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BPA DNA damage

A NEW study, published in Proceedings of the National Academy of Sciences has linked BPA to alterations in the chromosomes of rhesus monkeys.

The study looked at pregnant monkeys and the effects that BPA had on them and their unborn babies.

According to the results, BPA was found to cause female fetuses eggs to divide improperly (which could lead to birth defects).

Snoring when pregnant

PREGNANT women who begin to snore may be at risk for high blood pressure and preeclampsia, according to research from the University of Michigan.

Published in the *American Journal of Obstetrics and Gynecology*, the research showed pregnancy-onset snoring was strongly linked to gestational hypertension and preeclampsia.

"We found that frequent snoring was playing a role in high blood pressure problems, even after we had accounted for other known risk factors," said study author Louise O'Brien, associate professor in U-M's Sleep Disorders Center. "And we already know that high blood pressure in pregnancy, particularly preeclampsia, is associated with smaller babies, higher risks of pre-term birth or babies ending up in the ICU," she added.

The study involved 1,700 participants and is believed to be the largest of its kind.

Breast and Bowel concerns

THERE is a dangerous knowledge gap regarding the two most common cancers of Australian women, according to Bowel Cancer Australia.

The comments come on the back of research by Bowel Cancer Australia, involving 1,000 men and women aged between 40-70, which found that whilst 89% of women felt quite informed about breast cancer this figure dropped significantly for awareness of bowel cancer (56%).

Interestingly even Aussie males said they knew more about breast cancer (60%) than bowel cancer (53%).

Bowel cancer is the second most common cancer for both women and men (after breast and prostate cancer respectively) and the number two cancer killer of Australians, after lung.

Responding to the report, Julien Wiggins, Chief Executive of Bowel Cancer Australia said that the relatively poor knowledge about bowel cancer was likely to be one important contributing factor to poor participation rates for testing among those aged 50-70.

"In females, 84% said they had some form of a breast cancer check but only 48% said they had a bowel cancer check in the last couple of years," he said.

"Our research highlights the community benefit of long-standing, well-funded and well-promoted government screening programs and awareness campaigns for mammography and pap tests.

"We need similar action for bowel cancer," he added.

Wiggins also added that when

women are booking their breast screening appointment, that they should also consider a bowel cancer screening as well.

"Bowel cancer is not a bloke's cancer," he said.

"It affects men and women almost equally but less than half of the participants (44%) knew this, while 36% were unsure of what the gender split was," he added.

MEANWHILE in the absence of a government funded awareness program, Wiggins encouraged Aussies to engage in three simple steps: Talk- about signs and symptoms and testing for bowel cancer; Test- take a bowel cancer screening test (particularly for those over 50) and Tell- share family medical history with close relatives.

"We need the community to be better informed and better prepared," Wiggins said.

"Bowel cancer affects men and women and while the risk increases markedly from age 50, those under 50 are not immune from the country's second biggest cancer killer," he added.

Thermoskin rebrand

THERMOSKIN, provider of arthritis, repetitive-strain and sports injury support products is rebranding with new corporate logo and new instore packaging.

Gynaecological cancer

ACCORDING to the latest AIHW report, around 12 females are diagnosed with a gynaecological cancer each day in Australia.

Despite this grim figure, the report did provide hope in that survival prospects are improving.

The report shows uterine cancer was the most commonly diagnosed gynaecological cancer in 2008, followed by ovarian cancer and cervical cancer, and that a total of 4,534 new gynaecological cancers were diagnosed in Australia in 2008 (accounting for over 9% of all new cancers in females).

Meanwhile, other report findings demonstrated that the five-year relative survival for ovarian, uterine and cervical cancers has improved over time and that Aussien women diagnosed with these cancers have better survival prospects than women in many other countries.

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Wear pink lippy

THIS Friday marks Bright Pink Lipstick Day, an initiative designed to inspire women to be proactive and vigilant with their breast and ovarian health.

The brainchild of the charity Pink Hope, Lipstick Day is aimed at raising awareness and vital funds for the organisation, Australia's first genetic breast and ovarian cancer support community, which provides a safe and supportive arena for high risk women and their families to connect.

See www.pinkhope.org.au for more details.

Ownership hurdles

THE Early Career Pharmacist Breakfast being held this year as part of PAC12 will hear from Simon Carroll, Senior Professional Practice Pharmacist at PSA, who will speak on the subject of 'Hurdles to be addressed when considering ownership'.

See www.psa.org.au/pac.

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Swisse expands Aussie jobs

THE healthcare job sector is set to get a boost from complementary health company Swisse, with the business announcing plans to create 140 new jobs at its Melbourne headquarters.

According to Swisse, the move will more than double its total employment to around 300 staff, with new jobs to include areas such as research and development, international marketing, innovation and corporate services.

Aussies need to walk

MORE than one in two Australians do not incorporate 15 minutes of walking into their commute, according to a Bupa survey.

The findings are worrying given international research recently published in the *Lancet* which found that walking an extra 15 minutes each day can help extend life expectancy by up to three years.

The Bupa survey also found that one in three Australians never leave their desk or workplace for lunch, and that two in three think their boss or workplace culture doesn't encourage exercise.

Perhaps unsurprisingly, the - most common factor cited as an impediment to exercising more during the week was laziness (33%), followed by lack of time or a commute that doesn't allow for it (28%).

MEANWHILE survey results precede Walk to Work Day this Friday, which encourages Aussies to walk to work.

"This is Swisse's vote of confidence in our complementary health industry and the role our company plays in it," said Swisse CEO Radek Sali.

"It is the next phase in our development and we are proud to be creating jobs in this challenging economic climate," he added.

The revelation follows the company's announcement that it will enlist Aussie actress Nicole Kidman to help it launch its range internationally next year (**PD** 31 Aug).

