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Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature, plus full pages from:

- Dispense Assist
- Wakey Wakey

Chemsave savings

FOR a limited time only, Chemsave is offering a low monthly membership fee to pharmacy owners.

There are discounts on medicines, and with wholesalers. See more on **page five**.

Lift energy levels

BOOST energy and general wellbeing with Wakey Wakey Caffeine Energy + Multivitamin effervescent tablets, which also contains guarana, nine vitamins and three minerals.

Learn more on the **back page**.

Qld's new scope training

QUEENSLAND pharmacists can now enrol in the Sexual and Reproductive Health Contraceptive Service training program, launched yesterday by the Pharmaceutical Society of Australia (PSA).

The initiative is part of the Queensland Community Pharmacy Hormonal Contraception Pilot.

Upon completing the course, pharmacists will be able to autonomously prescribe hormonal contraception for eligible women aged 16 years and older.

The PSA's training program incorporates advanced machine technology, allowing pharmacists to engage with virtual patients in simulated consultations, thereby enhancing their confidence and competence in prescribing.

Kerri Barwick, PSA General Manager for Education and Training, emphasised the significance of this initiative.

"This new training is a crucial step in supporting pharmacists' roles in reproductive health," she said.

"It ensures more accessible care for Queensland women, providing safe and effective contraception when and where it's needed."

Barwick added, "PSA's training program is one of the first to utilise artificial intelligence, giving pharmacists the opportunity to test their skills in a simulated clinical environment.

"We're excited to continue to innovate on how we deliver nation-leading education to Australian pharmacists."

She also highlighted the ongoing collaboration with the state government, commenting, "PSA continues to work closely with the Queensland Government to deliver training and education to pharmacists as part of the state's community pharmacy pilots".

"On behalf of PSA, we again commend the government for implementing the most progressive scope of practice pilot in the country." *JG*

To enrol, **CLICK HERE**.

Bring on top game



SIGMA Healthcare will be announcing category winners and naming the overall Amcal Pharmacy and Discount Drug Stores - 2024 Pharmacists of the Year winners, this Sat.

The awards, sponsored by SFI Health, have several finalists from urban to rural areas who will compete at the Pharmacist Summit across several categories such as Leadership, Collaboration, Innovation and Community Engagement.

To see if you or one of your pharmacist colleagues is a finalist, **CLICK HERE**.



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BrainTrack installs surge

BRAINTRACK, a free app designed to support brain health, has achieved over 100,000 downloads worldwide since its release in Oct 2022.

Available in 202 countries, including Australia, India, and the United States, BrainTrack has garnered widespread acclaim for its approach to cognitive monitoring.

Developed by Dementia Australia, BrainTrack allows users to track potential cognitive changes over time through engaging, travel-themed games adapted from validated cognitive tests, and share the results with their doctors.

Dr Kaele Stokes, Dementia Australia's Executive Director of Services, Advocacy, and Research, highlighted the app's significance. "With over 421,000 Aussies living with dementia, projected to rise to 812,500 by 2054, brain health and



early diagnosis are crucial.

"BrainTrack supports this process by offering an easy way to monitor cognitive changes, though it does not replace formal cognitive assessments," Dr Stokes said.

In 2023, BrainTrack was recognised as Google Play Australia's Best App for Good.

The app also won the Australian Information Industry Association's ACT and national iAwards and was a finalist at the Asia Pacific ICT Alliance Awards in Hong Kong.

BrainTrack was developed in collaboration with the Applied Artificial Intelligence Institute at Deakin University and funded by the Australian Government. *JG*

Sugar tax slashes daily intake in the UK

FOLLOWING the introduction of the UK's Soft Drinks Industry Levy, also known as the sugar tax, daily sugar intake fell by about 5g in children and 11g in adults within a year, according to a study in the *Journal of Epidemiology & Community Health*.

The research, analysing 11 years of survey data, highlights the levy's effectiveness in reducing sugar consumption.

The study showed that over half of the reduction in sugar intake came from soft drinks.

Despite this progress, overall daily sugar intake still exceeds the World Health Organization's

recommended levels of 5% of total energy intake.

Researchers noted that sugar-sweetened beverages significantly contribute to health risks like weight gain, type 2 diabetes, and heart disease.

Post-levy, sugar intake from soft drinks halved in children and dropped by a third in adults.

