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

Fatigue warning

PHARMACISTS are so focused on their work they fail to notice key signs of physical and mental fatigue, according to US researchers.

Despite regularly working 12-hour shifts without breaking for lunch or going to the toilet, few reported signs of fatigue including pain or discomfort in a recent study.

While potential interventions were being considered, the scientists also questioned whether pharmacists would use them.

Red yeast rice causes liver damage

RED yeast rice supplement has the potential to cause liver damage, warn doctors in the journal *BMJ Case Reports*, when a 64-year old woman developed acute liver injury after six weeks of taking the supplement.

The treated rice product is often used to lower high cholesterol as an alternative to statin medication, but it contains monacolin K, the same active chemical found in cholesterol drug lovastatin, and therefore carries the same risk of damage, the authors wrote - [CLICK HERE](#).

Vic pharmacist suspended

A PHARMACY owner has been barred from practising for six months because of his failure to notify authorities about potentially fraudulent prescriptions.

The Victorian Civil and Administrative Tribunal heard that Ah Kow Foo repeatedly dispensed unusually high quantities of alprazolam and diazepam to a patient using fraudulent or forged prescriptions, while he was the co-owner of Laird's Pharmacy in Clayton, between Sept 2012 and Aug 2013.

On 10 Aug 2015 the Department of Health and Human Services (DHHS) informed the Pharmacy Board of Australia that Foo was the subject of an investigation into an individual, Ms AD, who obtained significant quantities of drugs of dependence from at least fourteen pharmacies during the relevant time by presenting forged or fraudulently altered prescriptions.

"The DHHS investigation concluded that, had Mr Foo contacted Ms AD's purported prescriber, or reported the excessive prescribing to the Department as he admits he ought to have done, the fraudulent nature of the prescriptions would have been discovered and/or the extent of the unlawful supply would have been of a magnitude that might have been explained as an honest

and reasonable mistake," the tribunal papers said.

A DHHS review found genuine prescriptions presented by Ms AD varied between two and six tablets of alprazolam and diazepam a day.

However, by the end of the relevant period Foo was dispensing the fraudulent prescriptions for 11 tablets of alprazolam 2mg and 13 tablets of diazepam 5mg.

Should Foo wish to resume his career as a pharmacist when his suspension is completed, his registration will be subject to a number of conditions, including that he must be supervised by a registered pharmacist not including his wife.

He will also be required to complete the PSA's Ethics and Dispensing in Pharmacy Practice course by 30 Dec 2019 and present a certificate of completion to the Pharmacy Board of Australia.

Cannabis dispensing

THE New South Wales Ministry of Health has issued a clarifying statement around the issue of pharmacist responsibilities when dispensing unregistered cannabis medicines.

"Dispensing Schedule 8 unregistered cannabis medicines on the basis of a faxed or emailed prescription is illegal," the statement reads.

"There is no provision to authorise a pharmacist to dispense Schedule 8 unregistered cannabis medicines orally, by telephone, by electronic mail or by facsimile."

A hard copy prescription is required in these cases.

"Schedule 8 cannabis medicine can be dispensed only if the prescription includes the NSW Authority Number entered onto the prescription by the NSW Health authorised prescriber."

For more details see the NSW Health site at health.nsw.gov.au.

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DermAid: Use for the temporary relief of minor skin irritations, itching and rashes due to eczema, dermatitis, cosmetics, jewellery, itching genital and anal areas and sunburn. DermAid 1% cream: Apply a thin layer to affected skin 1-2 times daily as required.

Kloxema: Short term (up to 7 days) treatment of milder forms of eczema, dermatitis and other steroid responsive skin conditions. Dosage: For 12 years and over. Apply a thin film and gently rub in, using only enough to cover the affected area twice daily for up to 7 days. Contraindications: Kloxema cream should not be used in patients with a history of hypersensitivity to clobetasone butyrate or to any of the excipients in the product. Rosacea, acne, pruritis without rash, perioral dermatitis; Untreated bacterial infections such as cellulitis, folliculitis, furunculosis or impetigo; Fungal infections such as those associated with tinea (eg athlete's foot, jock itch); Viral infections including cold sores (herpes simplex), chicken pox or shingles (Varicella zoster) or vaccinia; Parasitic infestations such as scabies. Do not use on broken or infected skin or on inflamed skin near chronic ulcers. Topical corticosteroids inhibit wound healing processes and are contraindicated in skin ulcers, cuts and abrasions.

