

Today's issue of PD

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

Grow your scripts

TERRYWHITE Chemmart's 60 years of business experience can help pharmacy owners grow script numbers, all through the myTWC app. See more on the [back page](#).

Licensed in Brazil

AFT Pharmaceuticals has licensed Maxigesic IV, its intravenous pain relief drug, for distribution in Brazil, South America's largest and the world's 10th biggest pharmaceutical market.

Pharmacists at higher risk of suicide

NEW data from the Australian Institute of Health and Welfare has revealed around 43% (or 8.5 million) of Australians aged 16-85 have experienced a mental disorder at some point in their lives.

In 2022 alone, one in nine Australians reported experiencing post-traumatic stress disorder.

Additionally, over 45.6 million mental health-related medications were dispensed, with 18% of Australians filling a prescription related to this area of concern.

The report also highlights the vulnerability of individuals with mental illness to develop comorbid physical illnesses and their lower life expectancy compared to the general population.

Pharmacy Daily spoke to the Pharmacists' Support Service (PSS), which provides support to

Australian pharmacists, interns, and students, to understand the particular challenges faced by pharmacists, who have a higher risk of suicide than the general public.

"We know that pharmacists experience increased stress levels compared to the general population," stated Kay Dunkley, Executive Officer of PSS.

"This increases the risk of burnout and poor mental health.

"Pharmacists have access to the means for suicide and the knowledge about lethal doses, and there is evidence that Australian pharmacists also have a higher suicide rate compared to the general population."

Dunkley further emphasised the importance of mental health and wellbeing, particularly for frontline pharmacists responsible for caring

for patients in the community.

"Post COVID-19, there is a significant level of burnout in the pharmacy profession with continuing challenges and changes to practice.

"Pharmacy though is a resilient profession and adapts well to the challenges we face by expanding practice and improving what we do."

She added that immunisation services are a great example of that, "however, each person must focus on their own self-care and ensure we have time for ourselves".

"We must also look out for each other and support our colleagues on a day-to-day basis through compassion and kindness in our varied workplaces."

For those in need, PSS remains available daily on 1300 244 910, offering vital support. *JG*

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FIP's vax research

A **NEW** report by the International Pharmaceutical Federation (FIP) outlines the growing role of pharmacists in vaccinations globally.

Published yesterday, the *Leveraging pharmacy to deliver life-course vaccination* report draws on a survey of 73 countries, compiling information from 2016, 2019/20, and 2022 across 120 countries and territories.

According to the FIP report, pharmacy-based vaccination is authorised in at least 56 countries, an increase from 34 in 2020.

The report emphasises the impact of pharmacist-administered vaccinations in reducing disease burden and relieving healthcare systems, contributing to universal health coverage.

Prof Ian Bates, Director, FIP Global Pharmaceutical Observatory, said the ongoing FIP vaccination surveillance project is "essential for providing the evidence needed to support FIP members and lobby for an expanded role of pharmacists in vaccination".

Pasteurisation alters donor breast milk

RESEARCH from La Trobe University has revealed that pre-term babies fed donor breast milk may miss out on crucial hormones like melatonin, essential for healthy development of infants.

This hormone, known for reducing inflammation and aiding recovery from conditions such as neonatal sepsis, is significantly diminished by the high-temperature pasteurisation process used in Australian donor milk banks to eliminate bacteria and viruses.

Dr Lauren Booker, who led the

study at La Trobe's School of Psychology and Public Health, discovered that pasteurisation reduces melatonin levels in breast milk by an average of 23.6%.

Despite this reduction, melatonin remained at levels that could affect an infant's circadian rhythm, potentially impacting sleep cycles and long-term health.

The study highlighted a gap in current policies regarding the collection and use of donor milk, which does not consider the timing of milk expression and its hormonal content.

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Dispensary Corner

RESEARCHERS have confirmed that whether you reside in a luxurious neighbourhood with pristine streets and manicured gardens or a humble suburb, your chances of grappling with lower back pain or arthritis are about the same.

This humorous finding comes from a study published in *Plus One*, which examined over 6,000 identical twins from a US registry - because if you're going to test environmental impacts on health, why not double the genetic fun?

The twins provided a perfect backdrop to measure how socio-economic factors influence health issues typically attributed to ageing.

The study intricately mapped their health data against the opulence of their neighbourhoods, level of education, and income scales.

Astonishingly, the plush comfort of high-end addresses offered no shield against the ravages of arthritis or the twinges of lower back pain.

Even more intriguing, the data revealed that those without a bachelor's degree reported more lower back pain, highlighting a twist in the quirky health narrative.

The researchers' findings added a footnote to the narrative of health equality: arthritis and back pain democratically disregard your zip code.



Heart muscle disease drug gets listed

PHARMACISTS can now dispense the newly listed Camzyos (mavacamten) drug to patients who are prescribed the medication.

This marks the first availability of a cardiac myosin inhibitor for adult patients with symptomatic II-III obstructive hypertrophic cardiomyopathy (HCM).

Developed by Bristol Myers Squibb (BMS), the non-invasive treatment targets the fundamental pathophysiology of obstructive HCM, the most common inherited heart muscle disease.

Dr Meredith Edwards, BMS ANZ Medical Director told *Pharmacy Daily*, "we are thrilled to bring a new treatment option to market for patients with obstructive hypertrophic cardiomyopathy".

Dr Edwards also highlighted

the crucial role of pharmacists in managing these patients, stating, "pharmacists play an integral role in the care of these patients".

Camzyos functions as a reversible cardiac myosin inhibitor by binding and inhibiting the formation of myosin-actin in heart cells.

This mechanism helps normalise heart muscle contractility, reduce obstructions in the ventricular outflow tract, and improve cardiac filling pressures.

The drug also alleviates biomarkers of cardiac stress, thereby enhancing symptoms and exercise capability in individuals with obstructive HCM.

Prof John Atherton, Director of Cardiology at the Royal Brisbane and Women's Hospital and staff specialist at Queensland Health, noted the impact of this PBS listing.

He emphasised that Camzyos

offers a promising alternative to invasive septal reduction therapies, which include surgical myectomy or alcohol septal ablation.

"Septal reduction therapies such as myectomy and alcohol septal ablation are complex, invasive procedures that pose significant risks," Atherton explained.

Of the conservatively estimated 60,000-plus Australians living with HCM, approximately 75% suffer from the obstructive variant of the heart disease.

"Today's PBS listing expands the treatment options for patients whose lives are significantly impacted by their HCM symptoms," Atherton added, suggesting that Camzyos will transform the management of HCM by providing the first medication specifically tailored for this patient group. *JG*

PRODUCT SPOTLIGHT

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