

4 ways to help build strong bones



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Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature, plus a full page from **Chemsave**.

Do the maths

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Learn more on **page five**.

Anzac Day holiday

THERE will be no issue of *Pharmacy Daily* tomorrow (Fri) due to the Anzac Day holiday.

We hope you have a safe and restful long weekend, and will see you on Mon next week.

Qld pilot marks one year

PHARMACY Guild of Australia Queensland Branch President Chris Owen said the first year of the expanded Scope of Practice Pilot has transformed healthcare delivery across the state.

Now one year into Queensland's Community Pharmacy Scope of Practice Pilot, the program and the 16 acute conditions covered will become permanent from 01 Jul.

Owen described the one-year milestone as a pivotal moment in the progression of health care.

"This initiative has - and will continue to be - a game-changer for our health care system, empowering community pharmacists to deliver high-quality care to their patients.

"We look forward to building on this success and driving further innovation in health care delivery," Owen added.

Since its implementation as a pilot, the program has helped bring healthcare options closer to Queenslanders, with 97% of metro residents living within 2.5km of a



community pharmacy, and 83% in regional areas less than 5km away.

The expansion of the scope and its implementation as a permanent fixture was announced last month by Queensland Minister for Health and Ambulance Services, Tim Nicholls, at the 2025 Australian Pharmacy Professional Conference and Trade Exhibition (APP2025).

The program expands the role of pharmacists as the first point of contact for a number of common health needs, including uncomplicated urinary tract infections, vaccinations, skin conditions, travel health and chronic disease management. *ML*

UWA first with Dr of Pharmacy Practice

THE University of Western Australia (UWA) is set to offer Australia's first Doctor of Pharmacy Practice, a pioneering one-year online program designed specifically for registered pharmacists seeking to enhance their qualifications and expand their scope of practice.

The program meets the requirements for using the title Doctor of Pharmacy (**PD 20 Nov 2024**) and can be completed entirely online, making it accessible to practicing pharmacists nationwide.

Senior lecturer at UWA's School of Allied Health and pharmacist, Dr Amy Page, said the program will "address a critical need in the pharmacy profession", providing a comprehensive pathway that incorporates numerous separate training pathways into one recognised qualification.

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No one-size-fits-all for 60DD

RURAL pharmacists are likely to face greater challenges compensating for financial losses resulting from the introduction of 60-day dispensing than city and regional counterparts, according to the Remote and Isolated Pharmacist Association Australia (RIPAA).



While city pharmacists can move to maximise professional services, such as vaccinations and medication management services, and potentially add new ones, RIPAA suggests this would be considerably more difficult for rural pharmacies - especially those run by a sole operator - without financial and workforce support.

"There is only so much you can manage with one pharmacist; growth opportunities are limited in locations where the population is not increasing; and in lower socio-economic communities, patients cannot and will not pay for additional services," said a RIPAA spokesperson.

"Providing additional services in rural areas often means providing them at a loss, which will only accelerate our demise," they continued.

"You can't be in a consult room with a patient for 20-30 minutes while also overseeing dispensing activities, you cannot be outside the pharmacy at the aged care facility, or undertaking a Home Medicine Review, and at the same time keep the pharmacy open."

RIPAA pointed out that despite increases in the Regional Pharmacy Maintenance Allowance (RPMA),

the cost of hiring an additional pharmacist in rural areas, including wages and other costs such as travel and accommodation, can far exceed the revenue that new services can bring in.

"The increased RPMA may help to ensure dispensaries stay open in rural areas - for now - but it simply isn't adequate to enable significant expansion of pharmacy services that are crucial for future sustainability," said the spokesperson.

According to RIPAA, the only path for the future is a properly funded service model that is viable and sustainable in rural locations - a model that supports the crucial role of pharmacists as part of the primary health care team - and under current funding structures and arrangements, there is not much scope for rural pharmacies to reposition themselves for the future.

Without such changes, said RIPAA, pharmacy risks going down the same path as rural general practice, which is facing its own crises with GP shortages and practice closures.

"Right now, rural Australians still enjoy relatively good access to pharmacies, but we cannot take that for granted," RIPAA warned. *KB*

Blocks serotonin from stimulating wake-promoting pathways

Improves melatonin levels

How saffron helps with sleep, anxiety and mood.

Reduces noradrenaline



Medicine

WATCH NOW

WholeLife partners on ocean conservation

WHOLELIFE Pharmacy & Healthfoods has announced a partnership with Seabin Foundation to raise awareness and drive meaningful change in ocean conservation efforts.

WholeLife said the collaboration reflects its commitment to not only promoting health and wellness, but also protecting the planet.

Through this partnership, WholeLife plans to engage with its customers in the "critical cause" of ocean conservation.

The collaboration will highlight the importance of reducing, reusing and recycling, and encourage consumers to take action in protecting our oceans from plastics and other waste.

