

Today's issue of PD

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

SpringLeaf Fat Clear recall

THE Therapeutic Goods Administration (TGA) has advised that Homart Pharmaceuticals is recalling specific batches of its product, SpringLeaf Fat Clear, due to compliance issues.

Firstly, the product label does not bear a mandatory phenylalanine warning.

The product information also recommends a daily dose that far exceeds the permitted limit for poliglucosum intake.

Consumers are advised to contact Homart customer service - batch details are available on the TGA **WEBSITE**.

Gen med standards updated

ADVANCED Pharmacy Australia (AdPha) has released a newly updated pharmacy practice standard for general medicine.

The new guidelines set out best practice principles and professional standards for pharmacists working in one of the largest and most complex areas of acute inpatient care, with the aim of improving patient safety and outcomes.

The revised standards emphasise person-centred care, provide clear guidance on prioritising clinical pharmacy services, update recommended staffing ratios, and present new evidence demonstrating the impact of pharmacists in general medicine.

In an accompanying editorial, the Internal Medicine Society of Australia and New Zealand (IMSANZ) welcomed and endorsed the standards, noting that they clearly define the critical role of pharmacists in the care of general medicine patients across Australia and New Zealand.

Associate Professor Ar Kar Aung,

4 ways to help build strong bones

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PSA updates CAL advice in digital APF

THE Pharmaceutical Society of Australia (PSA) has updated advice in the digital Australian Pharmaceutical Formulary (APF) relating to the use of Cautionary Advisory Labels (CAL) 6, CAL 13, CAL 18 and CAL I.

CAL 18 now covers a broader range of situations where foods and fruit juices - grapefruit, Seville oranges, pomelo, star fruit, bitter melon and pomegranate - may interfere with medicines, and provides support for clearer and more actionable dietary advice for patients.

CAL 1, which also related to foods and juices that interact with medicines, has been retired, and the expanded CAL 18 will be used instead.

CAL 6 explanatory notes have been expanded to help support pharmacists provide actionable, accurate advice regarding storage temperatures.

The wording of CAL 13 and its explanatory notes have been updated and refined to prompt meaningful conversations with patients about dosage forms and active ingredients truly sensitive to light, moisture or temperature excursions.

Emeritus Professor Lloyd Sansom, Chair of the APF editorial board, reminded pharmacists: "CALs are intended to be an adjunct to verbal counselling on medicine-related issues, not to replace this."

Learn more in **APF DIGITAL**.

Pharmacists underutilised in chronic pain

THE National Pain Report 2025 - Pain Takes A Nation, was released this week by peak consumer body Chronic Pain Australia, tying in with National Pain Week from 21-27 Jul.

Based on findings from the 2025 National Pain Survey of nearly 5,000 people living with chronic pain, the report highlights lengthy delays in diagnosis, a severe mental health toll, rising suicidality among young people, and a complex care system that is failing those who need it most.

The survey found that more than half of those with chronic pain are prescribed at least one medication, and 84% are seeing a pharmacist at least once a month - with 17% visiting weekly.

Yet almost a third of patients had never received a medication review.

"Pharmacists are often the most accessible health professionals, yet our role in chronic pain care is underutilised," Nicolette Ellis, pharmacist and Chairperson of Chronic Pain Australia, told **Pharmacy Daily**.

"The *National Pain Report* revealed medication reviews are rare, yet many people are on complex regimens," she continued. "Pharmacists have the expertise and opportunity to bridge that gap and help reduce harm."

The survey report observes that the 3.6 million Australians living with chronic pain "are being robbed of the best years of their lives, their wellbeing, and even their hope", in what is described as "a devastating national crisis".

More than half (54%) of survey respondents reported waiting more



than two years for a diagnosis, and 44% waited over three.

It also found an alarming level of suicidality, especially among young people, where almost half (49%) of 18-24-year-olds said they had considered suicide and 12% had attempted it.