The findings indicate that the sugar tax successfully lowered its consumption without prompting significant dietary substitutions.

This underscores the potential impact of public health policies on improving dietary habits and reducing sugar intake.

Phage surprise finding to fight bacteria

A RECENT study has uncovered that a protein used by phages, viruses that infect bacteria, can bind both DNA and RNA.

This dual binding ability marks an advancement in understanding how phages can be used as alternatives to antibiotics both in human health and agriculture.

An international team, led by Prof Peter Fineran from the University of Otago, investigated this protein known for its DNA-binding capability and discovered its RNA-binding function.

This finding, published in *Nature*, enhances knowledge of phage-bacteria interactions, which is crucial for developing phage-based antimicrobials, explained Fineran.

Lead author Dr Nils Birkholz explained that understanding these interactions helps identify appropriate phages to combat

bacterial pathogens.

The study highlighted that the helix-turn-helix domain in the phage protein, typically associated with DNA binding, also binds RNA transcripts, adding a new layer of regulation to the production of anti-CRISPRs, which phages use to block bacterial defences.

"This unexpected discovery shows a novel regulatory mechanism in a well-studied protein family," explained Professor Fineran.

"It could significantly impact our understanding of gene regulation and the use of phages in various applications."

The findings promise to advance phage therapy, offering a potential alternative to traditional antibiotics and contributing to the global fight against antibiotic-resistant bacteria (*PD 05 Jun*).

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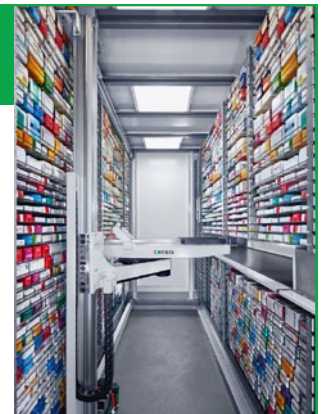
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Editor's Choice: Soni Health helps you unlock your full potential

SONI Health, which claims to offer Australia's first pharmacist-formulated bioactive blends, has announced the launch of a new supplement to boost cognitive function, energy production, and performance.

The Advantage: Sustained Energy & Cognitive Support is described as a premium, pharmacist-formulated supplement to help consumers unlock their full potential.

The bioactive blend features powerful adaptogens like ashwagandha and brahmi, renowned for their ability to enhance mental clarity and help the body adapt to stress.

The Advantage also contains



nootropics to boost brain function, focus, and memory; essential vitamins, minerals, and antioxidants to support sustained energy, stress resilience, and

strong immune function; as well as probiotics and prebiotic fibres.

The Advantage is available for RRP \$49.95 - [CLICK HERE](#) for more information.

Caruso's beauty boost



CARUSO has recently introduced its new Ageless Beauty range, which consists of four products featuring Verisol, a unique form of collagen peptides to build collagen from the inside.

Stocked in Priceline Pharmacies, the new range is designed to nourish, grow and hydrate skin, hair and nails from the inside out.

The Total Beauty Collagen Powder (RRP: \$34.95) contains Verisol B, a hydrolysed bioactive collagen peptide which helps enhance skin health, firmness and elasticity by encouraging natural collagen production within the dermis of the skin.

This formula also contains vitamin C to support collagen health and formation, silicon to support hair, skin and nail health, and biotin to improve nail strength and thickness and reduce nail brittleness and chipping.

Consumers can also opt for the Hair Food (RRP: \$47), which is ideal for those who are looking to improve the overall health of their hair, skin and nails.

Also available are the Total Beauty Collagen tablets (RRP: \$34.95) and Hair, Skin & Nails (RRP: \$29).

Glow with Soodox

SOODOX has introduced its Organic Castor Oil - a go-to solution for hair nourishment and glowing skin, available in pharmacies online and around Australia for RRP: \$29.95.

Rich in antioxidants, the oil is extracted from castor beans, which are highly-sought after for their inflammatory, antifungal and pain-relieving properties.

The oil comes with a scalp applicator and can be used as a pre-wash treatment to strengthen hair and restore shine.



Wagner offers relief from gut discomfort

AUSTRALIAN consumers can improve their gut health with Wagner Gut Relief 180g Powder in mango orange flavour, which has recently been added to shelves in Chemist Warehouse outlets around the country for \$26.99.

