



## Today's issue of PD

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

- Wealth 100 Club
- G&M Cosmetics

## Pharmacy for sale

WEALTH 100 Club has a cash positive pharmacy up for sale.

The valuation, finance, due diligence, and legal matters are all taken care of for members, so take advantage of this, and learn more on **page four**.

## Discount on offer

G&M Cosmetics is offering 10% discount off orders for eligible pharmacies.

Its Australian Creams range contains several active ingredients that moisturise, nourish and repair skin, and is also paraben-free.

See more on the **back page**.

## \$6m for Qld pilot training

THE 2024-2025 Queensland Budget has allocated \$6 million to complete additional training to support the rollout of the Queensland Community Pharmacy Scope of Practice pilot.

This includes completion of prescribing and clinical practice training, allowing participating pharmacists to treat and prescribe medicines for common health conditions and wellbeing services.

The government is also investing \$72.9 million in free vaccinations for Queenslanders, including \$40 million to fund influenza vaccines for people aged over six months, \$26 million to fund meningococcal B vaccines for eligible infants, children, and adolescents, and \$6.9 million to fund RSV vaccines.

Pharmaceutical Society of Australia (PSA) Queensland President Shane MacDonald said this year's budget gives community pharmacists the support they need to prepare for Australia's "most progressive"

scope of practice pilot.

"Investment in pharmacists ensures that our workforce is ready to offer expanded health services to Queenslanders," commented MacDonald.

"PSA is pleased to again welcome the continuation of free influenza vaccines for Queenslanders in 2025, easing the cost burden of essential vaccines on Queensland families.

"This will also help community pharmacists to proactively plan now for the 2025 flu season."

The state's Pharmacy Guild of Australia President Chris Owen remarked, "97% of people who live in metropolitan areas live within 2.5km of their nearest community pharmacy, and 83% of regional Australians live within 5km of their nearest pharmacy".

"This funding will mean that more of these community pharmacies will be able to offer greater healthcare services to patients and take pressure off emergency departments," Owen concluded. *JG*

## Raven's podcast

THE latest episode of Raven's Recruitment's 'Your Pharmacy Career Podcast' features Cathie Reid, pharmacist, entrepreneur and co-founder of Epic Pharmacy and Icon Group.

Hosted by Krysti-Lee Patterson, Reid's unique story provides insights into the inception of Epic Pharmacy, driven by the evolving aged care accreditation and private hospital consolidation.

The episode delves into the challenges of managing multiple pharmacy locations and the significant role of technology in pharmacies.

Listeners will hear practical advice empowering pharmacists to step outside their comfort zones and embrace change for professional growth.

The episode, titled 'From Pharmacist to Entrepreneur: Cathie Reid's Journey' is now available for streaming, **HERE**.

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## Diabetes risks

**RETIRED** travellers with diabetes who embark on holidays need to be better prepared with their medicines, so as to avoid putting undue pressure on regional pharmacists, according to a new Flinders University study.

"The most common issues encountered were around the dispensing of medications, often because they had been left behind, and the need to update equipment and supplies for blood glucose monitoring," said lead researcher Dr Anita De Bellis.

She added the pharmacists surveyed described scripts being out of date, referrals to the National Diabetes Supplies Scheme having expired, and due to a remote location supplies and equipment not being easily sourced.

"While some travellers were well prepared, the pharmacists reported that many were not, and assumed any regional pharmacy was going to be well stocked and able to provide medical guidance around their diabetes management, something they should be speaking with their GP about," De Bellis added.

The development of comprehensive pre-travel checklists, expanding access to My Health Record and telehealth services to include pharmacists, could enhance continuity of care regardless of location, concluded the study's researchers - learn more [HERE](#).

## Nivea fundraises for LGFB

**BEIERSDORF'S** Nivea is well on track to fundraise \$150,000 in-stores, including pharmacies, for cancer charity Look Good Feel Better (LGFB).

"We have already raised \$60,000, for this year, and our goal is to utilise Nivea's brand platform and nationwide presence in-stores to raise \$150,000 which will go to the running of over 150 workshops for 1,500 cancer patients," Managing Director of Beiersdorf ANZ, Clynton Bartholomeusz told **Pharmacy Daily**.

As Nivea is synonymous with care, this initiative is how the brand "cares beyond the skin", he added.

"Nivea has supported LGFB for over two decades where we provide the brand's products to its personal care confidence kits, and many of our team members have volunteered their time to run the regular workshops," Bartholomeusz commented.

An essential part of LGFB's service, the workshops help to empower men and women to face the challenges of cancer treatment, with participants receiving a range of cosmetic and skincare products in its confidence kits contributed by community and corporate partners.

Bartholomeusz emphasised the role of pharmacists, who see so many cancer patients in their communities across Australia.

