



Dispensary Corner

SURE he smiles, but do you trust him?

Bruce - or Jaws, depending on which movie character you prefer - is now confirmed to share a common ancestor with humans.

X-rays of a 385-million-year-old German shark suggest we both inherited traits from a single forebear around 440 million years ago, according to British, Irish and US scientists.

You certainly can't choose your relatives, and some are never welcome at festive dinners.



DO YOU live in a "Blue Zone" - and what is it?

Researchers from the US have identified areas in the world with high longevity rates as "blue zones", finding four in total: Okinawa (Japan), Icaria (Greece), Loma Linda (California) and the Nicoya Peninsula (Costa Rica).

What is the secret behind this great longevity?

A team composed of several specialists (doctors, anthropologists, demographers, nutritionists, epidemiologists) - and led by American researcher Dan Buettner identified nine elements that contribute: intense and regular physical activity, having reasons for being, stress reduction, eating to only 80% of capacity, a diet rich in plant-based foods, moderate consumption of alcohol, social engagement, religious practices and solid family ties - **CLICK HERE** for the research.

"See the pharmacist first"

THE UK Royal College of General Practitioners (RCGP) is encouraging patients to visit their pharmacist before booking an appointment with their GP, in a bid to relieve pressure on doctors.

The peak body representing British GPs said patients should also research their symptoms online via the government's *NHS Choices* website or a similar reputable resource to get background information and general guidance for their condition and possible treatments to practise "self care".

RCGP chair Helen Stokes-Lampard said she hoped that the three-step mantra, namely self-care, online research or visiting their pharmacist, labelled "3 before GP," will reduce the "immense" pressure felt by GPs during the busy northern winter period.

While winter blues are far behind us in Australia, long waiting times for GP appointments are still a strong memory for many.

"I would encourage patients with

more minor illnesses to think hard about whether they actually need to see a GP," said Stokes-Lampard.

"The '3 before GP' mantra is a simple and easy way to help reduce the strain on general practice, and we hope it will enable GPs to spend more time with patients who have complex health issues and are most in need of our expert help," she said.

RCGP spokesperson Neal Patel said that as the experts on medicines, pharmacists could help people with both questions about winter bugs and concerns about side effects of prescription medicines.

"Crucially, pharmacists can help you decide when that worrying symptom is something you can manage yourself or when you should seek help, which is especially important over the holidays when your GP surgery may be closed," said Patel.

"There is a wide range of medicines and treatments available to buy from pharmacies and supermarkets which can offer relief from common self-treatable conditions, such as coughs, colds, indigestion and allergies."

D for dengue fever

VITAMIN D supplementation has been demonstrated to help protect against tropical mosquito-borne viral disease dengue fever in new research out of the Faculty of Medicine, Universidad de Antioquia, Colombia.

Authors wrote that a supplement of 4000 IU/day of vitamin D may represent an adequate dose to control dengue progression and DENV replication.

Although the results of the study suggest that the vitamin D status can influence the immune response, further studies are needed to determine the feasibility of vitamin D as anti-DENV agent and immune modulator, they said.

CLICK HERE to access the abstract.

Winthrop UK recall

A PRECAUTIONARY recall of a batch of Mollipaxin 100mg capsules (trazodone hydrochloride) has been issued in the UK by Winthrop Pharmaceuticals, trading as Zentiva.

The recall of batch EL(18) A/01 is due to a "potential issue with the metal detector during manufacture.

"Although there is no evidence of metal particles within units from the batch, the batch is being recalled as a precautionary measure," said Britain's Medicines and Healthcare products Regulatory Agency.

US generics push

THE US Food and Drug Administration has announced additional steps to encourage generic competition, with measures including "reducing gaming by branded companies that can delay generic drug entry".

The FDA is also committed to resolving scientific and regulatory obstacles making it difficult to win approval for generic versions of certain complex drugs, and improving the predictability of its generic review process to speed approval times.

WIN WITH INNOXA

Each day this week Pharmacy Daily and INNOXA are giving away a Flawless Face pack.

INNOXA Cosmetics introduces their latest colour cosmetics range for you to achieve a stunning flawless face every time you step out the door. Created with subtle golden bronze, pink and coral inspired tones, the range is finely milled so it doesn't sit in fine lines and wrinkles. Consisting of four eyeshadow quads, three blushes and a bronzer, all skin tones are covered to create the polished look. **CHECK OUT THE WEBSITE** for more info.

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

How many blushes in the range?

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