

Today's issue of PD

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

- **Crampeze**
- **MediChoice OSTEO-CAPS**

Ease cramps

CRAMPEZE contains magnesium and *Viburnum opulus* (cramp bark) to help relieve night cramps, mild muscle twitches and spasms. Available in two different strengths - more on **page three**.

Osteo control

NEW MediChoice OSTEO-CAPS from Nova Pharmaceuticals provides up to eight hours of relief from osteoarthritis pain. The pharmacist-only medicine contains 665mg of paracetamol and comes in a pack of 96 - more on **page four**.

Kids' homeopathy safety recall

KEY Sun Laboratories is recalling one batch of Key Sun Kids Travel Sickness Homeopathic Product, due to the risk of a small metal wire being present in the lozenge. A lollipop from batch number 7266 was found to contain a piece of wire, most likely originating from manufacturing equipment. The wire could result in a child cutting their mouth or damaging their digestive tract. Products from the affected batch should be returned to place of purchase - more **HERE**.

Aussie men's health clinic goes global

PIONEERING pharmacist-led men's health initiative, Men's Health Downunder (MHDU), has expanded internationally and is now starting to provide the same expert services in a number of locations across the Republic of Ireland. Founded in 2013 by Canberra pharmacist Brad Butt (**pictured**) to break down the stigma surrounding male urological health conditions, MHDU aims to ensure men can access the care, rehabilitation and advice they need to ensure the best outcomes post-treatment. MHDU is now the largest men's health pharmacist-led clinic in Australia, providing support and tailored solutions for a wide range of male health issues. With referrals from GPs, urologists and sexual health clinics, MHDU operates across major cities and regional centres nationwide, offering accessible, specialist care for men at every stage of their health journey. Butt also co-authored a new handbook to help pharmacists

support patients managing erectile dysfunction for the International Pharmaceutical Federation (FIP) this year (**PD** 30 May). The clinic caught the eye of Daragh Connolly, Chair of the FIP Board of Pharmaceutical Practice, when he visited Australia for the FIP World Congress last year. "I was blown away by the service, because of its simplicity, accessibility and relevance," Connolly said. "I knew if it worked in Brisbane it could work in my community pharmacy in Dungarvan. "As soon as I met Brad and learned of his work establishing MHDU, I knew this was a service we were missing in Ireland, but I also knew instinctively that these people are professionals driven by a passion to improve men's health and lives. "We're proud to strengthen what community pharmacy can offer, and this marks the beginning of an exciting new chapter for patients." Butt is delighted that MHDU is expanding into Ireland, saying it is



an incredible opportunity to reach even more men who often put their health on the backburner. "If we can give them a trusted place to start the conversation and point them toward the right support, that alone can make a life-changing difference," Butt explained. "Men everywhere face the same barriers, whether its cost-of-living pressures, embarrassment, or the belief they'll 'come good' on their own, so taking MHDU's specialised model of care abroad is a vital step. "By connecting men with practical advice, targeted support and the right clinicians, we can help them take control of their health much sooner." KB

New treatments, and first of kind self-test for gonorrhoea

THE US Food and Drug Administration (FDA) has approved GSK's Blujepa (gepolidacin) and Innoviva's Nuzolve (zoflodacin) for the treatment of uncomplicated urogenital gonorrhoea in adults and adolescents, the first drugs from new antibiotic classes to be approved for the disease in over three decades. As gonorrhoea becomes increasingly challenging to treat due the spread of antimicrobial resistance to many antibiotics previously used as first-line therapies, the approvals have

been welcomed by health experts worldwide. GSK has submitted Blujepa for Therapeutic Goods Administration (TGA) approval. The news comes as a self-test kit for chlamydia and gonorrhoea developed by Sydney-based Touch Biotechnology hits pharmacy shelves in Australia, having been approved by the TGA last month. The first of its kind in Australia, the highly accurate test detects chlamydia and gonorrhoea with one swab sample, collected in privacy at home, producing a positive or negative result for

both infections in 15 minutes. "It marks significant progress in improving the options for female sexual health in Australia, hopefully reducing the number of infections that go undiagnosed and enabling more people to receive appropriate and timely treatment for infection that prevents further health complications," said CEO of Touch Biotechnology, Matt Salihi. "While this self-test can aid early detection, comprehensive STI screening and follow-up care are best managed in consultation with a healthcare provider," he added.

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Dispensary Corner

AS IF there were not already enough things us humans need to be mindful of when it comes to maintaining our health, now we also need to worry about our sleeping positions.

Dr Deborah Lee, a health specialist and sleep expert at Dr Fox Online Pharmacy in the UK, has declared the 'T-Rex position' - as it has now been dubbed on social media - as the worst position in which to fall asleep.

