

## Today's issue of PD

**Pharmacy Daily** today features three pages of the latest news, plus a full page from **Hey Sister!**.

## Plant-based relief

**THE** Hey Sister! range of women's health products provide clinically proven relief for PMS, menopause and more.

See **page four** to learn about a special pharmacy deal.

## Focus on social prescribing

**EACH25** - ASPIRE's International Social Prescribing Conference - is coming up from 25-27 Nov in Brisbane, bringing together leaders and practitioners in innovative social prescribing interventions.

Jenny Kirschner, founder of Pharmacy Addressing Loneliness and Social isolation (PALS), will be chairing a Health & Pharmacy Leadership Panel looking at the evolving role of social prescribing in healthcare. Another session will consider the emerging role of aged care on-site pharmacists not only as medication experts, but as pivotal contributors to holistic wellbeing.

There is also a presentation around a pharmacy-based program in Western Sydney that prescribes activities, services or programs to help vulnerable people experiencing loneliness to build connections and support networks.

Learn about these sessions and more at the EACH25 conference website [HERE](#).

## Cooper's legacy honoured

**PHARMACY** peak bodies came together alongside the University of Canberra Pharmacy School to host the inaugural Professor Gabrielle Cooper OAM Address in Canberra last night.

Pharmacists from across the ACT joined the Pharmaceutical Society of Australia (PSA), the Pharmacy Guild of Australia ACT branch and Advanced Pharmacy Australia (AdPha) to celebrate Professor Cooper's extraordinary contributions to pharmacy and encourage collaboration among professionals from all practice settings and organisations.

The address was delivered by Dr David Caldicott, who spoke about the journey towards implementing pill testing services in Australia - a topic close to Professor Cooper's passion for harm minimisation and toxicology.

Alongside the keynote, reflections on Professor Cooper's life and influence were shared by University of Canberra Vice Chancellor Bill Shorten, Professor Mark Naunton, and Professor Cooper's husband, Dr Bill Burke, who spoke of the profound impact she had on pharmacists, her colleagues, and the Australian community.

Shorten announced that the university would establish the "Professor Gabrielle Cooper OAM Integrated Clinical Practice Suite" in honour of her profound impact on pharmacy and enduring legacy within the UC community.

Professor Cooper, described as "a visionary ahead of her time", passed away earlier this year after a short illness (**PD** 28 Apr).

"PSA was proud to collaborate



with leading organisations to honour the contributions Professor Cooper made to the profession," said PSA's National Vice-President, Professor Mark Naunton.

"Gabrielle's ambition was not about personal glory - Gabrielle was the mother who nurtured the future generation.

"People always came first.

"Her mentorship and influence continue through the generations of pharmacists and health professionals she educated and inspired," he continued.

"It is clear to see, by the abundance of people celebrating her life and legacy, that she was a positive role model to students, pharmacists, healthcare workers, and policymakers alike," Professor Naunton concluded. **KB**

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## Healthengine hits 100m bookings

**AUSTRALIA'S** largest consumer healthcare marketplace Healthengine has reached a milestone moment, surpassing 100 million appointments booked through its platform.

Founded in 2006, the digital platform brings together millions of patients and more than 10,000 practices and 30,000 practitioners across GP, dental, allied health, specialist, and pharmacy services.

Dan Stinton, CEO of Healthengine, said: "This milestone isn't just about a number - it's about impact.

"Behind every booking is a patient getting the care they need, a practice supporting its community, and a moment where healthcare becomes simpler and more connected.

"That's at least 100 million times we've helped someone get better, and that's something we're incredibly proud of."

Healthengine supports around one million healthcare bookings every month online and via the Healthengine app.

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### CFO change at AFT

**NEW** Zealand-based multinational pharma company AFT Pharmaceuticals has announced the retirement of Chief Financial Officer Malcolm Tubby at the end of May 2026, after a long career with the business.

Simon Bosley, who joins AFT from Hirepool New Zealand, will assume the role of CFO designate from 24 Nov 2025 and through a structured handover will progressively assume responsibilities.

AFT Chair David Flacks said: "On behalf of the Board, I want to sincerely thank Malcolm for his outstanding contribution to AFT over many years.

"He has played a key role in shaping our financial strategy and supporting the company's growth from its formation with a small presence in New Zealand, to a company that now is selling in 85 countries, is listed on both the NZX and ASX, and is now tracking towards generating \$300 million in annual revenue."

Flacks also welcomed Bosley, stating that the Board was delighted to have him join the company.

"Simon brings to AFT deep financial expertise in both public and private markets together with strong leadership skills.

"The Board is confident that Simon is well placed to support the next phase of AFT's strategy and growth."

### ABS finds health access improving



**FEWER** Australians are delaying or not using selected health services when needed compared to two years ago, according to new data released this week by the Australian Bureau of Statistics (ABS).

However, a significant minority of people delayed or did not get prescription medication when needed due to cost (7.5%), a similar level to 2023-24 (8.0%).

Those most likely to delay or go without prescription medicines due to cost were people aged 25-34, people living in areas of most socio-economic disadvantage, females, and those with a long-term health condition.

The Royal Australian College of GPs painted a positive picture around improved access to GPs, noting a decrease in the number who could not see a GP when needed, and increased time spent with patients.

In 2024-25, 27% of people delayed or did not see a GP when required, with 8% of people citing cost as a reason.

This was an improvement on 2022-23, when 30% delayed or did not see a GP when necessary.

While two-thirds of people (67%) said they could see their preferred GP when needed, one in four (26%) said they waited longer than they felt acceptable for an appointment.

