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Today's issue of PD

Pharmacy Daily today features three pages of news, including our **beauty & wellness** feature, plus a full page from **Chemsave**.

Chemsave savings

PHARMACISTS can save more than \$20,000 per year through major discounts via a new Chemsave member offer.

The group is also offering a low membership fee, and data insights - see more on **page four**.

More 60DD meds

ALMOST 300 PBS medicines are now available for 60-day dispensing (60DD) with the maximum number of repeats the same as for a 30-day supply, excluding antidepressants.

Prescriptions allowing five repeats may provide up to 12 months' supply of medicine from one prescription.

MedAdvisor's key players

MEDADVISOR Solutions has launched a Pharmacy Advisory Group to enhance its sector-led patient engagement solutions.

The group, chaired by Capital Chemist CEO Andrew Topp, includes recognised leaders from across the country, representing rural and urban areas, aiming to streamline pharmacy workflows and position participating businesses as key players in primary care.

The group will support MedAdvisor's efforts to meet the evolving needs of the industry, especially in Australia's expanded scope-of-practice initiative.

Members include leaders from major brands, like TerryWhite Chemmart and Priceline, as well as The Bush Chemist, Good Price Pharmacy Warehouse, and Chemist King Discount Pharmacy to ensure a diverse range of insights.

Wayne Marinoff, President ANZ of MedAdvisor, highlighted the group's role in addressing pharmacists' challenges, improving



patient outcomes, and boosting operational efficiency.

"By collaborating with those on the ground, we are empowering pharmacists to expand their role in primary care," said Marinoff.

Topp emphasised that the group will provide real-time feedback, improving processes and reducing burdens on pharmacists.

"Integrated and intuitive solutions are key as pharmacy services expand," he said.

The advisory group will focus on areas like workflow integration, patient safety, medication management, and AI optimisation.

To see the list of the new group's members, **CLICK HERE**. JG

Vitamin B6 alert

THE Royal College of Pathologists of Australasia has issued a warning about the dangers of excessive vitamin B6 intake, following a rise in cases of peripheral neuropathy in the country.

Brisbane-based chemical pathologist, Dr David Kanowski, notes that many patients are unknowingly consuming dangerous levels of the vitamin through over-the-counter supplements.

"People are often unaware that high doses of vitamin B6 can cause serious nerve damage," said Dr Kanowski.

Common symptoms include tingling, burning, or numbness in the hands and feet.

Supplements, especially those in multivitamin and magnesium products, can lead to accidental overdoses.

Although vitamin B6 is essential, most individuals get enough from their diet.

WIZARD pharmacy

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Incredible opportunities now available within the Wizard network in Darwin.

Wizard Pharmacy is looking for passionate, motivated, and experienced pharmacy leaders to join our team in Darwin.

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Editor's Choice: Calvin Klein updates its 90s fragrance icon

CALVIN Klein has launched new fragrance CK One Essence, a premium take on the iconic CK One, which launched in 1994 and was the world's first gender-inclusive perfume.

At the time, CK One led the way for a new generation of minimalist, universal fragrances within the perfume industry.

According to Calvin Klein, CK One Essence "pays homage to the olfactive DNA and celebrates its cultural legacy".

To evoke powerful memories of the original CK One and drawing inspiration for the new fragrance, Calvin Klein enlisted Spanish master perfumer Alberto Morillas, who first created the

fragrance 30 years ago.

CK One Essence features responsibly-sourced Italian Bergamot and zesty blood orange as its top notes, with organic green tea at its heart, and musk and creamy sandalwood as its base.

The result is a fresh and sensual experience, amplified with double the concentration of the original eau de toilette ingredients for a powerful, long-lasting scent.

CK One Essence is now available at pharmacies and department stores nationwide for RRP: \$72 (50ml) and RRP: \$90 (100ml).



A boost to the brain



FINALLY, there's a tasty beverage on the market that can help boost brain power and health.

Enter Arepa's Brain Drink, formulated using delicious neuroberry blackcurrants that support neurological and psychological function.

Arepa's Chief Scientific Officer Professor Scholey developed the brand's first patented Brain Drink formulation, which underwent multiple successful clinical trials.

The NZ brand recently released a study with 40 female participants, looking at the impact of a flavonoid-rich blackcurrant beverage on cognitive performance in women.

Each of the participants drank Arepa or a placebo and found 33% improvement in working memory; 37% reduction in anger; 20% decreased in tension.

No changes were observed in the placebo group.

For wholesale orders, email: orders@drinkarepa.com.

Blonde hair repair

JOHN Frieda has just released the new Blonde+ Repair System, specifically tailored for blondes, featuring cutting-edge bond-building plex technology.

Blondes can now maintain their best colour and hair health with John Frieda's three-step system.

