

4 ways to help build strong bones



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## Today's issue of PD

Pharmacy Daily today features two pages of news and the January MIMS Update.

## FIP 2025 earlybird

REGISTRATION is now open for the International Pharmaceutical Federation's (FIP) 83rd World Congress of Pharmacy and Pharmaceutical Sciences, taking place 21 Aug-03 Sep 2025 in Denmark.

Register **HERE** before 02 Jun to secure the earlybird fee.

## Prep for severe flu

AUSTRALIA should prepare for a severe flu season, experts have warned, as influenza cases spike across the US.

There have already been 1,055 confirmed influenza cases in Australia during the first week of 2025, data from National Notifiable Disease Surveillance System shows.

"The Northern Hemisphere is generally a fairly good indicator of what we can expect," Andrew Bartlett, a lecturer in pharmacy practice at the University of Sydney, told *SBS News*.

"It gives us an idea of...the amount of virus circulating, as well as the dominant strains."

The US Centers for Disease Control and Prevention estimates there have been at least 63,000 hospitalisations and 2,700 flu-related deaths so far this season in the US.

## TW Masterclass free for all



TERRYWHITE Chemmart has announced its Masterclass Intern Program is being made available in 2025 completely free of charge to all intern pharmacists and preceptors across Australia.

For over a decade, the program has supported thousands of pharmacists and interns, offering comprehensive education, hands-on practical learning, and insights from leading educators.

"Masterclass has been a cornerstone of pharmacist and intern pharmacist development in Australia for over 10 years," said Brenton Hart, Chief Pharmacist at TerryWhite Chemmart.

"The Masterclass Intern Program is about nurturing the leaders of tomorrow and building a better future for Australian pharmacy."

Designed by pharmacists, the initiative complements the compulsory intern training programs and consists of eight live, interactive webinars, with a new special guest speaker featured every month.

Former participant Jake Bennetts from TerryWhite Chemmart Compounding Ainslie in the ACT

said the program was the ideal supplement to his formal studies and preceptor mentoring.

"The Masterclass Intern Program was invaluable in helping me build practical skills and confidence that I could put into practice immediately," he shared.

"The interactive webinars and real-world case studies perfectly complemented my formal intern program, making me feel prepared not only for my exams but for my future as a pharmacist."

Register for the 2025 Masterclass Intern Program **HERE**. JM

## Restriction for B6?

THE Therapeutic Goods Administration (TGA) is reportedly considering an application to require vitamin B6 products to be sold exclusively by pharmacists.

Since 2020, the regulatory body has received 119 reports of peripheral neuropathy as a result of B6 poisoning.

Several medical bodies, including The Royal College of Pathologists of Australasia, have issued warnings following an increase in patients presenting with peripheral neuropathy.

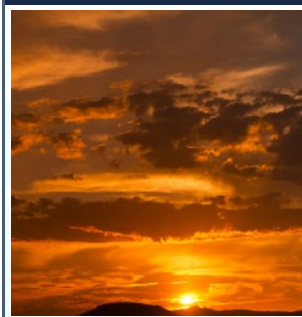
The TGA has required a warning label for listed medicines with more than 10mg of B6 since 2022.

However, the body told ABC's 7.30 that it is now assessing whether B6 products containing between 5mg and 200mg should be required to be stored behind the counter "to prevent physical access by the public" and to be sold only by pharmacists.



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TerryWhite Chemmart



### Dispensary Corner

**PERHAPS** it's just that time of the year, but fad diets seem to be making an unfortunate comeback, according to new data from MyFitnessPal.

More and more Aussies are chasing quick fixes, with close to one in three (32%) looking to adopt a restrictive diet in 2025, despite almost three in four (71%) having already tried a fad diet in the past.

Extreme low-calorie diets (42%) are the most popular choice, while skipping meals (41%) and the raw food diet (18%) also topped the list.

