

DCO business conference

DIRECT Chemist Outlet (DCO) is holding its 2025 Partners and Retail Manager Conference at the W Hotel in Melbourne, with the event kicking off tomorrow.

The five-day program promises a dynamic mix of learning, networking and celebration tailored specifically for DCO's partners and retail managers.

It begins with a Retail Masterclass for DCO store partners, offering a deep dive into essential business strategies and leadership development.

This is followed by Retail Rockstars for DCO retail managers with presentations from the DCO leadership team.

There will also be an interactive trade show, and the DCO Golden Awards Night to celebrate outstanding achievement within the DCO community.

PSA welcomes new Vic and ACT branch presidents

THE Pharmaceutical Society of Australia (PSA) has announced the election of Atinuke 'Tinu' Abraham to lead its Victorian branch and Erin Cooper its ACT branch.

Abraham (**pictured**) is a credentialed pharmacist and diabetes educator, and with over 10 years' experience at the Victorian Aboriginal Health Service, is passionate about health equity, diversity, and the delivery of culturally safe care.

She has worked in a range of practice settings, including hospitals, community pharmacies, Aboriginal Community Controlled Health Organisations (ACCHOs), and academia, and currently serves on the Board of the Pharmacists Support Service (PSS) and as part of PSA's Aboriginal and Torres Strait Islander Pharmacy Practice Community of Specialty Interest leadership group.

"I am deeply grateful to my colleagues for their confidence in me and for entrusting me with this



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important role," Abraham said.

"I have taken on this opportunity because I believe it is a privilege to represent the voices of everyday pharmacists and to advocate for our profession."

Abraham thanked outgoing President Dr Amy Page, noting that her leadership and mentoring have "left a lasting and meaningful impact".

Taren Gill and Dr Kate Wang have been elected as Branch Vice-Presidents, with Brooke Shelly

joining Dr Amanda Cross as Branch-appointed Board Directors.

In the ACT, new president Erin Cooper is an early-career pharmacist with five years of experience in pharmacy.

A former PSA Intern Pharmacist of the Year (2020), as well as being a former NAPSA President, Cooper is passionate about training and development for students and early-career pharmacists, as well as delivering high quality personal care and professional services to her patients.

She is supported by Vice-Presidents Olivia Collette and Andrew Kelly, with Professor Mark Naunton continuing as the ACT Branch-appointed Board Director. *KB*

Today's issue of PD

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

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References: 1. Glasier AF, et al. Lancet. 2010;375(9714):555-62. Erratum in Lancet. 2014;384(9953):1504. Funded by HRA Pharma. 2. EllaOne PI. Last revised 22 Jun 23.

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New MS health and wellbeing resource

MANY Australians living with multiple sclerosis (MS) want to make lifestyle changes that could improve their MS symptoms and overall quality of life, but struggle to find good quality information.

A new publication, *Living Well with MS*, has been launched today, World MS Day, and was developed in direct response to this need in collaboration with health professionals, researchers, service providers and people living with MS.

According to MS Australia's national *MS Community Priorities Survey*, 96% of people with MS are interested in making lifestyle changes, but 73% of those surveyed say they find it difficult to access or understand reliable information regarding modifiable lifestyle factors such as physical activity, diet, and health supplements.

"This guide brings together the current research on how lifestyle factors may influence MS, translating it into practical information for people living with the condition," explained Dr Jo Gamble, MS Australia's Research Coordinator.

The resource covers 11 modifiable lifestyle factors, including physical activity, nutrition, sleep and vitamin D, with a version written specifically for health professionals also available.

Download the guides [HERE](#).

Blooms' growth-minded focus

BLOOMS The Chemist's 2025 Retail Managers Conference opened this year on National Sorry Day, 26 May, and ran during National Reconciliation Week, giving pause to reflect on cultural connection and the unifying power of purpose.

The conference opened with a Welcome to Country by Uncle John Graham, Traditional Custodian of the Gold Coast region.

This was followed by and address from Blooms The Chemist Management Services CEO Emmanuel Vavoulas (pictured left), who acknowledged the significance of the day and encouraged delegates to listen, learn, and take meaningful steps toward justice, equity and unity.

With a focus on retail productivity, this year's conference delivered practical strategies to help leaders drive growth and performance, supported by a culture of engaged and empowered teams.

"In an increasingly competitive environment, the most successful pharmacy leaders are those who understand how productivity, culture, and care intersect," Vavoulas said.

"This year's conference highlighted how Blooms The Chemist owners and managers can optimise their operations to build stronger businesses, while also fostering connected, high-performing teams."