The term describes sleeping on your side with bent arms curled close to your chest, which according to Dr Lee, makes it more likely to experience of night-time paraesthesias - a tingling or prickling sensation due to blood circulation being cut off, with the risk of lasting nerve damage.

"We should also sleep without putting undue pressure on our joints and muscles," she said, revealing that laying on your side or back is preferable to sleeping on your front, which can inhibit breathing and cause irregular curvature of the spine.

"Your sleeping position can also affect medical conditions such as acid reflux/indigestion, sleep apnoea and pain."

T-Rex sleepers can do their bodies a favour by making slight adjustments to their position - either putting their arms down by the sides (this becomes the 'pencil' position) or by curling the knees up towards the chest (the 'foetal' position).

Dr Lee said side sleepers can also place a small pillow between their knees to maintain proper hip and spine alignment.

Nursing's new voice at AMH

IN A move that reflects the expanded scope of practice in nursing, the Australian Medicines Handbook (AMH) has appointed Nurse Practitioner Peter Cirocco (pictured) to its Editorial Advisory Committee, continuing its commitment to the evolving needs of health professionals.

Having provided pharmacists with an independent source of medicines information for nearly 30 years, the AMH has more recently expanded its reach to doctors and nurses, as well as producing companion information on Children's Dosing and Aged Care.

The Editorial Advisory Committee comprises a group of experts who help editors ensure content reflects current evidence and practice as well as the changing needs of its user base.

As the first Nurse Practitioner appointed to the Committee, Cirocco said he is "excited and humbled" by the opportunity to provide another way for nurses to be heard and appreciated in the quality use of medicines conversation.

"The AMH has been in my clinical toolkit since I started my undergraduate studies many years ago, and has been utilised almost daily since then," Cirocco said.

"I have seen many changes in the way we as practitioners at large apply pharmacotherapies - including changes in who can and cannot prescribe medications."

He joins Committee Chairman Prof Nick Buckley and members Dr John Dowden, Dr Lisa Fraser, Prof Andrew Somogyi, Dr Tilenka Thynne, Prof Melissa Baysari and Assoc Prof Ingrid Hopper.

"I am joining the AMH among some distinguished peers, however I am also cognizant that I am



representing my fellow nursing colleagues at large," Cirocco said.

"Not only is the Nurse Practitioner role an evolving role that is ever growing into widespread practice at all levels, there is further expansion with the recent Registered Nurse Prescriber changes."

Cirocco brings to the role a wide-ranging clinical background, which he said has helped him see myriad approaches to pharmacotherapies and develop a deep understanding of evidence-based rationales around when - and when not to - utilise medications, he said.

"This especially includes the administration aspect of these medications, which is something that needs to be considered by prescribers and dispensers alike."

Cirocco pointed out the scope of practice for nurses is ever evolving, and is something that can often meet roadblocks from other stakeholders - although he points out this occurs the other way as well, something he hopes to address on the Committee.

"With the AMH facilitating safe, effective medication management education, I feel that a multi-disciplinary approach to this is the most effective pathway forward," Cirocco said.

The 2026 AMH will be released in Jan, and a pre-publication subscription promotion is running until Dec 31, 2025 - click **HERE** for details.

Bone meds may help chronic pain

BISPHOSPHONATES - medicines usually used to treat osteoporosis - may provide short-term pain relief for complex regional pain syndrome (CRPS), according to a research analysis published in the *Annals of Internal Medicine* today.

CRPS is a severe and often disabling chronic pain condition that usually develops in a limb after injury or surgery, with limited options for effective treatment.

Clinical guidelines recommend oral or intravenous bisphosphonates for CRPS, despite limited evidence of efficacy.

The international team, which included researchers from the University of NSW, looked at 11 trials involving 754 adults with CRPS to determine the benefits and harms of bisphosphonates as a treatment option.

They found that while bisphosphonates may reduce pain intensity in the short-term (around one to three months after treatment), immediate-medium- and long-term effects were unclear.

While serious harms were rare, the data suggest that bisphosphonates probably increase the risk for adverse events, including flu-like symptoms such as diffuse musculoskeletal pain and fever.

"Future research should resolve uncertainty around which patients with CRPS are most likely to benefit from bisphosphonates," the study authors concluded.

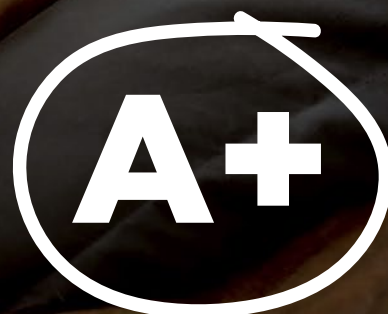
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