

Pharmacy FAQs

THE Pharmacy Board of Australia has posted answers to frequently asked questions regarding continuing professional development on its website.

To view the FAQ's visit www.pharmacyboard.gov.au.

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Aussie clinical trials growth

THE number of clinical trials undertaken in Australia has grown for the first time in four years, according to new figures from the Therapeutic Goods Administration.

The TGA's latest Half-Yearly Performance Report found that in 2011 there were 635 new clinical trials started in Australia, up by 61 from 574 in 2010.

This number however, is still down by 25% from the 2007 high of 865 trials in Australia.

Speaking in the wake of the figures, Medicines Australia Chief Executive Dr Brendan Shaw welcomed the upturn saying it was "encouraging".

Shaw however stopped short of wholly praising the rise saying that there remained serious challenges to Australia's status as a regional hub for clinical trials.

"The latest figures don't alleviate the need for urgent policy action to

drive microeconomic and regulatory reform to secure the future of clinical trials in Australia," Shaw said.

"The Government's commitment last year to a series of regulatory reforms to increase Australia's competitiveness as a destination for clinical trials may have encouraged some investment over the past year.

"But there has been insufficient progress in implementing these regulatory reforms," he added.

Shaw called on the Government to expeditiously implement the regulatory reforms, saying that the nation must act now to ensure it remains competitive.

Unhealthy athletics

THE tide of unhealthy advertising in the sport world may be turning, with a University of Sydney study published in *Health Promotion Journal of Australia* finding that elite athletes do not want to front advertising for alcohol and junk food.

The study looked at responses from 2,000 elite athletes and found that 91.5% showed a strong disinclination, on an individual level, to actively promoting unhealthy products.

Despite this however, 54% of elite athletes surveyed accepted sport as a marketing vehicle for such products generally, a trend which researchers said might explain sport's passive tolerance of unhealthy advertising.

Australians and the flu

MANY Australians avoid flu vaccinations and instead rely on garlic, hand sanitiser and chicken soup to stay healthy, according to a new Priceline survey.

The survey found that 52% of Aussies chose to protect themselves from the flu by using Vitamin C and multivitamins, whilst 42% chose hand sanitiser and regular handwashing, and 18% eat garlic.

Other popular preventative methods included avoiding public transport (18%), eating chicken soup (10%), avoiding the gym (4%) and wearing a face mask (4%).

"There's so much conflicting information out there about what is the most effective way of preventing the flu," said Bronwyn Flanagan, Pharmacy Services Manager for Priceline.

"Research shows that vaccines are 70% to 90% effective in healthy people under 65, and in over-65s vaccines greatly reduce the risk of hospitalisation from respiratory illnesses," she added.

Key reasons that Australians chose not to get the flu vaccine, according to the survey results included: concerns that the flu vaccine is more dangerous than the flu (19%), not prone to getting the flu (16%), too expensive (13%), not enough time to get it (10%) and fear of needles (9.7%).

"The risk of adverse reactions, which is really very minor, is far outweighed by the much more serious risk of flu, which causes an estimated 15,000 deaths and 18,000 hospitalisations in Australia each year," Flanagan said.

Reducing risks

THE Government is hoping to improve safety at suicide hotspots, by inviting organisations to apply for funding which will allow them to undertake capital works to reduce the risk of suicide at hotspot locations.

"Funding can go towards improvements such as fencing barriers, night lighting, and closed circuit television monitors at known hotspots," said the Minister for Mental Health, Mark Butler.

See www.health.gov.au for details.

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Addiction risks

OPIOIDS have the highest risk of causing mortality when looking at drugs of addiction, including alcohol and cocaine.

The finding is part of a study by the US Centre for Addiction and Mental Health published in *Drug and Alcohol Dependence* which tracked the records of more than 800,000 individuals hospitalised with drug dependence between 1990 and 2005.

The study found that for people dependent on opioids, the risk of death was 5.71 times higher than healthy individuals.

