

Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature plus a full page from **G&M Cosmetics**.

Savings on offer

G&M Cosmetics is offering 10% off pharmacy orders until the end of Apr for its Australian Creams range - see the **back page** for details.

Signing scrapped

PATIENTS do not have to go back to signing PBS prescriptions on collection, the Pharmacy Guild of Australia has confirmed.

The requirement has been permanently repealed from PBS legislation, with the Guild welcoming the move as "a common-sense approach".

SA pharmacists now eligible to offer Pill

TRAINED South Australian pharmacists are now able to resupply certain oral contraceptives to women aged 17 to 50, the state's Health Minister Chris Picton announced today.

The Community Pharmacy Oral Contraceptive Pill (OCP) Resupply Services Scheme will kick in from 06 May 2024 and covers low and standard dose estrogen and progestogen only contraceptive pills.

The OCP must be initiated by a medical practitioner or authorised prescriber, and the patient must have experienced stable continuous use for a minimum of two years prior to being resupplied the Pill.

The Pharmaceutical Society of Australia (PSA) also welcomed the announcement.

To prepare for the launch of the scheme, pharmacists can complete the organisation's Contraception Essentials online training module.

"Improving the accessibility to and continuity of contraceptive



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medicines is essential to empower women to manage their reproduction," explained Dr Many Angely, PSA South Australia and Northern Territory President.

"This program will make oral contraception more accessible to more South Australian women, particularly those in regional and rural areas.

"Pharmacists are also some of the most accessible health care professionals, giving consumers safe, and equitable access to quality health care and advice as well as provision of medicines,

now including approved oral contraceptive pills."

To boost their skills and acquire the approved, high-quality education needed, Angely also strongly encouraged all South Australian pharmacists to complete the PSA training module, which is now open for enrolment.

A NSW pharmacy trial is currently underway for trained pharmacists to resupply women with a lower-risk oral contraceptive pill.

Women must be 18-35 years and have already taken the Pill continuously for two years. *JHM*

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Butler to open MM2024



FEDERAL Health Minister Mark Butler will open Australia's largest scientific pharmacy conference, Medicines Management 2024 (MM2024), the Society of Hospital Pharmacists of Australia (SHPA) has announced.

Butler will deliver a Ministerial Address at the Opening Plenary for the conference, which takes place 14-16 Nov in Adelaide.

At the same time, SHPA has opened the Call for Abstracts, with submissions open to practitioners from all care settings across three categories, including pharmacy practice, original research, and case reports, until midnight 15 Jul.

SHPA CEO Kristin Michaels said she looks forward to welcoming Minister Butler and Senator Ruston to the stage, for what is expected to be a blockbuster conference.

With an Eighth Community Pharmacy Agreement on the way, MM2024 "will be a great opportunity for delegates to hear from Minister Butler on the opportunities for the pharmacy

sector, and how our colleagues are supported to make an even greater contribution to the health and wellbeing of Australians," she said.

"Innovation is in the DNA of our organisation and our people, and this year's MM2024 theme seeks to illuminate new ideas and foster connections that become catalysts for change.

"We look forward to hosting Minister Butler to showcase the achievements of our leading members, including advances in pharmacist prescribing, pharmacist and technician scope of practice, revised Clinical Pharmacy Standards, and the rapidly-growing Australian and New Zealand College of Advanced Pharmacy (ANZCAP)."

SHPA Vice President Dr Kate O'Hara revealed that demand is high for MM2024, which she said is set to "showcase the edges of practice that will inspire pharmacists and technicians".

More information on abstracts is available [HERE](#), while full MM2024 details can be found [HERE](#). *JM*

AMA calls for sugar tax on soft drinks

THE Australian Medical Association (AMA) is calling for a tax on sugary drinks, as consumers have been sold a "fantasy" when opting for beverages advertised with reduced sugar.

It comes off the back of media reports this week that revealed that the sugar content in some of these drinks has in fact increased.

According to a report from *9 News*, the amount of sugar in Fanta has increased by 60% since 2020 - there are now more than 10 teaspoons of sugar in a 600ml bottle of the orange fizzy drink.

"This is further evidence of the need for a tax on sugary drinks to encourage manufacturers to prioritise true reformulation efforts and provide consumers with healthier options," said AMA President Professor Steve Robson.

"As today's news shows, consumers have been bombarded with claims of reduced sugar when the sugar amount in some

products has actually increased.

"How are consumers to know this is happening, when the big retailers' websites don't have the correct information or know the sugar has been secretly increased.

"The industry's sugar reduction pledge to reformulate isn't working...because it's voluntary, and its impact is severely limited with only four manufacturers signing up," he argued.

Robson this week argued for the tax when he launched the AMA's federal budget submission, which includes evidence that shows sugar taxes have proven to be effective in more than 100 other countries and jurisdictions.

