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### Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature plus full pages from:

- Dispense Assist
- Willach

### Dispensary help

**DISPENSE** Assist is a low-cost staffing solution with dispensary technicians available 24/7, at rates from as low as \$7.42 per hour, for services that include compounding, DAAs and any other required tasks - see p5.

### Rethink dispensary

**WILLACH** Consis.C provides the latest in robotic automation for a more efficient dispensary set-up, freeing up space and time within your pharmacy - see p6.

## Update for Pharmacists in Alfred's path

**THE** Pharmaceutical Benefits Scheme (PBS) has extended the Continued Dispensing Emergency Measure it put in place to help flood-affected people in Far North Queensland to include those who may be impacted by Tropical Cyclone Alfred in coming days.

Having taken effect from 04 Feb, the measure will be in place until 31 Mar 2025 (inclusive) and allows people to continue to access their PBS subsidised medicines.

It permits the supply of an eligible medicine to a person by an approved pharmacist, where there is an immediate need for the medicine, but the PBS prescriber is unable to be contacted and/or is unable to provide an electronic PBS prescription or owing prescription.

The patient must have been supplied with the medicine within the last three months and their condition must be stable.

The PBS Continued Dispensing Emergency Measure provides access to a wider range of



PBS medicines than under ongoing Continued Dispensing arrangements, covering most medicines on the General Schedule of the PBS.

**MEANWHILE**, the Guild has provided some tips to share with patients about how to plan and prepare for Cyclone Alfred:

- Ensure prescriptions for essential medications are up to date to avoid unnecessary travel or hospital presentations.
- Prepare an emergency kit that contains all medical and health

supplies for seven days: consider first aid items, essential medicines and prescriptions, infant supplies, sanitary products, thermometers, batteries, and chargers for medical devices.

- Ensure patients plan ahead and charge medical devices and batteries now, so they can maintain power.
- Patients with medications that require refrigeration should be assisted in identifying alternative storage methods, such as cold bags, if power is lost. *KB*

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| Peter O'Brien  | (VIC, TAS) | 0427 352 902 |
| Jordan Hall    | (WA)       | 0419 866 587 |
| Gary Flynn     | (SA)       | 0488 223 155 |

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Ange Miller, Network Partner TerryWhite Chemmart Kambah

“Since joining TerryWhite Chemmart 10 months ago, our scripts have grown by 41.1%.”



### NAPE interns join AdPha for free

**ADVANCED** Pharmacy Australia (AdPha) has announced free membership for all interns enrolled in National Alliance for Pharmacy Education (NAPE) university internship programs.

It's part of a new partnership aimed at ensuring knowledge networks and growth opportunities support emerging practitioners in this important year.

The AdPha-NAPE Intern opportunity is open to interns enrolled at Monash University, the University of Queensland, the University of South Australia and the University of Sydney.

It provides the full benefits of AdPha Provisional Membership, including free access to the portfolio-building platform of the Australian and New Zealand College of Advanced Pharmacy (ANZCAP).

AdPha Vice President Dr Kate O'Hara, Chair of the ANZCAP Advisory Board, said the AdPha-NAPE Intern offering adds to the series of benefits that wrap around

pharmacy practitioners from students and trainees to innovators and leaders.

"In an ever-evolving healthcare landscape, it is crucial that students are supported regularly and from their earliest stages to map their career progression," said Dr O'Hara.

"AdPha is proud to offer programs, peer networks, education, events, resources and development opportunities that support each member from their days as a student, through their early career into leadership, generalist and specialty positions."

AdPha is also calling for submissions to its annual ANZCAP Pharmacy Student of the Year competition, recognising students who demonstrate diversity in their learning through ANZCAP's portfolio-building platform.

The winner will attend Medicines Management 2025, Australia's largest scientific pharmacy conference, in Melbourne.

To nominate a student, see [HERE](#).

### Treat both partners to stop BV: study

**BACTERIAL** vaginosis (BV), a condition affecting nearly a third of women worldwide, causing infertility, premature births and newborn deaths, has been revealed to be a sexually transmitted infection (STI), paving the way for a revolution in how it is treated.

The usual practice of treating BV as an imbalance (disruption) to the vaginal microbiome means that more than 50% of women get it back within three months after the standard week-long treatment of an oral antibiotic.

But in a landmark study of 164 couples with BV in monogamous relationships, Monash University and Alfred Health researchers found that treating BV in both sexual partners simultaneously achieves significantly higher cure rates than the current practice of only treating women.

