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## Nature's Vitamin Angels

NATURE'S Own has pledged that it will increase its donation to Vitamin Angels by \$5 per pack (up from 25c) for every online Facebook registration received between 09 September and 31 October.

\$5 will provide essential vitamins for 20 children for an entire year.

## Australia's digestive health

AUSTRALIAN children may have a higher risk of digestive health problems than children in Canada and America, according to The Gut Foundation.

Clarifying its position, the Foundation said that the current recommendations for adequate fibre intake for Aussie kids are outdated, having been based on data from the 1995 National Nutrition Survey, and which has not changed in almost two decades.

As such, the current fibre intake recommendation for Australian children sits between 4-10g lower for each age and gender group when compared to other countries including the US and Canada.

"The fact that so many Australian parents are reporting digestive health concerns for their children suggests there is a serious need for the fibre recommendations to be reviewed and challenged," said The Gut Foundation's Prof Terry Bolin.

"Constipation among children is a common concern," he added.

Backing up the claims, The Gut Foundation said that 41% of Australian mothers report that their children suffer from frequent

bowel problems including upset stomachs and constipation, whilst 49% believe this is because their children do not consume enough fibre in their diets.

### Mylan reference

MYLAN has launched a free Generic Brand Reference Guide App, a reference and educational tool that helps people to quickly identify the generic name for a brand product and vice versa.

To download the App visit the App Store, or see [www.mylan.com](http://www.mylan.com).

### Brilinta results

REGARDLESS of smoking status, Brilinta achieved a greater reduction in thrombotic CV events and stent thrombosis when compared to clopidogrel, according to the results from a post-hoc analysis of patients with ACS in the PLATO trial.

The PLATO trial was a large (18,624 patients in 43 countries), head-to-head patient outcomes study of Brilinta versus clopidogrel, both given in combination with aspirin and other standard therapy, and patients were treated for at least 6 months and up to 12 months.

In acute coronary syndrome patients that were medically or invasively treated, the PLATO analysis showed that Brilinta significantly reduced CV deaths, myocardial infarction and stroke for habitual smokers (HR, 0.83 [95% CI, 0.68-1.00]) and ex/nonsmokers (HR, 0.89 [95% CI, 0.79-1.00] (interaction P=0.50), compared to clopidogrel.



Be a leader of innovation

Electronic Transfer of Prescriptions

Learn more about Electronic Transfer of Prescriptions and how they are transforming the Community Pharmacy ehealth journey.

Free workshops in your local area start October 2012 till March 2013.

Register at [www.5cpa.com.au](http://www.5cpa.com.au)

### Cover with Murine

IN celebration of Murine Eye Drops 40th birthday in Australian pharmacies, every customer who purchases a product from the Murine range will receive a special Murine silicone iPhone cover.

The pharmacy only promotion kicks off on 08 October and will be available whilst stocks last.



The Pharmacy Guild of Australia

The Electronic Transfer of Prescription Education Program is funded by the Australian Government Department of Health and Ageing as part of the Fifth Community Pharmacy Agreement between the Commonwealth and The Pharmacy Guild of Australia.

## Events Calendar

WELCOME to *Pharmacy Daily's* Continuing Professional Development Calendar, featuring upcoming events and opportunities to earn CPE and CPD points.

If you have an upcoming event you'd like us to feature, email [info@pharmacydaily.com.au](mailto:info@pharmacydaily.com.au).

**11 Sep:** Horsham September Meeting, Lecture: Coeliac Disease and Fructose Malabsorption, Mercure Hotel, Horsham, call 0407 813 688.

**12 Sep:** Lecture: Chinese Medicine and Pharmacy, RMIT University- Bundoora Campus, Bundoora, Victoria, call 0414 665 146.

**13-16 Sep:** Pharmacy Business Network, National Convention Centre Canberra, [pharmacybusinessnetwork.com](http://pharmacybusinessnetwork.com).

**15-16 Sep:** PSA Qld Sunshine Weekend, Sea World Resort, Gold Coast, Queensland, [educationqld@psa.org.au](mailto:educationqld@psa.org.au).

**02-06 Oct:** Pharmacy Guild of Australia Offshore Conference 2012, Waikiki, Hawaii - [pgahawaii2012@arinex.com.au](mailto:pgahawaii2012@arinex.com.au).

**19-21 Oct:** PSA Pharmacy Australia Congress, Melbourne Convention Exhibition Centre - [www.psa.org.au/pac](http://www.psa.org.au/pac).