Damian Young, CEO, WholeLife



Pharmacy & Healthfoods said, "We are delighted to be partnering with Seabin Foundation to help support their efforts to stop marine pollution and educate the community on ocean conservation."

"Seabin Foundation was selected by our members, and we know that working towards a more sustainable world is important to our customers."

Varenicline can help youth quit vapes

VARENICLINE, a medication often used to help people quit smoking, can help teens and young adults stop vaping, according to a US study published today in *JAMA*.

The study divided around 260 people aged 16-25 who vaped nicotine and did not regularly smoke tobacco into three groups.

In the 12-week treatment program, all three groups received text message support to quit vaping.

In addition, one group received varenicline and counselling, and another was given placebo pills and counselling.

The researchers reported that 51% of the varenicline group were not vaping at 12 weeks compared to 14% in the placebo group, and the varenicline group

continued to have higher rates of abstinence at six months (28% vs 7%).

Those that received only text messages had similar results to the placebo group.

Side effects with varenicline were mild to moderate nausea, vivid dreams and insomnia, and very few participants dropped out.

"To our knowledge, this is the first pharmacotherapy trial for nicotine vaping cessation in youth," wrote the authors.

"Varenicline, when added to brief, remotely delivered behavioural counselling, is well-tolerated and promotes vaping cessation compared with placebo in youth with moderate to severe addiction to vaped nicotine," they concluded.

Read the paper [HERE](#).

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DB Cherry Glow delivers luscious lips and long lashes

DESIGNER Brands has released its brand-new Cherry Glow collection, featuring the Colour Burst Glossy Lip Oil, Peep Show Mascara (available in chocolate brown) and Wink Wink Tinted Lash Primer (black).

Inspired by Dior, Colour Burst Glossy Lip Oil delivers the same high gloss finish and hydrating formula for only \$16.99.

Peep Show mascara's rich chocolate brown formula lifts and defines with its hourglass brush, creating separated lashes with a natural touch (RRP \$19.99).

Meanwhile, Wink Wink's black tinted lash primer, which retails for \$16.99, enhances length and volume, intensifying mascara



wear for maximum impact.

Both lash products are infused with nourishing ingredients to keep lashes looking lush and healthy.

The Cherry Glow products are available for less than half the price of their luxury counterparts



- a game-changer that delivers luxury, but for a fraction of the price of bigger names.

Launched 15 years ago, DB Cosmetics is the original beauty dupe business and provides high-quality cosmetics, all under \$29.99.

EZZ teams with DCO



WELLNESS brand EZZ Life Science has just signed a new partnership with major pharmacy chain, Direct Chemist Outlet, extending its pharmacy and retail distribution network.

Over the next two to three months, EZZ's products will be stocked in the retail giant's 130 locations across the country, in addition to its existing presence through online, duty-free stores and 700 other pharmacies.

These flagship products include EZZ's Bone Growth Chews; L-Lysine Growth Capsules; Joint Energy Boost Tablets; Heart Health Capsules and more.

"This expansion is a testament to the growing demand for scientifically formulated health products that are backed by rigorous research and development," explained EZZ Chair Glenn Cross.

"DCO is a trusted pharmacy group with a strong customer base, making them the ideal partner to support our growth in the Australian market."

The news is part of EZZ's strategy to strengthen its local pharmacy and retail presence, in addition to its plans to expand into the US with the appointment of a US manufacturing partner.

New antioxidant oil

CARUSO'S Natural Health has released Black Seed Oil capsules to support immune system health.

Black seed oil comes from the seeds of the Nigella Sativa plant, also known as black cumin, and has been used for centuries in Middle Eastern medicine.

The active compound is called thymoquinone, which is known for its antioxidant effects.

Available at leading pharmacies.



Targeted Ayurvedic topical pain relief



AYURSCIENCE has released De-Ache Massage Oil, a specialised and luxurious fusion of herbal oils in a no-mess, roll-on applicator to help relieve stiff joints, muscular aches and strains.

Formulated with powerful Ayurvedic ingredients like mahanarayan oil, vata massage

oil, cinnamomum camphora, wintergreen oil, vigna mungo oil, terpene oil (from pines), eucalyptus oil and cedrus deodora oil, De-Ache offers a natural solution to support joint comfort, mobility, and muscular relief, without the use of harsh synthetic ingredients.

For use in adults and teens, simply roll directly onto affected areas, such as sore muscles, stiff joints or areas of tension.

Massage gently using circular motions to enhance absorption and stimulate circulation.

The fast-absorbing, non-greasy formula penetrates deeply without leaving any residue.

AyurScience De-Ache Massage Oil is now available for trade purchase: contact info@ayurscience.com.au

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Beauty & Wellness
by Pharmacy Daily



Dispensary Corner

WE ALL know the old wives' tale that carrots can help improve your vision, but did you know it could also add some colour to your cheeks?

Albeit, not in a good way...

