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Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature, plus a front cover wrap from **Ramsay Pharmacy**, and a full page from **PharmXchange**.

Online offerings

RAMSAY Pharmacy has launched an online full-service offer with a catalogue of shoppable pharmacy medicines and health and beauty products for customers. See more on the **cover page**.

Full program out

SOME key topics to be covered in the 2023 Pharmacy Connect are pharmacists' roles in a modern health system, D-Day for 60DD, the scope of practice update, retail in a changed environment, & cyber security trends, see more **HERE**.

CommBank report's "disturbing results"

THE new *CommBank Pharmacy Insights Report 2023* shows an overwhelming number of pharmacists will be charging for what were previously free services, cutting staff & trading hours, and believe the value of their pharmacy will fall over the next three years, all due to the introduction of the 60-day dispensing (60DD) policy.

The Pharmacy Guild said the report revealed "disturbing figures", where 79% of pharmacy owners are reviewing free services by wanting to charge for them, 62% are looking to reduce the number of pharmacy assistants, 48% are considering reducing the hours they are open, and 66% expect the value of their pharmacy to decline over the next three years.

The report also referred to the *UTS Community Pharmacy Barometer*, which rated pharmacists' confidence in their profession had plunged by more than half from 146.8 points last Nov to just 60.8 points in May, a month after the 60DD announcement (**PD** 14 Jul).

Guild President Trent Twomey says the new report supports the Guild's repeated warnings that 60DD in its current form will leave both patients and their local community pharmacies worse off.

"This independent report confirms that patients will now be forced to pay for free pharmacy services under the Albanese Government's 60DD policy," Twomey said.

"For months we have been sounding the alarm on behalf of patients and pharmacists and, unfortunately, this CommBank report has again confirmed our fears."

The report follows a survey by the Guild of 1,000 pharmacists which showed 23% have already changed their trading hours and 250 jobs have been lost as a result of the current implementation of 60DD.

The free services under review are blood pressure monitoring, dose administration aids such as webster packs for aged care facilities and home delivery of medicines.

"The Prime Minister and the

Health Minister can no longer ignore the concerns of 6,000 community pharmacies and the many unintended consequences of 60DD," Twomey added.

Twomey referred to Federal Health Minister Mark Butler's comments in Parliament in Jun when he said, "we want a viable community pharmacy sector".

Twomey said, "currently patients, aged care residents and pharmacists will suffer because the gov't is refusing to genuinely engage and fix these problems."

"All pharmacists want cheaper medicines for their patients and we are ready, willing and able to sit down with the gov't and make sensible adjustments to the policy so patients, aged care residents and pharmacists aren't negatively impacted," he said.

"The Guild wants to work with the gov't and is not opposed to 60DD, but wants it introduced without damaging patient services, and threatening the viability of community pharmacies."

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Holistically managing LDL cholesterol

INTEGRATIVE cardiologist, Dr Ross Walker, in a webinar event, called the *Great Cholesterol Debate*, this week forged new territory in clinical approaches to managing lipid abnormalities, including cholesterol health.

With one in three Australians suffering from high cholesterol, it is the most common of health conditions.

Dr Walker explored the role of cholesterol and his cardiac protocol for five complementary therapies for optimal patient outcomes, one of which is ubiquinol, supported by evidence-based data showing positive improvement in heart health when nutritional supplementation and lifestyle interventions are used in clinical management.

“Cholesterol is just one aspect we look at when dealing with cardiovascular conditions, with other risk factors being family history, high blood pressure,

diabetes, diet and smoking.

“There are some misconceptions around cholesterol, and how we should approach its management,” said Walker, which he outlined in his webinar.

On top of a healthy diet, pharmacists can provide recommendations for supplementation that may help bridge the gap between the nutrients people need and are not getting enough of, Walker explained.

Scientific research suggests that ubiquinol, a fat-soluble antioxidant in the body and an anti-inflammatory agent found in our cells, may act against the oxidation of LDL cholesterol by inactivating free radicals, he added.

Ubiquinol may help to reduce oxidative stress, to support a healthy heart and maintain overall cardiovascular health, shared Walker.

Long COVID key finding

THE identification of a metabolic pathway could lead to answers and new treatments for those experiencing brain fog because of long COVID.

Researchers from UNSW Sydney and St Vincent’s Hospital have identified a key pathway, involved in inflammation, which appears to be activated in people with long COVID who have symptoms of ‘brain fog’.

Scientists from the School of Psychology and Faculty of Medicine & Health found that of the study cohort of 128 people, those who had a prolonged activation of the kynurenine pathway were more likely to have had mild cognitive deficits 12 months after developing COVID-19.

