where they walk away feeling like a part of the family," he added.

## FDA nods novel opioid

A US Food and Drug Administration (FDA) advisory panel has recommended approval of Pfizer's long-acting opioid painkiller Troxyca ER, saying it dulls pain and its design could deter abuse by addicts in search of a quick high, according to a report from *Reuters*.

Troxyca ER contains oxycodone and naltrexone, the drug used to cancel the effect of oxycodone.

When taken as directed, the naltrexone remains unmetabolised and cannot therefore diminish the effect of the oxycodone, which is released over time.

The unique design makes it much more difficult for drug-abusers to access the oxycodone without also releasing the nullifying naltrexone.

The normal approach of crushing the tablets will make naltrexone available, but more sophisticated approaches using certain solvents could conceivably circumvent the novel design.

Last week, the panel concluded that a different long-acting opioid made by Teva Pharmaceutical Industries Ltd was also likely to deter abuse whether addicts sought to swallow, snort or inject it.

According to reports, the panel was somewhat conflicted in the decision-making process with not all panelists convinced the new formulations were the answer, but the majority ruling in favour.

Neither product is as yet available in Australia.

## Kippa-Ring Priceline of the year

**PRICELINE** Pharmacy Kippa-Ring has taken out the annual Priceline Pharmacy Store of the Year award, placing it at the top of the 428 store network.

The award recognises the Queensland store's outstanding commercial results and exceptional standard of customer service through using all the brand's program and initiatives, including its support for its charity program, the Priceline Sisterhood Foundation.

Kippa-Ring has been a consistently high performer and was also a finalist in 2015.

The award was announced last week at the annual Priceline Pharmacy Franchise Conference, a



learning and networking forum for more than 500 attendees.

A recent customer described the winning store as "more like shopping with a friend, a real person, not just someone doing their job".

**Pictured** are Priceline Pharmacy Store of the Year winners from Kippa-Ring, from left, Andrew Twist, Jane O'Brien and Jane Twist.

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## Earlybird wormcatch

**PHARMACY** Connect has announced Vikki Speirs from Hope Island Amcal Chempro Chemist as winner of the earlybird registration prize of three nights' accommodation at the Pharmacy Connect conference venue, Four Points by Sheraton Sydney, Darling Harbour.

Conference organisers say accommodation at this exciting venue is limited and urges attendees to take advantage of online registrations being open until Friday 02 Sep - [CLICK HERE](#).



## Guild Update

### MedsASSIST – Informing Medicine Decisions

**THE GUILD** urges all pharmacies to ensure they are utilising MedsASSIST - the codeine real-time system. MedsASSIST helps pharmacists monitor consumer use of codeine containing products to ensure safe and effective use.

It is vital that the system has the maximum possible uptake across pharmacies in all States and Territories as part of our case against up-scheduling these medicines to prescription only.

For MedsASSIST to effectively monitor consumer use of these products so that pharmacists can help patients at risk of codeine dependence it is crucial to have every pharmacy across the country using MedsASSIST. It is also desirable, in order to maximise the effectiveness of MedsASSIST, that State and Territory Medicines and Poisons regulations be amended to mandate the real-time online recording of codeine supply.

## Symbion delivers for Tas

**EVEN** while their own homes were under flood threat, staff at Symbion persevered to ensure that northern Tasmanian pharmacies were able to continue to care for patients through the height of the recent flood crisis, the company said.

"The situation in Tasmania was developing very rapidly, and we could have made the decision to cancel our deliveries and hope that customers had enough stock to cope," said Brett Barons, gm of Symbion Pharmacy.

"However, our staff have a very real sense of the important role they play in patient care and they were determined to push through and get the job done. It was a fantastic achievement under some pretty tough circumstances."

State operations manager Gavin Brown said that for his team it was a non-stop effort.

"We shifted stock to other locations in case certain areas of the State became cut off, and we made other contingency plans to ensure we had a ready supply of products," Brown said.

The operations group also had to monitor the rising waters so as



to re-route deliveries around the affected areas or, where it was still safe to do so, drivers ploughed through flooded roads.

In addition to deliveries logistics the teams had to deal with the imminent threat of floods behind the warehouse itself (**pictured**), moving stock to higher locations.

Some staff were sent home to protect their own properties.

### Phase 3a success

**NOVO** Nordisk has claimed that new phase 3a findings have shown a faster-acting insulin aspect improved reduction in HbA1c in type 1 diabetes, compared with its own NovoRapid.

Results also demonstrated positive results for diabetes type 2 patients and were presented at the American Diabetes Association meeting in New Orleans, USA.



## DISPENSARY CORNER

**A HUNGRY** seagull (**pictured** below) was caught orange-feathered trying to score some tikka masala from a curry factory in Wales.

In his attempt to scavenge some lunch, the bird fell into the vat of curry, turning him bright orange.

The spicy gull was spotted struggling in the tumeric-laden sauce and was plucked to safety.

A local wildlife hospital used washing-up liquid to clean the gull who apparently smelt pretty damn good.

The workers were reportedly able to restore his natural colour because "he had not been marinating for long".

They're feeding the skinny bird up with meat before he is strong enough to be released back into the a safe, curry-free portion of the wild.



**THE** Chinese Government is crying out for sperm donations as the country's sperm banks face serve shortages.

According to the *New York Times* few Chinese men offer to donate their goods and a study found that almost half of those who do volunteer are screened out.

Young men are being offered incentives up to US\$1,000 in cash or new iPhones to donate.

Some interesting advertising slogans are emerging:

"Donating sperm and donating blood are the same thing. It's all about giving back to society," reads a message from one Beijing sperm bank.

## Win with DESIGNER BRANDS

This week *Pharmacy Daily* and Designer Brands are giving away a set of cosmetic bags including a train case, beauty case and pencil case each day.

For 2016, Designer Brands Cosmetics Bags come in three new shades – Moroccan Dreams (a modern black and white pattern), Dot to Dot (blue and white dots) and Blush (a metallic, soft pink shade) inspired by Pantone colour of the year, Rose Quartz. Each shade is available in three cosmetics bags sizes for all your travel needs.

Visit [www.dbcosmetics.com.au](http://www.dbcosmetics.com.au)

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

How many colours do the bags come in?

Check here tomorrow for today's winner.