**01-04 Nov:** SHPA 38th annual conference - Medicines Management 2012, Canberra - [mm2012shpa.com](http://mm2012shpa.com).

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### Jobs of the Week

- **Pharmacist Manager** - North Coast NSW (Job# 2008862). Partnership potential, September start.
- **Pharmacist** - Mackay QLD (Job# 2009197). Career opportunity, all levels of experience considered.
- **Pharmacist Manager** - Adelaide SA (Job# 2009074). Large popular store, experienced Manager needed.

## WIN A BOTANI PACK!

Every day this week, **PD** is giving one lucky reader the chance to win a Happy Feet Pack, valued at over \$65, courtesy of **Botani**. Botani's happy feet program will keep your feet beautiful, with the Eco-Clear Body Bar, Detox Foot Scrub, Phytoseptic Anti-Fungal Cream and Olivéne Repair Balm. For your chance to win be the first person to send in the correct answer to the question below to [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au).

**What's the key ingredient in Detox Foot Scrub which exfoliates dead skin on your feet & removes impurities?**

Hint! Visit [www.botani.com.au](http://www.botani.com.au)

Congratulations to yesterday's winner Kaitlyn Gasparini from Murray T Martin Pharmacy, Mount Gambier!



## Traffic light liver testing

ONE third of people admitted to hospital with end-stage liver disease die within the first few months, however a new 'traffic light' test could diagnose the disease earlier and enable those at risk to change their behaviour and save lives.

Developed by researchers at the University of Southampton and Southampton General Hospital, Southampton Traffic Light (STL) test combines several different tests and clinical markers which are given a score that indicates the patient's likelihood of developing liver fibrosis and liver cirrhosis.

The STL algorithm combines two serum markers of fibrosis, collagen p3 n peptide (P3NP) and hyaluronic acid (HA), together with platelet count, and can be calculated in two ways: either with a complex exponential function derived from logistic regression analysis, or, alternatively, with a simple clinical rule for the individual test results.

The test results are graded into three colours: red if the patient has

liver scarring and or cirrhosis; amber if there is at least a 50:50 chance of scarring with a significant possibility of death within five years (here patients are advised to stop drinking to avoid further disease and death); and green if there is no cirrhosis and the patient is highly unlikely to die from liver disease over the next five years.

The test was given to over 1,000 patients, and their progress was followed and monitored, in some cases over several years, to assess the accuracy of the test in predicting whether they developed liver fibrosis or cirrhosis.

The monitoring proved that the test was accurate in severe liver disease, and while not a substitute for clinical judgement or other liver function tests, can provide healthcare practitioners with an objective means to accurately assess the potential severity of liver fibrosis in high-risk patients (heavy drinkers, type 2 diabetics, obese people).

## DISPENSARY CORNER

**BLOOD**, gore and a proposal.

One does not necessarily associate blood and gore with a marriage proposal, but that's exactly how one Russian couple will remember their proposal day.

30-year old Alexey Bykov enacted possibly one of the most bizarre marriage proposals, with the assistance of a movie director, stunt man, make-up artist and script writer, who worked together to create an elaborate car crash scene in which Bykov was seemingly killed.

His unsuspecting girlfriend was forced to watch on in horror as she arrived at the scene to mangled cars and bodies, and her boyfriend being pronounced dead in a pool of blood.

However when she reached him, Bykov jumped up, smiled and proposed.

After taking five minutes to calm her fury, she said yes.

## September MIMS Monthly Medicine Update

### NEW PRODUCTS

**Glypressin (terlipressin (as terlipressin acetate))** is a dodecapeptide that has three glycol residues attached to the N-terminal of lysine vasopressin (LVP). Terlipressin acts as a prodrug and is converted via enzymatic cleavage of its three glycol residues to the biologically active lysine vasopressin. The primary pharmacodynamic effects of terlipressin are the vasoconstrictive effects mediated through V1a receptors on vascular smooth muscle in the splanchnic and portal circulation. Moreover, terlipressin can also act via V1a receptors to increase systemic mean arterial pressure and cause a reflexogenic heart rate reduction. Glypressin is indicated for the treatment of bleeding oesophageal varices. It is contraindicated in pregnancy. Glypressin Powder is available in a vial containing 0.85 mg terlipressin (equivalent to 1 mg terlipressin acetate), together with diluent in a 5 mL ampoule (equals '1 set'), supplied in boxes containing 5 sets. Glypressin Solution is available as a 8.5 mL solution for injection in ampoules containing 0.85 mg terlipressin in 1 mL (equivalent to 1 mg terlipressin acetate in 1 mL), supplied in boxes of 5's.