Before prescribing/recommending please refer to the full Product Information. Full Product Information is available on request from Ego Pharmaceuticals Pty Ltd. [Click here](#) for Zatamil Approved Product Information.

PBS Information: Zatamil Lotion and Zatamil Ointment 15g: Restricted benefits. Treatment of corticosteroid-responsive dermatoses. Zatamil Lotion and Zatamil Ointment 15g: Authority Required (Streamlined) for increased quantities. Refer to PBS Schedule for full authority information. Zatamil Hydrogel and Zatamil Ointment 45g: These products are not listed on the PBS.

Prepared October 2018



Syphilis response

THE Federal Government is committing a further \$12.4 million to implement Phase 3 of its enhanced response to the outbreak of syphilis in Aboriginal and Torres Strait Islander people in central, northern and southern Australia.

The government is working with the National Aboriginal Community Controlled Health Organisation to provide Test and Treat kits to 11 new Aboriginal Community-Controlled Health Services (ACCHS) in Western Australia, South Australia and the Northern Territory.

The point-of-care test kits enable immediate diagnosis and treatment of the disease, compared to a wait of up to two weeks for diagnosis using a traditional blood test.

See more details of the kits and training at health.gov.au.

TGA SARM warning

THE Therapeutic Goods Administration (TGA) has issued a warning about selective androgen receptor modulators (SARMs).

SARMs are a group of experimental, prescription-only medicines, not approved for marketing in Australia and sometimes used illegally by bodybuilders.

The TGA says they are very risky because they haven't been approved for human use, are still being researched, have documented health risks and may have other unknown health risks.

Access to SARMs without a valid prescription, license or authority is illegal, and in some cases may result in fines and/or jail time.

Don't jeopardise the PBS

PHARMACY Guild of Australia National President George Tambassis is warning politicians not to meddle with the finely tuned Pharmaceutical Benefits Scheme (PBS) system "in a way that could bring it crashing down".

Tambassis was responding to an article in the *Medical Journal of Australia* by Gold Coast GP Dr Evan Ackermann under the headline "Exorbitant costs of routine medication repeats" (**PD** 22 Jan).

Eckermann called for longer term supply packs to reduce patient costs in repeat dispensing fees.

He recommended three to six months supply of drugs for people with selected chronic conditions.

"What could possibly go wrong?" Tambassis challenged.

"Lots" was his answer to his own rhetorical question, saying this was an idea that the Guild had "fiercely" resisted on behalf of patients, staff and the health system.

The loss of repeat dispensing fees would be "disastrous" for the pharmacy business bottom line, causing many to close their doors.

"But that's not the sole reason we strenuously oppose such a change."

Medication management includes the vexed problem of medicines adherence - "the extent to which patients take their medicines on time, in full, and as directed by their prescriber doctor and overseen by their pharmacist.

"Poor adherence may compromise the effectiveness of treatment, as well as the individual and public health costs in the longer term," Tambassis warned.

Referencing a recent OECD

working paper, he explained that around 50% of patients have poor adherence habits which leads to bad health outcomes and increased use of health services.

Face-to-face interactions with health care professionals were identified in the report as the best way to improve adherence.

The Pharmacy Board of Australia holds the position that dispensing multiple quantities of medicines "may not be consistent with the safety of the patient".

Tambassis concluded by urging politicians to "nurture, not destroy, the sustainability of the world-envied PBS and the network of community pharmacists".

Personalised medicine

MORE than \$65 million in competitive research grants will be awarded to Australia's "best and brightest researchers" to unlock the power of personalised medicine through genomics and potentially find cures for cancer, children's illnesses and diseases with low survival rates, the Health Department has announced.

Genomics can allow each patient to have their particular disease individually tested through genomic sequencing.

The result is a bespoke treatment based on the individual's genomic profile.

These grants are the first competitive call for applications under our Government's \$500 million Genomics Health Futures Mission, which was announced at last year's Budget.

