

Today's issue of PD

Pharmacy Daily today features two pages of news, plus a full page from TerryWhite Chemmart.

Join TWC in 2023

TERRYWHITE Chemmart is encouraging pharmacists to join up and practice at the top of their scope. See page three.

CW rallies to AO

CHEMIST Warehouse has renewed its Australian Open partnership for the next three years.

Mario Tascone, Chemist Warehouse Director has shared the news of the ongoing partnership, saying "at Chemist Warehouse we are excited to continue our partnership with the Australian Open (AO) for an additional three years.

"The Australian Open is the epitome of sportsmanship, spirit, family, and wellbeing and perfectly aligns with our brand values and company ethos at Chemist Warehouse.

"Over the past three years, we have seen great success in our partnership, and we cannot wait to work together and continue this union over the next three years.

"Bring on a huge 2023 tournament!"

Cedric Cornelis, Tennis Australia's Chief Commercial Officer said: "We are delighted to have Chemist Warehouse as a valued partner for another three years.

"With a shared focus on fitness, family, and wellbeing, we are well aligned.

"We know our tennis fans will be grateful to have a convenient pop-up Chemist Warehouse store on-site during the AO to ensure they have everything they need for a fun-filled day at the tennis," Cornelis said.

A 'penicillin moment' not quite yet

CLINICAL trial results for a new melanoma vaccine are promising, but UNSW Sydney experts said key questions still need to be answered.

Last year, Moderna and Merck reported on a mRNA-based vaccine for melanoma, labelled in the media as 'the penicillin moment' for cancer treatment.

Initial results from their KEYNOTE-942 clinical trial show that the vaccine, developed by Moderna, significantly reduced the risk of cancer recurrence or death for melanoma patients.

"Melanoma vaccines have been worked on for decades, albeit with little efficacy," said Prof Anthony Joshua, Garvan Institute of Medical Research, and UNSW Medicine & Health.

"This is one of the first that has shown promising enough results to proceed to a larger definitive study.

"It's certainly exciting...but these are early results, and the trial is quite small, and this concept needs

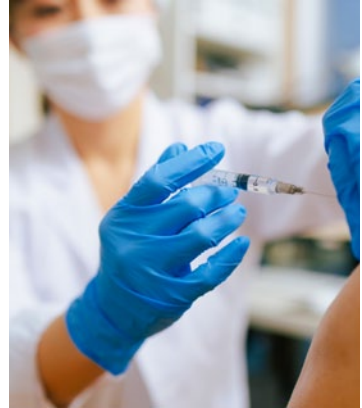
to be tested further.

"It's important to see how and if the vaccine did indeed generate an immune response against the tumour and how long it lasts," Prof Joshua said.

This year, Moderna and Merck plan to submit the full results from KEYNOTE-942 for peer review.

They also plan to initiate a Phase 3 clinical trial.

Dr John Frew from Liverpool Hospital and UNSW Medicine & Health enthused that "it is an excellent step in the right direction using new personalised medicine technology, which has come to us as a silver lining out of the COVID-19 pandemic and experience with mRNA vaccines.



"It certainly opens up new doors to novel therapeutics and adjuvant therapies - but it is as yet unclear whether this is a true 'penicillin moment'," Dr Frew concluded.

Stay in blooming health in tough times

BLOOMS The Chemist is reminding pharmacists that they are in a strong position to offer Aussies support to keep themselves in optimal health as the economy puts the squeeze on household budget allocation for health and wellbeing.

"During this enduring difficult financial period, Blooms The Chemist is concerned that people may be putting their health on the backburner due to the sometimes-hefty costs associated with leading a healthy lifestyle, which can start with avoiding GP appointments, gym membership or fitness classes, and a well-balanced and nutritious diet," Blooms pharmacist and

proprietor, Andria Aird has noted.

"There are many symptoms that can be treated by an OTC remedy to ease a condition without having to visit the GP.

"Blooms The Chemist's free services for blood pressure and diabetes monitoring, sleep and mental health check-ups, and more, can be booked in-store, or online, but many people are still unaware that these services exist in pharmacies.

"This is important when there is limited budget and access to other health services, such as in isolated communities, and we can support equitable access to good health in the community," Aird concluded.

Avoid the bite!

COMMUNITIES across NSW are being encouraged to take measures to protect themselves against mosquito bites following the detection of Murray Valley encephalitis (MVE) virus in a mosquito in Menindee.

NSW Health Protection's Executive Director Dr Richard Broome has warned that "only a small proportion of people infected with the virus will experience symptoms, which include fever, headache, nausea, vomiting, loss of appetite, diarrhoea, and muscle aches.

"Among those who get a severe infection, some may die or have lifelong neurological complications.

