

Antioxidants protect against AMD

AN Australian study has found that a high intake of vegetables (lutein, zeaxanthin) offers significant protection against the development of age-related macular degeneration (AMD), the leading national cause of blindness.

Published in the latest edition of *Ophthalmology* (American Academy of Ophthalmology), the findings showed that people who consumed high levels of these nutrients were less likely to develop neovascular AMD - a rapid and severe form of the condition - and vision-blocking masses in the eye.

Sigma in Symbion talks

SIGMA Pharmaceuticals is one of the interested buyers for the consumer and pharmacy businesses of Symbion Health.

Primary Health Care, which this morning confirmed it now holds 89.52% of Symbion, is considering several expressions of interest from potential buyers, which also include private equity firm Archer Capital.

A report in today's *Financial Review* also says UK pharmacy giant Boots may be interested.

Sigma may face obstacles buying the business due to anti-competition laws, but Archer, which last year partnered Ironbridge Capital and

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Gold Coast break-ins

POLICE are investigating two pharmacy break-ins in two days.

A Palm Beach pharmacy was burgled on Monday night, and a nearby pharmacy was broken into on the Gold Coast last weekend.

In both incidents, access was gained through an adjoining doctor's surgery and pseudoephedrine-containing products were stolen.

Lack of action on heart disease

AUSTRALIANS are not making healthy lifestyle changes to reduce their risk of heart disease, new research shows.

This is despite one in two Australians being aware that heart disease is the nation's leading cause of death.

A national survey found approx six in 10 Australians knew someone who had suffered a heart attack, but less than half (44 per cent) were motivated to make any change to improve their own health as a result.

And nearly one-third of those at an increased risk of heart attack (aged 50+) failed to take any action to reduce their own risk.

Student of the Year finalists



ABOVE: Five finalists were selected from the heats of the Pharmacy Student of the Year to make presentations at the recent National Association of Pharmacy Students congress in Sydney.

Alphapharm is sponsoring the competition, with the winner of the Sydney event, James Grant of the University of Queensland, now set to compete in the National Counselling Event at the Pharmacy Australia Congress in Perth later this year.

The major winner will receive the Alphapharm National Travel

Prize, which will see him or her jetting off to Bali for the 2009 IPSF Congress.

Pictured at the NAPSA congress are the brave finalists who counselled in front of almost 300 fellow students from 14 universities across Australia: Samantha Davis-Van Eyk, Griffith University; James Grant, University of Qld; Samantha Corrigan, University of Qld; Alicia Thomas, University of South Australia; and Aaron Van Garderen, Queensland University of Technology.

Fat kids die sooner

OVERWEIGHT Australian children will live two years less than thinner kids, according to a WA study.

University of WA researchers have shown for the first time that obesity does shorten life, with the life expectancy of obese adults reduced by four years.

UK supermarket adds GP services

IT'S not just pharmacy that supermarkets want to get their hands on.

In the UK supermarket giant Sainsbury's has opened a medical centre inside one of its stores in Manchester, allowing shoppers to visit the doctor while they pick up the groceries.

The move was initiated by a local GP who approached Sainsbury's with a proposal.

Patients are able to book appointments on the internet.

However, a national roll-out of the service is seen as unlikely, because it would involve separate negotiations with dozens of National Health Care Service primary trusts which are responsible for GP services.


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Double bouquet

Introducing two eye-catching additions to the Aqua Nova brand - Aqua Nova Blue Flowers and Aqua Nova Pink Flowers. The Blue floral fragrance has top notes of ylang ylang, violet, blackcurrant, apple and pineapple, and a heart of heliotrope, geranium, jasmine and melon, which dries down to a base of peach, musk, orris and sandalwood. Pink Flowers is a fresh citrus fragrance with bergamot, grapefruit, tangerine, blackcurrant and apple, with a base of musk, tea, raspberry and peach.

RRP: \$24.95 each

Stockist: Parfumerie Simes

Tel: 1800 672 464



Instant lift and tighten

The Lift Serum, from Naked Glow, is aimed at women 'of a certain age' who want an instant, affordable treatment, without invasive surgery, to look visibly younger. Ingredients such as Biopeptide CL, Argireline, Sesa Flash and Skin Fabric Complex fill in lines and tighten and firm the skin. Long-term it claims to soften deep wrinkles and improve skin health.

RRP: \$79.95

Stockist: Total Beauty Network

Tel: 1300 765 332

Liquid lip roll-on

New Blistex Lip Infusion Cool Splash imparts a soothing, cooling and moist sensation to dry lips as its liquid formula rolls onto lips via a first-ever for a lip balm - a stainless steel rolling tip applicator. It contains moisturising agents such as squalane oil, jojoba oil, aloe extract, and has a SPF 12, but no para aminobenzoic acid (PABA).

RRP: \$4.95

Stockist: Key Pharmaceuticals

Tel: (02) 8113 6200



Long-wearing makeup

Almay Truly Lasting Colour foundation provides 16 hours of coverage, which won't rub off, even in heat and humidity. The formula also cares for the skin with a combination of antioxidants and essential vitamins such as green tea and lemon extract to nourish and brighten the complexion.

RRP: \$29.95

Stockist: Almay

Tel: 1800 025 488

Ultimate youth

A 'youth molecule' called Resveratrate takes the best of Resveratrol - long known as an anti-oxidant and anti-irritant - and makes it better, in Estee Lauder's Re-Nutriv Ultimate Youth Creme. More potent, stable and concentrated, the formula is time-released for a longer, targeted effect, so it can penetrate quickly and directly into the skin's surface.

RRP: \$395

Stockist: Estee Lauder

Tel: 1800 061 326



DISPENSARY CORNER

RESIDENTS of a nursing home in the Netherlands have been given specially designed navigation systems to help them guide their walking frames around the building.

The equipment is part of a study by students at Arnhem-Nijmegen University, and has a large easy-to-read screen with buttons for such destinations as 'cup of coffee' or 'toilet'.

When an elderly resident selects one of the buttons large arrows appear on the screen to guide them in the right direction, with the system utilising the building's wireless internet for orientation.

TOOTHPASTE sales at airport pharmacies are set to soar with the news that US carrier United Airlines will introduce new dining options that could see some passengers eat nothing but dessert.

Travellers flying at the pointy end of the aircraft will be able to choose what they want to eat and when they want to eat it.

The carrier says it will be the first US airline to offer the service when introduced in Aug.

UA says its "flight attendants can create an individualized experience... even if it is having an ice cream sundae before dinner".

THIS therapy didn't work.

A US man is facing time in prison after attacking another man with his anger management homework.

27-year-old Justin Boudin hit an elderly gentleman with a blue folder after he tried to defend another lady at whom Boudin was shouting.

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