

4 ways to help build strong bones



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Today's issue of PD

Pharmacy Daily today features two pages of the latest industry news, plus a full page from **Chemsave**.

Do the maths

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Learn more on **page three**.

CSL most trusted

CSL has been awarded winner in the pharmaceutical category of Roy Morgan's Trusted Brands Awards for 2025.

Brands recognised on the list have had "exceptional years with high levels of trust, and exceedingly low, or negligible, levels of distrust", the market research company stated.

See all the winners **HERE**.

New National flagship store

NATIONAL Pharmacies has opened its new flagship store at the Eighty Eight O'Connell luxury development in North Adelaide, offering integrated pharmacy, optical, health and beauty services.

The \$1.6 million National Pharmacies store also houses the community pharmacy group's milestone 20th Optical by National Pharmacies store.

The development is part of what will soon be a health and wellness hub that includes a medical centre, radiology and medical spa services, catering to residents of the development, as well as the wider community.

National Pharmacies CEO Mark Smith (**pictured** centre) said the North Adelaide store, located several metres from its previous site, has almost doubled its health and retail footprint, enabling expanded service offerings.

The open-plan layout comprises defined yet connected zones, for dispensing, health and eye consultations, and premium



displays of health, beauty and eyewear products.

"National Pharmacies North Adelaide sets a new benchmark in community healthcare as we continue to expand access to our expert pharmacy-led services in a modern, welcoming environment," Smith said.

"Designed to meet the evolving needs of our members and customers, the new store features a larger private space for immunisation services, including travel vaccinations, and health consultations, such as UTI and oral contraceptive services, and extra room for a full suite of beauty and wellness treatments," he said. *KB*

Menopause hormone therapy safe for women in their 50s

AGE is a factor in determining the heart risks linked to hormone therapy for menopausal hot flashes and night sweats, according to a reanalysis of two major clinical trials.

In a paper published today in *JAMA Internal Medicine*, researchers looked at data from the Women's Health Initiative trials, which were conducted in the US from 1993 to 2012 and included over 27,000 women.

The trials were famously stopped early due to concerns over increased risk of

cardiovascular event and breast cancer, which resulted in reduced use of hormone therapy among women around the world.

In the current reanalysis of the data by age group, they found no extra heart disease risks from hormone therapy to treat menopausal hot flashes and night sweats in women aged 50-59.

However, there was a two-to-three times increased risk of heart disease for women aged 70 years or older.

"Hormone therapy is the most effective treatment

for menopausal vasomotor symptoms, but many women and clinicians are hesitant to use it due to concerns about adverse cardiovascular outcomes," said the authors.

"The findings support guideline recommendations for treatment of vasomotor symptoms with hormone therapy in women aged 50 to 59 years, caution if initiating hormone therapy in women aged 60 to 69 years, and avoidance of hormone therapy in women 70 years and older," they concluded.

Read the paper **HERE**.

Student journal latest edition out

THE seventh edition of the peer-reviewed *Australian Pharmacy Students' Journal* (APSJ) is out now, with a focus on emerging sustainability initiatives in pharmacy practice.

The journal is an initiative of the National Australian Pharmacy Students' Association (NAPSA) and supported by Advanced Pharmacy Australia (AdPha).

AdPha President Tom Simpson said the theme of sustainability "resonates strongly with the ethos of AdPha", which earlier this year promoted the safe and sustainable use of medicines as part of its annual MedsAware: Deprescribing Action Week (**PD** 10 Mar).

"Sustainability must be embedded in every healthcare organisation, and the time to act is now," Simpson said.

"Pharmacists have a vital role to play in making sustainability a priority in procurement, prescribing and medicines assessment.

"What is most inspiring is the leadership already being shown by our student community through research and innovation."

The issue also features pieces on barriers to healthcare access faced by Indigenous Australians; a pharmacy student's guide to writing case reports; and a literature review discussing the role of mobile genetic elements in the risk of antimicrobial resistance.

APSJ is now accepting submissions for its eighth issue. Access the journal **HERE**.

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Dispensary Corner

BANANAS are considered a healthy and nutritious snack, but as it turns out, they are pretty much the chocolate bar of the fruit world.

Leading gastroenterologist Dr Saurabh Sethi recently warned his Instagram followers against certain fruits if they want to take care of their gut - and the popular yellow fruit was ranked the least desirable.