"Pharmacists and fellow Aussies can join us in this meaningful campaign and support the charity in any way they can.

"For many, they may only hear of this charity when someone is going through a battle with cancer, so a



large part of what we are doing is promoting the charity and raising awareness around its work."

As part of the campaign, 10 cents from every Nivea product sold, across key Australian retailers until 30 Jul, will support the provision of LGFB's personal care workshops and help fill its confidence kits.

LGFB's workshops help cancer patients feel more confident.

Workshop topics range from skincare advice, make-up tips, scarf styling, wig selection and care, fitness, mobility and mental wellbeing and are run by volunteer experts, including community pharmacists (**PD** 16 Apr). *JG*

## Stronger immunity

**PHARMACY** customers who report feeling unwell after their COVID-19 jab may have a better immune response, according to US researchers.

The study, published in *Annals of Internal Medicine*, looked at 363 people in the US who had not been vaccinated against, or exposed to, COVID-19, who then received two doses of the Pfizer or Moderna vaccine.

They found short-term side effects after the second dose, such as chills, tiredness, feeling unwell, and headache, were associated with a 1.4- to 1.6-fold higher immune response at one and six months after a COVID-19 vaccination.

Each degree increase in skin temperature after the second vaccination dose was also linked with a 1.8-fold higher response a month later, and a 3.1-fold higher response six months later.

The authors believe their study's findings may be relevant in addressing negative attitudes toward vaccine side effects, which are a barrier to vaccine uptake.



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## Dispensary Corner

**WHEN** life gives you a dental x-ray appointment, bring along a fruit roll-up.

According to a study, published in this month's *Journal of Medical Radiation Sciences*, your chances of getting a clear x-ray image jump by 39% if you have a sticky fruit strip in your mouth.

Researchers compared 270 x-rays of patients who were asked to press their tongues against the roof of their mouths.

Turns out, radiographers who took these images got it right 75% of the time with a fruity aid, compared to a dismal 36% who were without one.

The publication's Editor-in-Chief Cherry Agustin highlighted the potential savings in time, money, and radiation exposure, thanks to this sweet trick.

"When a person can't hold their tongue in place and the radiographer needs to re-take the x-ray, the patient has to spend more time and money, and gets exposed to more radiation," she said.

"But with fruit leather - yes, that's a fruit roll-up - you nail it first time, and it tastes great."

In the study, 90 participants used fruit leather or chewing gum, 90 used medical tape, and 90 went adhesive-free.

Fruit leather reigned supreme, followed by gum, tape, and, in last place, plain old nothing.

So be sure to pack a fruit roll-up for your next dentist visit.



## Ubiquinol can slow cognitive decline

**ACCORDING** to the Australian Institute of Health and Welfare data, cognitive decline affected over 411,100 Australians in 2023, and numbers projected to more than double by 2058.

However, new research on the condition may offer some hope.

The study, published in the *Japanese Journal of Pharmacology*, revealed that a daily dose of 100mg of ubiquinol claims to enhance cognitive health in older adults, showing improvements in memory, attention, and processing abilities.

The research found ubiquinol's potent antioxidant properties play a crucial role in reducing oxidative stress, a major factor in cognitive decline and several neurodegenerative diseases.

Pharmacist and herbalist Gerald Quigley, emphasised the



significance of these findings.

"It is promising that supplementation can provide an option for those looking to maintain their cognitive health and support brain function as they age," Quigley commented.

The study involved a randomised, double-blind, placebo-controlled trial of 90 adults aged between 50 and 83 over a period of 34 weeks.

Participants were administered a daily dose of Kaneka Ubiquinol, a patented bioidentical ubiquinol ingredient derived from a fermented yeast process.

Cognitive performance was evaluated using established neuropsychological tests.

The findings demonstrated that regular supplementation with Kaneka Ubiquinol led to improvements in cognitive function, especially in memory, attention, and information processing.

Quigley said, "this study shows the antioxidant and mitochondrial support properties of ubiquinol for cognition, and provides an evidence-based supplementation option.

"It is pleasing that as healthcare professionals, we can offer patients an option to help support their cognitive health and help address the growing challenge of cognitive decline in older adults," he added.

Supported by over 90 studies and 80 patents, ubiquinol also helps with cellular energy production. *JG*

## PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email [newproducts@pharmacydaily.com.au](mailto:newproducts@pharmacydaily.com.au)

### Pyridox – Vitamin B6 supplement

Pyridox helps to relieve premenstrual symptoms such as cramps, breast tenderness, fluid retention, irritability and mood swings.

Also helps to alleviate morning sickness & nausea in pregnancy. Pyridox contains pyridoxine hydrochloride 25mg (Vitamin B6) per tablet.

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