"Swisse concentrates on educating people about health and happiness and having a job is a big part of that," Sali said.

ASMI future proofing

THIS year's ASMI Conference, *Future Proofing the Consumer Healthcare Industry* will hear from a range of experts including Dr Geoffrey Annison, Deputy Chief Executive of the Australian Food & Grocery Council and Dr Stewart Jessamine, Group Mgr Corporate, Medsafe NZ, **CLICK HERE** for details.

Forecast for hayfever

CONSUMERS now have a new web tool from Sanofi Consumer Healthcare to assist them in monitoring the pollen count in their capital city.

Launched as part of Telfast's website, the allergy forecaster will enable hayfever sufferers to get a four-day pollen forecast.

"A major insight from our research is that consumers delay treatment to see if their symptoms will subside," said Mike Abbott, Head of Marketing for Sanofi Consumer Healthcare which owns Telfast.

The four-day forecast is also available through the new Telfast Facebook page which also enables consumers to automatically receive their capital city forecast on their news feed each day.

"As well as assisting consumers manage their hayfever, the new social media presence we have created will be a handy reference point for pharmacies, giving staff more opportunities to engage with hayfever sufferers," Abbott said.

See www.facebook.com/TelfastAU.

WANT TO LOOK GOOD NAKED?

Everyday this week **PD** is giving one lucky reader the chance to win a TanTowel pack, courtesy of **Lightning Brokers** - a national pharmaceutical brokerage that builds your business.

Look good naked with TanTowel! The pack, valued at \$131, includes the full sunless tan range - the Half Body Classic (for medium to lighter skin tones), the Half Body Plus (for darker skin tones), the On the Glow (for your handbag), the On the Glow Moisturiser and the X-Foliator Towelettes.

For your chance to win, be the first person to send through the correct answer to the question below.

What key three ingredients does TanTowel On the Glow contain?

Email your answer to: comp@pharmacydaily.com.au
Hint! Visit www.tantowel.com.au

Congratulations to yesterday's winner **Emma Kelly**, from **Flinders Medical Centre!**



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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.



DISPENSARY CORNER

There's a new lady in town

Paco Rabanne has introduced a new **Lady Million Eau De Toilette** fragrance. According to the company, the scent is a lighter, fresher and a more subtle version of the "assertive" original Eau De Toilette, exchanging the "heady seduction" for a "soft, invigorating sensuality representing a crisp floral, woody bouquet". The scent features top notes of neroli and lily of the valley, heart notes of hyacinth and gardenia and base notes of honey and patchouli.

RRP: \$105.00 (50ml) and \$134 (80ml)

Stockist: 02 9663 4277

Website: www.pacorabanne.com



HE does not need any ginko biloba.

Many people wish they could forget at least a few of their teenage years, but for one 20-year old Welsh man, Aurelien Hayman, that is an impossibility.

Hayman remembers everyday of his teenage life due to being one of only a handful of people worldwide with hyperthymesia.

Described as highly superior autobiographical memory, hyperthymesia means that Hayman can remember exactly what happened on any given day of his life, including what the weather was like, what he was wearing and what songs he was listening to.

In a recent interview, when asked about 01 October 2006, Hayman recalled it was overcast, he was listening to the Killers' song When You Were Young and had just been rejected by a girl.

"There's no method or technique to it," he said.

"I'm not aware that my memories are being coded.

"It's like being able to access something in a filing cabinet very quickly," he added.

MIND your fingers and toes.

Plane baggage holders came in very close to disaster recently when they opened the hold of a plane to find a crocodile wandering about.

According to reports, the croc was in the process of being transferred from Brisbane to Melbourne and was supposed to be secured safely in a crate.

Much to the confusion of the baggage handlers, during the journey the crocodile had managed to escape his enclosure to wander through the cargo hold at his pleasure.

Fortunately, after landing the croc seemed disinclined to attack the handlers and was soon rounded up and re-secured in his enclosure.



Oil free summer spray

Clairins Sunscreen Care Oil Free Lotion Spray is formulated with SPF15 for moderate sun protection for sun lovers who like to play outdoors - whether at the beach, playing sports or lounging poolside. The lightweight oil-free spray is designed to glide on easily to promote a natural-looking, long-lasting tan while protecting skin from UVA and UVB rays and the drying effects of prolonged exposure to the sun. The product is suitable for all skin types, however it is not recommended for use on children.

RRP: \$35

Stockist: 02 9663 4277

Website: www.adorebeauty.com.au

Get your own designer hands

Designer Brands' new **Bath & Body** range includes a decadent **Coconut Hand & Nail Cream**. The summery scented cream is high in protective antioxidant Vitamin C and healing Vitamin E, as well as protein-rich coconut-oil to aid in the repair of damaged and stressed skin. The product is also enriched with hydrating shea butter to help skin bind and retain its water content. The cream features a silky texture and is quickly absorbed to leave skin delightfully smooth and lightly coconut scented.

RRP: \$9.99

Stockist: 1300 765 332

Website: www.dbcosmetics.com.au



Paint your own eye canvas

Laura Mercier's Eye Canvas acts like a foundation for the eye, neutralising the eyelid and providing lightweight coverage. The Canvas also helps to extend makeup wear and to prevent creasing and smudging, and also prepares the eyelid for makeup, covering any imperfections for a natural finish. The formula includes potato starch (oil absorbing and oil controlling), Vitamins A, E and C (antioxidants to protect the eye against environmental damage), organsol

(nylon 12- oil absorbing, anti-creasing and texturising material that helps the formula glide onto skin) and silica (adds texture to make the formula feel creamier whilst adding a soft focus effect).

RRP: \$39

Stockist: 02 9663 4277

Website: www.adorebeauty.com.au