They also found that these symptoms were less likely to improve over time.

Patients who took part in this study had mild-to-moderate acute COVID-19 and were enrolled in the St Vincent’s COVID-19 ADAPT study,

a longitudinal study led by Prof Gail Matthews.

The study, published in *Annals of Clinical and Translational Neurology*, helps demonstrate that there is a biological change underlying brain fog in people who have long COVID.

“I think when patients go to the doctor’s with brain fog, it may be dismissed as a psychological problem,” said lead study author A/Prof Lucette Cysique.

“Our study speaks to the contrary, that there is a real biological mechanism behind long COVID brain fog.”

The discovery opens up possibilities for identifying and treating people who are experiencing the cognitive or general effects of long COVID.

“These findings lay the foundation for the kynurenine pathway as a potential diagnostic and monitoring marker, as well as a possible therapeutic target,” A/Prof. Cysique explained.

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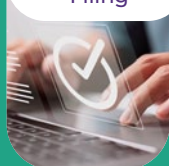
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Editor's Choice: Kiwi brand launches reusable period options

ON TRACK to divert one billion single-use period products from landfill by 2030, Kiwi brand Hello Period is rolling out in 200 TerryWhite Chemmart stores this month.

The brand is offering reusable period care options such as speciality menstrual cups for different cervix heights.

Hello Period co-founder & CEO Robyn McLean said, "we're so excited to be rolling out with TerryWhite Chemmart".

"People want high quality, sustainable period options that will last for years and not just hours.

"It's hard to believe we've all put up with products that are so

wasteful and unreliable for so long."

McLean, a former journalist, started Hello Period in 2017 with her childhood best friend, Mary Bond, a registered nurse, after becoming frustrated by the lack of innovation in menstruation care.

Hello Period has won awards for its products including its flagship menstrual cup, the Hello Cup, being named Best Menstrual Cup by *Cosmopolitan*.

Hello Period products retail from \$15.99.



YSL's new male face



AUSTIN Butler is stepping into a new role, but this time, he's playing himself.

The Oscar-nominated actor is the new face of YSL Beauty's MYSLF men's fragrance.

In a statement, Stephan Bezy, YSL's International General Manager, shared why Butler was chosen for the campaign.

"Both as an artist and as a human being, he embodies the values expressed by our brand through MYSLF, a modern representation of what it means to be a man.

"Embracing his many facets and owning up to his individuality, generously, unapologetically."

The *Elvis* actor has previously been spotted on the red carpet wearing Saint Laurent clothing, so this partnership was a match made in heaven, shared YSL.

Butler added, "Saint Laurent has broken through labels.

"He was a rebel, and I love that about him.

"I feel privileged to be a part of the heritage he set in motion."

Zen-like effect on skin

AUSSIE skincare brand About Time We Met has reintroduced itself with a new look and feel, launching a playful, ingredients-led visual design to reflect the brand's voice which aims to be modern, fun, informative and inclusive.

The nine-product range which includes a clay mask (RRP: \$65), merges Ayurvedic practices and modern science using the benefits of sandalwood oil to protect and repair the skin and calm the mind.



Nutrition food for mums boosts breastmilk

IN A first, Melbourne-based breastfeeding expert, Pinky McKay, and her team which includes nutritionists and a food scientist, have launched Boobie Broth, a bone-broth powder with specialised ingredients to boost breastmilk supply.

The broth is based on a research project with nutrition experts from Victoria University, Melbourne.

The recipe uses specific lactogenic (milk-boosting) ingredients that meet the criteria as a 'food for special medical purposes'.

"Boobie Broth is a recovery food for new mothers and can support lactation without any side effects



for mothers or babies," said McKay.

Boobie Broth, retailing from \$20, has been nutritionally formulated from certified organic chicken bones and vegetables that are cooked gently for 18 hours to release essential nutrients, including vitamins, amino acids, and essential fatty acids.

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Beauty & Wellness
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Dispensary Corner



AN AUSTRIAN supermarket has been temporarily shut down after one of the world's most dangerous spiders, the Brazilian Wandering Spider, was discovered in a box of bananas, *themessenger.com* has reported.

A bizarre side effect of this spider's bites is its ability to cause painful, hours-long erections.

The impact is so dramatic that some scientists have studied the arachnid as part of research for impotence treatments like Viagra.

"The erection is a side effect that everybody who gets stung by this spider will experience along with the pain and discomfort," researcher Romulo Leite told *Live Science*.

