

4 ways to help build strong bones



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Today's issue of PD

Pharmacy Daily today features four pages of news, plus full pages from:

- Glucojel
- Pharmacy Connect
- Maxofen

Glucojel profits you

ALL the money raised by Glucojel assists the Pharmacy Guild of Australia in its advocacy work for community pharmacy - learn more on **page five**.

Two weeks to go

WITH just two weeks remaining until the highly anticipated Pharmacy Connect 2025 conference, be sure to secure a spot for this premier event - see **page six** for more.

Maximise your day

NEW Maxofen from Nova Pharmaceuticals combines paracetamol and ibuprofen for double-action relief from acute pain and fever.

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See details on **page seven**.

LTR publishes ED clinical study

LTR Pharma has announced the publication of a third-party validation of its nasal-delivery erectile dysfunction (ED) treatment Spontan (**PD 21 May**), strengthening LTR's regulatory dossier as it progresses the drug towards commercialisation.

Productivity prevention focus hailed

THE Productivity Commission has recommended prioritising prevention programs to combat chronic conditions in its interim report, *Delivering quality care more efficiently*, a position welcomed by public health and patient peak bodies.

In its submission, Diabetes Australia called for a consistent, national approach to diabetes prevention and the development of self-care models for people living with diabetes.

This call was met in Recommendation 3 of the report, which urges the Australian Government to implement a National Prevention Investment Framework to support prevention programs that improve outcomes and reduce demand for future acute care services.

Diabetes Australia CEO Justine Cain said the individual and economic benefits of investing in chronic condition prevention and wellbeing are well documented. "Diabetes Australia has long advocated for a national framework to inform investment in programs that prevent chronic conditions including type 2 diabetes, as well as the complications relating to all types of diabetes," Cain said.

"The recommendations in this report demonstrate that the Federal Government's peak economic advisory body also understands the importance of such an approach.

"We hope that this high-level endorsement will be the catalyst for much needed action around prevention, particularly when it comes to the prevention of chronic conditions such as type 2 diabetes."



MEANWHILE, the Public Health Association of Australia (PHAA) has pointed to a glaring barrier in the Federal Budget process that hampers investment in prevention.

"The saying goes that prevention is better than cure, but when it comes to investing in prevention, Australia's federal budget system is broken," Adj Prof Terry Slevin, PHAA CEO, said.

"Current Federal Budget rules don't allow for forecasting or consideration of financial and productivity benefits beyond the four-year estimates period," he explained.

"That means the long-term benefits that come from preventive health measures are excluded from influencing government decision making - this is nuts."

Prof Slevin highlighted the recent pledge in Western Australia to allocate 5% of its health funding to prevention, as well as appointing a new Minister for Preventative Health (**PD 19 Mar**).

"The Commission's work presents an opportunity to collaborate on creating a mechanism to fix the system," Prof Slevin said.

"Our formal response to the Commission will include suggesting a model that assesses and funds preventive health efforts to ensure they're evidence-based, effective, and ongoing," he said. *KB*

Ozempic TGA approved for CKD

THE Therapeutic Goods Administration (TGA) has approved a label expansion for Ozempic (semaglutide 1.0mg) to reduce the risk of kidney disease progression in patients with type 2 diabetes and chronic kidney disease (CKD) in Australia.

Diabetes is the leading cause of CKD in Australia, accounting for 38% of all new cases, and Ozempic is now approved as an adjunct to standard of care therapy to reduce the risks.

Professor Vlado Perkovic, nephrologist and Provost at the University of NSW, welcomed the TGA approval, pointing out that if not managed appropriately, CKD can lead to kidney failure, heart disease, stroke, and premature death.

"Early intervention can help with slowing disease progression," said Prof Perkovic.

"I encourage people living with type 2 diabetes to speak with their healthcare providers about kidney health - we need to continue raising awareness and the importance of early CKD detection," he added.

MEANWHILE, Novo Nordisk has halved the cost of Ozempic in the US to US\$499 (A\$768) per month for cash-paying patients, which it denied is related to President Trump's demands to lower drug prices for Americans.

Most Americans are covered by insurance and do not pay full price.

Australians - who have among the lowest medicine costs in the world (**PD 18 Aug**) - pay \$150 per month on private (non-PBS) prescription.

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Looking for a clinically trialled probiotic solution?

A 2024 study showed a 25% reduction in URTIs in children using probiotics with vitamin C, leading to fewer antibiotics and less school absenteeism. This shows probiotics are an evidence-backed tool for pharmacists to address common patient concerns

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Lilly and Monash team up on obesity

ELI Lilly Australia and Monash University have joined forces to launch a new healthcare initiative that helps the management of obesity.

With a focus on improved documentation, monitoring and treatment, the initiative will create bespoke projects to improve associated conditions like cardiovascular disease and diabetes through areas such as education, training, clinical research and data.

"Obesity is Australia's leading contributor to disease burden - having recently overtaken tobacco smoking - yet it remains one of the most under-recognised and under-treated risk factors for disease," said cardiology professor Stephen Nicholls, who led the project with his colleagues.

According to Lilly's new real-world evidence findings, 70% of patients who use cardiology services were overweight or obese, but fewer than 1% had their waist circumference recorded over four years.

Risk assessments often rely on BMI, but regular weight and anthropometric evaluations are a better way to manage obesity, said Dr Peter Purnell, co-lead author of the study.



CSL to shed staff despite strong results



CSL has released its FY2025 results, with the company recording a "strong performance", with 5% revenue growth and a 17% increase in net profit after tax for the year.

