

## A bumper PD issue

*Pharmacy Daily* today has three pages of news plus a full page from the **Cancer Council** and the latest **MIMS Update**.

## Sunscreen guide

**THE** Cancer Council is today reminding pharmacy staff of the guidelines for the correct application of sunscreen.

At least one teaspoon per exposed limb should be applied 20 minutes before going outside - meaning a full body application is equivalent to 35ml of sunscreen.

Sunscreen should be reapplied every two hours - for more see **page four** of today's **PD**.

## MIMS Dec update

**TODAY'S** issue of *Pharmacy Daily* features the Dec 2017 MIMS monthly update, detailing important new products, new indications and new contraindications plus active ingredient name changes - **page 5**.

## Pharmacy of the future

**THE** Pharmacy Guild of Australia has revealed further details of its "Community Pharmacy in 2025" research project (**PD** 14 Sep), with the appointment of consultant group Pottinger as strategic adviser.

Guild president George Tambassis said CP 2025 was a recognition by the Guild "of the need to identify and anticipate multiple changing factors in our health system and in our community."

"Around the world, there is growing evidence that allowing pharmacists to practise at the top of their professional skills can take pressure off the wider health system and reduce unnecessary hospital admissions," he said, with pharmacists able to help manage the causes of hospitalisation and relieve pressure on GPs.

Tambassis added that health systems around the world were harnessing the "accessibility and professional capacity of community pharmacies" in treating minor ailments, undertaking screening

and risk assessments, and driving medicines compliance through continued dispensing and prescription renewal.

"We hope CP2025 will make a significant contribution towards our understanding of these trends and our capacity to ensure the potential of community pharmacies is fully realised," Tambassis added.

The CP2025 project will look at the profound changes likely in Australia's health system, what consumers want most from their community pharmacy, changes to the provision of medicines, workforce requirements, technology and what may be necessary in terms of changes to pharmacist professional practice.

Qualitative and quantitative market research for the project, across patients, pharmacists and pharmacy staff, will be conducted by Orima Research.

A full summary of the CP2025 project is now available online at [www.guild.org.au](http://www.guild.org.au).

## ASMI board members

**THE** Australian Self Medication Industry (ASMI) announced its new Board of Directors at its annual general meeting last week, with the election of three board directors confirmed.

Rob Barnes (Aspen), Andrew Jenkin (Pfizer) and Alan Oppenheim (Ego Pharmaceuticals) will be joining current board directors Lindsay Forrest (chairman), Doug Cunningham (J&J Pacific) and Mark Sargent (Bayer).

Following the AGM, the incoming board also appointed James Jones (Takeda) and Stephen Moodey (GSK) to fill two of the four casual vacancies.

The following office bearers were also appointed: Doug Cunningham to vice chair, James Jones to secretary and Rob Barnes as treasurer.

The AGM also featured guest speaker Craig Woolford, Citigroup md and head of consumer sector research, who addressed members on 'Amazon and its impact on the Australian market'.

**evodia**  
AUSTRALIA

## JUST IN TIME FOR CHRISTMAS

Order 12 UNITS and receive 25% OFF  
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- 20+ Year Pharmacy Heritage
- 80% Growth Year on Year
- Fantastic ROI this Christmas Period

[CLICK HERE TO VIEW THE EVODIA RANGE](#)

## NRT in pregnancy

**NICOTINE** replacement therapy (NRT) is safer than smoking and Australian doctors can be confident about prescribing it for their pregnant patients, according to the authors of a Narrative Review published online by the *Medical Journal of Australia* - [CLICK HERE](#).

"Clinicians report low levels of prescribing NRT during pregnancy, due to safety concerns and low levels of confidence in their ability to prescribe NRT," wrote the authors, led by Dr Yael Bar-Zeev, Public Health physician and Tobacco Treatment Specialist, PhD candidate at the University of Newcastle and head of the Centre for Smoking Cessation and Prevention at Ben-Gurion University in Israel.

"In a recent survey of Australian general practitioners and obstetricians, 25% of participants stated that they never prescribe NRT during pregnancy."

Current Australian and New Zealand guidelines recommend the use of NRT by pregnant women who have been unable to quit smoking without medication, the authors wrote.