Flu cases ramping up

THE Pharmacy Guild of Australia tweeted that there have already been 19,058 reported cases of the flu in Australia this year.

The Guild urges all to book their flu shot - findapharmacy.com.au.

Win with skinB5

This week **Pharmacy Daily & skinB5** are giving away each

day their NEW premium products from their Australian Botanicals Range - Cleansing Mousse and Hydrating



Essence valued at \$85.90.

skinB5's Australian Botanicals Cleansing Mousse uses botanical extracts sourced from the Australian landscape to provide a soothing, non-drying cleanse that is rich in potent active nutrients specially selected for acne prone skin. For more info see www.skinB5.com.

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

Does skinB5 Australian Botanicals Cleansing Mousse contain Vitamin B5?

Congratulations to yesterday's winner, Elizabeth Gherasim.



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PBS Information: Restricted benefit. Refer to the PBS Schedule for full restricted benefit information.

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Pharmacy Daily



Dispensary Corner

"THE soda made me do it".

A 21-year-old man in Hawaii has been told not to drink any Pepsi-Cola during a four year probationary sentence handed down by a judge this week.

Justice Rhonda Loo made the unusual ruling after Christopher Montilliano Jr confessed to stealing a car, after initially telling police officers his cousin had lent him the vehicle so he could stock up on soft drinks.

"You didn't want to admit that you actually stole the vehicle," the judge said, asking "Is it because the soda made you do it?"

If anything, the magistrate's suggestion is likely to help the offender lose weight and enjoy a more healthy lifestyle.

AND while we're on the subject, a quirky new drink released by American craft brewery Dogfish Head can apparently be used to develop movie film.

Created in partnership with iconic camera-maker Kodak, the new SuperEIGHT beer (**below**) features "heightened levels of acidity and vitamin C" which react with the chemicals in Super 8 film.

Potentially a hit with retro hipsters, the brew is made using pear, mango, berries and quinoa, with Dogfish founder Sam Calagione promising to make a short film developed in the beer.



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

Cheeki Active Bottles

Designed for busy, active lifestyles, these new **Active Bottles** feature the patent-pending Tri-Tech sports lid which has three adjustable flow settings. Choose slow flow for kids and select fast for when you need extra hydration.

100% leakproof, the lid also features a dust cap to keep your water free from grime. Constructed from 18/8, food grade stainless steel the bottles are available in insulated and single wall options. Cheeki is a proudly Australian brand and all our products are BPA + toxin free.



Stockist: 02 9981 1000
RRP: \$32.95 - \$44.95
Website: www.cheeki.com

Baby's Essential Grooming Kit

Trusted baby supplies brand Dreambaby brings mums this amazing 10 Piece White Grooming Kit to keep baby pampered and looking great. Dreambaby **Essential Grooming Kit**

is packed with the necessary items to help keep your baby well groomed and healthy. Packed in a convenient plastic storage case, it is easy to keep organised and great for travel.



Stockist: 02 9386 4000
RRP: \$19.95
Website: www.dreambaby.com.au

NEW Travel Essentials Kit by Golden 8



Dehydrated skin and plane travel go hand in hand. The dry, pressurised cabin air can wreak havoc on the skin leaving it looking dull, dehydrated and fatigued.

Golden 8 has the solution - its new **Travel Essentials Kit** with four of Golden 8's best-selling products in convenient, easy-to-use sizes. Golden 8 is an booming Australian made and owned skincare brand. The kit contains Soothing Cream, Lip Balm, Hand Cream and Face Serum from Golden 8's premium collection.

Stockist: 02 9644 8132
RRP: \$69.95
Website: www.blossomswolesale.com.au

Hydration Essence from skinB5



skinB5's advanced **Hydration Essence** uses eight anti-acne Australian botanical extracts including kangaroo flower, Tasmanian blue gum, snowflower, silky oil grass, mountain pepper berry, quandong, Kakadu Plum and Davidson Plum to effectively nourish, heal and restore a healthy skin barrier. Using cutting-edge cellular extraction, the ingredients' natural powers are harnessed to deliver maximum benefits to your skin. Hydration Essence is a daily-use product that features the hydrating qualities that problem skin requires for

a healthier glow.

Stockist: 04 88 841 701
RRP: \$42.90
Website: www.skinB5.com