

Today's issue of PD

Pharmacy Daily today features two pages of news, plus a full page from **MediChoice**.

Mini-mise pain

MEDICHOICE'S new Ibuprofen Mini liquid capsules provide rapid pain relief in an easy-to-swallow format. See more on **page three**.

Call for better teaching on planetary health

RESEARCH conducted by Monash University has found that while pharmacy students understand pharmacists' role in planetary health, many struggle to apply these principles in practice, or link issues like antimicrobial resistance (AMR) to equity and social justice, signalling a critical gap in healthcare education.

The study evaluated the effectiveness of a co-designed Planetary Health Education (PHE) curriculum delivered to almost 400 pharmacy students, with prior interviews demonstrating students often have limited understanding and misconceptions about planetary health.

After engaging with the PHE curriculum, students reported a clearer understanding of how routine pharmacy practices, from safe medicine disposal to antibiotic stewardship, directly influence environmental and public health outcomes.

The authors highlighted the importance of embedding these concepts across curricula. Read about the program **HERE**.

Pharmacists to be welcomed home at PSA26

THE Pharmaceutical Society of Australia (PSA) has announced the launch of its 2026 national conference, PSA26, under the theme 'Home of Pharmacists', with registrations now open.

Taking place in Sydney, the event is more than a conference, said PSA President-Elect Professor Mark Naunton (**pictured**), as he reflected on the heightened significance of the theme following the PSA's acquisition of the Australasian College of Pharmacy.

"It's where every pharmacist can see themselves reflected in the future of their profession," he said.

"The Home of Pharmacists' theme signifies belonging, connection, and purpose, uniting pharmacists across all areas of practice.

"This new chapter for our national conference will bring more of the profession home under one roof.

"PSA26 is where we welcome pharmacists to the organisation that supports them at every stage

of their career."

Pharmacists will see several program changes at PSA26 as the event continues to grow, with social events to be held in new, larger venues, and the scientific program set to span multiple days.

PSA26 will also see the scientific program of oral presentations and poster sessions continue to expand, while the closing plenary will take the form of a seated luncheon event for the first time since 2022, anchored by the Alan Russell Oration.

Meanwhile, pharmacists' favourite sessions are set to return, including agenda-setting policy panels, Pharmacy Student of the Year and CSI Sundays, with popular host Melissa Doyle to again emcee the conference.

"We know people crave connection," Prof Naunton said.

"At PSA26, we have an enhanced social program tailored to forming these connections, with more



time for networking to allow pharmacists the opportunity to grow, connect, and reflect."

Prof Naunton encouraged all PSA members and pharmacists looking to expand their network to register now, not only to lock in the best pricing for registration, accommodation and travel, but also to take advantage of the special launch offer available until 24 Dec.

The event runs from Fri 31 Jul to Sun 02 Aug 2026 at ICC Sydney - click **HERE** for details.

"Anti-ageing hero" NMN now listed as permissible ingredient

NICOTINAMIDE

mononucleotide (NMN), a molecule touted for its anti-ageing potential, has been listed as a permissible ingredient by the Therapeutic Goods Administration (TGA) for use in Australian therapeutic goods.

NMN is a naturally occurring molecule made by the body that helps it replenish NAD+ levels, which are essential for energy production and DNA repair, with some research suggesting it may also help improve insulin sensitivity and heart function.

Production of NMN decreases with age, but taken as an oral supplement, appears to support NAD+ production.

Earlier this year, the TGA issued a safety alert stating NAD and NMN were not permitted ingredients in Australia, and medicines that made claims about them through their name, labelling or advertising were at risk of breaching the law.

The Australian biotechnology company behind the regulatory change, Longevity Life Sciences (LLS), is currently the only company permitted to supply the product as CellVive NMN for human use in Australia.

Associate Professor Sophie Stocker of the University of Sydney Pharmacy School, who is on the LLS Scientific and Advisory Board, said, "Regulation

is essential because any health claim must be backed by solid evidence".

"Early research shows promising signals, but regulators ensure those signals are translated into claims that match the level of proof available and protect consumers from misinformation," she explained.

"With continued rigorous clinical studies, NMN's role in supporting healthy aging is becoming clearer, and emerging evidence suggests it may have additional benefits for metabolic and physiological health - though the potential beyond ageing is still being properly explored and validated," Assoc Prof Stocker cautioned.

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Dispensary Corner

IF YOU think pop music ain't what it used to be, you're probably right.

An analysis of the lyrics of 20,000 top 100 English-language songs in the United States between 1973 and 2023 has revealed that, in general, the lyrics of popular songs have become simpler and more negative over time, and contain more stress-related words.

The trend has coincided with increasing rates of depression and anxiety in the population, and also with increases in the negativity of news media and fiction books identified in previously published research.

On the important question of whether life imitates art, or vice versa, the authors have hedged their bets, saying the findings highlight the role of music in both shaping and reflecting moods over time.

Interestingly, there were some associations with major stressful events, such as the September 11 attacks and the onset of the COVID pandemic, with lyrics becoming more complex and more positive, containing fewer stress-related words.

The authors suggest that this could be due to more positive and complex music being used as a form of escapism during stressful periods.

Which doesn't fully explain the success of Justin Bieber's 2020 COVID-era hit, Yummy: "Yeah, you got that yummy-yum, that yummy-yum, that yummy-yummy... yeah, babe, yeah, babe, yeah, babe..."

Positive? Kind of. But complex?

Slow, supported taper best for antidepressants

SLOWLY tapering off antidepressants, combined with psychological support, could help prevent depression relapse to a similar extent as remaining on antidepressants, according to a large review published in *Lancet Psychiatry*.

The authors emphasised that these findings do not suggest that antidepressants are unnecessary, or that psychotherapy alone is adequate, but highlight the importance of tailoring deprescribing to each individual.

The team analysed 76 randomised controlled trials representing over 17,000 adults and found slow tapering antidepressants (reducing the dosage over more than four weeks) combined with psychological support is more

effective than quickly tapering off (over less than four weeks) or suddenly stopping the medication.

While more research is needed, the team added this slow tapering method with support could prevent one relapse in every five people when compared with the other methods.

Evidence-based guidelines for moderate-to-severe depression typically recommend that antidepressants be taken for six to 12 months after a first episode, or for up to two years in people who have experienced multiple recurring episodes or have specific risk factors for relapse.

However, overprescribing, long-term use, and withdrawal symptoms after discontinuation, are common issues, as a recent

analysis of Australian PBS data demonstrated (*PD* 04 Dec).

"Depression is often a recurring condition and without ongoing treatment as many as three out of four people with recurrent depression relapse at some point," said lead author Professor Giovanni Ostuzzi from the University of Verona in Italy.

"Yet in everyday practice, treatment is often prolonged far beyond what guidelines suggest.

"Our new review clarifies the scientific evidence about the most effective way to come off antidepressants for individuals successfully treated for depression and could change how coming off antidepressants is managed globally," he concluded.

Read the paper [HERE](#). KB

PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email newproducts@pharmacydaily.com.au

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