However, these guidelines, and others from around the world, deliver mixed messages by imposing caveats such as "only if women are motivated", "only give out two weeks' supply" or "under close supervision".

Bar-Zeev concluded, "nicotine may not be completely safe for the pregnant mother and fetus, but it is always safer than smoking".

## One PBS addition for Dec

**JUST** one medicine has been added to the Pharmaceutical Benefits Scheme this month, with funding approved for eribulin (Halaven) for the treatment of soft tissue sarcoma.

Health Minister Greg Hunt said the addition would give over 100 Australians a year access to "affordable life-improving treatment," with the Pharmaceutical Benefits Advisory Committee recommending the listing of the drug in recognition that there is a "high unmet clinical need for treatment options in

liposarcoma patients and that for some patients this medicine is more effective than other comparable treatments".

Without the PBS listing patients would pay almost \$16,000 annually without subsidised access.

Hunt also announced a range of "biosimilar uptake drivers," initially relating to etanercept (**see p3**) which aims to increase more price competition and free up funds to provide access to new treatments.

## 4th codeine module

**THE** fourth online module of an education package to support the pharmacy profession through the upcoming codeine scheduling changes has been released by the Pharmacy Guild of Australia and the Pharmaceutical Society of Australia.

With the upcoming changes to scheduling of combination medicines containing codeine, many patients will have to change how they manage their pain, placing pharmacists in a central position to respond to and help manage acute pain presentations in pharmacy.

This online module is titled 'Codeine rescheduling: Principles of pain management/Pain management in practice'.

Visit [psa.org.au](http://psa.org.au) or [myCPD.org.au](http://myCPD.org.au) to access the training modules.

## Health Care Homes project extended

**HEALTH** Minister Greg Hunt has announced an expansion of the government's Health Care Homes trial, with the addition of 168 more general practices and Aboriginal Community Controlled Health Services to the scheme.

The significant growth builds on the 22 clinics already in the trial, with additional practices expected to sign on in the coming weeks.

Each Health Care Home patient will have their own care team which may include their GP, a practice nurse, specialist, physiotherapist, dietitian and pharmacist, with the aim of helping people stay as well as possible and avoid hospitalisation.

Enrolment of patients will occur over the next 12 months - for more info see [health.gov.au](http://health.gov.au).

## Good migraine news

**FURTHER** encouraging results around migraine therapy have been demonstrated in two separate UK clinical trials.

Antibody erenumab made by Novartis, was trialled on 955 patients with episodic migraine (**PD** Fri) while another, fremanezumab made by Teva pharmaceuticals, was trialled on 1,130 patients with chronic migraine, according to a **BBC** report.

Research has shown a chemical in the brain - calcitonin gene-related peptide or CGRP - is involved in both pain and sensitivity to sound and light in migraine.

Four drug companies are now racing to develop antibodies that neutralise CGRP either by sticking to CGRP, or by blocking the part of a brain cell with which it interacts.



## Oncology drug hits HIV

**AN ONCOLOGY** drug has led to a 'drastic decrease' of HIV-infected cells in a French patient, raising the possibility the drug could help finally rid patients of the virus, according to a new study.

Published in the *Annals of Oncology*, the letter from Professor Jean-Philippe Spano, Parisian oncologist described the use of PD-1 inhibitor Nivolumab in an HIV patient - [CLICK HERE](#) for the study.

## LiveLife PHARMACY

### Pharmacist Vacancies

We have excellent opportunities for newly registered Pharmacists or Pharmacists looking for a change.

Port Douglas (FT) – Far North Qld  
 Rockhampton (FT) – Central Qld  
 Noosa Heads (FT) – Sunshine Coast, Qld  
 Tewantin (PT) – Sunshine Coast, Qld

LiveLife offers support for career progression including management training and opportunities for partnership.

**To Apply/For More Information - email resume with location/s of interest to:**  
[recruit@livelifecentral.com](mailto:recruit@livelifecentral.com)  
[www.livelifepharmacy.com](http://www.livelifepharmacy.com)



## PHARMACY FOR SALE – COASTAL VICTORIA SINGLE PHARMACY TOWN

**Pharmacy 9017V**

**EOFY 2017 Turnover:** \$3,403,285 (approx.)  
**Annual Rent:** \$66,000 plus GST and Outgoings  
**Area:** ~ 422 m2

The pharmacy has been owned by the same vendors for more than 40 years, a fantastic opportunity!  
[www.blinkpb.com.au](http://www.blinkpb.com.au)

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Please contact STEWART GRIGG to obtain the Pharmacy Profile Package (PPP)  
 E: [sgrigg@blinkpb.com.au](mailto:sgrigg@blinkpb.com.au) M: 0434 095 592  
 Blink Pharmacy Brokers - see your future clearly...