"Our analysis shows a 20 percent health levy on sugary drinks could raise around \$1 billion each year.

"This is money that could be invested into crucial health promotion campaigns, reducing pressure on our stretched health system," said Robson. *JHM*

Monash no.2 in the world for pharmacists

MONASH University in Melbourne has ranked number two in the world for Pharmacy and Pharmacology for the second year running, in the 2024 Quacquarelli Symonds World University Rankings by Subject.

Holding onto its position as Australia's top university for the pharmaceutical industry, Monash has achieved an average top three global ranking for the last eight years.

Prof. Arthur Christopoulos, Dean of Monash's Faculty of Pharmacy and Pharmaceutical Sciences, attributed the consistently high ranking to the talent and drive of those behind the research, practice and education.

"As the world collectively faces the rise of a number of health challenges, our pharmacists and pharmaceutical scientists have remained at the forefront of research," he said.

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Editor's choice: Designer Brands dupes luxe competitors

IN THIS cost-of-living crisis, beauty junkies are turning to pharmacies to look for more affordable options.

Enter: Designer Brands (DB) Cosmetics, which takes inspiration from luxury brands and has just released its Cult Classics collection - with products all under \$25.

The 12-piece range includes products for face, brows, eyes and lips, such as the Miracle Smoother (\$16.99), which is comparable to products from Trinny London and the Lip Boost Plumping Treatment (\$12.99), inspired by Dior.

The collection also includes the Kohl Eye Pencil (\$7.99), similar to one from Chanel; a Lush Moisturising Lipstick



(\$12.99) that is like YSL's and the Hi-Light Illuminating Beauty Wand (\$16.99), which could be mistaken for Charlotte Tilbury's viral highlighter.

"Cult Classics features what we believe to be 'must-have' essential items in any makeup bag," said DB Cosmetics Senior Brand Manager Katrina Sartitsis.

"We've put our own spin on these tried-and-true industry icons and the result is a reliable, versatile collection of products that rival their luxury counterpart.

"The range is a great reminder that you can purchase high-quality, high-performance products at an affordable price point," she added.

Fresh look for Petal



CHEMCORP International has announced it is the new distributor for Petal Fresh Pure - the creators of HairResQ - in Australia.

To launch the new partnership, the brand has revamped its hair thickening product collection with fresh packaging.

Formulated for healthy hair growth, all HairResQ products boast a 96% natural formulation, are vegan and cruelty-free, are free from sulfates, parabens, phthalates, GMOs, glycols, and gluten, and are contained in sustainable packaging.

The range includes the Original Formula Shampoo and Conditioner, which are formulated with biotin and caffeine to strengthen and energise hair follicles for thicker, healthier-looking hair.

Designed to be suitable for most hair types, the duo also features certified organic peppermint, rosemary, and green tea to gently cleanse and fortify hair.

Petal Fresh Pure also offers an Anti-Dandruff Shampoo and Conditioner to help control flaking and deeply cleanse the scalp, as well as a Colour Protection duo, which is especially formulated for colour-treated hair, and claims to retain moisture, improve elasticity, and preserve colour vibrancy.

The revamped Hair ResQ Thickening Treatment range is now available at Priceline at an RRP of \$17.99 for each product.

MCo drops newness

AFFORDABLE beauty brand MCoBeauty has just unveiled its latest drop of innovative products, now available at Chemist Warehouse, including a Dual-Ended Contour stick.

The brand has also released a four-in-one Colour Corrector, which works to even skin tone and diminish the look of imperfections.

Other new products include a Butter Lip Balm; Eyeshadow Primer; Dual-Ended Pro Eyeliner; BrowBoss Matte & Shimmer; Super Glow All-Over Luminising Tint; and Glow Up pH Cheek and Lip Oil.



Jurlique launches Herbal Recovery range



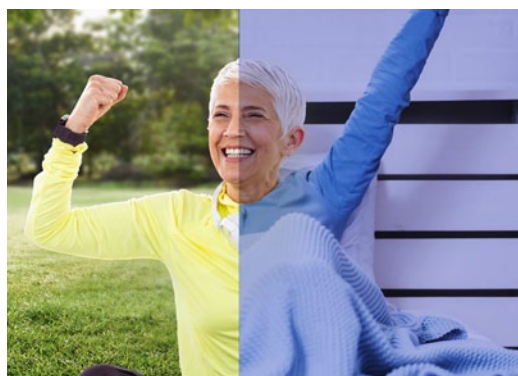
AUSTRALIAN skincare brand Jurlique has released its Herbal Recovery range, featuring an exclusive Recovery Blend to help keep skin revitalised and radiant.

The Herbal Recovery range showcases four botanicals, including Holy Basil, Iris Root, Echinacea and Black Elderflower,

all grown at Jurlique's biodynamic farm in the Adelaide Hills.