The supplement is formulated with glutamine, which supports healthy gastrointestinal function and gastrointestinal mucous membrane health, and zinc, which supports healthy immune system function and protein synthesis.

It also contains herbs, including aloe vera, which has a demulcent action, soothing irritated tissues, and supports healthy digestive system function, and globe artichoke, a carminative herb, which relieves flatulence and supports bile flow.



Wagner Gut Relief contains no added wheat, animal products, dairy products, egg, soy, artificial colours, artificial flavours, artificial sweeteners or preservatives.



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Dispensary Corner

WHAT do you get if you stick 40 hormonal teenagers with varying levels of social anxiety in an MRI scanner?

As a team of Dutch and Italian researchers have found, you get an interesting case study in emotional arousal.

The outcome was some curious data on how blushing cheeks can give away your emotions, with embarrassment top of the list.

To reach its outcome, researchers made the 40 teens watch pre-recorded videos of themselves and other people singing karaoke, with their brain and cheek temperatures measured at the same time.

As control stimuli, the video session involved watching themselves sing a song, followed by another person of similar singing ability, before the ultimate reality check as a professional singer performed.

Participants tended to blush more when they watched themselves singing, compared to watching others, with the blushing linked to higher activation in the cerebellum and the left paracentral lobe - parts of the brain that control emotional arousal.

Armed with the results, researchers theorised the higher levels of blushing stemmed from a desire to flee but also a want not to give up the social connection karaoke brings.

Charles Darwin said blushing was "the most human of all expressions" and a clear indication of heightened self-awareness - right again, Darwin.

\$6.9m to avian flu defence

THE risk of H5N1 reaching Australia is increasing, though we remain the only continent free from the H5N1 strain of avian flu, despite recent outbreaks of the H7 variant in Victoria, NSW, and the ACT, *The Australian* reported.

In response to the southern migration of birds in spring to Australia, surveillance of chicken farms and wild bird populations is going to be increased by the Federal Government.

The H5N1 variant has been causing mass deaths among poultry and wild birds overseas and has spread to humans and dairy cows, raising pandemic fears.

In response, the government has announced a \$6.9 million investment for early detection and prevention measures against both H5 and H7 strains.

The funding will also support the exploration of commercial avian influenza vaccines for Australia.

"The strength of our national biosecurity system and Australia's geographic isolation has kept us free from H5 High Pathogenicity Avian Influenza (HPAI)," said Agriculture Minister Murray Watt.

"But with migratory birds coming from areas where H5 HPAI is present, particularly as spring approaches, we face a constant risk beyond our control.

"Our investment in enhanced capability to detect and respond to avian influenza in wildlife is crucial."

Michael Ward, Chair of Veterinary Public Health and Food Safety at the Sydney School of Veterinary Science, emphasised that the southern migration of birds along the Eastern Asian Flyway and the northerly migration from Antarctica, where the virus is spreading among seabirds, heighten the risk of H5N1 reaching



Australian shores.

To date, around 1.8 million chickens have been culled in Australia due to the H7 virus, leading to egg shortages.

The H5N1 strain poses a significant concern due to its potential for human transmission.

Since 2003, there have been 891 human infections globally, resulting in 463 deaths, according to the World Health Organization.

Countries like the US and some European nations have already signed up to procure bird flu vaccines for humans. *JG*

COVID & diabetes

A RECENT study published in *JAMA* reveals that COVID-19 infection may accelerate the progression of pre-symptomatic type 1 diabetes in children.

Researchers tracked 509 children with presymptomatic type 1 diabetes from Feb 2015 to Oct 2023.

They found that the incidence rate of clinical diabetes was significantly higher during the pandemic (12.1 per 100 person-years) compared to the pre-pandemic period (6.4 per 100 person-years).

The study also noted that children who contracted COVID-19 had an even higher incidence rate of type 1 diabetes (14.0 per 100 person-years) compared to those who did not.

These findings suggest that COVID-19 infection could speed up the onset of clinical diabetes symptoms in susceptible children.

Further research is needed to confirm these results and explore the impact on adults.

To learn more, **CLICK HERE**.

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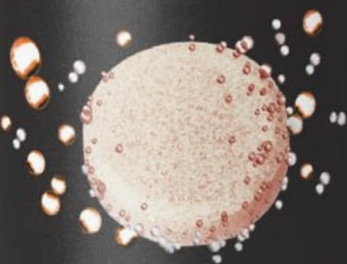
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