## FDA ticks Ogivri

THE US Food and Drug Administration has approved Ogivri (trastuzumab-dkst) as a biosimilar to Herceptin (trastuzumab) for the treatment of patients with breast or metastatic stomach cancer whose tumours overexpress the HER2 gene.



## Weekly Comment

Welcome to PD's weekly comment feature.

This week's contributor is Judy Cheung-Wood, SkinB5 Founder & Managing Director



## 5 Reasons to Use Supplements for Acne

LAST week, SkinB5 launched its first iTherapeutics training module and already we are seeing higher than expected participation which is reflecting a strong growing interest in using supplements to treat acne.

There is mounting evidence to show that daily supplementation of certain vitamins and minerals, particularly Vitamin B5, could help control acne effectively.

Here are five reasons to treat acne with supplements:

1. Topical acne products do not address root causes of acne which include overactive sebum production, hormone imbalances, stress and weak immunity which happens inside your body.
2. Topical products for acne typically contain benzoyl peroxide and drying agents that could irritate, strip and dry out skin resulting in long term sensitivity and other problems.
3. Prescription acne medications could be helpful as a short-term measure, but patients are increasingly concerned about potential side effects.
4. Many scientific studies now show links between acne and diet, and supplementation of certain nutrients including Vitamin B5, Zinc and Nicotinamide can help acne prone individuals control acne effectively.
5. Modern diet containing highly processed foods and lifestyles that drain nutrients often lead to a level of deficiency. Supplements containing Vitamin B5, essential minerals and oils can improve overall health, including skin functions.

## Dispensary Corner

AN IRANIAN woman with an obsession with Angelina Jolie has taken her fandom to unusually creepy levels by undergoing more than 50 plastic surgeries to look like the Hollywood A-lister.

Sahar Tabar claims she "would do anything" to resemble her hero, including a range of cosmetic operations on her cheeks, eyes and lips, as well as shedding more than 35kgs!

With critics claiming her transformation makes her look like some kind of trendy zombie, observers of the cheeky variety might say mission accomplished.



A WOMAN from Colorado has found herself in a battle with a hospital which is demanding \$1,877 for the service of piercing her daughter's ears.

While in surgery to correct a rare tongue condition on her daughter, the surgeon asked if she should also pierce her ears while she was under.

While thinking the offer a little unusual, the mother opted to go ahead with the strange up-sell only to be charged top dollar.

Given the exorbitant amount charged for a simple ear piercing, it makes one wonder if heart surgery may literally cost you an arm and a leg?

## Amazon for generic entry?

MEGAGIANT online retailer Amazon is said to be in discussions with generic pharmaceutical manufacturing companies around its potential entry into the pharmacy sector, according to a report from CNBC.

Major generic manufacturers Mylan and Sandoz have reportedly been in talks, which would place Amazon in direct competition as purchasers of generic drugs, with distributors like McKesson, AmerisourceBergen, and Cardinal Health, dominant wholesalers in the US.

Although there have been no further details, the report is not inconsistent with earlier whispers about Amazon's pharmacy sector inclinations (PD 30 Oct 17).

It has been confirmed that the company has received approval from regulators in twelve US states to do business as a pharmacy wholesale distributor.

Approvals have been granted in Nevada, Arizona, New Jersey,

amazon



Louisiana, Alabama, Idaho, New Hampshire, Oregon, Michigan, Connecticut and Tennessee.

However Amazon would still need to obtain a pharmacy license in order to ship prescription drugs directly to consumers, analysts explained.

No further reports have indicated suspected timings for Amazon's entry into the Australian pharmacy or wholesale pharmaceutical market.

## Etanercept update

A PHARMACIST fact sheet has been published by the Health Department in relation to the 01 Dec changes to encourage the use of biosimilar brands of biological medicines.

