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Today's issue of PD
Pharmacy Daily today has three pages of news including our regular **Health & Beauty** feature.

S4s dominate RUM

MORE than half of returned medicines (55%) in the Return of Unwanted Medicines (RUM) Project bins were prescription-only S4 medicines, according to an audit published in NPS Medicinewise's *Australian Prescriber* this month.

Reflecting the market shares of the most prescribed medicines, top of the 2015-16 list was atorvastatin, followed by its main competitor rosuvastatin, then esomeprazole, paracetamol, pantoprazole, perindopril, metformin, pregablin, fluticasone/salmeterol and in 10th spot salbutamol.

Oxycodone came 15th, up from the 2013 survey where it sat at 18th.

Just over a third (36%) of all medicines returned in 2016 were expired, compared with 51% in the 2013 audit, the report said.

"Approximately 10% of the PBS-listed medicines were expired and approximately 10% were unopened," it added, along with the estimation that assuming the sample was representative of the total number of bins collected annually, the estimated cost of wasted medicines discarded via the RUM Project is approximately \$11.6 million a year.

The study suggested that the RUM Project prevented more than 704 tonnes of medicines from entering waterways or landfill.

Visit nps.org.au for access.

Advancing Practice round 2

APPLICATIONS are now being invited for the second round of pharmacists wanting to be recognised under the new centralised Advancing Practice initiative (*PD* 05 Mar).

Submissions are due by 15 Jun, after which participants will have four months to collate evidence and submit their personal practice portfolio via the Advancing Practice online portal.

Advancing Practice Advisory Board chair Associate Professor Ian Coombes said the invitation followed a strong response to the first round in Mar, as well as the subsequent selection and training of Advancing Practice evaluators last month.

"We are excited to continue to deliver a robust mechanism for the collation and assessment of Australian pharmacists' activities and achievements through independent third-party review," Coombes said.

He said the Board was looking forward to conferring the first

Advancing Practice credentials and postnominals in Sep this year.

The invitation to take part in the new round is being accompanied by a video in which Sam Turner, Advancing Practice Advisory Board member, discusses how Advancing Practice is for "all pharmacists at all stages of their career".

He said Advancing Practice looks at all aspects of a pharmacist's competencies to identify how practitioners can improve.

"I think for community pharmacy it's a step forward, especially so pharmacists can break out of silos and say 'this is how I can really impact my career and this is how I can impact patients at a higher level,'" Turner said.

The video can be viewed online at pharmacydaily.com.au/videos.

Green tea liver harm

THE Therapeutic Goods Administration is monitoring the safety of products that contain *Camellia sinensis* (green tea extracts) in light of "rare cases of harm to the liver".

Camellia sinensis is a herbal ingredient permitted for use in low risk medicines in Australia, included in approximately 267 listed medicines in the ARTG.

The majority contain it as a concentrated extract, with these products often used to assist with weight management and as a source of antioxidants.

Incidence of liver toxicity is "rare and unpredictable" and the TGA considers a recall is not warranted.

Migraine opportunity

SUBMISSIONS to the Pharmaceutical Benefits Advisory Committee in relation to a new migraine prevention treatment called Aimovig (erenumab) are due by close of business today.

If the PBAC decides in favour of the medication it could become affordable for the millions of people suffering from migraine when it is released in Australia later in 2018.

See headacheaustralia.org.au.

Valpam defect alert

ARROW Pharma, in consultation with the Therapeutic Goods Administration, has issued a product defect alert for one batch of Valpam 5 (diazepam) due to the possibility of the blister strip including white Valpam 2mg tablets, instead of yellow Valpam 5mg tablets.

The affected batch, which is numbered CP218, contains Valpam 5mg tablet blister packs (50 tablets) with an expiry date of Jan 2021.

The TGA said the alert follows one instance where a single Valpam 2mg tablet was found in a blister pack of Valpam 5mg tablets.



No other batches are known to be affected, with Arrow advising consumers and health professionals to visually inspect blisters from batch CP218 before dispensing or use to ensure all the tablets in a given blister are light yellow.

The correct tablets will also be marked with "DZ 5" on one side but this will only be visible if the numbered side faces the blister.