"There is no vaccination or specific treatment for MVE and the best way to avoid infection is to avoid being bitten by mosquitoes, which are most active between dusk and dawn," Dr Broome said.

Dispensary Corner



PEOPLE trying to cut down on drinking alcoholic beverages as part of their new year's resolutions have been warned not to pour Bailey's Irish Cream down the drain.

Authorities in the UK have issued a formal alert not to dispose of leftover quantities of the popular festive tippie, with a spokesperson for the Southern Water utility company advising that due to its high cream content there's a strong risk of ending up with a blocked drain.

The company added that the Christmas period often sees issues arise across its network, with a whopping 250 tonnes of fat entering the British sewage system for every million celebratory turkeys cooked.

Hit the right note

MUSIC helped people manage their stress during the most severe part of the pandemic, according to a big international survey.

The researchers followed the music-listening habits of hundreds of people in Europe in mid-2020, who self-reported how much music they were listening to and how stressed they felt over one week.

The study found music reduced stress when listening.

The researchers note we can learn from this and use music, especially 'happy music', to help us through other stressful periods of our lives.

For more information [CLICK HERE](#).

IBD risk with antibiotics

FREQUENT use of antibiotics may heighten the risk of inflammatory bowel disease - Crohn's disease and ulcerative colitis - among the over 40s, suggested research published in the journal *Gut*.

The findings indicated that the risk is cumulative, greatest one to two years after use, and highest for antibiotics used to target gut infections.

Mounting evidence suggests that environmental factors are implicated in the development of inflammatory bowel disease (IBD).

Globally, close to 7m people have the condition, with this number expected to rise over the next decade, the researchers said.

One factor associated with IBD risk in younger people is the use of antibiotics, but it is not clear if this association might also apply to older people.

To explore this further, the researchers drew on national medical data from 2000 to 2018 for Danish citizens aged 10 and upwards who hadn't been diagnosed with IBD.

They specifically wanted to know if the timing and dose of antibiotic might be important for the development of IBD, and whether



this varied by IBD and antibiotic type.

More than 6.1m people were included in the study, just over half of whom were female; in total, 5.5m were prescribed at least one course of antibiotics between 2000 and 2018.

During this period, some 36,017 new cases of ulcerative colitis and 16,881 new cases of Crohn's disease were diagnosed.

Overall, compared with no antibiotic use, the use of these drugs was associated with a higher risk of developing IBD, regardless of age; however, older age was associated with the highest risk.

For more information [CLICK HERE](#).

Slashing salt saves lives nationwide

REFORMULATING packaged foods in Australia to contain less sodium might save about 1,700 lives per year and prevent nearly 7,000 annual diagnoses of heart disease, kidney disease, and stomach cancer, according to new research published this week in *Hypertension*.

"We had previously modelled the potential impact of the Australian program," said the

study's co-lead author Kathy Trieu, from The George Institute for Global Health, and the University of New South Wales.

"In this study, we wanted to estimate the potential number of additional premature deaths, new cases of the disease, and years lived with disability that may be averted with the WHO sodium benchmarks."

Find more information [HERE](#).

Stick to it for fun

A NEW Edith Cowan University study has shed light on the factors that play a part in whether we stick to our new year's exercise resolutions or slip back into our old ways - it turns out it may all boil down to a person's reasons for wanting to exercise.

Lead researcher Professor Joanne Dickson said: "We found that engaging in exercise for autonomous and intrinsic reasons such as fun, enjoyment, reward, purpose, or meaning, are beneficial to maintaining one's mental wellbeing and also beneficial in sustaining exercise adherence."

"Theoretically, pursuing intrinsically motivated goal resolutions is thought to fulfil fundamental psychological needs, such as a sense of competence, fulfilment, worth, and enjoyment, which in turn promotes mental health - but notably we found it also helps to sustain exercise adherence," Dickson said.

In contrast, the research team found pursuing new year exercise resolutions for extrinsic reasons did not sustain exercise adherence over time and was detrimental to one's mental health.

"Extrinsic resolutions are motivated by factors such as meeting the demands or approval of others, material rewards, or pursuing a resolution because of a sense of guilt or shame if you did not," Professor Dickson said.

The study found that goal adjustment (flexibility and persistence) played no role in adhering to exercise.

To learn more [CLICK HERE](#).

New year, new career?



I ♥ championing a healthier community.

Unlock your potential in 2023

At TerryWhite Chemmart we are committed to ensuring your unique skills as Pharmacists are put to full use. Join us and practice at the top of your scope with like-minded teams.



Scan the QR to view our opportunities across Australia - perhaps there's a new adventure waiting for you in 2023!



that's *real* chemistry