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Anti-doping training launches

SPORT Integrity Australia has launched a new initiative, training pharmacists to help protect athletes from unintentional doping caused by various medications and supplements.

Over the past eight years, more than 30 Australian athletes have tested positive due to products such as protein powders, fat burners, and muscle builders, which carry a high risk of unintentional doping.

Some athletes may also require over-the-counter medications containing banned substances for legitimate medical conditions.

To address these challenges, Sport Integrity Australia has developed a comprehensive sports pharmacy education program, now being rolled out nationwide.

The program includes two 30-minute webinars accredited by the Australian Pharmacy Council, offered to pharmacists of any major banner group, alongside an online course available to all pharmacists, developed in collaboration with the Australian Sports Drug Medical

Advisory Committee.

Deborah Greenbaum, Sport Integrity Australia athlete educator and pharmacist, emphasised the program's significance in preventing doping mishaps.

"Pharmacists play a critical role in counselling athlete patients," remarked Greenbaum.

"With the right knowledge, they can help athletes avoid inadvertent doping by understanding the specific rules surrounding medications and supplements."

The program covers anti-doping regulations, Therapeutic Use Exemption processes for medications with banned ingredients, and guidance on choosing low-risk supplements.

Upon completing the e-learning course, pharmacists receive a

certificate to display, offering athletes reassurance in their professional advice.

"We hope this certification instils confidence in athletes when seeking sport-specific medication guidance," Greenbaum added.

To learn more, **CLICK HERE**. *JG*



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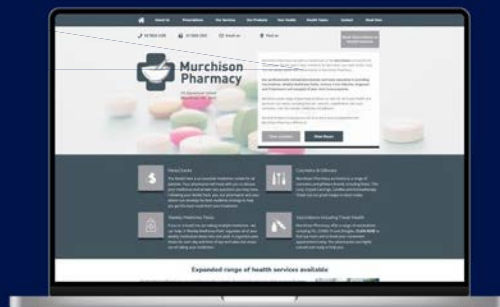
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Dispensary Corner

IN THE 1960s, the famed Beatles' John Lennon was secretly juggling more than just music - he was also experimenting with contact lenses to "hide his myopia away".

While we now associate Lennon (pictured below) with his iconic round glasses, an optometry researcher from Queensland's University of Technology has revealed that the Beatles' vision woes went deeper than anyone realised.

Apparently, Lennon struggled with rigid contact lenses, the only ones invented at the time, which tended to fall out due to his astigmatism.

But there was a twist: when Lennon got stoned, his eyelids drooped, keeping the lenses in place better.

Cannabis was the unexpected vision aid.

Prof Stephen Vincent, who studied Lennon's optical adventures, dove into this bizarre chapter of Lennon's life.

His research was even co-authored by his wife, Roz.

Together, they sifted through historical evidence, discovering that cannabis may have played a strange role in Lennon's contact lens success.

The moral? Sometimes you've just got to "let it be", and maybe indulge in a little "help from your friends" to keep your lenses from popping out.



Wider access for Spontan

LTR Pharma's nasal spray for Erectile Dysfunction (ED) Spontan is now available to patients under the TGA's Authorised Prescriber Scheme (APS).

The move follows Spontan's first prescriptions dispensed via the TGA's Special Access Scheme earlier this month.

The APS allows medical practitioners to prescribe Spontan more broadly to ED patients, offering a streamlined alternative to the case-by-case approval process required under the Special Access Scheme.

The development paves the way for easier patient access to the medication in Australia.

Leading the initial APS prescriptions is LTR's Chief Scientific Advisor and urologist Prof Eric Chung, whose involvement signals growing recognition of Spontan's potential in addressing unmet needs for ED.

"The Authorised Prescriber Scheme enables us to offer Spontan to a wider range of patients,"



commented Chung.

"Its rapid onset could greatly enhance quality of life for men with ED, providing a spontaneous treatment option."

LTR Pharma Chairman, Lee Rodne, said, "the authorisation represents an important milestone for LTR Pharma, as the scheme enables authorised healthcare professionals to obtain meaningful, hands-on experience with Spontan in real-world settings". JG

Wellnex launches cannabis brand

WELLNEX Life, in partnership with OneLife Botanicals, has launched a medicinal cannabis brand, Wellness Life, under the Special Access Scheme (SAS).

Wellness Life began selling last month, with prescriptions being dispensed by registered medical professionals and available in pharmacies through The Entourage Effect, a medicinal cannabis distributor.

The brand offers a full range of high-quality Australian medicinal cannabis products, accessible via the SAS.

Wellnex's medical advisors Dr Mihindu Jayasuriya and Dr Tony

Farag are providing training and education to pharmacists and practitioners, to boost knowledge about Wellness Life products.

CEO George Karafotias said, "the launch of Wellness Life is an exciting development, and we are well positioned to take advantage of the growing demand for prescription medicinal cannabis".

Data shows the medicinal cannabis market in Australia is projected to reach A\$537.9 million in 2024, with a compound growth rate of 4.58% from 2024 to 2029, potentially reaching A\$673 million by 2029.

New fitness tools

A RANGE of new tools and guides to mitigate side effects of weight loss medication and encourage proper nutrition are now on the MyFitnessPal app.

Users of the app can track their progress and medication timeline to ensure compliance alongside their medical weight loss treatment program.

The app also now features a free recipe collection and in-app nutrition plan.



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