

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**.

PHARMACY 4 LESS DISCOUNT CHEMIST

Wesfarmers Health

Founded 18 years ago, Pharmacy 4 Less has grown into the home of **More Care 4 Less Cost**, proudly putting customers and communities first.

Now part of the Wesfarmers Health group, and with continued wholesale support from API, our franchise partners are supported by Australia's leading health organisation.

The "hidden health baggage"

NEW research commissioned by GSK Australia has found that while most Australians aged 50-69 are aware of shingles (herpes zoster) risk factors and potential impact, many underestimate the likelihood of contracting the condition.

The pharmaceutical company behind the Shingrix vaccine is urging Australians aged 50 years and over to learn more about the signs, symptoms and risk factors for shingles, and seek more information from a pharmacist or their GP.

As part of its awareness raising campaign, GSK has engaged Australian comedian and TV host **Julia Morris (pictured)** to share her experience with the "hidden health baggage" of shingles, which includes a public installation at Circular Quay in Sydney.

"When shingles hit me, I was in the middle of one of the busiest times of my career," Morris said.

"The physical toll was immediate and overwhelming - I had a red rash across my torso, an aching body and the most brutal headache.

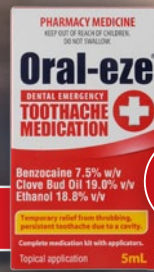
"I could barely get through a day without collapsing back into bed, and even simple tasks like having a shower left me exhausted.

"I was completely debilitated for weeks - shingles wasn't just painful,

Don't suffer the pain of toothache.

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Always read the label and follow the directions for use.



it completely altered how I lived and worked," she said.

While the Australian Immunisation Handbook recommends shingles vaccination for specific groups including people aged 50 years and over, most are unlikely to be eligible for free vaccination under the National Immunisation Program (NIP), and a two-shot course will cost around \$560.

People aged 65 years and over, Aboriginal and Torres Strait Islander people aged 50 years and over, and adults considered at increased risk of herpes zoster can get free shots.

Leading expert Dr Timothy Tan, cardiologist and professor at Western Sydney University, pointed out that most Australians over 40 have had chickenpox and still carry the virus, so the risk of shingles is "very real".

"As we age, so does our immune system, and it becomes less effective at suppressing the virus, increasing the likelihood of it reactivating as shingles," explained Professor Tan.

"That's why it's so important for Australians, especially who are over the age of 50, to speak with your GP or pharmacist to understand your risk," he said. KB

Rethink dispensary

WILLACH Consis C provides the latest in robotic automation for a more efficient dispensary set-up, freeing up space and time within your pharmacy. See **page five** for details.

Today's issue of PD

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

- Differin
- Willach

PHARMACY 4 LESS DISCOUNT CHEMIST

Wesfarmers Health

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Heart disease risk affects 99% of Australians

Learn how to spot the signs



[Read article now](#)

Guild exec leads fundraising

PHARMACY Guild of Australia Executive Director Gerard Benedet (pictured) took part in OzHarvest's flagship fundraiser CEO CookOff event in Canberra on Monday, as it tours kitchens across Australia to help raise funds to address the nation's hunger crisis.

The events unite top industry leaders and renowned chefs to create gourmet meals, then serve and dine alongside special guests from OzHarvest's supported charities.

Benedet led the fundraising efforts in Canberra, which will provide more than 16,000 meals to people in need.



Taking the lead on dandruff

PHARMACISTS are being invited to step into a leading role in a nationwide effort to break the stigma around dandruff and promote scalp health, as Key Pharmaceuticals and Alliance Pharma mark five successful years with partner Nizoral anti-dandruff treatment.

Despite affecting nearly half the global population, conditions like dandruff and seborrhoeic dermatitis are still treated as taboo, or dismissed as a minor cosmetic issue.

But for many, it can deeply impact self-esteem and emotional wellbeing, and a reluctance to raise the issue means many people miss out on effective treatments.

That is where pharmacists come in, being uniquely positioned to spark informed conversations that help people view scalp care as an essential part of overall wellness.

Key Pharma and Alliance have planned various activities designed to get pharmacists on board,



including marketing to normalise scalp health conversations, and expanded training and digital education to build pharmacist confidence and equip them to manage these conversations.

They are also currently researching the emotional cost of dandruff, with findings to help guide future pharmacy education and consumer awareness initiatives.

"We're calling on pharmacists to lead the change - to work with Key Pharmaceuticals to put scalp health on the wellness agenda and help Australians see treating dandruff as a normal part of self-care," Key Pharmaceuticals CEO Meelian Hoh told *Pharmacy Daily*. KB

Argenx and UniSA team up

THE University of South Australia (UniSA) and global immunology company argenx have signed a strategic partnership to develop a pioneering molecule for autoimmune diseases, marking the first such collaboration for argenx in Australia.