Sessions featured insights into operational excellence, retail innovation, and team engagement, demonstrating how small changes in process and leadership can



lead to measurable growth and improved store outcomes.

Alongside a trade fair showcasing innovations from over 51 supplier partners, the conference culminated in the Retail Manager Awards, celebrating excellence in pharmacy leadership across the network.

Erin Gatty (pictured right) from Blooms The Chemist Colac was awarded Retail Manager of the Year.

Retail Manager of the Year Runner-up was Lauren Theodossiou of Blooms The Chemist Ballina; Customer Service Winner was Renee Sewell of Blooms The Chemist Karabar; and Training Champion of the Year Winner was Emma Johns from Blooms The Chemist Goulburn Marketplace.

Meanwhile, the supplier award for highest percentage growth went to Herbs of Gold.

Shining Light Award recipients were: Kate Tomkins (Warilla), Sonya Conroy (Mudgee), Alison Hamilton (Albury West End), Luke Reckwell (Maitland), Bradley Robert (Crows Nest), Jodie Morris (Kenmore) and Michelle Goode (Geraldton). KB

8-hour results

DERMAL Therapy's latest innovation is an overnight face cream packed with powerhouse ingredients to provide the ultimate pathway to hydrated, firmer and renewed skin - see [page four](#).

Australians spent \$1.3 billion more at pharmacies last year

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Dispensary Corner

COULD the secret to basketball legend LeBron James' staggering success be his unconventional eating plan?

And should we do it too?

James recently shared his daily training routine, revealing that he doesn't eat a full meal until around 2pm, after his 'sweat session'.

While it seems to work for James, who is now 40 and still playing top flight basketball, some experts warn that this fasting protocol is not ideal for most active people.

"A large body of research suggests that fuelling both before and after exercise is beneficial for optimal performance, recovery and muscle-building benefits," said dietitian Melissa Mitri.

She explained that training in this fasted state forces the body to draw from carbohydrate reserves in the muscles and then the brain, which in turn, can lead to fatigue, brain fog and weakness, while low blood sugar can lead to irritability and mood swings.

So don't try this at home, folks.

On the plus side, James did get brownie points for hydration, getting through almost four litres of water per day.

FIP publishes ED management resource

THE International Pharmaceutical Federation (FIP) has released a new handbook to help pharmacists support patients managing erectile dysfunction (ED), co-authored by Canberra pharmacist and Men's Health Downunder (MHDU) founder Brad Butt (**pictured**), with a foreword from FIP President Paul Sinclair, former Pharmacy Guild of Australia Vice President.

A practical and comprehensive tool offering evidence-based guidance on both pharmacological and non-pharmacological approaches to supporting patients with ED, it covers topics from understanding the condition to assessment, diagnosis, treatment strategies and psychosocial support.

The aim is to enable pharmacists to take a proactive role in helping patients make informed decisions about their treatment and health.

Effective management of ED can involve a combination of approaches, including pharmacotherapy, medication

review, lifestyle changes, psychological counselling, and the use of approved medical devices.

It notes that community pharmacies offer a convenient setting for screening and early detection, through point-of-care testing, as well as the delivery of pharmacological treatments and lifestyle interventions, including tobacco cessation, stress management and weight control.

But are pharmacists ready to have the conversation?

"In Australia we are in a fortunate position because we do have some pharmacists trained up in scope who would be more comfortable having those conversations and looking at a person's health globally," Butt told **Pharmacy Daily**.

"Those pharmacists who have looked over the educational material within that publication, and thus have a little bit of knowledge, could then say, 'just putting it out there - we know that people who have diabetes, high cholesterol, high blood pressure can also suffer with ED, and if you need any support with this, the GP is a great person to talk to', and then we can include that in the patient's notes," he suggested.

"Many pharmacies have got private consultation spaces so these conversations can be had in both a tasteful and confidential manner," he added.

With respect to over-the-counter



preparations, there is not much a pharmacist can recommend for the management or treatment of ED at this point in time that is evidence-based and effective.

However, the future may see drugs such as sildenafil, tadalafil, and vardenafil supplied without a prescription or prescribed directly by pharmacists in Australia as they are in other countries.

With various solutions of dubious worth proliferating, Butt is concerned there are not enough checks and balances in place to ensure safe and effective treatment, which is where the handbook, with its evidence-based approach, comes in.

"This publication is comparable to Therapeutic Guidelines in terms of references and peer review - it's a quality document, a fantastic resource, and it would be great if my pharmacy colleagues were interested in having a look at it," Butt concluded.

The handbook is **HERE**. KB



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