

## Today's issue of PD

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

- **Pharmacium**
- **Nova Pharmaceuticals**
- **Glucogel**

## Design your space

**PHARMACIUM** creates work spaces that reflect your working style and improve efficiencies throughout your pharmacy, with a focus on dispensary operations.

See **page four** to learn more about how you can transform your pharmacy.

## Get better sleep

**RESTIN** 2mg melatonin modified release tablets help offer a better quality sleep.

Nova Pharmaceuticals is offering pharmacists a special deal - see **page five** for more.

## CWH hits a six with Cricket Australia

**CHEMIST** Warehouse has announced a new partnership with Cricket Australia, with the retail giant named as the official pharmacy partner of the men's and women's national teams.

The partnership aligns with Chemist Warehouse's stated mission to "inspire all Australians to prioritise their own health and wellbeing".

Over the next three years, Chemist Warehouse will provide fans with exclusive offers, activations and initiatives that support cricket at all levels, from grassroots clubs to the international stage.

"As a brand dedicated to performance and wellness, Chemist Warehouse recognises the powerful role cricket plays in inspiring communities across the country," said Mario Tascone, Deputy CEO, Chemist Warehouse.

"This partnership is built on the belief that health and wellness are the foundation of performance,

whether on the field, in the stands, or in everyday life.

"We are looking forward to engaging with cricket fans across the country while encouraging a healthy lifestyle and providing unforgettable fan experiences," Tascone enthused.

For Cricket Australia, the partnership represents an opportunity to embed wellness into the nation's sporting and cultural fabric.

"We are very excited to partner with Chemist Warehouse over the next three years and as Australia's national sport, we are proud to champion health and wellness," said Ed Sanders, Chief Commercial Officer, Cricket Australia.

"It's going to be the biggest summer of cricket with two of our biggest rivals - England and India - touring, and through our world-



class teams and performance, we look forward to shining a light on wellbeing," Sanders concluded. **KB**

**Pictured:** Nathan Lyon, Ellyse Perry, Mario Tascone, Ed Sanders, Pat Cummins, Alana King.

## All treat, no tricks

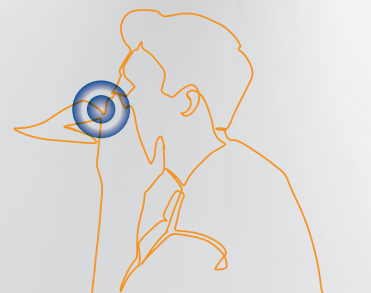
**CUSTOMERS** have a chance to win the ultimate Halloween treat haul - a year's supply of Glucogel products.

Get your Spookogel POS now - learn more on **page six**.

# DRAW THE LINE... when it comes to Hayfever & Allergy relief



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## Psychotropic use in aged care down

**AUSTRALIAN** researchers have reported encouraging downward trends in the use of psychotropic medications in residential aged care (RAC) facilities, suggesting that reforms introduced in the wake of the recent Royal Commission into Aged Care Quality and Safety have had a positive effect.

The team comprising researchers from centres around the country found that the use of antipsychotics, sedatives and anxiolytics, and antiseizure medication decreased significantly over the five-year study period.

However, the use of antidepressants did not decrease over the period, leading researchers to speculate they may be being used inappropriately for chemical restraint - defined as the use of medication to alter behaviour and restrict movement.

Often given to people with dementia in RAC to manage behavioural and psychological symptoms, the overuse and prolonged use of psychotropic medications as chemical restraints was highlighted in the Royal Commission, which ran from 2018 to 2021.

In addition to the risk of serious side effects, including falls, the medication is not particularly effective in managing symptoms.

Reforms arising from the findings of the Royal Commission included the use of alternatives to chemical

restraint, increased documentation of their use, and mandatory reporting.

The research team set out to investigate the impact of the reforms, looking at rates of usage of psychotropic medicines in people with and without dementia in RAC over the period from Jan 2018, before the Royal Commission started, to Dec 2022.

Among people with dementia, antipsychotic use decreased over this time by around 43%, with a similar decrease in people without dementia (44%).

Among residents with dementia, risperidone was the most frequently administered antipsychotic, while quetiapine was the most common in residents without dementia.

The use of sedatives and anxiolytics decreased by 41% in people with dementia, and 36% in those without.

Oxazepam was the most frequently prescribed drug in this class for people with dementia, and temazepam in those without.

Antiseizure use decreased by 41% in those with dementia, and 25% in those without.

Among residents with dementia, the most frequent antiseizure



medication was sodium valproate, compared with pregabalin in residents without dementia.

The use of antidepressants decreased by 5% among those without dementia, a non-significant result, and increased by 6% in those with dementia, which was also non-significant.

"Our analysis revealed declines in the administration of antipsychotics, sedatives and anxiolytics, and antiseizure medication in Australian RAC facilities during a period of government aged care reforms between 2019 and 2022," the authors concluded.

