



GuardianANGEL

# We're *Sleeping Out*

On Thursday 20th June, our Guardian team will be braving the cold and sleeping out at the South Melbourne Market Rooftop carpark in support of the 2019 Vinnies CEO Sleep Out.

The Vinnies CEO Sleep Out brings together like-minded leaders to support disadvantaged people in communities through the winter months by raising awareness and funds for new initiatives to support combating homelessness.

Last year the annual fundraiser event raised \$6.9 million dollars nationally with sights set to make an even bigger impact this year.

General Manager of Retail, Brian Tomlin, commented on the urgent need to address this important social issue.

“Homelessness doesn’t discriminate – it affects people of all ages and backgrounds,” he said.

“At Guardian, franchise partners are the cornerstone of community health that deliver advice, trust and care to millions of Australians.”

“Part of this care extends well beyond our tailored health solutions provided in-store, but also the ways in which the brand actively supports the wider community.”

“We are so proud to play our part in helping to break the cycle of people living without a home,” he added.

If you'd like to join the Guardian CEO sleep out team or donate visit [www.ceosleepout.org.au/fundraisers/guardianpharmacy](http://www.ceosleepout.org.au/fundraisers/guardianpharmacy)



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**Today's issue of PD**  
Pharmacy Daily today has three pages of news including our weekly **Health & Beauty** feature plus a front cover wrap from **Guardian Pharmacy**.

**Guardian sleep-out**  
**SENIOR** Guardian Pharmacy executives will spend the night out in the cold at the South Melbourne Market Rooftop carpark on Thu 20 Jun, as they participate in the 2019 Vinnies CEO Sleep Out.  
The initiative aims to support disadvantaged people through the winter months, raising funds and awareness for initiatives to support the fight against homelessness.  
See the **cover page** for more info.

**Tipping winners**  
**CONGRATULATIONS** to Chris Reid from HPS Pharmacy, the top tipper in this week's **Pharmacy Daily** AFL footy tipping competition.  
The top NRL tipper was Stewart Wyer from Icon - more details at [pharmacydaily.com.au](http://pharmacydaily.com.au).

## Academic wary of S3 pill

**ALLOWING** pharmacists to dispense the oral contraceptive pill over-the-counter (OTC) will potentially put women's health at risk, an academic claims.  
In an article on *The Conversation*, Chair of Community Based Health Education at the University of Wollongong, Associate Professor Mark Wilson, warned that "in bypassing their GPs to get the pill directly from the pharmacy, women could lose out on reproductive health care and preventive healthcare more broadly".  
Wilson said moves to down-schedule the drugs could also impact the efficacy of the products provided to women.  
"There are many different contraceptive pills, with varying dosage of synthetic hormones," Wilson said.  
"A GP consultation to discuss the pill requires considerable time taking the patient's history, measuring her blood pressure and weight, and discussing contraceptive options."



"There may be a number of reasons a particular woman should not take the pill."  
He added that "Australian pharmacists are not trained to conduct consultations regarding contraceptive options and reproductive health."  
While Wilson was against OTC contraceptive pills he said, "pharmacists do know a great deal about the range of contraceptive medications that are prescribed by doctors, and have an important role in educating women about correct medication use and potential side effects."

**Evidence a must**  
**SAFETY** and efficacy of non-prescription medicines (NPMs) are key considerations for patients, with pharmacies seen as a source of medicines advice, an Australian survey reveals.  
However, patients were less likely to agree that pharmacies were associated with safe and effective treatments.  
The research, published in the *International Journal of Pharmacy Practice*, found close to half of all respondents believed it was "wrong to sell treatments lacking in scientific evidence".  
However, the researchers found that when it came to identifying a NPM's efficacy, "personal experience was the most common method of determining effectiveness", with individuals who had experienced using an ineffective medicine less likely to trust scientific evidence of efficacy as the sole source of effectiveness information.  
The authors said these conflicting views posed a challenge for pharmacists.

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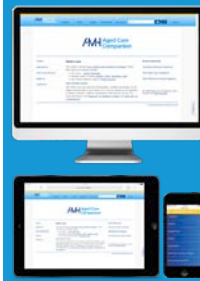
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## Low dabigatran doses

**NEW**  
Zealand's Medicines and Medical Devices Safety Authority, Medsafe, has recommended new lower dosing of Pradaxa (dabigatran) in certain cases, in its latest *Prescriber Update*.



The new recommendations relate to the treatment/prevention of deep vein thrombosis (DVT) and pulmonary embolism (PE).

Other updates highlight the increased risk of cardiovascular adverse events associated with the use of non-steroidal anti-inflammatory agents and rebound acid hypersecretion following proton pump inhibitor use and many more hot topics.

Visit [medsafe.govt.nz](http://medsafe.govt.nz) to access.

## Jelly Bean Ball raises \$383k

**THE** annual DANII Foundation Jelly Bean Ball, supporting people living with diabetes, was held Sat 01 Jun at the Hyatt Regency, Sydney, and saw more than 420 guests in attendance as well as 40 volunteers.

Almost 300 items went up for auction and guests generously supported the foundation's type 1 diabetes cause, raising over \$233K on the night.

In addition to these funds raised at the event, the Foundation received a further \$150,000 pledge on the night from the Lucas Papaw Foundation in support of the DANII Foundation's life-saving Technology Grants program.

Key sponsors included Medtronic



along with Qantas, Helloworld Travel and Singapore Airlines.

The ninth annual Jelly Bean Ball will take place on 20 Jun 2020.

**Pictured** are Foundation founders and directors Donna and Brian Meads-Barlow.

## Hair dyeing dying

**THE** hair colouring category is showing some decline, down 2% from four years ago according to a report from *Roy Morgan Research*. Pharmacies sell only a quarter (26%) of hair colour products while supermarkets take the lion's share at 52% of the market, with 8-9% of Australians buying their hair colour products in supermarkets.

