



OTC Update Oral Health

Continuing our series on Oral Health care, today we are focusing on treating

Cold Sores.

Cold sores are small blister sores that usually occur on the lip, the skin around the mouth or nose and sometimes on the chin. They are caused by the Herpes Simplex virus - type 1 (HSV).

People are usually infected with the virus in childhood or young adulthood, and it persists for life.

For some people the HSV infection can cause cold sores, which erupt as a result of a trigger.

Some trigger factors include:

- colds, flu or fevers
- exposure to sunlight or wind
- hormonal changes eg. menstruation
- emotional or physical stress

Cold Sore symptoms: Most people experience a tingling or itching sensation at the site where the cold sore is developing.

This can last 1-2 days.

This is followed by a collection of small blisters forming. The blisters can be painful with a burning or heat sensation.

After a few days the blisters burst, then the sore develops a crust. The crust dries up and falls off after about 10 days.

Cold sores are highly contagious so good hygiene is essential to stop them from spreading to other areas eg. eyes or other people

Treatment: Cold sores will get better by themselves.

Treatment does not cure the infection but can give symptomatic relief.

Avoid picking the scab or breaking blisters as this can cause secondary infection or scarring.

Anti-viral Creams: Are best applied at the first sign of a cold sore eg. when the tingling sensation starts.

They may shorten the duration of the cold sore eg. aciclovir.

Other treatments: Creams can soothe. Povidone-iodine ointments such as Betadine may also reduce symptoms.

Pharmacy efficiency urged

SIGNIFICANT savings can be made in the pharmacy supply chain through a number of relatively small changes, according to the ceo of Symbion Pharmacy Services, Patrick Davies.

Davies was speaking at the WA Guild's conference over the weekend, and told attendees that 40% of all turnover orders were still sent by fax - with some pharmacies still phoning for orders.

This meant that all information had to be re-keyed, which as well as being a waste of time compared to electronic orders, also introduced the possibility of errors being made.

But it's not just some pharmacies that are operating inefficiently - many manufacturers are also still using old systems.

Davies said that by using new internet-based technologies rather than facsimile machines, efficiencies introduced would lead to better stock management throughout the supply chain.

The quick move by pharmacy to embrace e-health with initiatives such as Mirixa and eRx Script Exchange shows pharmacy is ready.

Davies spoke at the conference on Saturday morning alongside his counterparts from API (Stephen Roche) and Sigma (Elmo de Alwis).

It was the first time the WA Guild had held a conference in this format, and the event was deemed highly successful, with about 200 attendees representing more than 60% of pharmacy owners in WA.

Other speakers included former Essendon Coach, Kevin Sheedy as well as Guild President Kos Sclavos, Ian Harper of Access Economics, Guild Group chairman Harry Zafer and Si Banks, NSW Guild President.

Issues discussed also included the new industrial relations laws, and background to the Fifth Agreement negotiations.

RU486 move

THE 9 Marie Stopes International sexual health clinics in Vic, NSW, WA, the ACT and Qld will begin offering the "abortion pill" RU486 from today, after receiving import and prescribing rights for the drug from the TGA.

The clinics will only use RU486 at less than nine weeks gestation.

Zafer honoured by WA Guild



ABOVE: The WA Guild Conference on the weekend (see main story) included a Gala Dinner.

The evening saw the presentation of the Kevin McAnuff Award for Excellence in Community Pharmacy to a well-deserving long-time WA Guild President, Harry Zafer

The award is given each year in honour of Kevin McAnuff, a highly respected WA pharmacist who

passed away in 2004.

Pictured at the Gala Dinner are, from left: Si Banks, NSW Guild President; Lenette Mullen, WA Guild President; Julie and Harry Zafer with the Kevin McAnuff Award; Wendy Phillips, Pat McAnuff; Guild Executive Director Wendy Phillips; and Kos Sclavos, Pharmacy Guild of Australia President.

Competition winner

CONGRATULATIONS to Katrina from Guardian Lowood Pharmacy of Lowood in Queensland, who was the lucky winner of Burt's Bees Radiance Body Lotion and Radiance Lip Shimmer in last Friday's *Pharmacy Daily* comp.

This week we have a new competition, offering readers the opportunity to win an Australis Lash Me Mousse Mascara - see p2.

Nigerian closures

THE Pharmaceutical Society of Nigeria has ordered the closure of 15 "patent medicine stores and pharmaceutical shops" because of alleged "unwholesome practices".

The action was taken in the state of Bauchi, and followed an inspection visit by officials of the society to the stores.

According to Pharmaceutical Society of Nigeria (Bauchi) chair, Abdulkadir Ahmed, some of the stores weren't registered, while the others were "manned by quacks."

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Irish court action

PUBLIC opinion appears to be swinging against pharmacists in Ireland, in their bitter dispute with the govt which saw hundreds of pharmacies withdraw from state drug schemes on 01 Aug.

Ireland's Health Services Executive on Friday obtained a High Court order which compels a group of 35 pharmacies in the east of the country to continue providing medicine to the public, because they failed to give correct notice of their intention to pull out.

The Irish Pharmacy Union said resorting to court action was "unhelpful" in the face of calls for a third party mediator to be appointed.