The new range features Blonde+ Repair System Pre-Shampoo; Blonde+ Repair System Shampoo; and Blonde+ Repair System Conditioner, each for the recommended retail price of \$20.99.



Biodegradable hydrating eye masks launched



AUSTRALIAN start-up Kenzina's Pick-Me-Up Eye Masks are the perfect way to boost moisture and rejuvenate skin - while being kind to the planet.

Made in South Korea, the

hydrating masks are 100% biodegradable, compostable and cruelty-free, suitable for all skin types and dermatologically tested.

Made from bio-cellulose, the masks are packed with hyaluronic acid cucumber extract and caffeine. Bio-cellulose is a natural fibre derived from coconut fruit water fermentation, used to create the fabric of the mask sheets.

Launched in 2019 by entrepreneur Zarina Weston, Kenzina is a skincare brand focused on ethically made products, including Hydration Boosting Lip Masks (RRP: \$70 for pack of 20); Rejuvenating Eye Masks (RRP: \$70); One and Only Lip Balm (RRP: \$30); Fire and Ice Mask (RRP: \$49); and Hydra-Lift Brightening Cream Mask (RRP: \$69).

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Beauty & Wellness
by Pharmacy Daily

Dispensary Corner

PREGNANCY may shrink your brain - but in a good way. According to a *Nature Neuroscience* study, regions of the brain shrink during pregnancy but gain better connectivity, proving that pregnancy isn't just about growing bellies, but also adjusting brains.

Researchers led by Laura Pritschet studied one healthy 38-year-old woman, conducting 26 brain scans from pre-conception to two years postpartum.

The scans revealed that, by the ninth week of pregnancy, parts of the brain's cortex (responsible for social cognition) had decreased in volume and thickness.

But hey, no worries, this also coincided with improved brain connectivity and an increase in white matter.

Hormones like estradiol and progesterone seem to play a big role in these changes, and while some brain shrinkage stuck around two years after birth, a lot of things bounced back to normal.

So, mums, if you've ever felt like pregnancy scrambled your brain, science says it kind of did - but maybe in a genius, "better connected" way.

While this one-woman study is obviously far from definitive, it opens the door to further exploration of how pregnancy impacts the brain.

So mums, next time you forget where you've put your keys, just remember: you are much smarter than you think.

AMR deaths on the rise

MORE than 39 million people could potentially die from antibiotic-resistant infections by 2050, according to a new global study published in *The Lancet*.

Conducted by the Global Research on Antimicrobial Resistance Project, the study presents the first in-depth analysis of antimicrobial resistance (AMR) trends from 1990 to 2021 and projects their impact on 204 countries through to 2050.

The study estimates that more than one million people died each year from AMR between 1990 and 2021.

By 2050, annual AMR-related deaths are predicted to increase by 70%, from 1.14 million in 2021 to 1.91 million.

Additionally, AMR is expected to play a role in 8.22 million deaths annually by mid-century.

The research shows a significant age-related shift in AMR mortality rates where deaths in children under five have decreased by 50% since 1990, but those aged 70 and older have increased by over 80%.

This trend is expected to continue, with deaths among older adults doubling by 2050.

AMR occurs when bacteria or other pathogens evolve to resist treatment by antibiotics, making



infections harder to treat.

Improved access to healthcare and antibiotics could potentially save 92 million lives over the next 25 years, the study suggests.

Researchers emphasise the urgent need for new antibiotics, enhanced infection prevention, and more appropriate antibiotic use to mitigate AMR's growing threat.

"Antimicrobial resistance has been a significant global health threat for decades, and this threat is only increasing," said Dr Mohsen Naghavi, a lead author of the study.

"These findings underscore the need for decisive actions to save lives," said Dr Naghavi.

According to researchers, the study's findings offer a stark warning that without urgent action, antibiotic resistance could be responsible for millions more deaths globally in the coming decades. JG

Higher reg. fees

THE Pharmacy Board of Australia and Ahpra have announced a 4% increase in the annual registration fee for pharmacists for 2024/25.

The fee has now risen by \$18 to \$470.

However, pharmacists in New South Wales will pay a higher fee of \$565, as detailed on the Pharmacy Council of New South Wales website.

This fee covers the registration period from 01 Dec 2024 to 30 Nov 2025.

Board Chair Brett Simmonds acknowledged economic challenges but emphasised that the increase is necessary to support public safety and regulatory functions.

The national scheme remains self-funded, with no government support.



IPE learnings

THE Health Professions Accreditation Collaborative Forum is promoting interprofessional education (IPE) with the release of its final report, *Developing a Collaborative Health Practitioner*.

With APC and Ahpra involved, the report highlights a decade of work aimed at enhancing IPE for Australian health profession students.

To see the report, **CLICK HERE**.

DID YOU KNOW?

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