The researchers stopped the trial early when it became clear that BV recurrence was halved

in the partner treatment group versus treating only women.

"Our trial has shown that reinfection from partners is causing a lot of the BV recurrence women experience, and provides evidence that BV is in fact an STI," said author Professor Catriona Bradshaw.

"This successful intervention is relatively cheap and short and has the potential for the first time to not only improve BV cure for women, but opens up exciting new opportunities for BV prevention, and prevention of the serious complications associated with BV."

The Melbourne Sexual Health Centre, where the study was conducted, has already changed its clinical practice to treat couples, and a new website for health professionals and consumers provides prescribing information for partner treatment.

The paper was published today in the *NEJM* - see [HERE](#).

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<sup>1</sup>The recommended dose is a loading dose of 400 mg then 200 mg once or twice daily, as required for up to 5 days.

References: 1. CELEBRES RELIEF<sup>®</sup> (celecoxib) Product Information. 2. Ekman EF et al. Am J Orthop 2002; 31(8):445-451. 3. Petri M et al. J Rheumatol 2004; 31(8):1614-1620. 4. Ralha LV et al. Revista Brasileira de Medicina 2008; 65(11):378-387. 5. Bertin P et al. J Int Med Res 2003; 31(2):102-112. 6. Cheung R et al. Clin Ther 2007; 29:2498-2510.

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## Editor's Choice: Natio Mother's Day gifts that give twice

**NATIO** is creating gift sets for Mother's Day, with \$1 from every purchase going to Lighthouse Foundation to support its mission to end youth homelessness.

Loved ones who receive a Mother's Day gift set in 2025 will also get a greeting card created by the children from Lighthouse's Young Parents and Babies program.

The Nourished Gift Set (\$19.95) contains hand care products made with antioxidant pomegranate paired with nourishing plant extracts, oils and butters for pampered hands.

Give Mum the spa treatment with the Embraced Gift Set (\$29.95), an indulgent and replenishing trinity of day spa-



style bath and bodycare products formulated with nourishing plant extracts and essential oils.

The Enriched Gift Set (\$34.95) of lotions and shower gel is infused with pure pomegranate in combination with naturally nourishing plant oils and extracts.

For a luxurious gift of roses, the Nurtured Gift Set (\$49.95) is the ultimate aromatic indulgence, with hydrating skincare products and lip shine presented in premium tote bag.

Available in Priceline and selected pharmacies from 20 Mar.

## Ubiquinol benefits



**CHEMIST** Warehouse Pharmacists across Australia can now access a training module on Kaneka ubiquinol - which is found in many brands of ubiquinol supplement - through the Chemist Warehouse Education Platform.

The training is led by one of Australia's leading integrative cardiologists, Dr Ross Walker, who delivers comprehensive insights into the science, clinical impact and prescribing guidelines of ubiquinol, a potent lipid-soluble antioxidant and the active form of CoQ10.

Dr Walker guides pharmacists through the essential role of ubiquinol in ATP production, and its impact on mitochondrial health, cardiovascular health and healthy ageing, based on over 100 studies.

Mitochondrial health also plays a key role in fatigue management, cognition, women's health, reproductive health and vitality.

Chemist Warehouse pharmacists looking to expand their clinical knowledge and provide evidence-based recommendations to patients about ubiquinol will have access to this training module for 12 months until Feb 2026 while gaining Continuing Professional Development (CPD) points.

For more information visit [ubiquinol.net.au](http://ubiquinol.net.au).

## Plump up those lips

**PUCKER** up with 12 edgy new 'Duck Plump' lip liners from NYX Professional Makeup, available in all your favourite shades (\$19.99).

Whether you're after nude, pink, red, brown or something that really stands out, there's a 'ducking' shade to suit, each cruelty-free and 100% vegan.

The new range comes with a dual-edged precision tip for sharp lines and easy application to make lips look fuller and enhance their natural shape for up to 24 hours.



## Even Better skin in a bottle with vitamins



**CLINIQUE'S** range of Even Better Makeup tints, foundations and concealers has a new addition: Even Better Clinical Vitamin Makeup SPF 25 (\$68.00).

The lightweight foundation comes in 19 shades and has a vitamin-rich formula for more vibrant, healthy-looking skin, as

well as a sunscreen providing SPF 25 protection.

