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Today's issue of PD

Pharmacy Daily today features three pages of news, plus full pages from:

- TerryWhite Chemmart
- Glucojel

Halloween deal

GLUCOJEL, pharmacy's original jelly bean, has a Halloween special offer this month that can be accessed by placing your order with your preferred wholesaler.

See more on the [back page](#).

FIP Vice President

PHARMACIST Sarah Dineen-Griffith has been elected as the new FIP Vice President, Community Pharmacy Section.

She is well known for being the Chief Investigator & Project Lead, NSW Gov't Pharmacy Trial at the University of Newcastle, and also as the PSA NSW branch Vice-President.

AIHW report: Dementia double trouble

DEMENTIA in Australia is not only a significant health and aged care issue but a growing one as well, with the number of Australians with dementia predicted to more than double by 2058 to 849,300 people (533,800 women and 315,500 men).

That's according to the Australian Institute of Health and Welfare's (AIHW) *Dementia in Australia* report released last month.

In 2022, it was estimated that there were 401,300 Australians living with dementia, making the disease the second leading cause of death in Australia.

Based on AIHW data, this is equivalent to 15 people with dementia per 1,000 Australians, which increases to 84 people with dementia per 1,000 Australians aged 65 and over.

Of concern, nearly two-thirds of Australians with dementia are women, AIHW reported.

Of interest to pharmacists, in 2021-22, there were over 658,000



prescriptions dispensed for dementia-specific medications.

Although there is no cure for dementia, AIHW states there are four medicines on the PBS and Repatriation Pharmaceutical Benefits Scheme that may alleviate some dementia symptoms.

Further, there has been a 51% increase in scripts dispensed for dementia-specific meds between 2012-13 and 2021-22.

People with dementia may experience changed behaviours, such as aggression, agitation and

delusions, commonly known as behavioural and psychological symptoms of dementia.

Non-pharmacological interventions are recommended to manage these symptoms, but antipsychotic medicines may be prescribed as a last resort, AIHW commented.

In 2021-22, the report disclosed that antipsychotic medications were distributed to about one-fifth of the 68,700 people who had scripts dispensed for dementia-specific medications. JG

DRAW THE LINE...

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Heart-to-heart help

ON WORLD Heart Day last Fri, the Heart Foundation promoted its free, online peer support community, MyHeart MyLife, for people living with cardiovascular disease (CVD).

The national body for heart health's key message was that supporting the mental health and wellbeing of over four million people in Australia living with CVD is crucial to them avoiding further heart attacks or strokes.

Healthcare Programs Manager Natalie Raffoul explained the research showed that patients can feel isolated after a heart disease diagnosis or heart event.

"In our own research, most patients expressed a strong desire to feel a sense of belonging to a community that understood their unique journeys," Raffoul said.

"A heart event or diagnosis can be frightening and destabilising, and people long for reassurance from others about their future, quality of life and the prevention of recurrent events.

"The MyHeart MyLife group helps people feel comfortable sharing stories, seeking validation of their journey with heart disease."

There was a two-way relationship between mental health and cardiovascular disease, Raffoul added.

"Poor mental health increases CVD risk, and even causes a second event," she said.

Serious gaps in shingles awareness

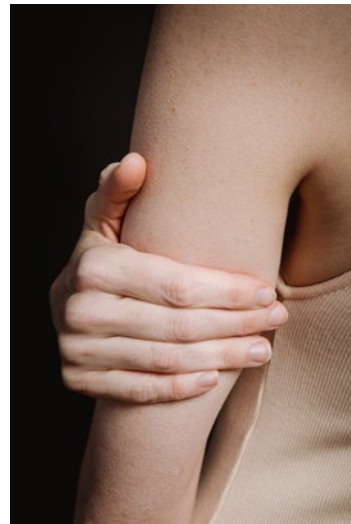
GSK Australia recently commissioned a survey which has cast a spotlight on the lack of awareness surrounding shingles.

The survey included a sample group of 300 Australians, aged 50-79, and has uncovered incorrect misconceptions and knowledge gaps among surveyed participants, including the perception that having had chickenpox and leading a healthy lifestyle, results in a low risk of shingles.

Shingles is a painful and potentially debilitating condition triggered by the reactivation of the varicella-zoster virus, usually during adulthood; and those who have had chickenpox already carry the virus that causes shingles.

Some 43% of participants did not consider shingles would have an 'extremely negative' impact on their quality of life if they were to get it.

Health expert in geriatric medicine, A/Prof Michael Woodward (pictured below),



encouraged families to have open conversations with their pharmacists to understand and raise awareness about how painful and debilitating shingles can be.