"Ongoing monitoring, stratified by residents' dementia status, is crucial to ensuring that the early declines in psychotropic medication use continue and that use of antipsychotics and other psychotropics is not being replaced by antidepressants," they added.

Read the paper [HERE](#). KB

## Relationships key to success

**WITH** recent high levels of interest in pharmacy ownership, especially among younger pharmacists (*PD* 05 Sep), a timely interview with seasoned pharmacist, business mentor, and former board member Ivan Grauer is ideally placed to provide aspiring owners with valuable advice.

In the latest episode of *Your Pharmacy Career Podcast*, Grauer (*pictured*) shared with host Krysti-Lee Patterson an inspiring story spanning five decades of professional success, personal setbacks, and the value of relationships in pharmacy.

Over the course of his career, Grauer has held several influential leadership roles, including serving on the Board of Directors of Chemmart Pharmacies and being a member of the Buying Advisory Board for Amcal, where he played a key role in guiding strategic direction and industry innovation.

From revitalising underperforming pharmacies to appearing on national television as the face of Chemmart, Grauer now consults for emerging pharmacy owners, offering practical, no-obligation advice on buying and running pharmacies, guided by his belief in people over profits.

"If you focus on the relationship, the income will come," he told Patterson.

"But if you focus only on income, you lose sight - and it's not sustainable."

Access the podcast [HERE](#).



## GLP-1 RA pregnancy risks overlooked by young women

**MOST** Australian women of reproductive age prescribed GLP-1 receptor agonists, such as Ozempic, are not using effective contraception, despite risks during pregnancy, according to a study published in the *MJA*.

Researchers from Flinders University analysed data from over 18,000 women aged 18 to 49 who were first prescribed GLP-1 receptor agonists between 2011 and 2022, and found only 21% had reported using contraception.

The study also found that 2.2% of women became pregnant within six months of starting

treatment with GLP1-RAs.

Interestingly, women with polycystic ovary syndrome were twice as likely to conceive, suggesting that weight loss may improve fertility, even when it is unintended.

Lead author and pharmacist, Associate Professor Luke Grzeskowiak, said that most of those starting treatment were using it for weight loss rather than diabetes, and warned that while the drugs can be helpful, they are not risk-free, especially during pregnancy.

The drugs have been linked

with congenital malformations in animal studies, but effects during pregnancy have not been well studied in humans.

"We're seeing widespread use of these medications among women of childbearing age, but very little evidence that contraception is being considered as part of routine care," said A/Prof Grzeskowiak.

"We need to ensure that reproductive health is part of every conversation when these drugs are prescribed to any women of childbearing age."

Read the paper [HERE](#).



### Dispensary Corner

**MANICURE** enthusiasts are currently learning about the latest dangerous chemical found in their favourite nail products, thanks to a recent ban of trimethylbenzoyl diphenylphosphine oxide (TPO).

TPO is found in many, though not all, gel nail polish products, and helps create a durable, shiny and very fast-drying finish.

The European Union has banned the chemical in cosmetic products - including gel nail polish - over concerns it could affect fertility and cause other long-term health effects.

While the ban is precautionary and not based on any firm evidence of harm in humans - the move came after it was linked to long-term fertility issues in animals - the EU considered the potential risks were enough to require stricter regulation.

TPO is also used in dental fillings, but the European ban applies only to cosmetics.

Other potentially hazardous chemicals in nail polish include formaldehyde, toluene and dibutyl phthalate (DBP), while UV nail lamps used to set nail polish have been linked with an increased risk of skin cancer.

At this stage there is no indication that Australia will follow suit with the TPO ban.

But the good news for those who may be worried is that global nail polish manufacturers are reformulating products to meet the new EU requirements, so if there is indeed any cause for concern, those in other countries will also benefit.

## PRODUCT SPOTLIGHT

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

### Voltaren Pain Relief Gel 12 Hourly: long-lasting, targeted pain relief

Powered by diclofenac, Voltaren Pain Relief Gel 12 Hourly provides up to 12 hours of clinically proven pain relief.<sup>1,2</sup>

With an expanded label indication, it exhibits anti-inflammatory effects targeted to the source, providing long-lasting relief of localised muscle pain or mild osteoarthritis of the knees and fingers.<sup>3-6</sup>

RRP: \$29.99 per 100g pack.

Suppliers: Contact your Haleon representative.

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

Always read the label and follow the directions for use. Voltaren Pain Relief Gel 12 Hourly contains diclofenac diethylamine 23.2 mg/g.

References: 1. Derry S, et al. *Cochrane Database Sys Rev* 2015;6:CD007042. 2. Predel HG, et al. *Med Sci Sports Exer* 2012;44(9):1629-36. 3. Derry S, et al. *Cochrane Database Sys Rev* 2016;6:CD007400. 4. Predel HG, et al. *BMC Musculoskeletal Disord* 2013;14:250. 5. Derry S, et al. *Cochrane Database Sys Rev* 2017;5:CD008609. 6. Zacher J, et al. *Curr Med Res Opin* 2008;24:925-50.

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### 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.

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RRP: \$21.57

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



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