**Valoid (cyclizine lactate)** is a piperazine-derivative antihistamine used as an anti-emetic agent when given as cyclizine lactate solution by intravenous injection. Cyclizine is a histamine H1 receptor antagonist of the piperazine class. It possesses anticholinergic and antiemetic properties. Valoid is indicated for the prevention of nausea and vomiting including nausea and vomiting caused by narcotic analgesics and by general anaesthetics in the post-operative period. Valoid is contraindicated in patients who have severe heart failure. Valoid is available as a solution for injection in 1 mL ampoules containing 50 mg/mL cyclizine lactate in packs of 5's.

**Xifaxan (rifaximin)** is a non-aminoglycoside semi-synthetic, non-systemic antibiotic derived from rifamycin SV. Rifaximin acts by binding to the beta-subunit of bacterial DNA-dependent RNA polymerase resulting in inhibition of bacterial RNA synthesis. Rifaximin has a broad antimicrobial spectrum against most of the Gram-positive and gram negative, aerobic and anaerobic bacteria responsible for intestinal infections. Xifaxan is indicated for the prevention of the recurrence of hepatic encephalopathy where other treatments have failed or are contraindicated. Xifaxan is available as 550 mg tablets in packs of 56's.

**Yaz Flex (drospirenone, ethinylloestradiol (as betadex clathrate))** is a combined oral contraceptive (COC) tablet with similar indications to Yaz. Yaz Flex can be used continuously for 25-120 days. It is available as a dispenser pack + tablet dispenser containing 30 tablets in packs of 1's and 4's.

**Zatamil (mometasone furoate)** is a synthetic 16 $\alpha$ -methyl analogue of beclomethasone. Zatamil is indicated for the short-term (up to four continuous weeks) relief of inflammatory and pruritic manifestations of corticosteroid responsive dermatoses, such as psoriasis and atopic dermatitis. Zatamil lotion is suitable for use in scalp psoriasis and application to other areas of the body. Zatamil is contraindicated in most viral infections of the skin, tuberculosis, acne rosacea, perioral dermatitis, fungal skin infections and ulcerative conditions. Zatamil is available as a hydrogel (15 g, 45 g), lotion (30 mL) and ointment (15 g, 45 g) containing 0.1% w/w mometasone furoate.

### NEW INDICATIONS

**Tykerb (lapatinib as ditosylate monohydrate)** in combination with paclitaxel is now indicated for the first-line treatment of patients with metastatic breast cancer whose tumours overexpress HER2 (ErbB2) and for whom trastuzumab is not appropriate.

**Vectibix (panitumumab (rch))** is now indicated for the treatment of patients with wild-type KRAS metastatic colorectal cancer (mCRC) as first-line therapy in combination with FOLFOX (oxaliplatin, 5-fluorouracil and leucovorin). It is also indicated as second-line therapy in combination with FOLFIRI (irinotecan, 5-fluorouracil and leucovorin) for patients who have received first-line fluoropyrimidine-based chemotherapy (excluding irinotecan). Vectibix is also now indicated as monotherapy in patients after the failure of standard chemotherapy.

### SAFETY RELATED PRODUCTS

Cases of hepatic necrosis and life-threatening hepatic failure have been reported with Ciproxin, Ciproxin IV (**ciprofloxacin**). In the event of any signs and symptoms of hepatic disease (such as anorexia, jaundice, dark urine, pruritus, or tender abdomen), treatment should be discontinued.

Cases of liver failure requiring liver transplant have been reported in patients treated with Flagyl, Flagyl S Suspension (**metronidazole**) in combination with other antibiotic drugs; all spiramycin except one case of tetracycline.

Initiation of Gilenya ( **fingolimod**) treatment results in a decrease in heart rate. Isolated cases of transient, spontaneously resolving complete AV block have been reported during postmarketing use of Gilenya. Therefore on initiation of Gilenya treatment, it is recommended that all patients be observed, with hourly pulse and blood pressure measurement, for a period of 6 hours for signs and symptoms of bradycardia.

**Maxolon (metoclopramide hydrochloride)** is now contraindicated in patients with porphyria; metoclopramide should not be used in patients with epilepsy since it may increase the frequency and severity of seizures; metoclopramide should not be administered to patients receiving other drugs which are likely to cause extrapyramidal reactions, since the frequency and severity of extrapyramidal reactions may be increased.

*This list is a summary of only some of the changes that have occurred over the last month. Before prescribing, always refer to the full product information.*