

## Fiona Wood at PAC

FIONA Wood has been announced as the key speaker at this year's Pharmacy Australia Congress, held 24-26 Oct in Perth.

The mother of six will address PAC on its second morning, Saturday, October 25.

Head of Royal Perth Hospital's Burns Unit, and Clinical Professor with the School of Paediatrics and Child Health at the University of Western Australia, Mrs Wood rose to prominence in 2005 as Australian of the Year.

## Diary helps diet

PEOPLE who write down what they eat each day can double their weight loss while dieting, according to a new study in the *American Journal of Preventive Medicine*.

The study involved 1,685 overweight or obese adults who exercised at a moderate intensity for at least 30 minutes a day and followed a diet rich in fruits, veges and low or non-fat dairy.

After six months, the group's average weight loss was 5.8kg, but those who kept a food diary lost twice as much weight as those who kept no records.

## Win Designer Sunglasses!



CONGRATULATIONS to Vanessa Carroll of Ayr Hospital who was the first subscriber yesterday to tell us the colours used to describe the sunglasses are chocolate, black, silver and nude.

Today PD is giving subscribers one last chance to win stylish sunglasses from Designer Brands, courtesy of Total Beauty Network.

To win, send your answer to the below question to:

comp@pharmacydaily.com.au.

Complete the sentence "you will find it hard to....."

The first person to answer correctly will win.

HINT: Go to [www.tbn.com.au](http://www.tbn.com.au)



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## Wyeth reconsiders Relistor

WYETH Australia has warned that it may not bother seeking a public subsidy for Relistor due to the new administrative costs involved.

The decision is the kind that the healthcare industry has feared since the Federal Budget announcement that pharmaceutical companies had to pay for costs involved in the process to have medicines listed on the Pharmaceutical Benefits Scheme.

Wyeth told a senate inquiry that if the listing process - which can involve several submissions to the Pharmaceutical Benefits Advisory Committee - was too expensive, it may outweigh "the potential for financial return".

"This is not a decision Wyeth will make lightly; however, the introduction of PBAC cost recovery fees may significantly influence the decision," the submission said.

Medicines Australia estimates the new fees could add up to \$145,000 to the cost of listing a

medicine, which may turn off companies from marketing less profitable drugs.

According to the Pharmacy Guild, a third of the 2,800 medicines currently listed on the PBS had a total annual sales value of less than \$100,000 nationally.

Relistor is used to treat side-effects from opiates taken to relieve severe pain in terminally ill patients.

## Blackmores winners

BLACKMORES has announced the winners of its Young Endeavour Youth Scheme are Jess Brookes of Magnet Court Chemmart, Sandy Bay TAS and Polly Molesworth of Discount Vitamins, Haymarket NSW.

The judges selected Jess and Polly for their "willingness to push their boundaries and face their fears".

Blackmores said it's delighted to help the winners to develop their leadership and teamwork skills under the Young Endeavour Youth Scheme.

## Just ask Dr Deb!



This week's question comes from Richard Elkhoury from Chemplus Pharmacy in South Australia -

**Q - Community Pharmacists tend to get asked questions everyday from customers on what vaccinations they should have.**

**What is a good source for up to date information on vaccinations?**

**A -** Pharmacists should provide information about the vaccinations, but knowing which vaccines and other precautions are recommended for an individual traveller requires more expert knowledge.

These days there are specialized Travel Medicine Doctors who are familiar with the exact risks in the various countries, regions and itineraries and how to best manage those risks.

For example, did you know that new research has shown the best way to deal with travellers diarrhoea is to take a special antibiotic? Which antibiotic depends on where in the world you are visiting.

Many GP's do not have a special interest in travel medicine. It sounds obvious but travellers will get more up to date advice from a doctor with more knowledge in that area.

Travellers should ask about internationally recognized qualifications in travel medicine e.g. the ISTM certificate of knowledge.

To find travel doctors in Australia see [www.travelmedicine.com.au](http://www.travelmedicine.com.au)

**HAVE SOMETHING TO ASK DR DEB?**

Email your questions to [askdrdeb@pharmacydaily.com.au](mailto:askdrdeb@pharmacydaily.com.au)

## Win a diamond

PHARMACY staff have the opportunity to win a diamond, valued at \$7,200.

To qualify, stores need to purchase a minimum of six Natralia Nourish Skin Oil products, then fill in an entry form.

The first valid trade entry drawn will win the one-carat oval diamond.

Customers who purchase a 60ml Natralia Skin Oil can also go into a draw to win a diamond.



## DISPENSARY CORNER

CALLING all urine donors!

NASA has received a flood of offers from employees following its plea for urine to test a new space toilet.

The samples are required for the new Orion space capsule that will take astronauts to work on the moon for up to six months.

The memo requesting for daily contributions states "unlike the doctor's office, you do not need to worry about starting collection midstream.

"Our testing will be much accurate if you collect as much of the entire urination as possible including the beginning."

The need is pressing with at least 30 litres required each day to test the systems.

DON'T get horny over these rhino horns.

There are fears that two stolen rhino horns drenched in poison may be deadly if sold as an aphrodisiac.

The horns were snatched from a mammal display at a South African museum and are reportedly heading for Asia, where powdered rhino horn is a prized aphrodisiac.

FORGET the pills - why not try acupuncture instead?

Crystal Cruises has announced that they will be introducing a "menu of optional acupuncture treatments" on its *Crystal Serenity* ship this month.

The cruise line says the new menu will focus on weight loss, pain management, stress reduction, detoxification, smoking cessation, facial rejuvenation and sea sickness.