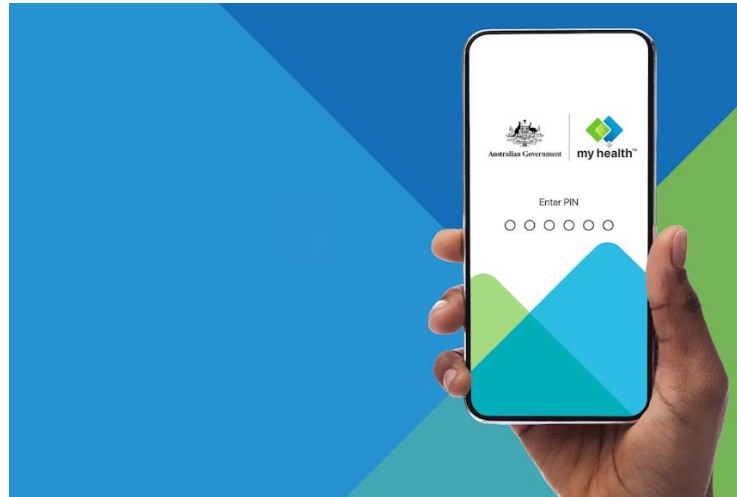
Novelty diets like juice cleanses (6%), the baby food diet (5%), the grapefruit diet (4%), and the eggs and wine diet (3%) are also expected to make a resurgence in 2025.

"While restrictive diets may offer the temptation of a quick win, they often come at a cost - such as nutrient deficiencies and developing unhealthy eating habits as part of the process," PhD, habit researcher, and dietitian, Dr. Gina Cleo said.

"Instead of extreme approaches, Aussies should focus on making small and consistent progress towards their health goals in order to achieve long-term health results that last."

While fad diets are sweeping the nation, Tasmania is the biggest culprit by far, with 64% saying they will restrict their eating this year, followed by the Northern Territory (39%) and South Australia (35%), the research shows.

## Scripts at your fingertips



**AUSTRALIANS** can now enjoy easier access to their prescriptions from anywhere in the country, thanks to new updates rolled out on the Federal Government's my health app, which stores individuals' key health information.

The Australian Digital Health Agency announced new features to the app last month, aimed at enhancing health information management and eliminating the cost and inconvenience of misplacing paper prescriptions.

App users can now benefit from the streamlined management of electronic prescriptions, which enables them to consolidate their scripts within the app, and eliminates the need to carry multiple physical documents.

The update also introduces the ability to link or delink an Active Script List (ASL) once registered with a pharmacy, and to manually add or edit current medications, allergies, and adverse reactions.

"Australians caravanning across the country or flying to family festivities should download my health app before they travel, so their health information and tools

to support them are always in reach," said Amanda Cattermole, Chief Executive of the Australian Digital Health Agency.

"Whether you are a busy parent, an interstate traveller, or someone with chronic or complex health conditions, the upgrade to my health app has been designed and tested with diverse consumer groups to ensure it is a health saver for everyone."

Australians are encouraged to download the my health app to keep their health information and tools to support them within easy reach. *JM*

### Sugary drink study

**NEW** research has emerged revealing the harmful global impact of sugar-sweetened beverage (SSB) consumption on Type 2 diabetes and cardiovascular disease.

The results show that in 2020, 2.2 million cases of diabetes and 1.2 million cases of cardiovascular disease were attributable to the consumption of SSBs globally.

Prof. Lennert Veerman from Griffith's School of Medicine and Dentistry was part of the international team that assessed 184 countries and their SSB consumption, which includes soft drinks, energy drinks, fruit drinks, and more.

According to the study, Australia has a "sizeable" number of cases of diabetes, heart disease and stroke which can be attributed to the consumption of SSB.

"Urgent action is needed to prevent needless disease and death, starting with a tax on SSBs to discourage overconsumption, and encourage the industry to produce and market healthier drinks," Veerman said.



