

4 ways to help build strong bones



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Always read the label and follow the directions for use.

Today's issue of PD

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

- Differin
- Glucojel

Retinoid action

DIFFERIN Acne Treatment contains the potent retinoid Adapalene to treat and prevent acne and restore the skin's natural texture and tone.

Available over the counter - learn more on **page four**.

Back the bid

GLUCOJEL has teamed up with Netball Australia in its bid for the game's inclusion at the Brisbane 2032 Olympics.

By pledging their support, your customers could win a year's supply of beans, some Diamonds gear and more. See **page five** for details.

Bendigo UFS rewards community

BENDIGO UFS Pharmacies has launched a new membership program designed to deliver more value to customers while strengthening its long-standing commitment to the local community.

For a small annual membership fee, benefits include points redeemable as store credit or donations to local causes, as well as unlimited nurse consultations, available seven days a week.

The member-owned community group, which has five pharmacies and an optical outlet in the Bendigo region, will also donate 50% of membership income back into the community, supporting local health and wellbeing initiatives.

The group has named the Bendigo Foodshare Christmas Appeal, which helps feed more than 15,500 local people every week, as the first recipient of rewards points.

"We're proud to start this new chapter by supporting Bendigo Foodshare," Bendigo UFS CEO Nicole Cox said.

"It's an organisation that perfectly



represents the community spirit our members help sustain."

Cox said the new membership program reflects the organisation's deep commitment to local people and to evolving how it supports members and community.

"This is a really exciting step for Bendigo UFS - one that's all about connection, reward and community impact," Cox said.

"Our members play such an important role in helping us reinvest in Bendigo.

"This new program makes it even easier for every purchase to make a difference locally, while offering meaningful rewards and recognition for our members," she concluded. **KB**

Innovation event for owners

THE Pharmacy Innovation Assembly will take place in Melbourne on 08 Nov, offering pharmacy owners insights and actionable strategies around running a business.

Featuring speakers with expertise in finance, accounting, pricing strategy and product innovation, the event will also be attended by the Victorian Minister for Health Mary-Anne Thomas, and Pharmacy Guild of Australia, Victoria Branch Vice President, Kin Chong.

Originally conceived by pharmacy expert and Locomago CEO Ann Co, the event will also include the International Pharmacist Award, honouring exceptional contributions to global pharmacy innovation.

Tickets are still available if booked by Thu 06 Nov - learn more **HERE**.

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"Choosing Chemist Discount Centre as my brand brings both affordability and expert care to my community while encouraging people to shop locally. A strong pharmacy brand with competitive pricing makes a real difference - helping customers access quality products and professional services close to home."

Carina Telder, Pharmacist and Director, Chemist Discount Centre Bunbury

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Iqirvo PBS listed for liver disease

IQIRVO (elafibranor, Ipsen) is now available on the Pharmaceutical Benefits Scheme (PBS) for the treatment of primary biliary cholangitis (PBC) in combination with ursodeoxycholic acid (UDCA) in adults with an inadequate response to UDCA, or as monotherapy in adults unable to tolerate UDCA.

PBC is a rare, progressive, autoimmune cholestatic liver disease, in which the body attacks and gradually destroys the liver's small bile ducts, which if untreated can lead to cirrhosis and eventual liver failure.

The PBS listing of this first-in-class therapy increases therapeutic options for those with the condition.

PBC impacts an estimated 5,000 Australians, 95% of which are women, with symptoms such as fatigue and pruritus that can have a substantial impact on a person's quality of life.

According to hepatologist Dr Rohit Gupta, access to new options is very welcome.

"With up to 40% of Australian patients not responding adequately to first line treatment, access to new and innovative treatment options is incredibly important in addressing unmet patient needs," said Dr Gupta, who stressed the need for ongoing vigilance and monitoring.

Opioid best practice disconnect

RESEARCHERS from South Australia looking into opioid prescribing in rural general practice report a marked disparity between evidence-based guidelines for chronic pain management and the reality of rural medical practice.

Opioid prescribing rates are much higher in rural and regional areas than in capital cities, which reflects both a greater burden of chronic pain as well as limited pain management alternatives.

The qualitative study involved interviews with 17 rural general practitioners who had prescribed opioids for managing chronic non-cancer pain during the preceding 12 months.

