



**Cal-600®**  
Helps build strong bones

Available from API, Symbion, Sigma & CH2

**Petrus PHARMACEUTICALS**  
Calcium 600mg  
120 tablets

Use only as directed. Consult your healthcare professional if symptoms persist.

## Today's issue of PD

*Pharmacy Daily* today features three pages of news, plus a full page of **WholeLife Pharmacy & Healthfoods**.

## Delivering more

**ALIGNING** your pharmacy with WholeLife Pharmacy and Healthfoods - Australia's leading destination for health and wellness - can deliver stronger outcomes for pharmacies and pharmacy owners.

Its stores are havens for customers who are seeking products and services that support their lifestyle choices and their desire to get well, stay well, live well and be well.

WholeLife Pharmacy and Healthfoods will be at APP2025, so drop by and see them to learn more.

Details on **page four**.

## AdPha calls for PPMP rollout in WA

**ADVANCED** Pharmacy Australia (AdPha) has congratulated the re-elected Labor Party in Western Australia and called on Premier Roger Cook to commit to a statewide rollout of Partnered Pharmacist Medication Prescribing (PPMP).

With ambulance ramping emerging as an issue during the election campaign, AdPha President Tom Simpson said pharmacists are key to improving hospital bed flow efficiency and capacity.

"In other states, AdPha advocacy has led the roll-out of PPMP as a measure to ease pressure on hospital beds, as research shows this evidence-based prescribing model reduces medication errors and hospital length of stay," Simpson said.

AdPha is also pushing for a \$67.7 million investment into strengthening the WA Health hospital pharmacy workforce, which it called for from both parties prior to the election (**PD** 13 Feb).

With the state's health system feeling the strain of a growing population, Simpson said investing in the hospital pharmacy workforce and expanding its scope of practice will give Western Australians better access to safe, high-quality care.

"The initiatives outlined in our election priorities will improve healthcare system efficiency," Simpson said.

"Pharmacists play a vital role in patient care, to help reduce the estimated 250,000 hospital admissions in Australia that are medication related, two-thirds of which are potentially preventable," he continued.

"Our funding proposal directly supports key recommendations from the Sustainable Health Review and key national policy priorities,



ensuring a strong pipeline of skilled pharmacists through new intern, Pharmacist Resident and Pharmacist Registrar trainee and clinical educator positions."

Other winners, based on pre-election promises, are people with ADHD, who will be able to access care from specialist GPs instead of having to receive a diagnosis from a psychiatrist or paediatrician - a policy developed in collaboration with the RACGP (**PD** 17 Feb). *KB*



**healthSAVE®**  
pharmacy

**LOCAL at heart®**

Join us at the APP Symbion Stand 20 - 25

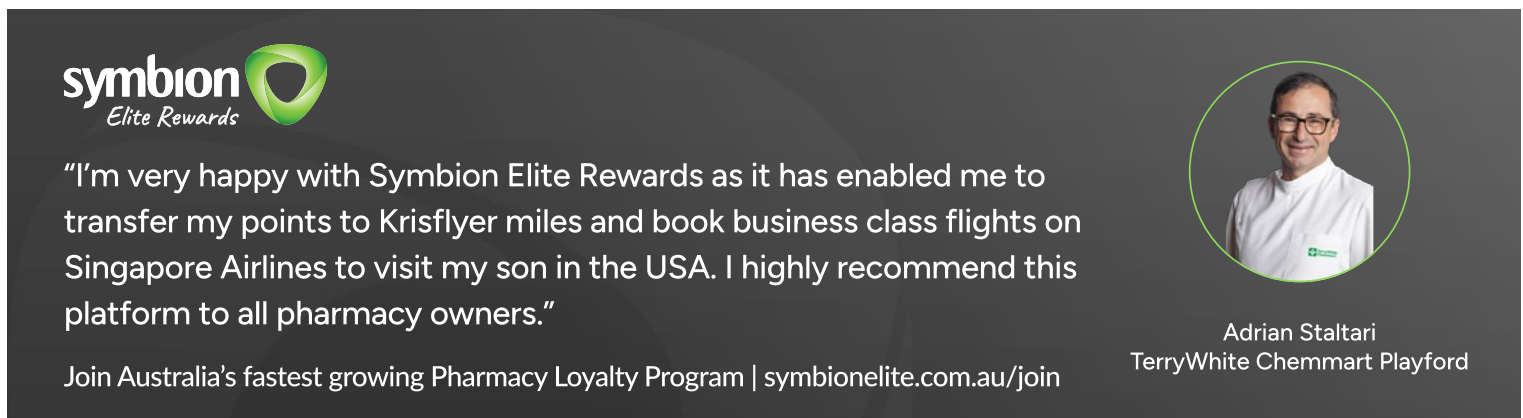



**MedAdvisor Solutions™**

**Empowering a seamless medication journey**

**Enhanced Vaccination Services**  
Enabling Pharmacists to Elevate Patient Care


Visit us at the APP Conference  
**STANDS 112 & 113**



**symbion**  
Elite Rewards

"I'm very happy with Symbion Elite Rewards as it has enabled me to transfer my points to Krisflyer miles and book business class flights on Singapore Airlines to visit my son in the USA. I highly recommend this platform to all pharmacy owners."

