

Today's issue of PD

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

- Dermal Therapy
- Maxofen

Psoriasis care

WITH World Psoriasis Day coming up on 29 Oct, Dermal Therapy is raising awareness of the skin condition and the benefits of skin care products that can help make a difference.

Learn more on **page four**.

Maximise your day

NEW Maxofen from Nova Pharmaceuticals combines paracetamol and ibuprofen for double-action relief from acute pain and fever.

Available in packs of 12 and 30 tablets.

See details on **page five**.

New pharmacists' med cannabis guide

MEDICINAL cannabis wholesaler Leafio has launched a new program to support pharmacists in learning, upskilling, and confidently dispensing medical cannabis to patients across Australia.

The Pharmacy Handbook and Resource Guide provides content to help pharmacists deliver safe, effective and patient-centred care, and features:

- information around Australian and global medical cannabis market trends and future outlook
 - regulatory compliance and secure storage
 - advice for pharmacists to support patient conversations
 - step-by-step guides to prepare pharmacies for medical cannabis stocking and dispensing
 - educational content on terpenes, dosing, and administration methods for edibles, oils, flowers, and vaporisers.
- "Leafio is committed to enabling pharmacists, who serve as the primary point of contact

for patients exploring medical cannabis as a treatment option, to drive better health outcomes for Australians relying on this medication," said Nicole Le Maistre, General Manager of Leafio.

"Leafio's Pharmacy Handbook offers practical advice, clear regulatory insights, and actionable strategies designed to make navigating the medical cannabis landscape both seamless and rewarding," she continued.

"Together, we have the opportunity to redefine the patient experience and deliver better health outcomes for thousands of Australians," she concluded.

Learn more **HERE**.

MEANWHILE, Chris Owen, President of the Pharmacy Guild of Australia, Queensland, congratulated the Pharmacy Board on its publication of formal guidelines for pharmacists around dispensing medicinal cannabis (**PD** 23 Sep).

Owen said the formal guidelines



were a welcome change and should make it clear to everyone what good practice looks like.

"The Pharmacy Guild has been working hard to raise our concerns with state and federal regulators about the proliferation of medicinal cannabis prescribing and dispensing, and the unsafe and illegal practices that have emerged in some cases," Owen said.

"We applaud the proactive approach of the Pharmacy Board in recently publishing formal guidelines for pharmacists when dispensing medicinal cannabis.

"I believe this is a very positive first step in addressing some of the issues we're seeing in this space." KB

DRAW THE LINE... when it comes to over the counter medications

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More sunscreens recalled over SPF

The Therapeutic Goods Administration (TGA) has advised that two further sunscreen products have been recalled due to concerns over SPF levels - Beauti-Fltr Lustre Mineral SPF 50+ Illuminating Facial Sunscreen and MCoBeauty SPF 50+ Mineral Mattifying Sunscreen.

The products have the same base formulation used in Ultra Violette Lean Screen SPF50+ sunscreen, which was found in testing commissioned by Choice to have an SPF of 4 (PD 12 Jun).

Another 20 sunscreens using the same formulation have been voluntarily recalled, voluntarily cancelled, or have temporarily paused supply while the TGA reviews the products (PD 02 Oct).

Learn more about the market status of affected products [HERE](#).

Boosting health literacy could save \$7b

INVESTING in inclusive everyday health could unlock billions in healthcare savings, boost GDP, and prevent premature deaths, according to new research undertaken by Economist Impact and supported by healthcare company Haleon.

The Health Inclusion Index demonstrated the enormous impact that low health literacy has on both the Australian health system and individuals, and calculated that over \$7 billion could be gained annually by reducing the prevalence of low health literacy by 25%.

People with low health literacy often struggle to understand medical information, navigate healthcare systems and make informed decisions.

This can lead to difficulties like reading medication labels, completing medical forms, or measuring correct dosages.

As a result, they may spend nearly three times more on healthcare

annually than those with higher health literacy.

Barriers are most common among people from lower socio-economic backgrounds, culturally and linguistically diverse communities, and those who have language or learning disabilities.

Improving health literacy - both individually and systemically - is essential to addressing broader social determinants of health and promoting inclusivity across Australia.

Haleon ANZ is collaborating with the Australian Literacy and Numeracy Foundation (ALNF) to strengthen personal literacy on a grassroots level, with literacy programs aimed at improving educational outcomes for children in marginalised communities.

"We're proud to support this research by Economist Impact, which highlights how low health literacy affects not only individuals, but also the Australian health system," said Anish Patel, Haleon



ANZ's General Manager.

"At Haleon ANZ, we're passionate about putting health in more hands and empowering people to better manage their own health.

"Improving health literacy is a vital step towards achieving this by enhancing inclusivity across the healthcare system.

"When individuals have the right knowledge and skills required to look after their everyday health with confidence, we are one step closer to a stronger, healthier community," Patel concluded.