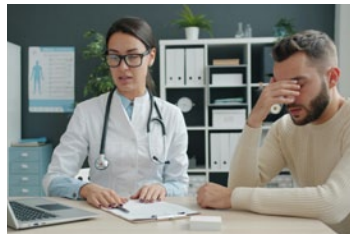
Many regarded the prescribing of opioids as a "pragmatic approach", given the constraints of consultation time, which in turn was driven by the Medicare compensation model - more, but shorter appointments pay better than fewer, longer ones.

"Given the anticipated complexity of initiating a conversation about reducing opioid medication use, combined with brief appointment windows, alternative management strategies seemed impractical and overwhelming," the authors noted.

Also at issue was the lack of access in rural areas to multidisciplinary teams to provide non-pharmacological pain management.

Even where available, allied health services such as physiotherapy and dietetics, as well as private pain clinics, were also likely to be unaffordable to rural residents.

"Opioid prescription is much less



expensive and easier to obtain than an allied health professional," they observed.

The GPs described difficulties in adapting guidelines developed for city-based doctors to rural practice, forcing them to "operate within a different reality than the one imagined for urban-created clinical guidelines", creating a disconnect between evidence-based recommendations and their practical implementation.

"Rural doctors operating in a difficult context resort to prescribing opioids because of systemic inadequacies rather than lack of awareness of their limited value," the authors concluded.

"Chronic pain management in rural areas could be improved by better Medicare support for longer pain management consultations, improved access to allied health, rural area-specific guidelines that take resource constraints into account, and improved support for general practitioners in pain management and deprescribing."

"Contextually appropriate interventions that enable rural practitioners to undertake evidence-based pain management within system constraints should be developed and evaluated."

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

ACPHARM fined

ACPHARM in Queensland has been issued with infringement notices from the Therapeutic Goods Administration (TGA) for the alleged unlawful advertising of medicinal cannabis.

The Brisbane-based compounding pharmacy has been issued five infringement notices totalling almost \$100,000 for the alleged unlawful advertising of therapeutic goods in contravention of the *Therapeutic Goods Act 1989*.

ACPHARM has since paid the infringement notices, after it was accused of unlawfully advertising medicinal cannabis that is not included in the Australian Register of Therapeutic Goods (ARTG).

Advertising prescription-only medicines, such as medicinal cannabis, directly to consumers, is prohibited under the Act, with the TGA saying such actions can create inappropriate demand and undermine the relationship between patients and their treating medical practitioners.

Therapeutic goods must also be entered in the ARTG before they can be lawfully manufactured, supplied, or advertised in Australia.

It is also alleged ACPHARM promoted the use of a therapeutic good for the treatment of serious diseases, conditions, or disorders, which is also prohibited, unless approved by the TGA.

NEW



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Dispensary Corner

MANY have dreamed of inheriting the soccer skills of Lionel Messi, which is disappointingly, an unlikely reality for most.

However, aspiring futbol stars can now at least smell like the Argentinian legend, with his new fragrance having now landed at Chemist Warehouse stores around Australia.

'Messi Platinum Eau de Parfum' is available exclusively at the yellow-fronted stores, and has been distilled to offer "a bold, refined scent crafted to capture the quiet strength and sophistication associated with the athlete."

The fragrance is available in a custom-designed bottle, and has been described as featuring a "modern aromatic profile".

"I have always been passionate about fragrance, and I am extremely excited to produce my very own signature scent," Messi said

"This is a truly unique and inspirational fragrance, in a personalised bottle, for all fans around the world."

Nicotine dependence rising in US teen vapers

US RESEARCH has revealed that while there have been recent decreases in nicotine vaping prevalence among younger people, those who continue to vape are becoming more nicotine-dependent and are less able to successfully quit.

The team looked at data from over 115,000 young people in the 8th to 12th grades in the US, and found the prevalence of having vaped in the past 30 days had declined from 2020 to 2024.

However, among those who did vape, the prevalence of daily vaping rose from 15% to 29%, and unsuccessful quit attempts increased from 28% to 53%.

"Increasing daily nicotine vaping raises concerns, as daily vaping may be associated with more adverse cardiovascular, respiratory, addiction, and mental health outcomes compared with less frequent vaping," the team noted.

The researchers proposed several possible reasons for the trends.

One is that people are more likely to attempt quitting due to increasing perceived harms and social ostracisation - which is a positive thing, but with more attempts comes more failures.

