

Today's issue of PD

Pharmacy Daily today features three pages of news.

TGA safety alerts

THE TGA has put out safety alerts for Kamasutra Herbal Jelly for Him, Bullblood tablets, and Tantra Jelly stating that they pose a health risk and should not be taken by customers.

The products were found to contain the undeclared substances sildenafil and tadalafil which may interact with nitrates found in some prescription drugs and may lower blood pressure to dangerous levels.

People with diabetes, high blood pressure, high cholesterol or heart disease are often prescribed nitrates.

Recognition for service

THE Australian pharmacists recognised in this year's Australia Day honours were Dr Jennifer (Jenny) Gowan, Member of the Order of Australia (AM); Desmond Lum, Medal of the Order of Australia (OAM); and Julie Rose Adams, OAM, with the Guild's Senior Media Advisor Peter Waterman also awarded an OAM (Fri PD breaking news).

Gowan was recognised for her significant service to medicine as a pharmacist, to professional societies, and to community health.

As a PSA member for 48 years, Gowan was the body's 2013 Pharmacist of the Year and the AACP's Consultant Pharmacist of the Year in 2016.

She has served on PSA's Victorian Branch Committee for many years and as the organisation's branch



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Vice-President from 2021 to 2023.

Following a 30-year career as a pharmacist, Lum was recognised for service to the communities in Holbrook and Thurgoona, NSW, through the Thurgoona Lions Club, the Thurgoona Men's Shed, St Patrick's School and various other organisations in the Albury-Wodonga region.

Lum has been a PSA member for 53 years.

Hospital Pharmacist Julie Adams was recognised for her service to pharmaceutical oncology.

Recipient of the Pharmaceutical Society of Western Australia's 2020 Eric Kirk Memorial Award, Adams has expanded the role of pharmacists through innovation, research, and education.

Waterman, who was awarded an OAM for his service to media as a journalist, has worked in pharmacy for the past 20 years, been an Associate Editor at the *Australian Financial Review*, and worked as an adviser to former Minister Helen Coonan and former ACT Senator Gary Humphries.

Both the PSA and Guild Presidents on behalf of the profession congratulated this year's Governor-General's Honours recipients. JG

End sun tanning

A SUN safe campaign is ramping up to change the attitudes and behaviours of Aussies aged 18 to 30 years.

The \$7.3 million campaign by the Australian Govt and Cancer Council Australia will bring together more than 50 content creators, a music festival, fashion, beauty and lifestyle brands and publishers to 'End the Trend' of sun tanning.

The latest research shows most young Australians (74%) believe their risk of getting skin cancer is unlikely.

Almost one in three young Australians believe it's fine to sun tan at their age and fewer than one in 10 are consistently using all five forms of sun protection - Slip. Slop. Slap. Seek. Slide.

Melanoma survivor and Olympic swimmer and world champion Sam Short will be informing and motivating the general public to be "smarter in the sun".

The campaign is occurring across social media, Spotify, YouTube and more, with the latest video advertisement out today, stated the Govt.

The rollout comes as pioneering, melanoma researchers Prof Georgina Long and Prof Richard Scolyer were named 2024 Australians of the Year.

The scientists have pledged to use their platform to urge Australians to be sun safe and "stop glamourising tanning".

Embed in practices

THE Royal Australian College of GPs is calling for dedicated funding for practice-based pharmacists to improve access to care and affordability in its Pre-Budget Submission 2024-25 to the Australian Govt, amid widespread evidence that Aussies are delaying essential care due to financial concerns.

The national medical body's recommendations include funding for universal annual children's health checks for the first 2,000 days; support for practices to grow their teams and employ other health professionals to improve care and access for patients by increasing incentives and dedicated funding for a practice-based pharmacist; new funding to support coordinated care for older Australians requiring complex care; funding for patients to see their GP within seven days of an unplanned hospital visit; and a 20% increase in patients' Medicare rebates for longer consultations and extra support for rural patients as well as in patient rebates for GP mental health consultations.



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Self-care push urged

CONSUMER Healthcare Products Australia (CHP Australia) has used its 2024-2025 Pre-Budget Submission to urge the Australian Govt to facilitate and fund a common ailments scheme in community pharmacy.

The organisation also reminded the gov't that self-care as a public health policy approach should be at the forefront of its Budget and policy considerations.

CHP Australia stated the gov't must prioritise self-care and turn Australia into the healthcare leader it deserved to be.

The national health advocacy group's recommendations included calling for self-care as a strategic goal of the 2025-2030 *National Health Reform Agreement* to empower all Australians to be healthier; bridge the health literacy gap in schools, homes, communities, and the healthcare system; and fund a common ailments scheme in community pharmacy.

