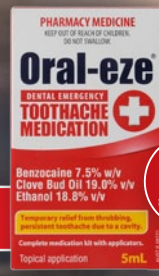


Don't suffer the pain of toothache.

Available from Symbion, Sigma, API & CH2

Always read the label and follow the directions for use.



Today's issue of PD

Pharmacy Daily today features three pages of industry news, plus a full page from Pharmacist.

Design your space

PHARMACIUM will create work spaces that reflect your working style and improve efficiencies throughout your pharmacy, with a focus on dispensary operations. See page four for details.

One week to APP

WITH just one week to the start of APP2025, there is still time to register. Full registration costs start from \$1,009 for pharmacists and \$450 for pharmacy assistants, with no charge for students and ACP interns. Day rates are also available - see more [HERE](#).

CSIRO warns diets are going downhill

AUSTRALIA is currently on track to fall well short of its 2030 health targets, according to new research from the CSIRO, due to worsening eating habits in need of significant intervention.

A new study published in the *Australian and New Zealand Journal of Public Health* predicts a surge in the consumption of discretionary foods and a decline in the intake of fresh fruit and vegetables over the next five years.

The study drew on nine years of data from 275,000 Australians to forecast future dietary trends, which were then compared against national prescribed targets.

Key findings from the report include a forecasted 18% jump in processed foods and sugary drinks by 2030 and a 10% drop in fruit consumption, with vegetable intake remaining stagnant below daily recommended levels.

Australia's National Preventive Health Strategy 2021-2030 targets include an aim to hit a benchmark



of two servings of fruit per day, five serves of vegetables and reducing sugary and processed food content to below 20% of total energy intake.

The report found the steepest decline will come from older Australians, with fruit consumption in those over 71 tipped to fall by 14.7%, potentially leading to greater strain on the health system.

Younger Australians were found to be the only age group showing positive signs but are still

vulnerable to excessive amounts of discretionary foods.

CSIRO Senior Research Scientist Dr Gilly Hendrie said predicting these future health challenges before they occur could go a long way to preventative health planning.

"The gap between our current dietary trajectory and our national health targets is widening," Dr Hendrie said.

Key tools to turning around the concerning data, as outlined in the National Preventive Health Strategy, include improving awareness of and access to healthy diets and highlighting the role of nutrition in preventing chronic disease and supporting long-term life quality.

"Rather than waiting to see the impact of poor dietary habits, we can now identify concerning trends and intervene before they become major public health issues," Dr Hendrie commented.

"We have five years to get back on track with our diets and reverse these concerning trends." ML

CONTOUR®NEXT Still available for your NDSS clients

The highly accurate*^{1,2} CONTOUR®NEXT Blood Glucose Monitor continues to be available through the NDSS.

Learn more



References included in attachment



Guard against dental injury

AUSTRALIAN parents and athletes are being urged to be 'mouthguard safe' ahead of the winter footy season.

Studies from the Australian Dental Association suggest that sports-related injuries account for nearly 40% of dental injuries, yet only 36% of Australians wear a mouthguard when playing contact sport.

While not quite as effective as a custom-made mouthguard from the dentist, 'boil and bite devices' from pharmacies are an affordable alternative within reach of most families.

Swapping scripts for other goods

THE NSW Health Care Complaints Commission has prosecuted a complaint against Mittagong pharmacist Tony Ly before the NSW Civil and Administrative Tribunal.

Ly recorded prescriptions for customers without dispensing them, enabling customers to exchange the value of the prescriptions for other goods or store credit, with the intention of being reimbursed by the PBS.

He was found guilty of unsatisfactory professional conduct and professional misconduct and had his registration suspended for six months.

Detect kidney disease early

TOMORROW is World Kidney Day, and Kidney Health Australia is urging everyone to find out early if they are at risk of kidney disease, before symptoms appear.

Three in four Australians are at risk of kidney disease, according to the organisation, with the highest contributing factors being diabetes and high blood pressure.

Ninety percent of kidney function can be lost without symptoms, and this absence of symptoms can mean that kidney disease is often not diagnosed until it is too late to avoid kidney failure.

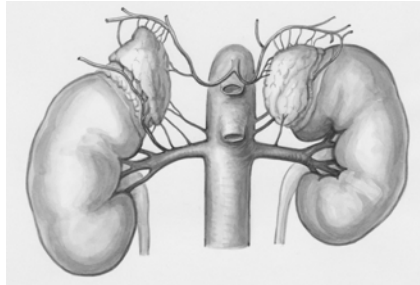
At this point, treatment options involve either dialysis or a kidney transplant to stay alive, and recent research has found that chronic kidney disease is on trend to become the fifth leading cause of death worldwide by 2050, up from ninth in 2019, and 18th in 1990.