## Early bird closes 31 January

appconference.com



## New Products

- **Amivantamab (Rybrevent)** is a low-fucose, fully-human IgG1-based bispecific antibody that binds to the extracellular domains of epidermal growth factor receptor (EGFR) and mesenchymal epidermal transition (MET) receptor. It disrupts EGFR and MET signalling functions through blocking ligand binding and, in exon 20 insertion mutation models, enhancing degradation of EGFR and MET. The presence of EGFR and MET on the surface of tumour cells also allows for targeting of these cells for destruction by immune effector cells, such as natural killer cells and macrophages, through antibody-dependent cellular cytotoxicity and trogocytosis mechanisms, respectively. *Rybrevent has provisional approval for the treatment of patients with locally advanced or metastatic non-small cell lung cancer that has an activating EGFR exon 20 insertion mutation, whose disease has progressed on or after platinum-based chemotherapy.* Rybrevent concentrate for infusion contains amivantamab 350 mg per 7 mL and is available in packs of 1 vial.
- **SARS-CoV-2 JN.1 mRNA vaccine (Spikevax JN.1)** is formulated in lipid particles, which enable delivery of the nucleoside-modified mRNA into host cells to allow expression of the SARS-CoV-2 S antigen. The vaccine elicits an immune response to the S antigen, which protects against COVID-19. *Spikevax JN.1 is indicated for active immunisation to prevent COVID-19 in individuals 12 years of age and older in accordance with official recommendations.* Spikevax JN.1 is contraindicated in individuals with known severe allergic reactions (e.g. anaphylaxis) to a previous dose of Spikevax (Original, Bivalent Original/Omicron (BA.1), Bivalent Original/Omicron BA.4-5 or XBB.1.5). Spikevax JN.1 suspension for injection contains SARS-CoV-2 JN.1 mRNA 50 mcg per 0.5 mL dose and is available in packs of 10 prefilled syringes.
- **Talazoparib (tosilate) (Talzenna)** is an inhibitor of poly (ADP-ribose) polymerase (PARP) enzymes, including PARP1 and PARP2, which play a role in DNA repair. In vitro studies with cancer cell lines that harboured defects in DNA repair genes, including breast cancer susceptibility gene (BRCA) 1 and 2, have shown that talazoparib-induced cytotoxicity may involve inhibition of PARP enzymatic activity and increased formation of PARP-DNA complexes resulting in DNA damage, decreased cell proliferation and apoptosis. Talazoparib anti-tumour activity was observed in human patient-derived xenograft breast cancer tumour models that expressed mutated or wild-type BRCA 1 and 2, as well as in an androgen receptor (AR) positive prostate cancer cell line xenograft model. The combination of a PARP inhibitor and AR signalling inhibitor has been identified as a mechanism-based interaction that expands the functional state of sensitivity to broader inhibition of homologous recombination DNA repair mechanisms. AR signalling inhibition suppresses the expression of homologous recombination repair (HRR) genes including BRCA1, resulting in sensitivity to PARP inhibition. PARP1 activity has been shown to be required for maximal AR function and thus inhibiting PARP may reduce AR signalling and increase sensitivity to AR signalling inhibitors. Clinical resistance to AR blockade is sometimes associated with co-deletion of retinoblastoma RB1 and BRCA2, which is in turn associated with sensitivity to PARP inhibition. *Talzenna is indicated for the treatment of patients with a deleterious or suspected deleterious germline BRCA mutation according to a validated diagnostic test, who have human epidermal growth factor receptor 2-negative, locally advanced or metastatic breast cancer and in combination with enzalutamide for the treatment of adult patients with HRR gene-mutated metastatic castration-resistant prostate cancer.* Talzenna capsules contain talazoparib 100 mcg, 250 mcg, 350 mcg or 500 mcg and are available in packs of 30.

## New Indications

- **Brexpiprazole (Rexulti)** is now indicated for the treatment of agitation associated with Alzheimer's dementia, in adult patients who are unresponsive to non-pharmacological interventions.
- **Nivolumab (rch) (Opdivo)** is now indicated in combination with cisplatin and gemcitabine for the first-line treatment of patients with unresectable or metastatic urothelial carcinoma.
- **Osimertinib (mesilate) (Tagrisso)** is now indicated in combination with pemetrexed and platinum-based chemotherapy for the first-line treatment of patients with locally advanced or metastatic non-small cell lung cancer whose tumours have EGFR exon 19 deletions or exon 21 L858R mutations.

## Safety Related Changes

- **Durvalumab (Imfinzi)** in combination with pemetrexed and either cisplatin or carboplatin no longer has provisional approval for the first-line treatment of patients with unresectable malignant pleural mesothelioma with epithelioid histology.

*This list is a summary of only some of the changes that have occurred over the last month. Before prescribing, always refer to the full product information.*