



**Free Trial**  
CLICK HERE

### New meningitis jab

A NEW vaccine has been approved for use in Europe which protects against four major strains of meningitis.

Novartis' Menveo is likely to be popular with travellers to sub-Saharan Africa where the disease is prevalent in the so-called Meningitis Belt.

### Pharmacist renewals

THE Pharmacists Board of Queensland is advising pharmacists that they have 23 days left until it will send out registration renewal and/or restoration forms.

If you need to change your contact details prior to the mail-out you can do so via the PBQ website at [www.pharmacyboard.qld.gov.au](http://www.pharmacyboard.qld.gov.au).

### Fit, not sick notes

A CHANGE in protocol in the UK will now see general practitioners issue so-called "fit notes" rather than "sick notes" to workers who are off sick for longer than a week.

The move means that doctors will still be able to say someone is not fit for work, while still spelling out aspects of jobs which staff can still perform despite being sick.

It's aimed at getting employers to help staff return to work in some capacity.

"The launch of fit notes is going to be revolutionary because it will change the whole culture and we know that keeping people in work helps their physical and mental wellbeing," said Professor Steve Field of the Royal College of General Practitioners.

### Now on the RADAR

THE National Prescribing Service has released the April edition of RADAR, which provides evidence based information on Dabigatran (Pradaxa), Nebivolol (Nebilet), Rizatriptan (Maxalt), Methylnaltrexone injection (Relistor), Albendazole (Zentel) and zoledronic acid 5mg (Aclasta).

To view see [www.nps.org.au/radar](http://www.nps.org.au/radar)

## NDPSC paracetamol move

THE National Drugs and Poisons Schedule Committee has approved a modification of the Schedule 2 entry for paracetamol, to include individually wrapped powders or sachets of granules each containing 1000mg or less of the compound, in packs of 12.

S2 paracetamol also includes 500mg tablets or capsules packaged in blister or strip packs of not more than 25, with the changes effective from 01 Sep.

Other decisions made at the Feb NDPSC meeting include an amendment for the S2 entry for flurbiprofen to include preparations for topical oral use in containing 10mg or less per dosage unit.

There are also a number of new entries in Schedule 3, including a downscheduling of 15mg lansoprazole and 20mg omeprazole for the relief of heartburn and other symptoms of gastro-oesophageal reflux disease, in packs of 14 days supply.

Modifications to Schedule 4

### Aussies don't brush

RECENT survey results of Aussie dental hygiene habits have turned up some gag-worthy statistics including the fact that 48% of respondents admitted they regularly forgot to brush their teeth at night.

The survey of 1003 people also found 27% did not brush for three days whilst a further 10% admitted to having gone an entire week without brushing their teeth at all.

70% however admitted that in terms of their relationships to others bad breath came out worse than body odour and an unkempt appearance, whilst 76% said they would go out of their way to avoid someone with bad breath.

Despite their bad oral hygiene, almost half of the study's participants also told researchers that the loss of teeth was more worrisome than wrinkles or grey hair.

include a change in the designation of preparations containing nicotine, which are S4 except if they're in Schedule 2 or "for use as an aid in withdrawal from tobacco smoking in chewing gum, lozenges, or preparations for sublingual, transdermal or oromucosal spray use".

New S4 entries include ibogaine, noribogaine, certolizumab pegol, corifollitropin alfa and pazobanib.

The committee, which will cease operation from 01 Jul and be replaced by a new scheduling process currently being developed, is inviting post-meeting submissions on the amendments from people who commented before the meeting, with a 21 Apr deadline.

### Diets raise stress!

US RESEARCHERS have discovered a direct correlation between dieting and an increase in stress hormone (cortisol) levels.

Researchers divided 99 women into four groups, those on a strict 1200 calorie diet, those on pre-packaged diet food, non dieters who counted calories and non dieters who didn't.

The results of the study found that whilst the dieters lost weight, their levels of cortisol spiked, whilst those not on a diet generally gained weight but retained similar levels of cortisol as they did at the commencement of the study.

The researchers as yet have not been able to point to a single factor which would explain the rise in cortisol, with further work required.

## 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. 1<sup>st</sup> 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:

**Is Ready Set Go for  
wear over makeup or alone?**

Email your answer to: [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au).

The first correct entry received will win!

Hint: Visit the Australis website: [www.australiscosmetics.com.au](http://www.australiscosmetics.com.au).

Congratulations to yesterday's lucky winner: **Belinda Morris** from **AFS Dispensaries**. The correct answer was: 99% Mineral Silica.

**pharmacy**  
**expo2010**  
*the premier pharmacy practice event*

## VISITOR REGISTRATION NOW AVAILABLE!

Visit the website to confirm your involvement for this FREE trade expo. Early-bird rates are now available for the education program, featuring 80 sessions. It's 3 days of networking, education and innovation in pharmacy.