Argenx's Immunology Innovation Program fosters close collaboration with leading disease biologists worldwide to identify novel therapeutic targets for rare and underserved immunological disorders and move them towards commercialisation.

Through this initiative, argenx and UniSA are working together to advance a monoclonal antibody candidate, currently in preclinical development, with the goal of addressing diseases that present significant unmet medical needs.

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Dive into our latest podcast episode featuring **Adele Tahan**, a pharmacist and business owner - "From resilience, advocacy and leadership; A journey to championing community pharmacy on a national stage".

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YOUR PHARMACY CAREER PODCAST



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Dispensary Corner

LOADED food is all the rage these days, with loaded fries, loaded nachos and loaded pies among the many 'more is more' creations on the menu.

Now there's loaded water - aka H₂O 2.0.

Like the other loaded products, it's water with lots of added stuff, such as coconut water, fresh herbs, fruit, cucumber slices, electrolyte powders, prebiotics and green tea, to give it a flavour, nutrition and/or an energy kick.

And like most photogenic health crazes these days, it features heavily on TikTok, with enthusiasts sharing recipes and hydration tips.

The secret when making it is to wash additions like fruit and herbs first, and if you're making enough to store, strain off all the chunky bits so they don't become bitter, mushy or infested with bacteria.

Potentially a healthier alternative to fizzy drinks and juices - depending upon what you load it with - the refreshing drink is ideal to fight the hydration crisis currently afflicting the world.

And with claims that almost half of Australians aren't drinking enough water each day, that little added excitement could just get some over the line.



PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email advertising@pharmacydaily.com.au

Product launch: APOHEALTH Anti-Fungal Cream 50g

APOHEALTH Anti-Fungal Clotrimazole Cream is for the topical treatment of fungal skin infections.

It is a broad spectrum anti-fungal cream indicated for the topical treatment of fungal skin infections including tinea, athlete's foot, ringworm and other candida skin infections such as nappy rash.

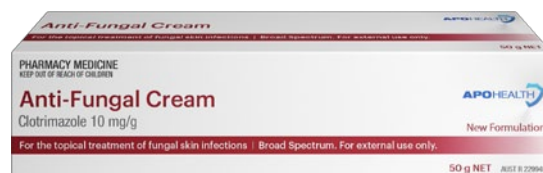
The active ingredient is clotrimazole 10mg/g.

RRP: \$8.99

Stockist enquiries: Contact 1800 276 839 or contact your VidaCorp OTC territory manager.

Website: [CLICK HERE](#) for more information.

Always read the label and follow the directions for use.



Mag-Sup powder - a better way to absorb magnesium

Mag-Sup powder is a high absorption magnesium supplement for use in magnesium deficiencies. It contains magnesium aspartate which has increased bioavailability compared to other forms of magnesium. Magnesium aspartate has better oral absorption than magnesium citrate, magnesium glycinate, magnesium chloride and magnesium oxide.

- High dose, once a day
- Rapidly absorbed
- Natural forest berry flavour
- Up to 300mg elemental magnesium per day
- Contains no artificial preservatives, colours or flavours

Available in 200g packs equivalent to 40 doses.

Supplier: Available from Symbion, Sigma, API & CH2. Contact your Clear Sales representative on 1800 640 043 for special deals.

RRP: \$21.57

Website: [CLICK HERE](#) for more information.



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

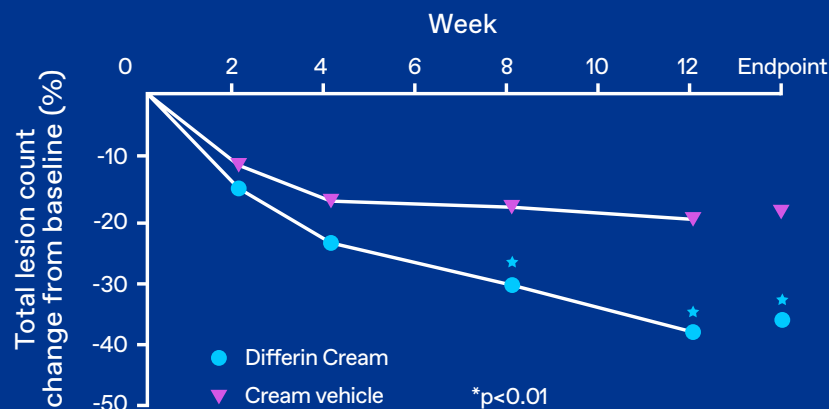
3 Restores

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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