The sheer, buildable product energises, brightens and protects skin, creating natural finish, with 96% of women in a consumer test saying skin looks more vibrant after using the product for one week.

Like all Clinique products, it is allergy tested, safe for sensitive skin and fragrance free.

Other products in the Even Better range include Even Better Makeup SPF 15 with medium coverage for combination skin (\$63); Even Better Clinical Serum Foundation SPF 20 with full, buildable coverage for oily skin (\$68); Even Better Light Reflecting Primer (\$63) and Even Better All-Over Concealer (\$52).

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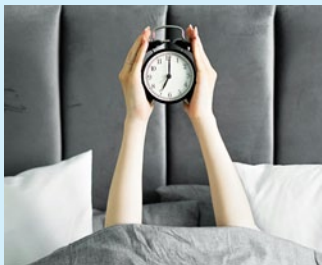
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## Dispensary Corner



**THERE** is some good news for those of us who love to sleep in, with new research revealing that a Sunday morning lie-in is actually good for your health. People who spend up to two hours longer in bed on the weekend may halve their risk of depression, a study has found. Conducted by researchers at Chengdu University in China and published in the *Journal of Affective Disorders*, the study analysed 327,000 men and women, and found that an extra hour in bed on Sundays was linked with a 30% lower risk of depression, increasing to 62% for between one and two hours. The benefits stopped after an extra two hours, so unfortunately there is still no excuse to stay in bed until noon. The scientists also discovered that extra snoozing has particular benefits for men and those aged between 40 and 60, who may not get enough sleep during the week as they balance work and family life. Making up for lost sleep on the weekend can help offset low mood, poor concentration, weight gain, a weakened immune system, and even a reduced lifespan - talk about a guilt-free excuse to hit that snooze button.



## NSAIDs prevent dementia



**PEOPLE** who use anti-inflammatory drugs over a long period of time may be at a lower risk of dementia regardless of the dosage, according to a Dutch study published in the *Journal of the American Geriatrics Society*. Past research has suggested that inflammation may contribute to the development and progression of dementia, and that non-steroidal anti-inflammatory (NSAID) medications may help protect against dementia due to their anti-inflammatory effects. In this large, new prospective study, a research team followed the NSAID usage of almost 12,000 people from 1991-2020 with an average age of 66 at the start. By the end of the study, around 2,000 had developed dementia. Long-term NSAID use (more than two years) was associated with a 12% reduced risk of developing dementia, but short- and intermediate-term use did not provide benefits. The researchers said there was a link between long-term use of NSAIDs and a lower risk of developing dementia, but there was no association between the overall dosage of NSAID medication

taken and dementia risk. The researchers say this means prolonged exposure to NSAIDs may have potential for dementia prevention, rather than intensive exposure to the drugs. The association could not be explained by the amyloid-lowering properties of specific NSAIDs, the researchers added. "Although our results are an indication of the important role of inflammation in the treatment of dementia, they do not justify the recommendation of long-term treatment with NSAIDs for the prevention of dementia, given its potential adverse effects," the team cautioned, noting that NSAIDs are currently listed as potentially inappropriate medications in older adults. "Our study provides evidence on possible preventive effects of anti-inflammatory medication against the dementia process," said author Professor M Arfan Ikram of University Medical Center Rotterdam, in the Netherlands. "There is a need for more studies to further consolidate this evidence and possibly develop preventive strategies," he added. Read the paper **HERE**. KB

## TWC recognises supplier excellence

**TERRYWHITE** Chemmart celebrated the outstanding contributions of its supplier partners at the HEART Awards gala event last week in Melbourne, part of its IMPACT Conference (**PD 25 Feb**). The award winners were:

- Sandoz - Ethical Supplier of the Year
- Biome Australia (Activated Probiotics) - Retail Supplier of the Year
- Novartis - Ethical Innovation
- L'Oreal Dermatological Beauty - Best Pharmacy Support
- PharmaCare - Best In-Store Promotion.

Executive General Manager Nick Munroe acknowledged the dedication and innovation of TerryWhite Chemmart's supplier partners in helping the business thrive. He expressed his appreciation for their continued commitment, stating, "The success of the TerryWhite Chemmart network is built on strong partnerships". "Our supplier partners play a vital role not only in driving business growth but in enabling network partners and teams deliver outstanding care to their communities," Munroe continued. "These awards celebrate the impact they help us create."



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