Another is that adolescents



might be moving toward using more addictive vaping products as the market shifts to disposable products that contain higher nicotine concentrations, have more puffs per unit, and contain nicotine salt formulations.

The researchers noted that users of other substances, such as cannabis, alcohol or tobacco products other than e-cigarettes, did not show the same substantial declines in current nicotine vaping prevalence compared with the nonusing population.

Other trends included an increase in females and non-Hispanic Black

youths who vape, while vaping among rural youth more than doubled from 2020 to 2024.

"Tailored cessation interventions for youths with frequent nicotine vaping, with particular focus on certain demographics (i.e. females, non-Hispanic Black youths); on those who use cannabis, alcohol, or other tobacco products; and on those living in rural communities, may be warranted to offset the progression of these trends and worsening of related negative health outcomes," the researchers concluded.

Read the paper [HERE](#). KB

Check out the latest in

Beauty & Wellness

Every Thursday in *Pharmacy Daily*



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Differin treats acne

with a potent retinoid: Adapalene.

Differin is the first (and only)¹ acne fighting retinoid available over the counter.

Adapalene works in three ways:^{2,3}

1 Treats

acne deep in the pores at the source, to reduce redness and underlying inflammation

2 Prevents

new acne from forming by increasing cell turnover

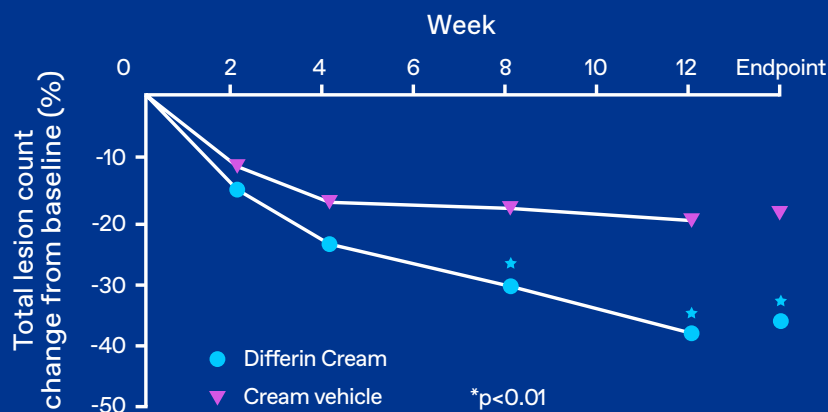
3 Restores

your skin's natural texture and tone

Acne visibly improves after just 2 weeks.⁴



Improvement in total lesion count with Differin Cream vs vehicle observed from 2 weeks.^{4,5}



Differin Cream is clinically proven to:

- Reduce visible signs of acne within 2 weeks
- Shows significant reduction within 12 weeks ($p < 0.01$)⁴

In a meta-analysis of 5 pivotal studies⁵, adapalene 0.1% gel was shown to be:

- As effective as tretinoin (0.025%) cream in reducing total lesion count at 12 weeks
- Superior in local tolerability compared to tretinoin (0.025%) cream⁵

Who can be recommended Differin?

- Differin is indicated for the treatment of mild to moderate comedonal and papulopustular acne (blackheads, whiteheads & pimples) of the face, chest or back
- Can be recommended from 12 years to adult
- Breastfeeding – can be used however should not be applied to the chest
- Pregnancy – don't use

ASK YOUR PHARMACIST ABOUT THIS PRODUCT. ALWAYS FOLLOW THE DIRECTIONS FOR USE.

Apply a thin film to the affected areas once a day before bedtime and after washing. Avoid the eyes, lips and mucous membranes. The affected areas should be dry before application.

1. ARTG listing as at 15th October 2023. 2. Differin® Gel & Cream Consumer Medicines Information 2020. 3. Gollnick H et al. J Am Acad Dermatol 2003; 49(1 Suppl): S1+ S37). 4. Lucky A et al. Cutis 2001; 68 (4 Suppl): 34–40). 5. Cunliffe WJ et al. A comparison of the efficacy and tolerability of adapalene 0.1% gel versus tretinoin 0.025% gel in patients with acne vulgaris: a meta-analysis of five randomized controlled trials. Br J Dermatol. 1998 Oct; 139 Suppl 52:48–56. Galderma Australia Pty Ltd. 1 Denison St, North Sydney, Australia 206. AU-DIC-2500001

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