A CHP Australia statement said



that the nation's healthcare needs have changed, and people are no longer going to the GP just for single, treatable issues.

With more Australians living with chronic illnesses that need to be monitored and managed, the healthcare system must ensure that people are supported and have the knowledge and skills to do that.

The statement added it is just as important that those who don't live with chronic illnesses are capable of maintaining a healthy life.

The role of all healthcare professionals is crucial to this goal with so many factors that can lead to improved health outcomes, CHP Australia concluded. JG

APC inter-profession event's early bird open

THE Australian Pharmacy Council (APC) has opened early bird registrations for the 2024 Interprofessional Colloquium, to be held on 22 May at the Emporium Hotel, South Bank in Brisbane (Meeanjin), [HERE](#).

This year's theme, announced in Oct last year, focuses on amplifying Aboriginal and Torres Strait Islander voices to transform the health profession's education and practice.

The program will cover topics such as co-design, an inclusive curriculum, cultural safety, and how professions can work together to achieve this.

APC CEO Bronwyn Clark explained, "we've been listening to our First Nations colleagues, and it is about raising their voices to emphasise the importance of decolonising our education programs."

"What could be more important than that?" she asked.

"This is not a pharmacy-



only event, and we have been overwhelmed with the response from speakers from right across the health professions who have agreed to share their knowledge with us for this day, and I am hopeful about how this can lead to positive change for First Nations peoples' health in this country," Clark explained.

The APC also announced the event facilitators and first round of speakers last week, [HERE](#).

"Join us in this transformative journey to learn from and with colleagues from across health professions, with a networking reception following the event," Clark concluded.

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Dispensary Corner

PHARMACY is science-based, but it can't explain this spooky encounter, as a Tesla (pictured) detected mysterious human figures at a graveyard in an eerie late-night drive-through despite no one alive around at that time.

A man, who wasn't named, was driving through a graveyard when figures began to appear on the vehicle's control screen, reported *NottinghamshireLive*.

Accompanied by his fiancée and brother, the trio can be heard screaming in fear as the figures multiply on the screen.

The man, a Tesla employee, said, "[I can] confirm this is not an Easter egg Elon added as I've driven this car many times".

"It's not just picking up the gravestones as even if it was they would show as stationary on the screen."

The vehicles are equipped with an array of sensors, including cameras, radar, and ultrasonic sensors, that help detect and identify objects around the car.



Avoid cloudy messaging

FLINDERS University researchers investigated the impact of different vaping prevention public health media campaigns among young South Australians aged 16-26 years, to help determine what will work best in vaping-risk messaging.

Participants of the study published in *Health Promotional International* were shown materials from three vaping prevention campaigns and resource sets: 'The Real Cost', 'Do you know what you're vaping?', and 'Unveil what you inhale', to assess whether they were easily understood, appropriate, relevant, credible and effective.

"Despite awareness of the potential harms, recreational vaping is increasing among younger people with our South Australian participants seeing vaping as 'cleaner' and less harmful than cigarettes," said Flinders University's Dr Joshua Trigg.

Study participants who vape and those who don't reacted in different ways to the campaigns.

Those who didn't already vape responded better to explicit messaging and shock tactics about the health risks associated with vaping, explained Trigg.

The people who already vaped responded better to information



challenging the notion that vapes are healthier than smoking cigarettes, he said.

"We found that young people are likely to engage more with campaigns that consider the real-life experiences, social contexts, and negative consequences associated with vaping," commented Trigg.

"Bright visual design elements that represented health and wellbeing drew the attention of both groups of young people, with participants reiterating the benefits of using online and media resources to deliver preventative media campaigns."

He mentioned that in future it is important that vaping prevention messaging considers those who already vape and those who do not, and addresses the potential dangers and side effects of inhaling a combination of chemicals.

"Young people need to understand that nicotine vaping is not a risk-free alternative to smoking cigarettes." JG

Dysfunction tested

MITOCHONDRIAL dysfunction is gaining prominence in healthcare, as acknowledged by the Australian Govt, with health rebates for mitochondrial dysfunction testing.

A Dutch study, published in this month's *Nature Communications*, delved into the energy production efficiency of mitochondria in COVID-affected patients compared to healthy individuals, revealing a shortfall during a cycling test.

This deficiency triggered post-exertional malaise, emphasising the impact of physical, cognitive, or emotional stress.

Analyses of blood and muscle tissue unveiled abnormalities in the muscle mitochondria of patients, underscoring their reduced effectiveness in energy production.

With more than 90 studies supporting ubiquinol's role in mitochondrial health, it may emerge as a potential frontline therapy for conditions including heart health, fertility, energy and fatigue.

See more [HERE](#).

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