Opioids were closely followed by methamphetamine for mortality risks, with researchers finding that compared to healthy individuals meth users had a 4.67-fold higher risk of death, followed by those with addictions to cannabis (3.85), alcohol (3.83) and cocaine (2.96).

Interestingly, despite the risks, researchers found that alcohol addiction was related to the highest number of deaths overall, with alcohol dependence found to have affected the highest number of individuals in the study, with 166,482 deaths and 582,771 hospitalisations over the 15 year study period.

"One surprising finding was the high rate of death among cannabis users," said study head Dr Stephen Kish.

"There could be many potential reasons, including the fact that they may have other chronic illnesses such as psychiatric illnesses or AIDS, which can also increase the risk of death," he posited.

Repeat offenders slammed

THE Pharmacy Board of Australia has slammed actions by pharmacists to encourage patients to seek prescriber permission for the authorisation of multiple quantities of particular medicines in order to save money, saying the action is contrary to the National Medicines Policy and Quality Use of Medicines principles.

"It does not promote best pharmacy practice in relation to regular review of therapy and effective provision of medicine information, which assists in minimising medication misadventure," the Board said.

Addressing the issue of dispensing multiple repeat prescriptions at one time in its latest Communique, the Board said that "In cases where prescribers have not specified simultaneous

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supply of multiple quantities of a particular medicine, the supply of multiple repeats at once by pharmacists is contrary to good pharmaceutical practice".

For more information on the Board's 'Dispensing multiple repeat prescriptions at one time' guideline, see www.pharmacyboard.gov.au.

Needle-free is a winner

VAXXAS' new needle-free vaccine delivery system, Nanopatch, has been awarded the Best Venture Capital Investment at the 2012 Vaccine Industry Excellence Awards.

The Nanopatch was created by Prof Mark Kendall and his team at University of Queensland's Australian Institute for Bioengineering and Nanotechnology, and was made commercially viable by a \$15m investment in Vaxxas Pty Ltd by OneVentures, Brandon Capital Partners, the Medical Research Commercialisation Fund, and US-based HealthCare Ventures.

J&J sees 2012 dip

JOHNSON & Johnson sales decreased 0.2% year-on-year in the first quarter of 2012 to US\$16.1 billion, whilst the company also posted net earnings for the period of US\$3.9 billion.

First quarter 2012 net earnings included an after-tax gain of US\$106 million which has been attributed to the currency adjustment associated with the planned acquisition of Synthes.

Meanwhile the company also updated its earnings guidance for full-year 2012 to between US\$5.07 and US\$5.17 per share, which reflects the positive impact of current exchange rates.

"We continue to bring meaningful innovations to our patients and customers through the strong performance of our recently launched products," said J&J CEO and Chairman William Weldon.

"The dedication of the people of Johnson & Johnson gives me great confidence in the prospects of our business to deliver sustainable growth, well into the future," he added.

Abbott's biomarkers

ABBOTT has secured an exclusive license for several novel biomarkers from Stanford University.

According to Abbott the novel biomarkers will be used to aid in the development of a molecular diagnostic test which would differentiate aggressive from nonaggressive prostate cancer.

"Developing a clinically validated prostate cancer prognostic assay with actionable data represents the 'holy grail' in improving disease management," said Stanford University Medical Centre's James Brooks, Associate Professor, Department of Urology.

PRIME FOR PERFECT MAKEUP

Every day this week **Pharmacy Daily** and **John Plunkett's** are giving you the opportunity to win 1 of 2 prizes of John Plunkett Instant Wrinkle Filler (valued at \$39.95) plus a mini tube of Advanced Collagen Lift.

Instant Wrinkle Filler is a translucent primer that temporarily fills in imperfections like fine lines, mattifies with a unique gel-to-powder finish, and creates a perfect base for your makeup. Fragrance free and made in Australia.

For your chance to win, simply be one of the first two people to send in the correct answer to the daily question below.