Despite the complex nature of chronic pain, which often involves multiple pain types concurrently, access to appropriate multidisciplinary and specialist care is falling short.

Only 18% of respondents received a referral to multidisciplinary pain management, and 30% of those referred never secured an appointment - a systemic failure that means many are left without the integrated care they desperately need.

"What thousands of Australians are telling us cannot be ignored: pain is not just taking lives, it is taking our nation's potential," Ellis said.

"This report illuminates a path forward," she continued.

"Australians living with pain are not asking for pity, they are demanding action - timely diagnoses, tailored multidisciplinary care, mental health support that understands pain, and systems that treat them with dignity, not suspicion."

Chronic Pain Australia is launching a whitepaper today at Parliament House in Canberra, an urgent call to action for national reform for chronic pain.

Recommendations include recognising chronic pain as a national health priority; funding chronic pain health services via Primary Health Networks (PHNs); and updating national coding standards to include chronic pain classifications.

"Pharmacists are the medicine experts, and in the complex world of chronic pain, that matters more than ever," Ellis told **Pharmacy Daily**.

"We have a critical opportunity to educate, support, and empower people living with pain."

The report is available **HERE**, and the whitepaper **HERE**. KB

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Editor's Choice: 1000 Hour launches innovative hair concealer

AUSTRALIAN beauty brand 1000 Hour has launched the unique Dab-On Hair Colour Concealer (RRP \$14.99) to cover greys and regrowth for instant DIY touch-ups.

The product offers a natural matte powder finish and is quick and simple to apply.

Its sleek portable packaging makes it easy for travel, while on the go, or in between salon appointments.

The Dab-on Hair Colour Concealer suits a diverse range of hair colours and textures and is available in four different shades: black, dark brown, medium brown, and light brown.

To apply, start with clean, dry



and styled hair, unscrew the cap and tap the sponge applicator into the powder.

Gently dab onto visible greys or

regrowth areas, starting at the part line and working outwards.

Blend using short strokes and repeat if required.

Tools to save make up



GLOBAL beauty tool brand Real Techniques has launched its MakeupSaver range into Australia, claimed to save up to 90% of product, thanks to innovative fingerprint technology that minimises absorption, multi-angled brush and easy-to-clean designs.

The MakeupSaver Sponge (RRP \$19.99) features several sides to reach all areas of the face and offers a streak-free, skin-like finish.

The sponge is also easy to clean by simply wiping the film side with a damp cloth after use.

Meanwhile, the MakeupSaver Sponge and Brush Trio (RRP \$34.99) offers a range of products that have been designed to mimic the shape of a finger for seamless blending and a natural application.

Both the 267 MakeupSaver Base and 265 MakeupSaver Concealer Brushes feature sloped heads with densely packed UltraPlush bristles. Available now in Priceline.

An Ordinary innovation

AFFORDABLE skincare brand The Ordinary has launched the innovative 10% Powder-to-Cream Concentrate, which helps to minimise the look of breakouts.

The treatment is ideal for sensitive skin, thanks to the sulfur, which also helps control excess oil.

According to the brand, the product reduces the look of breakouts and minimises visible spot redness by 50% within an hour.



New botanic lip duo from Aussie brand Natio



IDEAL for winter when skin is often dry and chapped, Natio has launched a lip duo packed with botanical ingredients: Glow Buff Away Smoothing Lip Scrub (RRP \$14.95) and Glow Lips Luscious Overnight Lip Mask (RRP \$14.95).

The new scrub is a gentle exfoliator formulated with natural sugar crystals to buff away dryness and plant oils to moisturise, with antioxidant superfruit extracts to offer cellular repair and protection.

After exfoliating the lips, the Luscious Overnight Lip Mask offers deep hydration and nourishment with its plant oil, wax and butter blend, and antioxidant extracts of prickly pear, goji berry, kakadu plum and pomegranate.