The Brazilian Wandering Spider was spotted roaming the aisles of a supermarket owned by the Rewe Retail Group in a town 72km west of Vienna.

In addition to causing an erection, Brazilian Wandering Spider bites can cause an array of other dangerous symptoms such as high BP and heart rate.

Amazon Pharmacy autofills discounts

AMAZON Pharmacy in the US will automatically apply manufacturer-sponsored coupons to more than 15 insulin and diabetes medicines to help patients access discounts pledged by the drug industry from this week, *Reuters* has reported.

While coupons for medications are not new, finding and redeeming them isn't always easy.

In fact, an estimated 85% of manufacturer-sponsored coupons go unused, shared Amazon.

With the new program, patients using Amazon Pharmacy may no longer have to search for and manually enter coupons from the three largest insulin makers, Novo Nordisk, Eli Lilly, and Sanofi, to lower the cost of their insulin to as little as US\$35 (A\$54) for a month's supply, the company said.

Novo, Lilly and Sanofi announced in Mar that they will slash their insulin prices by at least 70% by or in 2024, but a report from US Senator Elizabeth Warren, released last month, said some patients were finding it difficult to get already discounted generic insulin from pharmacies at the promised lower price.

Despite Lilly lowering the list price of its insulin Lispro to US\$25 (A\$38.75) per vial in May, patients



were still being quoted as much as US\$330 (A\$511) for the medicine, were not being told about cheaper options when they went to pharmacies, and were finding it difficult to use Lilly's savings program, Warren's report found.

Dr Vin Gupta, Amazon Pharmacy's Chief Medical Officer (**pictured**), said the report highlights the need to make it easier for patients to get their insulin at the lowest possible prices.

"It's not easy to actually figure out how to get that low cost, even though manufacturers and Congress have moved towards that direction.

"Transparency here is really key," he said.

Amazon Pharmacy will also automatically apply available discounts to diabetes-

related medical devices from manufacturers Dexcom and Insulet, including continuous glucose monitors and pumps, as well as to other cardiometabolic medicines such as Novo's weight-loss drug Wegovy.

American Diabetes Association Chief Executive Officer Charles Henderson said Amazon's automated discounting will help the 37 million Americans with diabetes more easily access the treatments they need.

"We want those in the diabetes community to be able to make informed decisions about their diabetes care and medication costs," he said.

Amazon has worked to lure customers away from more established pharmacies like CVS and Walgreens since launching its healthcare business in late 2020, announcing this month that it has doubled its active pharmacy users over the past year.

"Customers have got a lot of choices out there, and they're going to choose what's best for them, so we're going to create options that give them access to these medications," Amazon Pharmacy Vice President John Love told *Reuters*.

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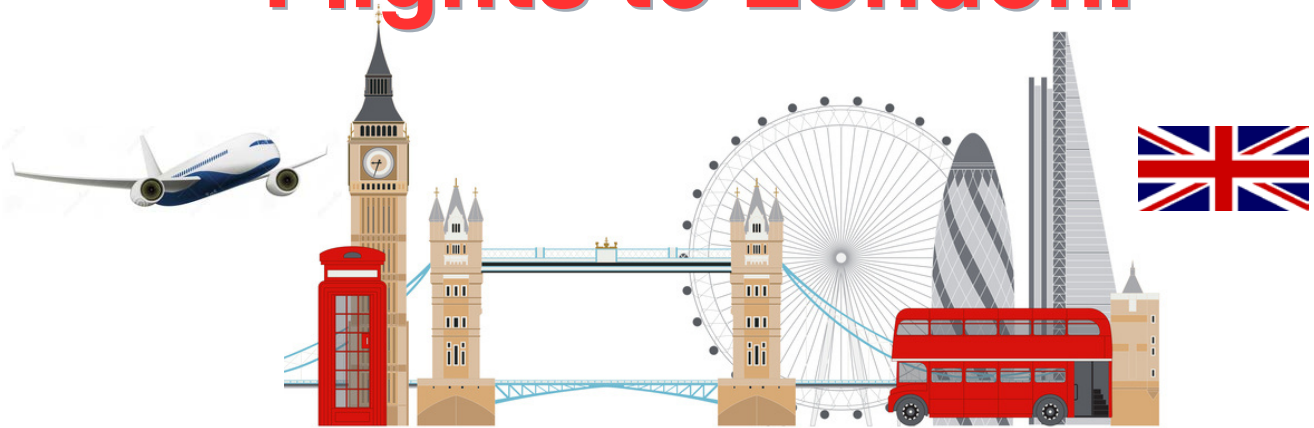
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