Also announced at yesterday's presentation was that the company will shed 3,000 jobs globally - around 15% of its workforce.

Shares plunged by 17% over the day following the announcements.

Growth was largely driven by blood plasma business CSL Behring and iron deficiency arm CSL Vifor.

Its vaccines business, CSL Seqiris, has been impacted by anti-vax sentiment in the US, experiencing lower growth than the other business arms.

CSL announced it intends to demerge Seqiris into a separate ASX-listed business in 2026, pending third-party consent, regulatory approvals and shareholder support.

It will then combine its blood plasma and iron deficiency businesses into one unit.

The restructure is expected to cost \$700 million, but will result in savings of around \$500 million to \$550 million per year, of which half will be reinvested back in the

company and the rest returned to shareholders.

"CSL Seqiris continued to show the resilience of its differentiated portfolio and platforms by generating growth in a challenging environment," said CEO Dr Paul McKenzie, referring to uncertainty related to US President Trump's tariffs on pharmaceuticals.

"We firmly believe that a simplified and focused CSL is best for patients, best for our people, and best for our shareholders.

"The changes announced today will deliver enduring patient value and durable shareholder returns." KB

Burnout leads to career regrowth

AFTER a decade of working in community pharmacy, burnout led to a major career pivot for consultant pharmacist, educator and advisor Daniel Nasri.

Seeking out mentors, and embracing opportunities that aligned with his strengths, interests and values, Nasri embarked on a new career path that helped him redefine success on his own terms.

In the latest episode of *Your Pharmacy Career Podcast*, Nasri shares his reflections on his many years in pharmacy, from community pharmacy to general practice, HMRs, tertiary education and consulting for PHNs.

His insights into loneliness in older patients have led him to champion social prescribing, sparking a pilot project that aims to support vulnerable communities in new ways.

"I think we're privileged as pharmacists to enter people's homes and truly see how they're living - that insight is powerful," Nasri said.

Listen to the podcast [HERE](#).

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High school vaping prevention success

A NEW vaping education program being rolled out in schools around Australia has been hailed as one of the most successful school-based strategies in the world for curbing youth e-cigarette use.

Developed by the University of Sydney, the Vaping Prevention Program was found to reduce the likelihood of adolescent vaping by 65% a year after completing the program, compared to students who received standard health education.

Researchers tested the program on year seven and eight students in 20 schools, with another 20 schools serving as controls.

There were about 2,500 students in each group.

The program was well received by students and teachers alike - more than 80% of students rated the program positively and felt the skills and information they learned would help them in the future, and almost 90% of

teachers scored it positively.

"Adolescents who vape are being exposed to harmful and addictive chemicals during critical stages of brain development," explained program lead Dr Lauren Gardner.

"This can affect the brain's reward pathway and increase the risk of addiction to both nicotine and other substances.

"The Our Futures Vaping Prevention Program is the only school-based program in Australia, and one of only a few in the world, that is proven to reduce students' likelihood of vaping," Dr Gardner added.

Read the paper [HERE](#).



WholeLife recognises achievers

WHOLELIFE Pharmacy & Healthfoods honoured the outstanding achievements of its people and partners at its annual WholeLife Awards Dinner, held at Crown Sydney as part of the 2025 WholeLife Conference (PD 19 Aug).

Hosted by comedian Dave Hughes, the evening was a "celebration of the passion, purpose and commitment that drive the WholeLife network".

The awards recognised excellence across pharmacy practice, retail management, community contribution, business growth and supplier partnership.

Among the winners in the supplier categories were Arrotex Pharmaceuticals, Haleon, Dermal Therapy, Nutra Organics and Little Valley Distribution.

Pharmacist of the Year was awarded to Brenden Seri, Managing Owner at Ingham Wholelife Pharmacy & Healthfoods in Qld.

A Spotlight Award went to Tiana Giardina of Mirboo North, and



Retail Manager of the Year was Rebekah Burt at Maroochydore.

WholeLife Group CEO Damian Young said the awards highlighted the strength of the WholeLife community.

"Our people and partners are at the heart of everything we do," Young said.

"These awards celebrate the innovation, dedication and care that ensure WholeLife continues to lead the way in delivering integrated pharmacy, health and wellness to communities across Australia," he concluded. KB

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Dive into our latest podcast episode featuring **Daniel Nasri**, a pharmacist and advisor - "On Career Reinvention, Purposeful Change and Social Prescribing; A Consultant Pharmacist's Transformative Journey".

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Dispensary Corner

YOU may have heard of service dogs that offer emotional and physical support for people with disabilities, like opening and closing doors or switching the lights on and off.

But did you know that there are other animals that also offer emotional support?

Known as 'clucksana', chicken yoga began in the US after COVID, when silkie hens were being used in classes due to their calming nature.

Apparently, they can make up to 20 different sounds, encouraging humans to communicate with them.

The trend has also hit the UK, with Zen Hens classes currently operating in North Yorkshire.

"[People] feel special when the hens 'choose' them to sit with," said Merry Counsell, whose mother runs the classes.

"People with special needs also respond well, as they have to remain calm for the birds, and this helps them to manage their emotions."

Clare Thomas-Pino is a lecturer in human-animal interaction at Hartpury University in Gloucestershire, and is a big believer in their ability to connect with humans.

"Chickens are a way to get people involved in yoga, and as a former chicken owner I can say that they are amazing, intelligent and very understated creatures," she said.

"We are on our phones constantly, working on computer screens and indoors a lot.

"Many now WFH and we crave being in nature with animals."

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