Brenzys (etanercept) is a biosimilar for Enbrel and there is a new administrative note for prescribers in the Schedule of Pharmaceutical Benefits encouraging its use - more info at [www.pbs.gov.au](http://www.pbs.gov.au).

## WIN WITH DESIGNER BRANDS

Each day this week Pharmacy Daily and Designer Brands are giving away 3 x shades of the Absolute Brow Pencil - valued at \$36.

Designer Brands Absolute Brow Pencil is the do-it-all brow hero. This versatile product includes a precision, triangular tip to define and feather-in brows and an integrated spoolie to groom and shape, before and after applying. With a soft, yet smudge-proof formula this brow pencil can transform brows, adding natural-looking thickness for all day wear. Available in three shades; Taupe, Hickory and Chocolate.

CLICK HERE to see more.

To win, be the first person from NSW or ACT to send the correct answer to the question to [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)

How many shades does the DB Absolute Brow Pencil come in?

Check here tomorrow for today's winner.





# CORRECT SUNSCREEN APPLICATION



**BEFORE  
YOU GO  
OUTSIDE**



## USE AT LEAST ONE TEASPOON PER EXPOSED LIMB



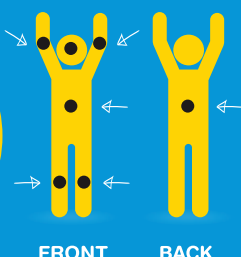
One teaspoon is equal  
to 5mL of sunscreen

At least one  
teaspoon for:  
each arm, leg,  
front torso,  
back torso, face  
(incl. neck & ears)



Ensure product is spread  
evenly across skin

## THIS MEANS A FULL BODY APPLICATION\* IS 35mL OF SUNSCREEN (OR 7 TEASPOONS)



\*35mL equals  
one full body:

- Front of body
- Back of body
- Face, neck  
and ears

FRONT

BACK

For Cancer Council  
110mL tube, this  
is approx. 3 full  
body applications



Always read the label.  
Use only as directed



## REAPPLY EVERY TWO HOURS

and immediately after  
swimming, sweating  
or towel drying

## KNOW YOUR UV

Use sun protection when  
UV levels are 3 or above



## REMINDER

### PATCH TEST

When using a sunscreen for the first time  
test on a small section of skin first



If irritation occurs,  
discontinue use.  
You can find  
more information  
on reactions to  
sunscreen at  
[cancer.org.au](http://cancer.org.au)