If no anomalies are found, the product may continue to be supplied and used as normal.

Consumers are advised to return any affected blisters unopened for refund or replacement.

More info from Arrow Pharma on 1800 941 148.

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A campaign to improve vaccination rates for Flu, run on behalf of our network Pharmacies.



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Bod signs with Symbion

LISTED natural medicines and medicinal cannabis company Bod Australia has signed a distribution agreement



with its second large pharmacy wholesaler, Symbion. periods," the company said. Bod Australia ceo Jo Patterson said: "Not only does this agreement provide ongoing

validation of our product range, but coupled with the recent progression of our relationship with API, it provides the Company with access to over two thirds of the Australian pharmaceutical market.

"We look forward to working with Symbion to promote our products through their network of over 3,500 pharmacies and specialty retailers to ensure Bod's products achieve greater market penetration and drive revenue growth."

Under the agreement, Symbion will stock Bod's range of natural medicines, as well as its pregnancy supplement, Mamacare. Bod said Symbion gives it access to more than 3,500 pharmacy customers across the nation, complementing its existing agreement with API (PD 05 Apr).

The distribution deals allow Bod to "better utilise working capital by leveraging centralised delivery points and more stringent payment

validation of our product range, but coupled with the recent progression of our relationship with API, it provides the Company with access to over two thirds of the Australian pharmaceutical market.

"We look forward to working with Symbion to promote our products through their network of over 3,500 pharmacies and specialty retailers to ensure Bod's products achieve greater market penetration and drive revenue growth."

Deprescribing pilot

EFFECTIVE today, pharmacists across 10 GP surgeries in Devon, UK, will test new guidelines, which aim to prompt clinicians to modify hypoglycaemic targets for frail older people with type 2 diabetes.

New guidance, which is the first in the UK to include specific recommendations for treating frail older people according to their own individual hypoglycaemic target, is being piloted by pharmacists working in GP surgeries across South West England.

Over the 18 month pilot period, generalist pharmacists will test the guidance, which recommends introducing a frailty assessment pathway for older patients as part of routine diabetes management to allow more appropriate and safer treatment to be employed.

Lower BP vindicated

A STUDY comparing 2014 US hypertension guidelines with new 2017 recommendations to lower blood pressure by 10mm of mercury to $\geq 130/80$ has demonstrated further reduction in major CVD events and all-cause mortality, according to a new study published in *JAMA Cardiology*.

Achieving the new goals could cut deaths by 156,000 annually, the authors said - jamanetwork.com.

Blackmores opens Bungarribee



BLACKMORES yesterday formally opened its new distribution centre in the western Sydney suburb of Bungarribee.

Braving the cold for the opening, local state MP Dr Hugh McDermott acknowledged the importance of Australian companies investing in local jobs and infrastructure.

"It's wonderful to see a growing company like Blackmores right here in Western Sydney as part of the largest manufacturing and logistics precinct in the southern hemisphere," McDermott said.

The official opening of the Blackmores Bungarribee Distribution Centre, was attended by 120 guests including McDermott and Federal Member for Chifley, Ed Husic.

The 16,000m² warehouse has doubled the company's warehousing footprint and provides space for future growth.

Blackmores ceo Richard Henfrey highlighted the importance of the centre in Blackmores' growth,

saying, "This facility is critical to optimise our customer service proposition.

"We've adopted higher levels of automation in our order picking and packing and the design of workflow gives us the ability to be more agile and responsive.

"The location here at Bungarribee is important because it gives us access to the ports, the major motorways and to our logistics partners," Henfrey said.

An average of 3,500 orders are shipped from Blackmores Bungarribee every week, made possible by a team of 60 employees.

The new facility includes a staff gymnasium and employee lounge with Blackmores' executive director Marcus Blackmore surprising staff with a billiards table he and his wife Caroline personally donated for the team to enjoy on breaks.

Pictured from left are Richard Henfrey, Marcus Blackmore, Ed Husic and Hugh McDermott.

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Everyday this week Pharmacy Daily and Plunkett's are giving away an NS prize pack valued at over \$30.