The full report is available [HERE](#). KB

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References: 1. CELEBREX RELIEF® (celecoxib) Product Information.

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VIATRIS



Dispensary Corner

THE latest fitness fad is possibly one of the strangest yet.

In a practice dubbed 'quadrobics', fitness fanatics are doing their best impression of a dog by getting down on all fours and crawling, running or bounding around.

Many film themselves displaying animal-like movements, including leaping through the air and showing off their walks.

Proponents of the practice say it offers a full-body workout, with some claiming to have achieved significant weight loss and six-pack abs within weeks.

However, experts are concerned about the trend for multiple reasons.

Firstly, the unusual positioning leaves people vulnerable to injury, particularly with the load placed on the hands, wrists, elbows and shoulders.

The workout may also not be as effective as some think.

"Quadrobics relies on body weight resistance alone... this means it probably isn't as effective as lifting weights for improving strength and bone density," Australian exercise science experts, Samuel Cornell and Hunter Bennett, explained to *The Conversation*.

Other experts have raised fears about the psychological impact of quadrobics, particularly in children, due to its association with therians (people who identify as non-human), and furies (people who enjoy dressing up as animals), urging parents to monitor for antisocial behaviour.

A new era in women's health?

VIDACORP Chemists' Own recently launched a range of self-testing devices focusing on women's health concerns, providing an indication of issues that may need follow-up with a doctor or pharmacist.

"Our goal is to provide quick, efficient, and accurate results to consumers wanting to take control over their health in a way that is comfortable and suits their lifestyle," said VidaCorp Chemists' Own Senior Brand Manager, Francis Hallett.

"These results will not only benefit Australians but empower them to advocate for their own health needs and seek proactive support from medical professionals through these pioneered self-testing devices."

With five tests now available at select local pharmacies across Australia, users can assess iron levels, vitamin D levels, urinary tract infections (UTIs), FSH levels, and vaginal pH, which helps with diagnosis of bacterial vaginosis.

Shelly Horton (**pictured**), media personality and author of perimenopause book *I'm Your Peri Godmother*, told **Pharmacy Daily** that she was approached about promoting the tests, and embraced the chance to help other women take more control over their health.

She explained that when she started experiencing perimenopause symptoms, her GP thought it may have been cancer and referred her for an ultrasound.

The test was clear but the symptoms worsened, and it was almost a year later that she went to another GP who prescribed menopause hormone therapy - and the symptoms resolved.

"I felt I had slipped through the cracks, and I'm sure there are lots



of other women who are slipping through the cracks.

"I wanted to take a bit more control over my health, so when I was approached about these tests, I tried them first - because I don't endorse anything that I don't believe in - and I think that there's a number that would have been helpful for me."

Having had an ablation, Horton believed the FSH test could have helped her recognise that her symptoms may be menopause-related, as the usual definition of menopause as being 12 months without a period did not apply.

"So my only way of really knowing would be my FSH levels, but I don't really want to go back to a doctor every three months to check my FSH levels."

She also believed the UTI test could have been handy when she had an infection related to menopause symptoms.

More generally, she is excited by community pharmacy's increasing interest in women's health issues, such as Priceline's Anything Menopause program (**PD** 26 Sep).

"I feel that pharmacists are often the people that you'll have a quiet word to if you're worried about something, before you even go to a GP," Horton said.

"To have pharmacists educated about it makes me so happy and excited for women who are in the trenches right now." **KB**

Online social anxiety treatment

RESEARCH conducted by UNSW Sydney and Black Dog Institute has found that an intensive, one-week online therapy program can significantly reduce symptoms of social anxiety disorder (SAD), which affects around one in seven people each year.

Lead author Dr Kayla Steele from UNSW's School of Psychology and the Black Dog Institute said the findings highlight the potential of brief, accessible digital therapies to reach people who struggle to access traditional treatment.

"Many people with social anxiety avoid seeking help because of time, cost, or fear of judgment," Dr Steel explained.

"A short, intensive online program could remove many of those barriers," she said.

Read the paper **HERE**.

Ubiquinol for menopause

RESEARCH suggests that the antioxidant ubiquinol may help relieve some menopause symptoms, including low mood and mood fluctuations, as well as skin changes.

A consumer study of 200 women taking the supplement reported that around 80% experienced improved mood, and 70% noted benefits for sleep, muscle comfort and skin.

The effects were said to be linked with age-related changes in mitochondrial functioning, with ubiquinol playing a role in mitochondrial health.

World Psoriasis Day

This 29th October is World Psoriasis Day, raising awareness of Psoriatic Disease and Comorbidities. Start with small steps that make a big difference, like caring for your skin.

Try Dermal Therapy Psoriasis Cream:

- ✔ Contains **10% Urea & 1.5% Lactic Acid** to gently exfoliate dry, scaly skin
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*Data on file



Find out more about Dermal Therapy's Psoriasis Cream

[CLICK HERE](#)

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