**EVERY PURCHASE GOES TOWARDS  
CANCER RESEARCH AND SERVICES**  
[cancer.org.au](http://cancer.org.au)



## New Products

- **Intuniv (guanfacine (hydrochloride))** is a selective  $\alpha_{2A}$ -adrenergic receptor agonist. The mode of action of guanfacine in attention deficit hyperactivity disorder (ADHD) is not fully established. Preclinical research suggests guanfacine modulates signalling in the prefrontal cortex and basal ganglia through direct modification of synaptic norepinephrine transmission at the  $\alpha_2$ -adrenergic receptors. Intuniv is indicated for the treatment of ADHD in children and adolescents 6-17 years old, as monotherapy (when stimulants or atomoxetine are not suitable, not tolerated or have been shown to be ineffective) or as adjunctive therapy to psychostimulants (where there has been a suboptimal response to psychostimulants). Intuniv must be used as part of a comprehensive ADHD management program, typically including psychological, educational and social measures. Intuniv modified release tablets (guanfacine 1 mg, 2 mg, 3 mg or 4 mg) are available in packs of 28.
- **Kisqali (ribociclib (succinate))** selectively inhibits cyclin dependent kinase (CDK) 4 and 6. These kinases are activated upon binding to D-cyclins and play a crucial role in signalling pathways which lead to cell cycle progression and cellular proliferation. Kisqali in combination with an aromatase inhibitor is indicated for the treatment of men and postmenopausal women with hormone receptor positive (HR+), human epidermal growth factor receptor 2 negative (HER2-) advanced or metastatic breast cancer, as an initial endocrine based therapy. Kisqali is contraindicated with corrected QT interval (QTcF) > 450 milliseconds prior to treatment or in patients who already have long QT syndrome or who are at significant risk of developing QTc prolongation. Kisqali tablets (ribociclib 200 mg) are available in packs of 21, 42 and 63.
- **Monurol (fosfomycin (trometamol))** inhibits the phosphoenolpyruvate transferase enzyme, irreversibly blocking the condensation of uridine diphosphate-N-acetylglucosamine with p-enolpyruvate. Fosfomycin has a mainly bactericidal action. Monurol is indicated only for the treatment of acute uncomplicated lower urinary tract infections (acute cystitis) in females over 12 years of age caused by the following susceptible pathogens: Enterobacteriaceae (including *Escherichia coli*), *Enterococcus faecalis*. Monurol is not indicated for the treatment of pyelonephritis or perinephric abscess or where resistance is likely (previous treatment failure, infection due to nonsusceptible organism). Monurol is contraindicated with severe renal insufficiency (creatinine clearance < 10 mL/minute), haemofiltration, haemodialysis or peritoneal dialysis. Monurol granules for oral solution (fosfomycin 3 g) are available in one single use sachet.
- **Sativex (nabiximols)** contains cannabinoid botanical drug substances (partially purified extracts) produced from cultivated *Cannabis sativa* L. plants specifically bred to produce their cannabinoid content as high delta-9-tetrahydrocannabinol (THC) or high cannabidiol (CBD) chemotypes. Cannabinoid receptor CB<sub>1</sub> is found mainly in nerve terminals in the CNS where it modulates neurotransmitter release, and CB<sub>2</sub> is found primarily in cells of the immune system. THC acts as a partial agonist at both CB<sub>1</sub> and CB<sub>2</sub>. Sativex is indicated as treatment, for symptom improvement in moderate to severe spasticity due to multiple sclerosis (MS) which has not responded adequately to other anti-spasticity medication and demonstrates clinically significant improvement in spasticity related symptoms during an initial trial of therapy. Sativex is contraindicated with: any known or suspected history or family history of schizophrenia, or other psychotic illness; history of severe personality disorder or other significant psychiatric disorder other than depression associated with the underlying condition; breastfeeding. Sativex oromucosal spray solution (nabiximols 80 mg/mL  $\equiv$  THC 27 mg/mL, CBD 25 mg/mL; 100 microlitres/spray) is available in a pack containing 3 x 10 mL (90 actuation) metered dose sprays.
- **Spinraza (nusinersen (heptadecasodium))** is an antisense oligonucleotide specifically designed to treat spinal muscular atrophy (SMA), an autosomal recessive progressive neuromuscular disease, due to mutations in the chromosome 5q. These mutations lead to loss of function of the survival motor neuron 1 (*SMN1*) gene, resulting in deficiency of SMN protein. The *SMN2* gene also produces SMN protein but at low levels. Nusinersen modulates alternate splicing of the *SMN2* gene, thus increasing the level of SMN protein in the CNS. Spinraza is indicated for the treatment of 5q SMA. Spinraza solution for intrathecal injection (nusinersen 12 mg) is available in a single 5 mL vial.

## New Indications

- **Humira (adalimumab)** is now indicated for the treatment of active moderate to severe hidradenitis suppurativa (acne inversa) in adolescents from 12 years of age with an inadequate response to conventional systemic hidradenitis suppurativa therapy.

## New Contraindications

- Coadministration of **Genvoya (elvitegravir/cobicistat/emtricitabine/tenofovir alafenamide)** is contraindicated with drugs that are highly dependent on CYP3A for clearance and for which elevated plasma concentrations are associated with serious and/or life threatening events, and with drugs that are potent inducers of CYP3A due to the potential for loss of virologic response and possible resistance to Genvoya.
- **Motilium (domperidone)** is contraindicated with known existing prolongation of cardiac conduction intervals, particularly QTc, patients with significant electrolyte disturbances underlying cardiac diseases such as congestive heart failure.
- **Resprim, Resprim Forte (sulfamethoxazole/trimethoprim)** should not be given to babies during the first six weeks of life because of the risk of producing kernicterus.
- Coadministration of **Xatral SR (alfuzosin hydrochloride)** with potent CYP3A4 inhibitors is contraindicated.
- Coadministration of **Zerit (stavudine)** with didanosine is contraindicated due to the potential for serious and/or life-threatening events notably lactic acidosis, liver function abnormalities, pancreatitis, and peripheral neuropathy.