

4 ways to help build strong bones



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Today's issue of PD

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

- Dermal Therapy
- Fefol
- Glucojel

Win a Hawaii trip

DERMAL Therapy is giving customers a chance to win a trip for two people to Hawaii worth \$10,000.

The competition closes 30 Nov - **page four** has more info.

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 six** for details.

Pharmx reshapes procurement

PHARMX Technologies has launched its new Marketplace procurement platform, promising pharmacies a "simplified and modernised ordering experience".

Marketplace joins StockView on the Pharmx Pharmacy Portal (**PD** 27 Jun), and complements the existing point-of-sale (POS) ordering capabilities of Pharmx Gateway (**PD** 04 Apr).

"The new Pharmx Marketplace represents a step-change in our commercial and strategic trajectory," said CEO Tom Culver.

"Pharmacies are seeking simpler, integrated solutions so they can focus on the things that matter to them, delivering the highest standards of care to their

communities," he continued.

"The launch of our new Marketplace positions Pharmx as a central point of pharmacy ecommerce and reinforces our position as the leading technology provider in the sector, supporting wider industry growth."

Key capabilities of Marketplace include stock assurance via StockView; accurate and transparent pricing; simplified reordering; system integration through Gateway; expanded range of over 40,000 SKUs from hundreds of leading suppliers and manufacturers; and a centralised promotions hub.

"Ultimately, the platform delivers a simplified and modernised ordering experience for Australian pharmacies, addressing a major market need, and completes the pharmacy-side rollout of Pharmx's single platform strategy, consolidating our ecosystem into one scalable, integrated digital infrastructure," Culver concluded.

Sustainability in focus for FIP

THE International Pharmaceutical Federation (FIP) has launched a new guide highlighting the pivotal role of pharmacists in reducing the environmental impact of pharmaceuticals and promoting sustainability throughout healthcare systems.

Aligned with FIP's policies and development goals around sustainability in pharmacy, the publication provides clear direction for education, policy and practice reform, enabling pharmacists to act on climate change and its threat to health.

"[The guide] supports pharmacists in reducing emissions, preventing pollution, and building climate-resilient, equitable, and accessible healthcare services," said FIP CEO Catherine Duggan.

Access the guide **HERE**.

Iron deficient?

FEFOL iron & folic acid delayed release capsules with iron sulphate are your first-line treatment for iron deficiency.

Learn more on **page five**.

Prioritising Your Customers' Heart Health?

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CWH raises \$2.4m for mental health



CHEMIST Warehouse has raised \$2.4 million for women's mental health in this year's Liptember campaign, providing funds for programs, research, advocacy and education.

CWH has supported the Liptember Foundation since 2010, and each September, Australians are encouraged to wear bright lipstick or buy a Liptember Box comprising products from CWH.

"For more than a decade, Chemist Warehouse has stood beside the Liptember Foundation in support women's mental health," said Liptember founder Luke Morris.

"This enduring partnership continues to deliver extraordinary results, ensuring a future where all Australian women can achieve their optimal mental health."

Save \$140 on APP

APP2026 is offering a three-tiered registration pricing structure to help improve affordability, with tier 2 pricing now available.

Find out more [HERE](#).

Experience shapes complaints process

HEALTH practitioners who have experienced the emotional impact of complaints raised against them are helping the Australian Health Practitioner Regulation Agency (Ahpra) reshape how complaints are handled.

Ahpra and the National Boards have enlisted professionals with lived experience of the notifications process to be part of its expert advisory group (EAG) as they look to gain a deeper understanding of the impact that being the subject of a complaint or concern has on a practitioner's wellbeing.

"We want to minimise the distress that someone feels when they're going through the notification process, because we know that safe practice starts with practitioner wellbeing," Ahpra Chief Executive Officer Justin Untersteiner said.

The EAG's landmark report in 2023 outlined four broad areas

for improvement: managing practitioner health concerns, improving openness and transparency, providing better support, and learning from practitioner experience.

All recommendations were accepted by Ahpra and the National Boards, with a progress report released last week outlining the actions to date.

The report notes that 13 of the 33 actions arising from the EAG work have already been carried out, with one of the main areas of improvement focused on how Ahpra manages notifications about a practitioner's health.

These reforms have ranged from changes to the recruitment of regulatory advisors to improve negotiation and conflict resolution skills to addressing myths and misinformation about notifications.

Amanda Haimes, a practitioner



with lived experience, said being a member of the EAG has been one of the most meaningful experiences of her career.

"Our work is about change; change that means future practitioners won't have to carry the same fear, shame or pain that we did," Haimes said.

"If our work with the EAG makes that a reality, then it's all been worth it, and I can't think of a more worthy cause."

The final recommendations and actions will be implemented in 2026 - see the progress report [HERE](#). KB

Pharmacists needed for aged care medicines safety pilot

THE University of South Australia is calling for pharmacists and aged care providers to join a new pilot study to assess medication safety and management in residential aged care.

The study will use the new PHARMA-Care National Quality Framework, which was developed in response to the Royal Commission into Aged Care Quality and Safety, to evaluate medication management and clinical services provided by pharmacists.

Endorsed by the Pharmaceutical Society of Australia (PSA), the framework provides structure and support for pharmacists to deliver safe and effective medicine use in aged care home, and promotes a transparent, person-centred approach to medication management.

It aims to help care providers reduce risks linked to polypharmacy and support the best possible use of medicine.

"With society moving to models of care where older people choose to remain at home for

longer, those entering residential aged care are increasingly frailer with complex medical histories and high care needs," the study's chief investigator Associate Professor Janet Sluggett said.

"Pharmacists are critical to ensuring medications are used safely and effectively among residents of aged care homes, but until now, there hasn't been a structure for comprehensively evaluating quality use of medicines in this setting," she explained.