"The remainder of the market is split between Department stores, Discount Department stores and newer online retail channels such as Amazon which comprise around a fifth of hair colour purchases," the report said.

Women represent more than three-quarters (76.4%) of hair colour customers with 23.2% of women buying a hair colour product in an average six months compared to only 7.4% of men.

## Guardian top in Apr

**GUARDIAN** Pharmacy was the top rated pharmacy brand for customer satisfaction in Apr, according to Roy Morgan Research.

The Apr figures saw TerryWhite Chemmart in second spot, ahead of Discount Drug Stores, Priceline Pharmacy and Chemist Warehouse.

**WIN a CAR** with **little bodies**

Purchase any Little Bodies product from 1 June to 31 August 2019 and enter at [www.littlebodies.com.au/car](http://www.littlebodies.com.au/car)

Always read the label. If symptoms worsen or change unexpectedly, talk to your health professional. Follow the directions for use.

## Win with Dermal Therapy

Everyday this week Pharmacy Daily and Dermal Therapy are giving away a skin care pack valued at over \$35.

**NEW Dermal Therapy™ Face & Eyelid Eczema Cream** (RRP \$18.95), designed to soothe eczema on the face and eyelid, is a non-greasy cream that leaves no visible residue and can be used under makeup. Formulated with 5% soothing colloidal oatmeal to relieve irritated & itchy skin and reduce the symptoms of mild eczema. Visit [www.dermaltherapy.com.au](http://www.dermaltherapy.com.au) to find out more.

To win, be the first from QLD to send the correct answer to the question to [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)



**What is the new Dermal Therapy Face & Eyelid Eczema Cream recommended for?**

Check here tomorrow for today's winner.



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## Dispensary Corner

**SOME** fast food is just to die for. However one British Burger King aficionado perhaps took his love for takeaway just a little too far, after leaving a dying request for a visit to Burger King during his own funeral.

Leonard Durkin, 71, from the northern UK city of Leeds died "after a long history of heart problems," according to local news service SWNS.

Just before he passed on he asked his son to make sure that his favourite snack - a double bacon cheeseburger - was placed on top of his coffin.

True to his dad's final wish, son Peter ensured that the hearse called at the local drive-through en route to the crematorium.



**WHEN** you gotta go, you just gotta go - an unfortunate fact for a passenger aboard a Pakistan International Airlines flight leaving Manchester last week.

The hapless man must have been literally busting just after boarding the plane - but instead of heading to the bathroom he accidentally opened one of the plane's emergency exit doors, releasing a safety slide.

Fortunately the aircraft was still on the ground, but the incident forced the plane to be evacuated and led to a delay of more than seven hours.

## 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](mailto:newproducts@pharmacydaily.com.au)

### Balancing Day Care Cream

Jurlique **Balancing Day Care Cream** is a lightweight, moisturising cream formulated to help minimise the visible signs of ageing. The cream is smooth, silky and easily absorbed into the skin. It contains balancing rose, green tea, grape seed and turmeric, clarifying echinacea and daisy, hydrating marshmallow and chamomile and soothing calendula. Other key ingredients in the formula include oils of avocado, jojoba and shea butter, soy protein, rosehip oil, evening primrose oil, beeswax, honey and vitamins A and E. Balancing Day Care Cream will leave the skin looking and feeling balanced, smooth, hydrated and protected.



**Stockist:**  
RRP: \$46.00 for 40mL, \$89.00 125mL  
**Website:** [www.jurlique.com.au](http://www.jurlique.com.au)

### Heartburn Relief Pantoprazole



Chemists' Own has launched its new product, **Heartburn Relief Pantoprazole Tablets**. These tablets provide

effective and lasting relief from persistent heartburn and stomach acid complaints caused by gastro-oesophageal reflux disease. Heartburn symptoms include warmth or heat in the chest and throat caused by stomach acid rising up the oesophagus, a burning sensation in the chest, a burning and indigestion-like pain and sometimes a foul, acid taste in the mouth. Heartburn Relief Pantoprazole Tablets are available in packs of seven or 14 tablets.

**Stockist:** 1300 9 ARROW (27769)  
RRP: \$6.99 for 7 tabs, \$13.99 for 14 tabs  
**Website:** [www.chemistsown.com.au](http://www.chemistsown.com.au)

### Orange Blossom Body Butter

With winter upon us skin dryness is top of mind for health and wellness. Natio **Orange Blossom Body Butter** is a luxurious and deeply nourishing moisturising cream that soothes tired and thirsty skin and restores natural lustre. It is rich in antioxidants and natural emollients, cocoa seed butter, carrot seed, sesame and shea butter, which lock in vital moisture, while calming and soothing the skin. Face the drying cold this winter with beautifully hydrated skin.



**Stockist:** 03 9415 9911  
RRP: \$16.95  
**Website:** [www.natio.com.au](http://www.natio.com.au)

### Protein Rich Thickening Shampoo



Aramis **Protein Rich Thickening Shampoo** is a shampoo that helps improve texture and give body to men's thinning hair. Instead of stripping hair of its natural oils, Aramis Protein Rich Thickening Shampoo leaves hair smelling and feeling fresh and clean. Apply regularly to enhance the volumising effect of this satisfying shampoo and at the same time rejuvenate hair texture and support the follicles with the saturated

protein. This shampoo will help retain the natural moisture and freshness of the hair's gloss oils.

**Stockist:** 1800 061 326  
RRP: \$45.00  
**Website:** [www.elcompanies.com](http://www.elcompanies.com)