But a newspaper editorials are now coming out in strong support of the gov't actions in the dispute.

The *Irish Independent* wrote yesterday that "the situation never should have been allowed to get to this," hailing the actions of Health Minister Mary Harney for "tackling one of the most powerful vested interests in the country."

The editorial says pharmacists in Ireland should be "formulating a fulsome apology to the entire country for putting their own greed and self-interest ahead of the interests and safety of patients."

Medical Director to add eRx

THE Guild-backed eRx Script Exchange this morning confirmed that Health Communications Network (HCN) will add support for the eRx electronic prescription network to its popular Medical Director software.

ConnectChem site

A NEW website offering the ability for pharmacists to securely sell or trade unwanted stock is now up and running.

ConnectChem has been created by two pharmacists, Anthony Fico and Richard Grainger, allowing pharmacies to trade scheduled and non-scheduled items, as well as offering the ability for pharmacists with "little understanding of the internet to set up their own personalised online pharmacy."

See www.connectchem.com.

RGH e-Bulletin

THIS week's edition of the Repatriation General Hospital Pharmacy E-Bulletin deals with Insomnia in the Elderly, giving an overview of possible causes and treatments.

The bulletin is available from chris.alderman@rgh.sa.gov.au.

Medical Director is used by more than 17,000 doctors in Australia, including 1300 specialists and including 85% of computerised GPs.

The move was announced in Perth at the WA Guild conference, and is seen as particularly significant given that HCN was part of the original ScriptX joint venture with Fred Health and Corum, but pulled out last year

Fred Health subsequently instead launched the eRx Script Exchange initiative in partnership with Simpl (new Zealand) and Microsoft.

HCN is a fully owned subsidiary of Primary Health Care.

Rural location push

A PETITION from a Victorian rural community will be presented to federal parliament in the coming weeks urging changes to pharmacy location rules.

The petition will be forwarded by Victorian state MP Terry Mulder, who represents Colac which is limited to two pharmacies - both owned by the same pharmacist.

"This is a large community where one proprietor runs the only two pharmacies allowed and the community believes their needs and expectations are not being met," Mulder said.

Colac locals have complained about high prices and slow service.

Ed shares the love...

THE head of Primary Health Care, Ed Bateman, certainly didn't mince his words when speaking about his dislike for pharmacists before an ACT Legislative Assembly committee last week.

The Assembly is conducting an enquiry into ACT health services, looking at a Guild emergency supply proposal which would allow pharmacists to dispense repeats if patients were unable to get another prescription.

Bateman clearly isn't keen on the idea, claiming in his outburst that "pharmacists are the greatest lobbyists in this country and they're not doing anything to help health care other than help themselves.

"A pharmacist is less trained in making these decisions than say a nurse is and, I would suggest a vet is probably a better person to go to to get advice than a pharmacist."



DISPENSARY CORNER

GOOD news - a cure for swine flu has been discovered - at least according to the head of a Russian soccer fan club.

Russia's health ministry has issued a public warning against travelling to the UK because of the spread of influenza A (H1N1) but Alexander Shprygin, head of the supporter's organisation VOB, said he expected several hundred diehard supporters to visit Wales for a key World Cup qualifying match in Cardiff on 09 Sep.

"We urge our fans to drink a lot of Welsh whisky as a form of disinfection," he said.

"That should cure all symptoms of the disease. Russian fans don't fear anything or anybody so this virus will not stand in our way of supporting our team," he said.

The Russian football association also urged supporters to defy the health warning, saying it didn't want its team to be without support for such a big match.

A GROSSLY obese American man has allegedly been able to smuggle a handgun into a US prison, by concealing it within his rolls of fat.

25-year-old George Vera said he carried the unloaded pistol into the Houston City jail in Texas, after he was arrested for selling fake CDs out of the back of his car.

Despite four searches, the gun only came to light when he approached a guard during a shower break and admitted having smuggled it in.

A police spokesman said officers were trained on how to search obese people.

"We teach them to lift up and look under," he said.

US scientists were just itching to tell the world about this research.

The team from Washington University say they've pinpointed a type of nerve cell in mice which generates the itching sensation, finding different spinal cord pathways for itching and pain.

They said the breakthrough could lead to new treatments for itching, which was previously regarded as "less intense pain."

WIN LASH ME MOUSSE MASCARA



Australis has teamed up with *Pharmacy Daily* this week, giving readers the chance to win an Australis Lash Me Mousse Mascara in Blueberry. Valued at \$17.95, the revolutionary new mascara defines and separates lashes like never before!

The difference lies in the patented German designed brush which separates and targets hard-to-reach lashes.

The superior 3-in-1 mousse formulation also coats every lash for maximum thickness, curl and extension while the bamboo extract and vitamin E nourishes the hair cuticle and prevents breakage. This mascara is also great for sensitive eyes.

For your chance to win your very own Australis Lash Me Mousse Mascara, simply send through the correct answer to the following question:

How do you ensure a smudge free, long lasting result with your mascara?

Email your answer to: comp@pharmacydaily.com.au.

The first correct entry received each day will win!

Hint: Visit the Australis website at: www.australiscosmetics.com.au.