To take part in the pilot, contact: ALH-PHARMA-Care@unisa.edu.au.

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*Primary insomnia is insomnia without an underlying medical cause or any other clear cause.





Dispensary Corner

AS IT has probably been about 10 minutes since you've heard the latest social media-inspired life-changing health hack that you simply must adopt, we're here to help.

This time it's dark showering.

As the name suggests, it's showering at night with the lights low or off.

"Light powerfully influences the brain," psychiatrist Dr Daniel Amen from California told *Fox News Digital*.

Bright light and blue light raise cortisol and lower melatonin, telling the body to wake up, whereas low light activates the parasympathetic nervous system and the body begins to relax, he explained.

"Think of dim lighting as turning down the brain's 'threat radar'," Dr Amen said.

"Less stimulation makes it easier for the logical part of your brain to take over again - for many people, that means feeling calmer, clearer, and more grounded."

If you're keen to give it a go, he suggests turning down the lights an hour or so beforehand, then in the shower turn the lights off and don't use your phone (people do this?).

Make sure the bathroom is around 18-20°C, and have soft towels ready to hand.

Dr Amen said it "doesn't have to be long - 15 to 20 minutes is enough" (clearly water supply isn't an issue in California).

If you're after the opposite effect, it's a cold shower in the morning with lights and phones - and scratchy towels?

Meet the IPA Pharmacist of the Year

LEADERSHIP, innovation and an "outstanding commitment to improving community health" have landed Dubbo pharmacist Lisa Gibson the title of Pharmacist of the Year at the 2025 Independent Pharmacies of Australia (IPA) annual Pharmacy Excellence Awards (*PD* 21 Oct).

Gibson, who is pharmacist in charge and partner of Orana Mall Pharmacy (OMP), said: "It was nice to be recognised for over 20 years of service to the Dubbo community."

"Pharmacies in regional Australia are regularly the first port of call for assistance - we often play a role beyond healthcare in our communities."

"Not only are the IPA awards recognition of individuals and their achievements, but the wider team who support our pharmacists in their vital work."

Through Gibson's leadership, OMP has expanded its scope to deliver essential services such

as vaccinations and treatment for uncomplicated urinary tract infections, directly reducing pressure on overstretched local GPs.

Gibson was involved in the IPA point-of-care testing pilot (*PD* 15 Apr), and told *Pharmacy Daily* that of all the people tested for blood pressure, cholesterol levels and blood glucose, there were very few who did not require referral to a GP.

"We didn't target a certain population - it was just a random assortment of patients - and it was quite interesting for our team to learn there were so many people out there without the knowledge that they needed to take action on their health," Gibson said.

"We had a number of people who we referred to a GP who then returned to us and started on medication - there were a lot of grateful patients."

The pharmacy has continued to offer the point-of-care testing - like most rural and regional centres, getting a GP appointment can be



difficult in Dubbo, so the screening tests can provide a quick indication as to whether an appointment may be necessary.

Gibson is also an accredited diabetes educator, enabling her to provide tailored support for patients in Dubbo and surrounding rural areas, and has established an in-store sleep apnoea clinic.

She is currently undertaking full scope training, cementing her focus on professional services.

"I'm incredibly proud," she said of the award.

"It was a great night to celebrate with pharmacists from all over the country and take time to recognise leaders within our industry." *KB*

Common medicines linked to worse breast cancer outcomes

A LARGE international study has found that a range of common medications have an adverse effect on treatment outcomes for patients with breast cancer.

Led by the University of South Australia (UniSA) and Flinders University, researchers looked at how everyday therapeutics such as blood pressure tablets, cholesterol-lowering drugs and heartburn medication may interact with cancer therapies.

Based on 19 major clinical trials sponsored by pharma companies including Lilly, Pfizer and Roche, and involving 23,000 people, the study is believed to be the largest

and most comprehensive analysis of its kind.

The team found that proton pump inhibitors (PPIs) were associated with poorer overall survival for patients with breast cancer, as well as a 36% higher risk of severe, treatment-associated side effects.

It is thought that proton pump inhibitors may interfere with the body's immune responses or alter how cancer drugs are absorbed and metabolised, although further investigation is needed.

Beta-blockers, ACE inhibitors, angiotensin receptor blockers and calcium-channel blockers

prescribed for heart disease or hypertension were also linked to higher rates of severe side effects, though did not appear to affect overall survival.

Statins and metformin showed no significant impact on either survival or adverse events.

"Our results don't suggest that people should stop taking their non-cancer medicines, but it underlines how important it is for doctors to regularly review patient medications because people are living longer and managing multiple health issues," said lead author Dr Natansh Modi. Read the study [HERE](#).

WIN A TRIP TO Hawaii

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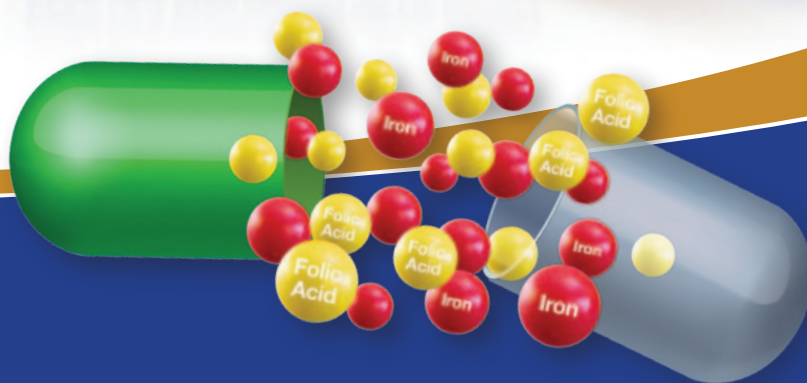


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