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Guild Update

This week's update
from the Guild

Pharmacy Expo

Don't miss the NSW Pharmacy Expo

Visitor registration for the Pharmacy Guild of Australia NSW Branch's Pharmacy Expo (4 to 6 June 2010 at Darling Harbour, Sydney) is now open.

This premier industry event is held over three days and provides everyone in pharmacy the opportunity to identify new products, access show specials and to network with existing and new suppliers, all under one roof.

The Expo is **FREE** so there's no excuses for not getting along and making the most of the many opportunities the event has to offer.

Complementing the Expo is an education program that features 50 individual clinical and business topics, presented by some of Australia's most respected industry experts. The event offers the very latest in continuing professional education, with up to 20 CPD points available for full registration.

With a number of Friday sessions sold out in 2009, you will need to get in quickly to confirm your place. Early-Bird rates are available until the end of April.

Visit the website at www.pharmacyexpo.com.au to review the new product and exhibitor listing, program timetable and rates, CPD points, show specials and to register your team.

For the first time, visitors can select to receive their confirmation barcode by SMS. So you can simply bring your mobile phone along on the day.



**The Pharmacy
Guild of Australia**

TGA Fish oil safety update

THE Therapeutic Goods Administration has released information regarding the safety of fish oil and omega-3 fatty acids in relation to their anticoagulant properties.

According to the release there is evidence which suggests fish oil and its omega-3 properties 'may reduce platelet aggregation through reduction of platelet ARA concentration and cyclo-oxygenase mediated generation of thromboxane A₂ from EPA'.

The report went on to say that although only theoretical and minimal, the risk of patients having bleeding issues when taking both fish oils and anticoagulants needs

to be considered when discussing treatment options with a patient.

The report also suggested that patients discontinue high-dose fish oil consumption or supplementation during an acute bleeding illness and also discontinue fish oil therapy 4-7 days before elective procedures with a high risk for bleeding complications.

Aside from the possible bleeding side-effects, the release also highlighted that fish oil (which contains eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA)), has been proven to have beneficial cardiovascular effects, and may also help with infant eye/brain development, inflammation, nutrition (in gastrointestinal disorders), mental health disorders, Alzheimer's disease and rheumatoid arthritis.

For info see www.tga.gov.au.

New Glenside Hospital

CONSTRUCTION of the new specialist mental health facility, Glenside Hospital, is set to commence at the end of April, for completion mid 2012, according to the SA Premier, Mike Rann.

"The old Glenside was like something out of a horror movie," Rann said.

"Beautiful buildings from the outside, archaic and awful on the inside," he added.

The new 30-hectare premises will feature nine hectares of open space, a community park, village green and under 16's soccer pitch as well as modern treatment facilities, 20 round-the-clock supported accommodation units and a 15 bed Intermediate Care centre.

"Our vision for the Glenside campus was to create a place where mental health facilities and the community meet," Rann said.

"This design achieves the aims of this new approach to mental health care," he added.

Smoking stops fatigue

A RECENT draft policy document which suggested that smoking "can stop you feeling fatigued" has been slammed by health authorities who have said any smoking endorsement may come back to haunt the police department.

"A police officer acquiring a tobacco-caused disease might find such a document very useful in making a worker's compensation claim," said Sydney Uni's Public Health Professor, Simon Chapman.

Natural responses

EIGHTY-eight percent of respondents in a recent Australian 'natural' products survey said that they were confused by what the word 'natural' really meant in relation to health and beauty products.

"It's a jungle out there and Australian consumers don't appear to like that very much at all," said a spokesperson for Burts Bees (sponsors of the study).

As a result of the study Burts Bees is now calling for an industry-led move toward a final definition of 'natural' and subsequent rules for which products can display natural labelling.

CMEC recommends

ALL Complementary Medicines Evaluation Committee (CMEC) recommendations made to the TGA, together with the reasons underlying these decisions, will now only be posted on the TGA website following ratification by the committee.

The new CMEC evaluation process was originally fixed upon in the committee's last meeting in December last year, however was only just released on the TGA website last week, as part of its extracted ratified minutes, see www.tga.gov.au.

Thursday winner!

CONGRATULATIONS to Amanda Elliott of Apotex who was last Thursday's lucky Neon Bright's **PD** competition winner.

See below for the first instalment in this week's Australis Ready Set Go finishing powder competition.

WANT YOUR SKIN TO LOOK FLAWLESS?



This week **Pharmacy Daily** is giving readers the chance to win an Australis Ready Set Go Finishing Powder valued at \$12.95.

Ready Set Go Finishing Powder is a silky-soft transparent loose powder that sets your make-up in place for all-day wear.

Wear alone or all over foundation to set makeup and slightly mattify. The 99% mineral silica formula softens the appearance of imperfections, increases the wear of foundation and leaves the skin with a silky, smooth texture. 1st to market in DDS and pharmacy. Ready Set Go Finishing Powder is available in one universal shade for all skin tones.