Nutri-Synergy (NS) combines natural active ingredients to treat dry, sensitive and problem skin. NS works with the skin, not just on the skin's surface. Use NS Sensitive Skin Cleanser to clean and hydrate your skin before applying NS-21 Skin Repair Treatment to restore problem or damaged skin to a healthy state. Visit: www.NutriSynergy.com.au.

To win, be the first from WA to send the correct answer to the question to comp@pharmacydaily.com.au

NS is free from nasties – name 2 potential irritants that NS does not contain.

Congratulations to yesterday's winner, Nicole Teefy from Chempro.

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Dispensary Corner

SO YOU'VE been told you have low testosterone levels?

Take heart, it may give you a tendency toward godliness, even if you have testosterone replacement therapy.

A new Canadian study reveals that higher baseline levels of both testosterone and dehydroepiandrosterone prospectively predict religious ties - whether measured through attendance at church services or network connections to clergy.

These associations remain even after accounting for demographics, hormone supplementation and physical health, say the authors, claiming that the findings swell the "growing body of evidence that religiosity may have physiological, not simply psychosocial, roots".



GET ready to stock your pharmacy with "Pit Liquor," the latest in personal hygiene products.

Believe it or not, someone in the USA has come up with the idea of a deodorant made using alcoholic beverages.

"We love whiskey, so why not put it on our armpits," said inventor Erica Feucht, who with her husband created the perfect mix of alcohol, vanilla and natural antimicrobial products.

The distilledbathandbody.com website entices visitors to "saddle up your unicorn and join us for a magical armpit journey!"

Health, Beauty and New Products

Welcome to our weekly promoted feature with all the latest health, beauty and new products for pharmacy. Suppliers wanting to promote products in this feature should email newproducts@pharmacydaily.com.au

New Vivid Glow Illuminator Palettes

Highlight with all the colours of the rainbow with two brand new illuminating palettes from Designer Brands (DB). Highlight subtly with the Champagne palette (pictured) using shades Crystal (peachy colour), Spritz (rose colour) and Prosecco (sunset gold). For the more adventurous, create a prism-inspired look with the limited edition Over the Rainbow palette with shades Magic Fields (iridescent green), Sun Beams (iridescent pink) and Lavender Dreams (iridescent purple). The smooth & buttery formula blends effortlessly on the skin and can be intensified with DB Setting Spray. These new **Vivid Glow Illuminator Palettes** include mirrors for easy on-the-go application.



Stockist: 03 8544 8000
RRP: \$14.99
Website: www.dbcosmetics.com.au

Root Touch-Up Permanent

Clairol Root Touch-Up Permanent is a permanent root touch-up solution that contains a blend of tones to seamlessly match new roots with current colour. It also works with salon colour. The precision colour brush allows easy application of permanent colour crème, with no need to over-colour the rest of the hair. It has a new cream and non-drip formula and is available in seven shades: light brown, light ash blonde, dark brown, medium brown, medium blonde, medium auburn and black.



Stockist: 1800 812 663
RRP: \$12.59
Website: www.coty.com

100% Pure Natural Essential Oil Blend



The secret to general good health, vitality, energy and peace of mind includes a balanced life and especially healthy sleeping patterns, bringing full rest and recuperation. **Natio 100% Pure Natural Essential Oil Blend - Calm** is an essential oil blend of calming clary sage, mandarin and bergamot. The deeply relaxing blend is often used to help calm the nerves and bring peace to the mind. Waking after the deepest of sleeps is a luxury few enjoy, but this natural essential oil blend can support improved sleep health in a

consistent way, especially when used in conjunction with meditative principles.

Stockist: 03 9415 9911
RRP: \$19.95
Website: www.natio.com.au

Neutrogena Acne Stress Control Wash



Neutrogena Acne Stress Control Power-Cream Wash has a powerful micro-clear technology that penetrates deep into the pore to unclog it by washing away oil, dirt and target spots before they have a chance to rear their ugly head. The mild texture is gentle enough to make it suitable for everyday use. The smooth creamy lather works fast while green tea and cucumber extracts soothe skin and helps to reduce irritation, all aiming to minimise the symptoms and causes of body stress.

Stockist: 1800 678 380
RRP: \$14.99
Website: www.neutrogena.com.au