[www.pharmacyexpo.com.au](http://www.pharmacyexpo.com.au)

**Darling Harbour • Friday 4 – Sunday 6 June 2010**

**12 FREE**  
Months  
Standard Membership!

Offer ends March 31. ACT NOW!  
Click here for more information  
DAVID PATTON: 0432 515 717

**Chemsave**

**7.5% PBS  
DISCOUNT!**  
COST **-0.5%**

## Health, Beauty and New Products

Welcome to our weekly feature with all the latest health, beauty and new products for pharmacy!

Suppliers wanting to promote products in this feature should email [advertising@pharmacydaily.com.au](mailto:advertising@pharmacydaily.com.au).

### Prepare for total smoothness!

Veet has released its new electrical hair removal product range, the **Veet Touchably Smooth Epilators**. Both feature concave shaped heads with 42 tweezers which rotate at speed to remove unwanted hair from the root for up to 4 weeks. There's a large and a small head, which can run on two speeds: high for coarse hair and low for finer hair. The Rechargeable model comes with a detachable charger as well as a light for identifying lighter hairs, while the Mains Epilator is attached to a power cord.

RRP: \$119.95 (Recharger model), \$89.95 (Mains model)  
Stockist: Dateline Imports, 1800 251 215



### A sensory walk in flourishing gardens

The **Acqua di Parma** fragrance range has this month added another scent to its offering, Magnolia Noble. The new eau de parfum is an elegant blend of magnolia, rose, jasmine, tuberose, sandalwood, patchouli and vanilla and is recommended for women who love floral feminine scents.

RRP: \$135 (50ml) \$190 (100ml)  
Stockist: Trimex (02) 9663 4277



### Clear The Way!

**Clear the Way** is a cold and flu prevention supplement based on traditional Chinese herbal remedies. Active ingredients include Sang Ye (white mulberry leaf), Ju Hua (chrysanthemum), Jie Geng (balloon flower), Jin Yin Hua (honeysuckle), Lian Qiao (forsythia fruit) and Jing Jie (Japanese catnip) which are claimed to help relieve flu symptoms incl nasal congestion, muscle pain, headache, cough, sore throat, congestion and mild fever.

RRP: \$19.95 (60 tablets)  
Stockist: Key Sun 1800 791 381



### Stimulate your pores clean

A'kin's new **Kaolin Clay and Activated Carbon Express Purifying Facial Masque** utilises kaolin clay to draw out skin impurities and to absorb excess oil. Perfect for skin prone to breakouts, the masque also harnesses activated carbon to draw out toxins, lemongrass oil for its astringent and clarifying properties, cedarwood oil to help control the flow of sebum and witch hazel to tighten pores.

RRP: \$19.95 (75ml)  
Stockist: The Purist Company 1800 631 283



### Bringing tradition back to bathing

Modern bath brand **Abahna** has drawn its inspiration from ancient bathing traditions from across the globe. Beautifully packaged the range includes a series of 'Himalayan Salt Scrubs' made from pure mountain salt with trace elements of over 90 minerals. Combined with sweet almond, jojoba and evening primrose softening oils the salts are perfect for a last minute gift purchase. They come in three aromatherapist tailored scents including 'Frankincense & Sweet Orange', 'Himalayan Cedarwood & Rose Otto' and 'White Grapefruit & May Chang'.

RRP: \$49.95  
Stockist: Frostbland (02) 8709 8800



### DISPENSARY CORNER

**THIS** was truly a dead giveaway.

Two women in the UK have been arrested after allegedly trying to smuggle a corpse on board an international flight.

The pair were detained at Liverpool's John Lennon Airport and charged "on suspicion of failing to give notification of death" of a 91-year-old man.

In a move reminiscent of the immortal movie *Weekend at Bernie's*, they apparently placed the man, who was a relative, into a wheelchair with a pair of sunglasses in an attempt to get him on a flight to Berlin.

**THE** latest "miracle cure" treatment for multiple sclerosis is so-called Bee Venom Therapy.

A bed-ridden MS sufferer from Bristol in the UK is back on her feet after being stung by bees more than 1500 times.

The treatment involves holding the insects in a pair of tweezers and deliberately stinging an area of skin, according to London's *Sun* tabloid newspaper.

The story cites scientists who claim elements in the sting reduce inflammation and can help the body release "natural healing compounds".

**EXERCISING** during pregnancy can help babies keep trim as well as their mothers, according to researchers in New Zealand.

A study of 84 first-time mothers found that those who exercised were likely to have slightly lighter babies on average, with the scientists saying this could reflect on future obesity rates, with babies who are relatively heavy for their length more likely to be obese in future years.

**INMATES** in a US prison will be keeping fit under a new program which requires them to pedal exercise bikes to watch TV.

The 'Pedal Vision' scheme is the brainchild of Maricopa County Sheriff Joe Arpaio, who said the program gives inmates of Phoenix's Tent City Jail "a reason to get moving and burn up some calories".