"As we get older, especially when we reach 50, we're more likely to become unwell," commented Woodward.

"The last thing we need is to have the burden of shingles on top of other health challenges.

"It is also common these days for many Australians over 50, who are working part-time or retired, to be playing a role in the care of their grandchildren.

"Developing shingles means grandparents wouldn't be in a position to help, not just for the duration of the disease but potentially for a longer period of time if they were to develop complications, and this can impact the whole family."

Shingles also comes with the

risk of post-disease complications like post-herpetic neuralgia (PHN), which can result in persistent nerve pain that can last for months or years after the initial shingles rash has resolved.

The incidence of PHN increases with age, ranging from approximately 10% in people aged 50 to 59 years old up to 20% in those aged over 80 years.

The GSK-sponsored survey found that around a third of respondents who were aware of the risk of shingles fail to recognise pain, burning, numbness or tingling on one part of the body as a symptom when prompted.

Former shingles sufferer, Karin (surname withheld), aged 60, reflected on her experience and the impact it had on her quality of life.

"It was the worst thing I've ever had," she said.

"It really disrupted my life for a long period of time."

Another recent survey conducted by the Immunisation Coalition, which included over 23,500 Australians revealed that just over a quarter of respondents did not believe that shingles can have an important impact on their health.

Shingles is more than just a rash; and with the GSK survey noting the misunderstandings among those surveyed about the burden of the disease, the company is urging all Australians to start conversations with their family and friends about their risk of developing shingles.

If people are aged 50 or over, they should speak with their healthcare professional or pharmacist about shingles. *JG*

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Dispensary Corner

AN AMERICAN grandmaster, part of a legal battle which rattled the world of chess, has denied using a vibrating sex toy to cheat.

In Sep 2022 Hans Niemann sat down to play Norwegian grandmaster Magnus Carlsen in chess's Sinquefeld Cup St Louis, Missouri, *BBC* reported.

Niemann won, but was accused by Carlsen of cheating - a claim which sparked a huge legal row between the pair.

Niemann talked recently on the show Piers Morgan Uncensored, about the claims that he was getting signals from someone outside through a remote-controlled sex toy.

"To be clear, on the specific allegation - have you ever used anal beads while playing chess?" Morgan asked.

The 20-year-old replied, "well, your curiosity is a bit concerning, you know - maybe you're personally interested, but I can tell you, no".

"Categorically, no, of course not," Niemann asserted.

"It is very disheartening to be accused of cheating."

"These things happen and I managed to learn a lot during that time and it really has taught me a lot of very important lessons about life and chess," Niemann reflected.

However, Carlsen and Niemann did settle a US\$100m (A\$154m) lawsuit last month.

Online platform Chess.com was also sued by Niemann after the firm claimed he had "likely" cheated in more than 100 games online.

DB champions diversity



THE winners of Australia's leading diversity model search were revealed last week at an exclusive event at Hyde Hacienda in Sydney.

"Designer Brands cosmetics is the number one community cosmetics brand for real, everyday people and our community was the inspiration behind the brand-new Designer Brands campaign," said Amanda Connors CMO of Total Beauty Network, the company behind Designer Brands Cosmetics (pictured: DB cosmetics team).

"I Design Me' celebrates the wonderful diversity and authenticity of our customers and Australians more broadly and our

beautiful winners are the perfect representation of that; we are so proud to have them star in our campaign," Connors added.

The 'I Design Me' campaign will roll out in Oct and includes digital advertising, PR and outdoor presence, the company stated.

A range of new Designer Brands cosmetics were also launched at the Sydney event which was attended by Search ambassador Maria Thattill, her brother Dom Thattill who was emcee, as well as media and influencers.

The winners will receive a modelling contract to star in the new DB cosmetics campaign. *JG*

Guild Update

Your feedback needed for revised Standard

THE Pharmacy Guild is seeking feedback on the draft of the revised Australian Standard for Community Pharmacy Practice.

The Australian Standard (AS) 85000 is the standard which community pharmacies are assessed against to gain quality accreditation in Australia, for example under the well-known Quality Care Pharmacy Program.

The Guild has undertaken a review of the Standard, and after 18 months of consultation and consensus with all stakeholders has come up with a draft which is now open to feedback.

The Guild is looking for comments on the draft from potential users of the Standard to assess the appropriateness of the requirements.

You can download a copy of the draft Standard by going to this [page](#) on the Pharmacy Guild's website.

The Guild first published AS 85000 back in 2011 and it was subsequently reviewed in 2017, so now is a great opportunity to shape the standard for the coming years.

As an accredited Standards Development Organisation under Standards Australia, the Pharmacy Guild is the custodian of Australian Standard (AS) 85000.

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