

Today's issue of PD

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

- Chemsave
- Nova Pharmaceuticals

Do the maths

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Learn more on **page four**.

Get better sleep

RESTIN 2mg melatonin modified release tablets help offer a better quality sleep.

Nova Pharmaceuticals is offering pharmacists a special deal - see **page five** for more.

Pharmacy Connect earlybird closes soon

REGISTER now to save up to \$100 at Pharmacy Connect. More info **HERE**.

King's Birthday honours

SEVERAL pharmacists were recognised in the King's Birthday Honours announced yesterday.

Silas Banks was awarded a Medal of the Order of Australia (OAM) for service to the pharmacy profession.

He has worked as a pharmacist since 1958, and held roles in the Pharmacy Guild of Australia, including President of the NSW Branch from 1994-2002.

"Today's recognition acknowledges the enormous contribution Si made to the Guild and the profession of community pharmacy," Guild National President, Prof Trent Twomey said.

Phillip Ledger, a community pharmacy owner in Western Australia, received the OAM for service to the pharmaceutical industry and the community.

Gary Pollard, a community pharmacy owner in regional Victoria for more than 40 years, was awarded the OAM for service to the community of Yea, Victoria.

Ian Shanks, a pharmacy owner in Victoria for more than 35 years, was also recognised for service to the community through charitable organisations.

Dr Karin Walduck was another recipient for service to community

hockey, having held leadership roles in Qld and national hockey associations since the 1980s.

She trained as a pharmacist in Victoria and undertook her PhD in pharmacology before commencing work as a hospital pharmacist, after which she moved into IT while maintaining her non-practicing pharmacist registration.

Pharmaceutical Society of Australia (PSA) National President Associate Professor Fei Sim congratulated the recipients.

"On behalf of the pharmacy profession, I extend my warmest congratulations to the outstanding pharmacists recognised in this year's King's Birthday Honours," Associate Professor Sim said.

"Pharmacists play a vital role in the lives of Australians, and the recognition of our colleagues in the King's Birthday Honours is a testament to their exceptional service, leadership, and dedication not only to pharmacy, but as pillars of their communities.

"Their work inspires us all to continue striving for excellence in everything we do as pharmacists and active members of the community," Assoc Prof Sim said.

"Congratulations to all." KB



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Australians spent \$1.3 billion more at pharmacies last year

What's driving the trend?

Read CommBank Health Insights

*CommBank iQ Market Monitor iQ. Health industry spending between April 2024 and March 2025.

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Turn a TV into a marketing powerhouse

1

Link Screens

2

Create Campaign

3

Deploy to Screens

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 **Scripty**

List your pharmacy

 Boost visibility

 Script orders

 Active Script List

 Time to order scripts with your pharmacy

MyScripts:

LUCY LOOP

- Paracetamol 100mg 30 capsules
- 5 Repeats left

Chillstatin 250mg 60 tabs

- 1 Repeat left
- Last repeat

BOBBY THUMBS

- Zendone 5mg 10 caplets
- 1 Repeat left
- Expiring soon

free

AUTO UPDATES

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TePe

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Reference: 1. <https://compliance.health.gov.au/artg/search=melatonin> cited 09/05/2025.

Pentavite recall

THE Therapeutic Goods Administration (TGA) has announced that Pentavite is recalling two batches of Pentavite Multivitamin + Iron Kids Chewables due to the absence of required warning statements on the label.

The warnings alert consumers to sulphites and sugars in the product, advising they should consult a health professional if they have any concerns.

Individuals with allergies to sulphites could experience symptoms ranging from mild (such as hives and stomach upset) to severe (difficulty breathing, wheezing, or in rare cases, anaphylaxis); additionally the sugar content may be unsuitable for children with diabetes, obesity or dietary restrictions.

Affected batches are 36112 (expiry Dec 2025) and 36633 (expiry Feb 2026).

Click [HERE](#) for more info.

Aussies say prevention is key to health

NAB Health's annual health insights report has revealed how Australians feel about their health, how they manage it and the challenges that they face.

One in two people (47%) live with an ongoing medical condition, rising to more than three-quarters (78%) among the over-65s, according to the report, *How healthy are Australians and what stops them taking better care of their own health?*

However, most believe they are ultimately responsible for their own health by adopting a healthy lifestyle, including maintaining a healthy weight, exercising and avoiding health risk behaviours such as smoking and drinking excess alcohol.

This highlights the important, front-line role that pharmacists play in supporting Australians to take charge of their health, the report authors suggested.