One woman has discovered an unpleasant side effect that can result from eating too many carrots, and has taken to Reddit to warn others.

In a post that has now attracted more than 84,000 likes, the anonymous Reddit user said she ended up looking like an Oompa Loompa after she made a habit of chewing through a big bag of the vegetable every few days in order to boost her health.

She described how she noticed her skin had turned orange after looking at a photo of herself last Dec, and at first was worried she had jaundice - a life-threatening condition that turns skin yellow.

However, after doing a bit of research, she surmised that she had carotenaemia - a build-up in the blood of the pigment that gives carrots their colour.

"I freaked out when I saw the left pic because I thought it was jaundice - but no, I just love carrots too much," she wrote.

"I'm pretty short - five foot, three inches, so the Oompa Loompa comparison is perfect."

"I'm naturally very pale, and also short and thin, so it might just have shown up easier on me," the woman explained.

Thankfully, after drastically cutting down her carrot intake (while still enjoying them on occasion), the woman's skin has now returned to a normal colour.

Could it be sleep apnoea?

SLEEP apnoea is a relatively common condition, affecting an estimated 5-20% of the adult population, including a significant number of people who are unaware that they have it.

Untreated sleep apnoea can have long-term health consequences, particularly cardiovascular issues.

With common comorbidities that include hypertension, heart disease, type 2 diabetes and obesity, pharmacists may come across patients filling their scripts who are at risk of sleep apnoea.

Enquiring about daytime sleepiness, snoring, and other symptoms such as headaches and tightness of the throat, could suggest a risk of sleep apnoea, and there are clinically validated screening questionnaires that patients can complete to determine risk (see [HERE](#)).

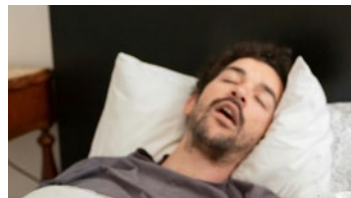
If a patient does appear to have a risk of sleep apnoea, the next step is diagnosis.

For a long time, the main option was a formal test in a sleep clinic or hospital under the supervision of sleep specialists or technicians, where the patient wears a number of electrodes and has their sleep monitored overnight.

A more recent option is an in-home test that comprises a wireless electrode worn on the forehead, with data collected by mobile phone sent to a sleep physician.

Developed by Australian medical tech company Compumedics, the system is available in pharmacies through Pharmacy Sleep Services, a Philips Healthcare company, following Pharmaceutical Society of Australia (PSA) guidelines for sleep apnoea services.

Shehaan Fernando, Business Leader for Sleep and Respiratory Care at Philips, said the test costs



\$129, which covers the electrode and the sleep physician's report.

It is not reimbursed by Medicare, but many patients are willing to pay rather than go through the process of getting a GP referral and going to a sleep physician, Fernando said.

"Some of the biggest uptake is through rural pharmacies, where patients don't have easy access to GPs and specialists," Fernando said.

If sleep apnoea is confirmed, pharmacists can also supply a CPAP device and mask from leading brands such as Philips, Fisher & Paykel and ResMed.

While CPAP is a very effective treatment, adherence is a major issue, and it may take some trial and error on the part of the patient to find the right mask and machine.

"Fourteen days is a great predictor of your long-term adoption of the therapy, and if you didn't do well in that first 14 days, your chances of staying in long-term therapy become substantially lower," Fernando explained.

Pharmacists are able to support patients through the adoption of CPAP treatment, and thanks to shared data, monitor sleep and breathing metrics, mask leakage, adherence and other measures.

"Treating sleep is part of managing the health and wellbeing of pharmacy customers who are also coming in for their prescription needs and medication management," Fernando said.

Learn more about Pharmacy Sleep Services [HERE](#). KB

Prostate cancer saliva test doubts

THE Urological Society of Australia and New Zealand (USANZ) has reservations about a saliva test that screens for prostate cancer, warning it still has a long way to go before it can be put in use.

Research published in the *New England Journal of Medicine* and widely reported in media evaluated a new at-home saliva test that assesses 130 genetic mutations in men's DNA to provide a personalised risk score for prostate cancer.

The test is designed to identify men at high risk of developing prostate cancer, not to diagnose the disease itself, and men with high-risk scores will likely undergo further testing, such as PSA testing, MRI scans and biopsies.

While the results showed promise, and the test may be useful for men who might not otherwise undergo prostate cancer screening, USANZ has urged caution.

"It is very early days with further evidence needed on the saliva test before it can be compared with current screening methods of a PSA blood test and MRI for prostate cancer, which focus on detecting aggressive disease," said Associate Professor Weranja Ranasinghe of USANZ.

He also raised privacy concerns in giving your DNA to commercial companies.

"There is no direct evidence the saliva test improves survival or quality of life, so more research is needed, which will take years," said A/Prof Ranasinghe.

Do The Math(s)!

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