Join Australia's fastest growing Pharmacy Loyalty Program | [symbionelite.com.au/join](http://symbionelite.com.au/join)



Adrian Staltari  
TerryWhite Chemmart Playford

**ARE YOU A HEALTH PROFESSIONAL?  
ARE YOUR DETAILS CORRECT?**

As a health professional, did you receive today's special edition? Click here to change your subscription details via email.



## New drug approved for Myasthenia Gravis

**GLOBAL** immunology company Argenx has welcomed the Therapeutic Goods Administration's (TGA) decision to approve Vyvgart (efgartigimod alfa) as an add-on to standard therapy for the treatment of adult patients with generalised Myasthenia Gravis (gMG) who are anti-acetylcholine receptor (AChR) antibody positive.

Around 2,500-3,000 Australians are thought to have gMG, with symptoms including drooping eyelid, blurred or double vision, slurred speech, difficulty chewing and swallowing, weakness in the arms and legs, chronic muscle fatigue and difficulty breathing.

## Sigma Healthcare announces new CP

**SIGMA** Healthcare has appointed Tamworth Discount Drug Store pharmacist and business owner Lia Mahony (pictured) as its new Chief Pharmacist.

Mahony has worked in pharmacies in remote NSW communities for many years, and was recognised by the Tamworth community for her local contribution by winning the Noel Park Award in 2024.

As an accredited clinical pharmacist with extensive experience in the aged care sector, Mahony has provided educational, advisory and governance support to the sector for over 20 years.

The role will allow her to draw upon her personal experience to represent pharmacists across the Amcal and DDS brands as part of the newly merged Sigma and Chemist Warehouse entity.

She will also help represent Sigma Healthcare to the Pharmaceutical Society of Australia, the Pharmacy Guild of Australia, pharmaceutical manufacturers and governmental bodies.

"I'm delighted to accept this prestigious role," Mahony said.

"It's important for pharmacists to have input and share their experiences with other community pharmacists in the Sigma network.

"I'm also excited about the opportunity the role presents to engage and learn from Sigma pharmacists as I travel across the country to help create better pharmacy policies and practices on the ground to help our customers.

"There are such innovative and passionate pharmacists making a difference to the community and I look forward to picking their brains, showcasing their work and helping other pharmacists achieve great things," she said.

Mahony grew up in Manilla, NSW, where her father was the local pharmacist, and after gaining her pharmacy qualifications, she worked with him in many different pharmacies across NSW before settling in Tamworth.

When her father retired in 2023, Mahony ran the Tamworth DDS pharmacy as a sole business owner.

Her new full-time role as Sigma Chief Pharmacist will be based in Sydney, but she plans to continue to drop into her



Tamworth DDS pharmacy when she can on weekends to help staff and continue to engage with the local community.

"As a long-term community pharmacist and pharmacy owner, I really understand the lived work of making healthcare accessible to the community," Mahony said.

"I'm especially excited about mentoring and encouraging new pharmacists, something that will be both beneficial to Sigma and our banner brands, but also will help me develop the role of Chief Pharmacist." KB

**Treat your warts at home in seconds\* with**

**EndWarts<sup>®</sup> FREEZE**



\*15 seconds on hands and 40 seconds on feet. Always read the label and follow the directions for use

## 'Pharmacy in motion' theme for Medicines Management 2025

**ADPHA** has unveiled the theme of its 2025 Medicines Management conference in Nov: 'Pharmacy in motion'.

It encapsulates the magic and momentum as new ideas turn into new partnerships and projects, said AdPha Chief Executive Kristin Michaels.

"It's exciting to see the MM2025 theme out in the world, evoking yellow post-its, bright highlighters and scribbles on poster paper," Michaels said.

"'Pharmacy in motion' captures the organic energy that turns connections into collaborations, and builds pilots into programs.

"This is what AdPha members and advanced pharmacy are all about, supporting each other, integrated into interdisciplinary care teams, with the patient at the heart of everything they do."

Ella Raguz, Chair of the MM2025 Scientific Program Committee, said the branding brings to life the excitement and pace of pharmacy practice taking place in and around Australian hospitals.

"The Scientific Program Committee has hit the ground running and we're pleased to have opened submissions for speaker proposals on cutting-edge scientific research, a returning initiative in partnership with the AdPha Research Leadership Committee," said Raguz.

"The opening of the call for abstracts is only weeks away and we encourage pharmacists



and technicians from all career stages to review the submission information and criteria to help finalise their abstracts, to showcase the dynamic and diverse pharmacy practice underway across the country."