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Beauty & Wellness
by Pharmacy Daily



Dispensary Corner

MOST of us remember Papa Smurf, or Paul Karason, the man who turned blue from drinking too much colloidal silver in the 1990s, supposedly to treat sinuses, dermatitis, acid reflux and various other ailments.

While the case raised awareness of the dangers of consuming the alternative medicine, it has not deterred some.

A 63-year-old Australian man recently presented to the emergency department after a fall, and was found to be suffering from urinary retention and acute kidney injury, linked to peripheral neuropathy.

Oh, and his other symptom?

Blue-grey skin discolouration - also known as argyria - caused by silver consumption, most noticeable on the sun-exposed areas of the face and neck.

Just like Karason, the man had been using a homemade silver solution, as well as applying colloidal silver ointment to his legs for two years.

Although the patient's peripheral neuropathy was attributed to type 2 diabetes mellitus, medical experts could not rule out contribution from silver toxicity.

The patient was advised to discontinue silver use, however even after two months of cessation, his skin tone did not revert back to normal - and he wants to start using it again.



Inaugural PCHS Elevate success



THE Symbion Pharmacy Choice healthSAVE (PCHS) group held its inaugural pharmacist and retail training event, Elevate, on 04 Jul in Sydney.

It was attended by member pharmacists, retail managers and pharmacy assistants from its 850 community pharmacies, as well as supplier educational partners.

Elevate offered members two parallel educational sessions for pharmacists, retail managers and assistants, aimed at helping to meet patient needs and connect with colleagues.

The event featured several industry-leading guest speakers who provided valuable insights as the pharmacy industry continues to evolve.

The pharmacist forum kicked off with Peppe Raso from the Pharmacy Guild discussing 8CPA and full scope of practice, followed by Nikita Dalla Venezia and Jarrod McMaugh from the PSA, who explored the role of S3 vapes in harm minimisation.

Louise McLean, from Capital Chemist ACT, rounded off the forum with advice about dispensing medical cannabis in community pharmacy.

Meanwhile, in the retail room,

Mal Scrymgeour from Zumo Retail offered pragmatic advice and insights around retail excellence.

PCHS supplier educational partners addressed health topics including weight management for patients using GLP-1 medications; digestive health; probiotic therapy; wound care; women's health; pain management; smoking cessation; and cough and colds.

Pharmacist Marina Mikhaeil, PCHS Pharmacy Programs and Services Manager, said there was "outstanding engagement from pharmacists at Elevate".

"Our pharmacists demonstrated sincere commitment to evolving as primary health care providers and developing their practice as community pharmacists," Mikhaeil enthused.

Cameron Macklin, General Manager PCHS & Merchandise, said: "Elevate is our latest initiative to support member pharmacies in providing the best care to their patients and becoming the trusted health destination in their local community.

"We are thrilled with positive feedback from our members who attended Elevate and are already planning for an even bigger event next time." KB

Moisturising bub may prevent AD

APPLYING moisturiser to babies daily, regardless of whether they have dry skin, could reduce their chances of developing atopic dermatitis (AD), or eczema, according to US research.

The team from Oregon Health & Science University recruited just over 1,200 infants and their parents and split them into two groups.

In the first group, parents were asked to moisturise their baby's body daily from nine weeks old to 24 months, while in the second, they were asked to avoid using moisturiser unless their baby developed dry skin that really needed it.

At 24 months of age, around 36% of the moisturiser group had reports of eczema, compared to 43% of the non-moisturiser group.

The protective effect was more pronounced among children not at high risk of AD, and also in families with a dog.

The researchers speculated that this may be due to different drivers of AD, with immune dysregulation and genetic causes less able to be overcome than environmental factors and skin barrier insults.

The findings suggest that using this safe, inexpensive pharmacy staple on babies could potentially reduce the rates of a condition that can cause a range of problems for children as they grow up.

"Implementing this approach to paediatric skin care may be a feasible way to reduce the burden of AD in US communities," they concluded.

Read the paper [HERE](#).



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