However, while there is no cure, early detection can slow or stop the progression of this deadly disease.

"Early detection is the key to stopping kidney disease in its tracks, and it starts with a simple two-minute online risk test," said Kidney Health Australia CEO Chris Forbes, pointing out that an estimated 1.8 million Australians are unaware they have kidney disease.

"This World Kidney Day, we urge every Australian to take the test, because knowing your risk today could save your life tomorrow."

MEANWHILE, Dr Adrian Sheen, inventor of the Widdleometer



(**PD** 26 Oct 2023), has reminded pharmacists that men can use the device to detect slow urine flow - an early warning sign of kidney disease - in the comfort and privacy of their own home.

Benign prostatic hyperplasia (BPH), commonly known as an enlarged prostate, is a significant risk to kidney function.

Decreased male hormone levels, especially testosterone, associated with BPH, can lead to a significant reduction in kidney function, and the common BPH symptom of urinary retention can cause backflow of urine to the kidneys, causing kidney scarring.

"We know that an enlarged prostate can impact our kidneys, so being proactive is the key to avoiding kidney complications," Dr Sheen said.

"The Widdleometer is something you can use on a daily or weekly basis to ensure your urine flow is in top shape, and indicate whether it is worth visiting your GP to check if there are any issues."

Customers can find the test at kidney.org.au/kidneyrisktest, while the Widdleometer is sold in selected pharmacies. *KB*

Sandoz kindness-accredited

SANDOZ has officially earned the world's first Kind Company Certification from Kind Group, the leader in promoting and recognising kindness in corporate cultures worldwide.

The Kind Company Certification is awarded to organisations that demonstrate exceptional leadership in creating a positive, supportive and inclusive environment for their employees, customers and stakeholders.

The certification underscores the importance of kindness as a core business value and its profound impact on organisational success.

Sandoz, a global leader in generic and biosimilar meds, was also awarded Ethical Supplier of the Year at the recent TerryWhite Chemmart HEART Awards (**PD** 06 Mar).

"We are honoured to receive this certification from Kind Group," said Clint Holland, GM Australia and New Zealand.

"This recognition reaffirms our commitment to not only increasing access for patients but also ensuring that kindness remains a central pillar of how we operate.

"Patients, as well as our associates, customers, and partners, are front of mind with everything we do, and we are proud to foster an environment where respect, empathy and kindness thrive."

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5-STAR REVIEW



Dispensary Corner

SNACK-STEALING bandits raided a pharmacy in the US earlier this week, with Baltimore Police still on the hunt for the group of juveniles.

Donning ski masks, the seven male teens entered the CVS store in Harbor East just before 8pm on 10 Mar, and we are guessing they must have been pretty hungry, because they headed straight for the food and beverage selection.

The teens gathered a stash of goodies before fleeing the area on their bicycles.

A pharmacy seems like an unusual target for thieves who are only after a refreshment... but then again, hungry teenage boys aren't known for their logical thinking skills.

CVS said they were unable to comment on the crime, so it is not clear if any security was working that evening, however the store usually has its own security during opening hours.

Not to mention, Harbor East - an affluent waterfront neighbourhood in Baltimore - provides additional security, and a guard was visible that afternoon as shoppers were out and about.

"Of course, juveniles or anyone committing crime anywhere is not good and kind of scary," said one local woman, who lives in the neighbouring community of Fells Point.

Unfortunately, the incident seems to stem from a larger issue, with juvenile crime rates continuing to rise across Baltimore, which has been criticised for coddling criminals.

PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email newproducts@pharmacydaily.com.au

Revive Tears - PBS-listed

Revive Tears lubricant eye drops provide long-lasting and soothing relief against burning, irritation and discomfort due to dry eye.

The product also moisturises, comforts and refreshes dry, tired and strained eyes.

Revive Tears helps lubricate, hydrate and protect dry eyes.

Suitable for use with contact lenses.

Contains hypromellose 3mg/g.

Suppliers: Available from Symbion, Sigma & API.

RRP: \$4.32 (available in 10ml packs).

Website: [CLICK HERE](#) for more information.



Crampeze: an effective multi-combination solution vs magnesium alone for cramp relief

Crampeze combines viburnum opulus (cramp bark), magnesium and a unique combination of ingredients. Crampeze is an effective multi-combination product versus magnesium alone for cramp relief.

- Crampeze is ideal for chronic cramp sufferers and long-term use.
- Crampeze Forte is suitable for sports-related cramps and those starting treatment.



CRAMPEZE RRP: 30 capsules - \$16.95 / 60 capsules - \$24.95 / 120 capsules - \$39.95

CRAMPEZE FORTE RRP: 30 capsules - \$22.95 / 60 capsules - \$33.95

Stockist number: 1300 555 597.

Website: [CLICK HERE](#) for more information.



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