Income is a significant factor in health, with noticeably more

people in the lower income group (62%) needing ongoing treatment or medication for a medical condition than in the higher income group (40%).

The survey found that many Australians struggle with mental health illness or disorders, such as depression, anxiety, personality disorders, eating disorders, trauma-related disorders and substance abuse disorders.

On a positive note, the 2024-25 survey discovered that lower numbers had a diagnosed mental health illness or disorder in the last 12 months compared to last year's survey (down to 16% from 18% a year ago) or were diagnosed at some point in their life (30% versus 32%).

Around 21% of the current survey group said they smoked or vaped, the same percentage as last year.

The survey also looked at the sale of vapes in pharmacies, with around half strongly supporting the



restriction of sale of vapes.

Around seven in 10 (68%) agreed strongly that under 18s should require a prescription to purchase vapes, with fewer than one in 10 (8%) in low agreement.

A focus on dental health showed that while three-quarters of people clean their teeth twice a day, only half (52%) have regular check-ups at the dentist every six to 12 months, and only four in 10 (38%) floss every day.

Read the report [HERE](#). KB

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close to 9 out of 10 users¹**



**Protects against persistent,
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Always read the label and follow the directions for use. 1. Peter RU, Richarz-Barthauer U. Br J Dermatol. 1995, 132(3):441-5. 2. Okokon EO, et al. Cochrane Database Syst Rev 2015(5):CD008138



Dispensary Corner

IT IS no secret that frequent social media use can have a negative impact on mental health and wellbeing, especially for young people.

Now, researchers have discovered that it only takes two hours a day of 'doomscrolling' (mindlessly consuming social media content) before teenagers' risk of anxiety doubles, and their likelihood of depression quadruples.

Excessive screen time leads to heightened anxiety, depression, aggression and impulsiveness among adolescents, Canadian researchers found.

Forty-five percent of the 12 to 17-year-olds who took part in a recent nine-month study experienced psychiatric symptoms that required further medical evaluation - despite the teens having no prior mental health conditions.

The researchers found that passive scrolling by far had the strongest negative influence on adolescents, compared to other screen-use behaviours such as frequency, total time, and posting content on social media.

"It is much higher than we would expect to see," said Prof. Emma Duerden, Canada's research chair in neuroscience and learning disorders.

"Before COVID, rates of anxiety in adolescents were between 8 and 15 percent.

"Now, we see almost half of the sample size reporting heightened anxiety, which is alarming," Duerden added.

She suggested restricting screen time to two hours a day.

Picturing a brighter future



CHEMIST Warehouse, Gotcha4Life, and Gillette united for a luncheon last week in honour of Men's Health Month.

The event launched this year's Gotcha4Life campaign, with an afternoon dedicated to "purpose, connection, and open dialogue around mental fitness".

Australian journalist Jonathon Moran led a panel discussion with Gotcha4Life founder Gus Worland, army major and cancer survivor Hugo Toovey, design expert Neale Whitaker, and former Richmond Brownlow Medalist Trent Cotchin.

Worland founded Gotcha4Life in 2017 following the tragic suicide of a close friend, with the mission of improving mental wellbeing and building emotional resilience among men.

Chemist Warehouse has been a major partner of Gotcha4Life since its inception, helping to raise more than \$6 million to support mental fitness initiatives across Australia.

"We couldn't do what we do without the support of Chemist Warehouse - our biggest supporters from the start," Worland shared.

"With their help, we've reached

over half a million Aussies through our programs and workshops.

"That's just the beginning - there are so many more people we need to reach to ensure no-one has to worry alone."

Chemist Warehouse Chief Operating Officer Mario Tascone described Gotcha4Life as "a cause close to our hearts". *MS*

Diabetes drugs impact vision

GLUCAGON-LIKE peptide 1 receptor agonists (GLP-1RAs), including semaglutide (Ozempic, Wegovy), liraglutide, and tirzepatide, could be linked to an increased risk of neovascular age-related macular degeneration (nAMD) in patients with diabetes, researchers have found.

A study involving almost 140,000 people found that more than twice as many patients with diabetes who took GLP1-RAs developed nAMD compared to similar patients who had not, and the risk was highest (more than three times as high) among those with the longest exposure.

While the overall risk was still low, the authors recommended clinicians should keep an eye out for potential complications, and consider the trade-off between risks and benefits.

DID YOU KNOW?

That we regularly publish
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Do The Math(s)!

Chemsave

10 New Members
in the last 20 weeks

= 1 New Member
every 2 weeks!



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