Dr Sethi said overripe bananas, which are so rich in sugar they were once described as "Mars bars in yellow skin", can spike blood sugars and slow down digestion.

This is because as bananas ripen, their resistant starch and total dietary fibre decrease while the sugars increase.

Slightly green bananas fared better in Dr Sethi's ranking, scoring five out of 10 due to being higher in dietary fibre.

Blueberries and pomegranates were crowned as the most gut-friendly fruits, on account of being loaded with antioxidants, which help the body fight free radicals.

Pomegranates also contain ellagitannins, a powerful type of polyphenol that can help lower inflammation in the body, thereby reducing the risk of heart disease.



Managing study and exam pressure

OPINION

PHARMACY Daily invited Mahak Jahangir (pictured) from Bendigo UFS View Street Pharmacy in Victoria to provide an intern's perspective of pharmacy practice.

This week, she focuses on coping with stress around studying and exams.

Got an opinion or experience to share? Let us know in up to 400 words via email to info@pharmacydaily.com.au.

EXAMS are just around the corner, and many of us are worried about how to manage the pressure.

For myself, when stress hits, I get palpitations, and sometimes even need that extra dose of magnesium just to fall asleep.

I don't have all the answers, because different things work for different people.

For me, sometimes it's a quick call to my mum.

Other times, lacing up my shoes

and going for a run helps me reset.

Don't ask me how my study is going - honestly, it's messy.

I've printed so much material I don't even know how I'll carry it all into the exam hall, let alone find answers in that mountain of paper.

My bedside table is crowded with coffee cups and tea mugs, the laundry pile is winning the battle, and the slightest noise at home pulls me off track.

Social media isn't helping either.

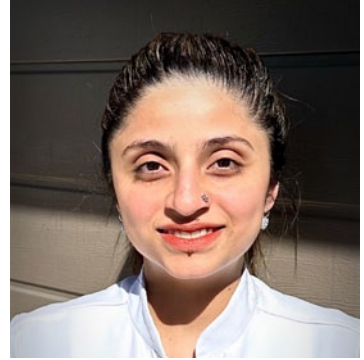
But if you're in the same boat, just breathe with me.

Focus on one thing at a time, and remember: just because it's an open-book exam, that doesn't mean you need to bring your whole library.

Keep it small and manageable so you don't get lost flipping through piles of paper.

Go through your extra notes once or twice beforehand, but on the day, carry only the essentials.

When the stress feels too heavy,



find your release.

Put on some music, step outside, or do something fun that clears your head.

I went to a trampoline park with my kids, and believe it or not, it helped more than I expected.

So here's to all of us - trying, juggling, stressing, and still pushing forward.

Good luck with your exams - we'll get through this, one step at a time, and fingers crossed, we'll ace it together.

Concern as excess folic acid linked with gestational diabetes

SOUTH Australian researchers have raised concerns about over-supplementation of folic acid (FA) during pregnancy, after linking excess levels of the nutrient with a rise in gestational diabetes mellitus (GDM).

National surveillance shows the incidence of GDM in Australia has more than tripled, rising from 5.6% in 2010 to 19.3% in 2022.

That period saw the government-mandated FA fortification of flour, as well as a growing number of vitamin supplements containing 800µg or more of FA, up from the 400µg recommended in clinical guidelines for pregnancy.

This means now almost all women exceed the 1000µg daily

limit of FA.

The team from Adelaide University and Flinders University proposed that increased FA/folate supply from the mother to the placenta can alter placental function (hormone secretion), placing women at increased risk of GDM - a finding that has been seen in animals.

The researchers took into account known GDM risk factors, such as maternal obesity, age and ethnicity, as well as a change in diagnostic criteria that resulted in a small increase in GDM incidence.

The study comes just after a meta-analysis linked GDM with risk of autism and ADHD (*PD* 15 Sep).

"Our study suggests that higher-

than-recommended FA intake may have unintended consequences for pregnancy," said study co-lead Dr Jankovic-Karasoulos from Flinders University.

"The placenta is central to regulating maternal glucose tolerance in pregnancy, so we need to understand how high FA intake affects placental function and, in turn, insulin resistance and gestational diabetes risk."

The findings highlight an urgent need to establish a safe upper limit for folic acid intake during pregnancy and to improve guidelines on folic acid supplementation during pregnancy, the team concluded.

Read the study [HERE](#).

Do The Math(s)!

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