

Today's issue of PD

Pharmacy Daily today has two pages of news plus full pages from:

- Pharmacy 4 Less
- Wizard Pharmacy Services

Soft drink stroke slam

DRINKING artificially sweetened soft drinks has now been linked to a higher risk of stroke and dementia.

The analysis, published in *Stroke*, was conducted via a large study of older people with 12 years' of food consumption survey data as well as a further ten years' of data on stroke and dementia outcomes.

The researchers found that, other things being equal, those who had consumed more artificially sweetened drinks in the last four years of the study period, and those who had more of them overall, were more likely to have a stroke or develop dementia.

However, sugar-sweetened drinks were not implicated - [CLICK HERE](#).

Opdivo MabThera nod

THE PBAC has recommended streamlined authority listings for cancer therapies BMS' Opdivo (nivolumab) and Roche's MabThera (rituximab) - see pbs.gov.au.

MediTracker app rollout

PATIENTS who visit IPN Medical Centres across Australia will soon be able to access their own medical data - including medication lists - via a smartphone app.

IPN, which operates in about 180 practices across Australia servicing 2 million patients, said the integration of the Australian-developed MediTracker app would give live access to health summaries, while medication lists could be shown to pharmacists to help avoid drug interactions.

IPN Medical Centres ceo Gerard Foley said "the app will be most useful to patients with a chronic disease diagnosis because it allows them to navigate their care plan".

Non-sensitive pathology results that have been seen by the GP, such as cholesterol and HbA1c, will also be listed in the app, along with allergies, immunisations, measurements and more.

Patients with more than one regular GP will only be able to download summaries from the practice they nominate when they set up the app, Foley said.

"It's part of the future for us... we are moving into an era when there has to be increased sharing of information," he added.



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TGA determinations

THE Therapeutic Goods Administration (TGA) has posted its latest determinations around foreign country prerequisites for local drug approvals, permissible ingredients for ARTG drugs, manufacturing principles for human drugs and definitions around biological products.

Visit tga.gov.au for details.



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Dispensary Corner

A WORD to the owls.

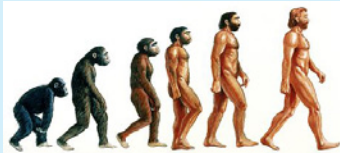
Referencing animals when describing fellow humans is common but generally unwise - to Australians an owl may be considered wise but to an Indian, owls are foolish.

Psychologist Nick Haslam of the University of Melbourne and colleagues published on the matter in the *Journal of Language and Social Psychology*.

Referring to someone as a sheep implies thoughtless compliance while rats, maggots, leeches, dogs, toads or cows are straightforward derogatory terms, Haslam explains.

Calling someone a chicken or mouse suggests fearfulness and timidity, and Haslam says all such animal comparisons are at risk of being offensive, are usually objectionable and in any case are decidedly "dehumanising".

CLICK HERE for the research.



GET on your bike - if you want to lower your cancer risk, that is.

Researchers in Scotland have found that cycling to work is very good for your health with figures suggesting bike riders halve their risk of cancer and heart disease.

A five year study of 250,000 British commuters said cycling to work was particularly good because once the habit was established it took little willpower.

Regular cycling cut the risk of death from any cause by 41%, the incidence of cancer by 45% and heart disease by 46%, according to a BBC report.

CKD awareness low

WITH as many as one in 10 people worldwide having chronic kidney disease (CKD), around 90% of sufferers are unaware of their condition, according to a new global report titled *The Global Kidney Health Atlas* presented at last week's World Congress of Nephrology in Mexico City.

Among high-income countries, Saudi Arabia and Belgium have the highest estimated CKD prevalence (24%), followed by Poland (18%), Germany (17%), the UK and Singapore (16%), the report reveals.

Norway and the Netherlands have the lowest estimates at 5%.

The USA's estimated prevalence is 14%, while Canada and Australia are roughly equal on an equally alarming 13%.

Globally, estimated CKD prevalence worldwide varies from 7% in South Asia and 8% in Africa to as high as 11% in North America and 12% in Europe, the Middle East, East Asia and Latin America.

Chief outcomes of CKD were described as cardiovascular disease, early progress to end-stage kidney disease and death, all of which create a high cost burden.

CLICK HERE to access the Atlas.

US opioid lawsuit

AMERICA'S Cherokee Nation has filed a court case claiming pharmaceutical manufacturers, distributors and pharmacists have unjustly profited through over-prescribing and sales of opioids.

CVS, Walgreens and Walmart are cited in the lawsuit along with McKesson Corporation, Cardinal Health and Amerisource Bergen, with the plaintiff claiming it was the companies' responsibility to monitor opioid prescriptions and orders in Cherokee Nation.

The case details the significant effects that prescription opioids have had on the native American community, with annual deaths from opioid overdose doubling between 2003 and 2014 and now exceeding deaths from road trauma.

New trazodone role

AUSTRALIAN approved antidepressant drug trazodone, a selective serotonin reuptake inhibitor, has been found to have the ability *in vitro* and *in vivo* to reverse mouse-brain degenerative effects such as those in Alzheimer's Disease, other dementias, Parkinson's, multiple sclerosis and Huntington's.

The research out of UK centres, including the School of Pharmacy at the University of Nottingham, has now recommended clinical trial testing in patients, with the possibility of its availability for patients within two years, given that it is already approved for use in humans.

CLICK HERE to access the research.



Weekly Comment

Welcome to PD's weekly comment feature. This week's contributor is Gerald Quigley, Pharmacist & Master Herbalist.



Omega-3's – the facts behind the benefits

THE benefits of omega-3 supplementation seem irrefutable. Health benefits abound as we reduce inflammation across our body, and offset some of the pro-inflammatory lifestyle issues we face each day.

Emotional arguments have driven concerns about the use of krill as an omega-3 source, when compared to the ready-acceptance of fish as that source.

While some oils may be prone to oxidation, krill oil has its own built-in astaxanthin antioxidant. We worry about contamination of fish oil – krill is at the bottom of the food chain and has none of those issues.

The whales? They do OK! The Commission for the Conservation of Antarctic Marine Living Resources estimates the total annual krill catch is a mere 0.14% of the krill consumed by whales. Krill harvesting could increase by 50-fold and still be within safe harvesting guidelines.

Fish stocks on the other hand are falling. Overfishing is occurring, and fishing nets catch everything, including crustaceans. On average, fishing fleet quotas are 15 to 30% higher than scientifically recommended safe limits. Fish farming isn't an ideal solution. Local environments are threatened.

Statistics aside, the arguments favouring krill over fish oil are logical and environmentally sensible.

Win with australis

This week Pharmacy Daily and Australis are giving away each day a set of two Bae Watch Mascaras.

Australis Bae Watch Mascara will enhance your lashes to new volumising, curling and lifting lengths. Australis Bae Watch Mascara builds and lengthens lashes without clumping, lashes are left soft yet boast intense volume. Easy to apply, the formula glides on effortlessly leaving lashes that are dark and defined thanks to the pigmented formula. Available in one shade All in One Black and RRP \$14.95. For more information head to www.australiscosmetics.com.au.

To win, be the first person from **NSW** or **VIC** to send the correct answer to the question below to comp@pharmacydaily.com.au

What does BAE stand for?

Check here tomorrow for today's winner.



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