Products in the new collection include the Herbal Recovery Bi-phase Serum powered by eight botanicals and targets fine lines and wrinkles; the Herbal Recovery Eye Oil Roll-On, featuring a cooling roll-on applicator to massage and soothe eyes with a lightweight oil made up of Poppy Extract, Turmeric and vitamin E; the Herbal Recovery Face Oil infused with vitamin E, vitamin C and Tomato Fruit Extract; the Herbal Recovery Eye Cream infused with natural antioxidants and the Herbal Recovery Cream.

Jurlique is currently stocked at pharmacies including Blooms the Chemist, National Pharmacies, Go Vita, Phoenix Health Stores and more.



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Dispensary Corner

CELEBRITIES from Oprah to Kelly Osbourne might sing the praises of Ozempic, and many doctors may have declared that it could potentially end obesity, but this week, medical experts questioned the impact it will have on society, making us “more fat-phobic”.

In an article published in *The Conversation*, Emma Beckett, Adjunct Senior Lecturer of Nutrition, Dietetics and Food Innovation at UNSW Sydney, questioned the harmful impact that the medication can have on diet culture.

By focusing on weight, rather than health, Ozempic could drive more of us to consider “the pursuit of thinness as more important than other aspects of physical and cultural wellbeing”, she wrote.

It’s not the first ‘miracle’ weight-loss drug in the market; many of its predecessors have failed to live up to the hype in the long-term, especially as it doesn’t work in the same way for all patients, she warned.

“The Ozempic buzz isn’t just rooted in health and medicine but plays into ideas of fat stigma and ‘fatphobia’.

“This can perpetuate fears of fatness and fat people, and the behaviours that harm people who live in larger bodies,” Beckett noted, adding that Ozempic often only works for a short period of time.

“The creation of these drugs is a start, but they remain expensive, and the hype has been followed by shortages,” she said.

Coles supports sick kids



SUPERMARKET giant Coles has partnered with national alliance Hospitals United for Sick Kids to launch an Australia-wide fundraising campaign, supporting children in hospitals and their families.

These initiatives include helping hospitals, paediatric services and foundations to buy state-of-the-art medical equipment, upgrading children’s areas and expanding ‘Hospital in the Home’ services.

From now until 23 Apr, Coles will donate 50c from every Cucina Matese pasta variety product sold in-store and online to Hospitals United for Sick Kids.

Coles also offers ongoing support to the organisation through its Mum’s Sause range year-round, by donating 50c from every pasta and pizza sold to the charity.

Customers can also purchase a \$2 donation card at a Coles checkout.

In addition, Coles suppliers Swisse Wellness and Arnott’s are supporting the campaign.

The brands will donate 50 cents to Hospitals United for every purchase of a Swisse Vitamins product, 15 pack of Tiny Teddy Biscuits or 15 pack of Arnott’s Shapes.

“This year’s fundraising campaign at Coles enables more Australians to support Hospitals United for Sick Kids by making small changes to their shopping, like choosing a Mum’s Sause pizza sauce or a Cucina Matese pasta,” said Hospitals United for Sick Kids Chief Executive Officer Nicky Bowie.

“The projects funded through this year’s fundraising efforts will help support thousands of families across Australia and we hope customers can get behind their local initiatives by purchasing a participating pasta product, Mum’s Sause or a \$2 donation card.”

This year’s appeal will support The Common Good in Queensland, the Sydney Children’s Hospitals Foundation; the John Hunter Children’s Hospital in Newcastle; Perth Children’s Hospital Foundation; Canberra Hospital Foundation; Monash Children’s Hospital in Victoria; Women’s & Children’s Hospital Foundation in South Australia and the Royal Hobart Hospital Women’s and Children’s Services. *JHM*

Pictured: Lucy and Noah enjoying their pizza made with Mum’s Sause.

Eat for your mind

NUTRITION therapy is an underutilised resource to tackle mental health challenges, according to peak body Dietitians Australia, which has just released a new guide offering advice to the healthcare system.

The *Dietitians Australia: Nourishing the Mind, Body and Brain* guide takes an evidence-based approach to offering solutions and integrating nutrition and diet into dealing with mental health.

“Our health care system needs to evolve to manage the often-complex needs of people living with mental health conditions,” Dietitians Australia President Tara Diversi said.

Nutrition can help prevent occurrences of mental health conditions and evidence has shown that an unhealthy diet can increase the development of mood and anxiety disorders.

The body has called on the government to offer Aussies access to consultations with dietitians when managing mental health issues.

“Currently there are only limited Medicare item numbers for people with eating disorders and other chronic health conditions to access an Accredited Practising Dietitian for mental health care,” emphasised Diversi.

“Mental health conditions cost the economy upwards of \$70 billion dollars a year from lost productivity,” she added.

“The personal and societal impact cannot be quantified, but is an enormous load for many Australians who live with and support people with mental health conditions.”

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