Submissions for speaker proposals on research close 19 Mar - see more [HERE](#).



## Dispensary Corner

**IN NEWS** that will dismay some and delight others (hello schadenfreude), it seems green smoothies might actually be bad for you.

According to self-proclaimed "father of biohacking" Dave Asprey, it's the high levels of oxalates found in leafy greens such as kale, silverbeet and spinach that are at issue.

While small amounts of these naturally occurring compounds aren't usually harmful, when consumed in large quantities, oxalates can bind to minerals like calcium, preventing them from being absorbed in your digestive system.

The real trouble, Asprey explained, starts when oxalates bind to calcium in your blood, forming tiny, sharp crystals that can be deposited anywhere in the body, causing muscle pain.

If your body is low on urine volume and high on oxalates, these minerals can build up and lead to painful kidney stones.

"There's this idea that the smoothie will clean you up, but it's probably going to clog your kidneys," said Asprey.

Apparently, oxalate crystals are behind a whopping 80% of kidney stone cases in the US.

Asprey said the body can handle 200mg of oxalates a day, but one green smoothie with almond milk and spinach can have five times that.

However, all is not lost - you can reduce your chances of forming the stones by drinking plenty of water to help thin out your urine and prevent calcium and oxalate build up.

## Menopause symptoms link with dementia

**WOMEN** who experience more menopausal symptoms are more likely to later have poorer cognitive function and mild behavioural impairments - both markers of dementia, according to a Canadian study.

Females are known to have a three-fold greater risk of developing Alzheimer's disease and related dementias, with the reduction in levels of the hormone estradiol at menopause proposed as a risk factor.

Researchers, led by Zahinoor Ismail of University of Calgary, used data from around 900 post-menopausal women who completed demographic, cognitive, and behavioural assessments.

Participants had an average age of 64 years and an average age at menopause onset of 49 years.

Menopausal symptom burden was assessed by summing the total number (but not severity) of recalled perimenopausal symptoms, including irregular periods, hot flashes, chills, vaginal dryness, weight gain, slowed



metabolism, night sweats, sleep problems, mood symptoms, and inattention or forgetfulness.

The study found that women who reported more perimenopausal symptoms had greater cognitive impairment and more mild behavioural impairment symptoms in mid- to late life.

Hormone therapy was not significantly associated with cognitive function but was linked to fewer behavioural symptoms.

The researchers concluded: "Greater menopausal symptom

burden may be associated with greater cognitive and behavioural decline in later life, both risk markers of dementia".

"Oestrogen-based hormone therapy may contribute to mitigating clinical symptoms, particularly behavioural symptoms," they added, acknowledging the need for further investigation to confirm the findings in a larger dataset, ideally with a longitudinal design to allow for determination of causality.

Read the paper [HERE](#). *KB*

## MedsAware 2025 kicks off with safety and sustainability at the fore

**THE** third annual MedsAware campaign starts today, highlighting the benefits of deprescribing for both people and the planet.

Advanced Pharmacy Australia (AdPha) in partnership with the Australian Deprescribing Network (ADeN) launched its annual MedsAware: Deprescribing Action Week campaign with a focus on sustainability.

MedsAware aims to encourage conversations between people, carers and healthcare providers on the benefits of deprescribing

and the risks associated with inappropriate medicine use, thereby reducing preventable medicines-related harm and hospitalisation.

With pharmaceuticals making up close to 20% of all healthcare-related greenhouse emissions in Australia, MedsAware is highlighting how deprescribing can also reduce environmental impact.

"Deprescribing is a win-win action - reduction in medication misadventure risk and financial cost for patients, and reduction

in environmental impact of the manufacture, use and disposal of medicines," said Grace Wong, Founding Member of AdPha's Climate and Health Specialty Practice Group and Founder of Pharmacists for the Environment.

"This type of campaign has the potential to drive simple conversations and create change, one small step at a time."

AdPha has included sustainability as one of the five pillars of the recently launched Yindyamarra 2030 six-year strategic plan ([PD 04 Mar](#)).



**WHOLELIFE**  
PHARMACY & HEALTHFOODS

# WHOLELIFE, delivering MORE



**DELIVERING stronger**  
outcomes for **PHARMACISTS**  
**AND PHARMACY OWNERS**

COME AND SEE US AT  
**APP 2025**  
**STAND 12**

FOR A CONFIDENTIAL DISCUSSION ABOUT THE WHOLELIFE OPPORTUNITY,  
VISIT [www.wholelife.com.au/join-us](http://www.wholelife.com.au/join-us) | OR CONTACT:

- 💡 Head of Network Development, **MIKE MCKENNA** 0497 407 001
- 💡 New Business & Franchising QLD, **GEORGE FOTINOS** 0477 111 581
- 💡 New Business & Franchising NSW, **BIANCA LAVENDER** 0498 800 710