The typical GP consult is now almost 20 minutes and has increased by 11% over the past three years due to more patients needing more complex care.

"It's heartening that more patients are reporting their GP spends the time with them they need, but the patients less likely to report their GP spends enough time with them are in less-advantaged areas and live with chronic conditions," said RACGP President Dr Michael Wright.

"These are the patients who most need higher Medicare funding for longer consultations.

"Research consistently shows patients who can spend the time they need to with their GP are less likely to need hospitalisation." KB

### Cellular condition and healthy ageing

**WITH** evidence accumulating around the link between cellular health and healthy ageing, functional geneticist Dr Denise Furness is set to present new data on a nutritional and lifestyle intervention at this year's Complementary Medicines Australia (CMA) Annual Conference on 26 Nov.

The three-month pilot study included 41 people with an average age of 55 who followed a structured diet and exercise program and took five commercially available nutritional supplements daily.

Supplements used in the study were ubiquinol and a nicotinamide complex, both known for their role in mitochondrial function; a vitamin B complex; resveratrol; and a detox complex.

The research showed favourable shifts in biological age markers reflecting cellular and molecular condition, with sustained improvements reported 12 months later.

"Longevity is not about counting years - it is about amplifying the energy and vitality we bring to them," Dr Furness said.

"By nurturing mitochondrial health, exercising and supporting our nutrition, we give every cell and every generation the foundation to thrive," she added.

Read the paper [HERE](#).

### More sunscreens recalled over SPF

**THE** Therapeutic Goods Administration (TGA) has advised that four sunscreen products are being recalled due to concerns over SPF levels.

The products are:

- Happy Days SPF 50+ Daily Face Cream
- Good Vibes SPF 50+ Daily Face Cream
- Found My Skin SPF50+ Tinted Face/Body Cream
- We are Feel Good Inc Mineral

Sunscreen SPF50+ 100g Cream.

The four products use the same base formulation as Ultra Violette Lean Screen SPF 50+ sunscreen that was found in Choice testing to be SPF 4 (PD 12 Jun), and join several other products that have been recalled for the same reason.

Consumers are advised to return products to the place of purchase or contact the sponsor.

Learn more [HERE](#).

The **Emergency Locum Service (ELS)** provides support to community pharmacies in rural and remote regions of Australia via direct access to pharmacist locums in emergency situations.

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**Pharmacy Programs  
Administrator**





## Dispensary Corner

**FORGET** minty freshness or that reassuring antiseptic taste - the next big flavour in mouthwash could be garlic.

Yes, really.

Researchers from the University of Sharjah in the United Arab Emirates have reported that mouthwash containing high concentrations of the pungent extract can provide longer-lasting protection than products containing chlorhexidine.

"Chlorhexidine is widely used as a gold standard mouthwash but is associated with side effects and concerns over antimicrobial resistance," the authors wrote in the *Journal of Herbal Medicine*.

They suggested that garlic, which is known for its natural antimicrobial properties, is a potential alternative.

The research found that over the course of a week, a 3% garlic extract mouthwash was significantly more effective in reducing the amount of salivary bacteria compared to a 0.2% chlorhexidine mouthwash.

The authors acknowledged there were some side effects, which included mouth discomfort and, yes, the smell.

They recommended further clinical research involving larger sample sizes and a longer follow-up to confirm its effectiveness.

Any volunteers?



## PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email [advertising@pharmacydaily.com.au](mailto:advertising@pharmacydaily.com.au)

### Because sleep quality matters - Restin melatonin 2mg modified-release tablets

Restin melatonin is used to improve sleep quality and morning alertness in patients 55+ years of age diagnosed with primary insomnia\* with poor quality of sleep. (\*Primary insomnia is insomnia without an underlying medical cause or any other clear cause.)

- Each tablet contains 2mg modified-release melatonin
- For adults 55 years and over: Dose one tablet after food, 1-2 hours before bedtime
- Available in packs of 30 and 60 tablets
- Special Christmas value deals available NOW - ensure your shelves are ready!

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- Non-toxic and fungicidal, kills fungus at the source
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# World first, fast-acting targeted relief for women. Now clinically proven.



Our Hey Sister! range is powered by **Khapregesic®** – an Australian-grown, clinically proven preparation of *Khaya senegalensis*. A gold-standard trial showed **136% greater pain reduction** vs placebo, plus **significant improvements in PMS symptoms** and reduced need for rescue medication. **Non-hormonal, NSAID-free** and **pharmacy-exclusive**, our products deliver **safe and effective**, stage-specific support for women from first period through to menopause.



A *Khaya senegalensis* preparation known as Khapregesic®.

**Scientific evidence:** Lopresti A. et al. "An examination into the safety and efficacy of *Khapregesic®*, a *Khaya senegalensis* preparation, on pain, physical and emotional wellbeing in women experiencing menstrual distress: a randomised, double-blind, placebo-controlled trial". To request clinical trial early access insights before publication, contact us. **Traditional paradigm:** Traditionally used in western herbal medicine to: [PERIOD] relieve menstruation pain, reduce occurrence of abdominal bloating, relieve symptoms of mild anxiety, reduce mood swings associated with premenstrual tension, [MENOPAUSE] reduce occurrence of menopausal symptoms, relieve symptoms of mild anxiety, reduce heavy menstruation (during peri-menopause). **Always read the back of the pack and if symptoms persist, seek the advice of a healthcare professional.**



Scan the code or visit our website to find out more about our Hey Sister! product range.

[www.heidsister.com](http://www.heidsister.com)