**Does Instant Wrinkle Filler
contain fragrance?**

Hint! Visit www.johnplunkett.com.au

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

Congratulations to yesterday's lucky winners, **Belinda McLachlan** from **HNE Pharmacy Services** and **Rebecca Sbeghen** of **Brisbane Private Hospital Pharmacy**.

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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.



CK shocks both she and he

Iconic fashion house **Calvin Klein** has released an addition to its **ck one shock** perfume line, a travel spray range. Available in a male and female version, the scent's ck one shock absorber travel spray is packaged in a bottle made to look like a handheld mobile device (similar to an iPhone) which is wrapped in a smooth silicone skin in pink for women and green for men. This cover is claimed to make the bottle practically indestructible. In terms of the scents themselves, ck one shock for her is a floral perfume with notes of passion flower, pink peony, poppy flower, chocolate, blackberry, amber, jasmine and patchouli, whilst the male scent is a

fresh and fruity bouquet with lavender, cucumber, black pepper, cardamom, black basil, tobacco and musk.

RRP: \$20 (20ml)

Stockist: 1800 812 663

Get your iodine in a spray

BioCeuticals' new practitioner-only once-daily **Iodine Forte** oral spray provides users with 288mcg of iodine per spray. Flavoured peppermint, the spray delivers sufficient iodine supplementation for the maintenance of healthy thyroid hormone production and thyroid function. The spray is also suitable for pregnant and breastfeeding patients to support a normal healthy pregnancy, and contribute to the healthy development of baby's brain, eyesight and hearing.

RRP: \$23 (50ml)

Stockist: 1300 650 455

Website: www.bioceticals.com.au



Glow with Tom Ford this Autumn

Autumn is heating up with the launch of **Tom Ford's** new cream colour for eyes range. Inspired by radiant glowing bronzed skin, the limited edition collection features warm, glistening metal hues: **Platinum**, **Guilt** (gold), **Illicit** (burnished red), and shimmering **Spice**. The formula is ultra-smooth and creates a non-creasing long-lasting finish, which is highly reflective. As an added plus, the range is boosted with a bunch of skin loving antioxidants.

RRP: \$55

Stockist: 1800 061 326

Website: www.tomford.com

Estee has invisible makeup

Estee Lauder's new **Invisible Fluid Makeup** has been crafted to perfect skin without leaving a trace. The lightweight foundation has an airmulsion base which gives skin an airbrushed look, whilst the foundation's pigment technology allows the formula to conceal imperfections, and work with pigments in the skin's undertone to perfectly match up and provide what Estee Lauder calls the "ultimate shade match". The way the formula does this is by fusing together ultra-fine pigments and optics whose unique spherical microbeads of colour provide both coverage and translucency, whilst at the same time reflect light to create dimension and contour. A blend of multi-reflective prisms also capture and control brightness, tint, tone and balance so that skin looks natural in all lighting conditions.

RRP: \$68

Stockist: 1800 061 326

Website: www.esteelauder.com.au



DISPENSARY CORNER

SHOT by a dumbell.

A US man has raised more than a few eyebrows after his gunshot wound story became public.

According to the man, the wound came as a result of leaving bullets on his gym floor at home, with the bullet striking him in the shoulder after he dropped a dumbell he was lifting on the floor.

RETURN to life?

The controversial and hugely popular American rapper Tupac Shakur shocked fans at the music festival Coachella by performing on stage sixteen years after he died of a gunshot wound.

The performance was made possible via the use of holographic technology which took old performances by the rapper and made them appear to be occurring live at Coachella.

Shakur was joined on stage by his long-time friends and fellow superstars Snoop Dogg and Dr Dre.

LUCKY escape.

A 25-year old man has walked away from a car smash which could have ended in tragedy, after his car careened through a bridge barricade.

Andreas Rothstein and his passenger smashed through the barrier near the Swiss town of Urdorf in Zurich, but instead of falling 20 feet to their deaths, the car wedged itself dangling nose down over the road below.

Passersby were then able to hold onto the car whilst the pair scrambled to the back of the car and escaped through a window.

"They had a very lucky escape - it could have fallen over at any time," said one rescuer.