For a chance to win your very own Australis Ready Set Go Finishing Powder, simply send through the correct answer to the following question below:

What is Ready Set Go made from?

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

The first correct entry received will win!

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

Hayfever? There's an app for that

A JAPANESE company has released a new mobile phone ring tone which claims to be able to cure hayfever.

Tokyo's 'Japan Ringing Tone Laboratory' has announced the invention just in time for Japan's cherry blossom season, which is notorious for causing allergy and sinus problems for millions.

Developer Dr Matsumi Suzuki says the ring tone "unleashes waves that will shake out pollen stuck in the user's nose".

The company marketing the ringtone warned that "effectiveness may vary among users".

Previous ringtones from the same developer claim to reduce weight.

Dizziness and nausea

TARGETED information for elderly Australians on the causes of dizziness and nausea is now available to download online at the Australian Government Veterans' Affairs website.

The printable PDF brochure covers information on dizziness and nausea and also encourages anyone who has questions regarding the conditions or their medications to consult with either their pharmacist or their doctor.

For a copy of the brochure, go to www.veteransmates.net.au.

OxyContin approval

THE American Food and Drug Administration has approved a new formulation of OxyContin (opioid oxycodone).

The new formula is slow release and has been designed for patients who require continuous opioid analgesic treatment pain relief for protracted periods of time.

The slow-release nature of the new tablet means that patients won't have to pop as many pills—which will hopefully result in a reduction of incidents of medication misuse and abuse.

The tablet has also been designed to prevent it from being cut, crushed, broken, chewed or dissolved in a bid to obtain a stronger rates of quick release, however the FDA has warned that the tablets are not fool-proof and can cause overdose issues if taken in large quantities.

Urgent amlodipine recall

THE Therapeutic Goods Administration has ordered an urgent recall of AMLO 10 tablets (10mg amlodipine) manufactured by Spirit Pharmaceuticals Pty Ltd.

The TGA said that both retail and hospital pharmacies across the country have been sent recall letters, and notices have also appeared in national newspapers.

RGH E-Bulletin

THIS week's edition of South Australia's Repatriation General Hospital Pharmacy E-Bulletin gives an overview of the use of medications in combination with smoking and smoking cessation products.

Pharmacists are advised to always obtain a history of patient smoking status, monitor smoking, assess the clinical significance of potential interactions and educate patients on the potential impact that variations in smoking can have on medication effects.

The bulletin is available at auspharmlist.net.au/ebulletin.php.

April Aust Prescriber

THE latest April installment of the Australian Prescriber report has been released and covers H1N1 immunisation, management of renal bone disease, new oral anticoagulant drugs, new medications (incl Xatral SR, Xatral SR, Circadin, Nebilet, Synflorix, Maxalt and Stelara) and COPD and smoking cessation.

For info see www.australianprescriber.com.

Miraviroc on PBS

HIV treatment Maravioc (celsebtri) is now available to patients via the Pharmaceuticals Benefits Scheme.

The first ARV CCR5 antagonist drug to be listed on the PBS Maravioc is designed for use on patients with triple-class failure with CCR5 tropic HIV, in combination with other antiretroviral medicines.

Maravioc is an oral tablet (available in 150mg and 300mg) which when taken twice daily acts directly on the white blood cells effectively blocking the HIV virus' entry via the CCR5 receptor—hence ceasing its replication inside the immune cells.

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DISPENSARY CORNER

FULL of healthful goodness.

A 91-year-old grandmother in the UK claims to be the owner of the world's oldest hot cross bun.

Nancy Titman says the bun was baked on Good Friday in 1821, and was passed onto her when her mother died some years ago.

"It's a relic which has been passed down through the family.

"My mum said our ancestors worked in a baker's shop and they believed buns baked on Good Friday didn't go mouldy," she said.

Apparently the ancient bun is showing little sign of decay.

"It is rock hard and the currants have disintegrated but you can tell it's a hot cross bun and you can still see the shape of the cross," Nancy added.

JAMES Bond may not do so well in the 21st century.

British intelligence agency M15 has begun a mass lay-off of its ageing spy-agents, who have been unable to move into the computer age.

According to reports, older computer illiterate agents are being replaced en-masse by younger computer savvy spies.

The cuts to the Bond generation are in line with the agency's policies to bring it up to speed with high-tech criminals hiding behind billions of binary code operations.

ACUPUNCTURE is able to cure dental phobia, according to recent UK research.

The journal *Acupuncture in Medicine* reported on a trial in which 20 patients frightened of visiting the dentist encountered needles of a different kind, and were able to conquer their fear with the help of two acupuncture needles placed at specific points on the top of their heads.

"These were patients who would have previously run screaming out of the door or would had to have been held down by a dental assistant to have their teeth checked," said lead researcher Palle Rosted.