

4 ways to help build strong bones



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Always read the label and follow the directions for use.

Today's issue of PD

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

- Differin
- Glucojel

Retinoid action

DIFFERIN Acne Treatment contains the potent retinoid Adapalene to treat and prevent acne, and restore the skin's natural texture and tone.

It is the first and only acne-fighting retinoid available over the counter - more on **p3**.

All treat, no tricks

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

Get your Spookojel POS and t-shirts now, and make sure your shelves are well stocked.

Learn more on **page four**.

APC supports endorsement

THE Australian Pharmacy Council (APC) has welcomed the Pharmacy Board's announcement to establish an endorsement for scheduled medicines that will standardise the qualifications required by pharmacists who prescribe (**PD** 18 Sep).

APC Chief Executive Officer Bronwyn Clark (**pictured**) described the initiative as a "milestone for increasing accessibility for consumers and advancing workforce capability while emphasising the importance of safety in prescribing practices".

"APC's role is to protect public safety, and this endorsement helps ensure pharmacists who prescribe certain medicines have consistent, nationally recognised qualifications, while still following the rules set by each state and territory," Clark said.

Speaking of the review of the Standards for Pharmacist Prescriber programs recently commenced by the Council (**PD** 11 Sep), Clark noted that accreditation standards



are critical for ensuring safe and effective prescribing practices, and national consistency in pharmacist prescribing will be underpinned by this work.

"We look forward to working with the Pharmacy Board and other stakeholders to ensure the standards reflect safe contemporary practice, support high standards in education and training, and ultimately improve access to healthcare for patients," she concluded. **KB**

Dispensed pinged for unlawful ads

THE Therapeutic Goods Administration (TGA) has issued six infringement notices totalling \$118,800, to Dispensed Pty Ltd for the alleged unlawful advertising of medicinal cannabis.

The company has also been directed to cease the alleged unlawful advertising of prescription-only medicinal cannabis to the public on third-party websites and social media platforms.

The advertising included indirect references to medicinal cannabis, using terms such as 'plant medicine' and 'cannabinoid-based therapies', which are not permitted under the *Therapeutic Goods Act 1989*.

Dispensed must also recover any printed advertising material still in circulation, such as fliers and posters. **KB**

PAIN RELIEF THAT LASTS THE WORKING DAY

With once or twice daily dosing^{1*}

*Directions - First Day: Initial Dose 2 capsules. Subsequent Days: 1 capsule once or twice daily. A working day is typically 8-12 hours.



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Indications: Short-term relief of pain from muscle and joint injuries, and period pain. Before recommending please review the full Product Information available from https://medsinfo.com.au/product-information/document/Celebrex_Relief_PI

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

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Dispensary Corner

AS IF artificial intelligence (AI) wasn't already scary enough, apparently it can now tell you whether you will develop cancer in the next 20 years - with startling accuracy.

Experts from the European Molecular Biology Laboratory (EMBL), the German Cancer Research Centre and the University of Copenhagen have developed a new generative AI tool that can predict people's risk of more than 1,000 diseases, including cancer.

Named Delphi-2M, the model has been trained to find patterns in anonymous medical records, looking for medical events in a patient's history alongside lifestyle factors such as smoking, alcohol consumption and being overweight, to predict what might happen up to 20 years into the future.

Researchers hope the tool can be used to prevent disease years ahead of time.

"Medical events often follow predictable patterns," wrote Tomas Fitzgerald, an expert in molecular biology and study co-author, in the journal *Nature*.

"Our AI model learns those patterns and can forecast future health outcomes."

Professor Ewan Birney, Executive Director of EMBL, added: "You walk into the doctor's surgery and the clinician is very used to using these tools, and they're able to say 'here are four major risks that are in your future and here's two things you could do to really change that'."

GLP1-RAs, Keytruda on WHO essential meds list

THE World Health Organization's (WHO) Essential Medicines Lists (EMLs) have been updated for 2025, with 20 new drugs added to the adult list, including type 2 diabetes treatments popularly used for weight loss, as well as cancer drugs and rapid-acting synthetic insulin.

GLP-1 receptor agonists - including semaglutide, dulaglutide, liraglutide and tirzepatide - are among the new additions in a recommendation that recognises the growing importance of the drugs in clinical treatment of diabetes worldwide.

Other notable additions include

new PD-1/PD-L1 cancer therapies - pembrolizumab (Keytruda) and two other therapeutic alternatives - following evidence demonstrating that the drugs, used in treatment of metastatic cervical, colorectal and lung cancer, prolong survival by at least four to six months.

Rapid acting insulin analogues have also made the list, following in the footsteps of longer-acting synthetic insulin formulas that were first included in 2021 as an alternative to human-derived insulin products.

In terms of infectious disease, vaccines for maternal RSV, mpox and ebola virus are included, with



a malaria vaccine added to the children's EML.

The EMLs are used by over 150 countries, as well as insurance and health care providers, to guide decisions about procurement and provision of critical medicines for virtually every infectious and non-communicable disease condition.

Access the lists [HERE](#). KB

Mounjaro safe, effective for T2D kids

MOUNJARO (tirzepatide), a GIP/GLP-1 dual receptor agonist, improved blood glucose and body mass index in children and adolescents aged 10-18 with type 2 diabetes, according to trial results released by Eli Lilly last week.

The trial was conducted with almost 100 participants with type 2 diabetes inadequately controlled with metformin, basal insulin or both.

At 30 weeks, Mounjaro achieved superior improvements in A1C, BMI and fasting blood glucose compared to placebo, and this continued through 52 weeks in the trial's long-term extension.

A1C was reduced by an average of 2.2%, while BMI was reduced by an average of around 9%.

The main adverse events, which occurred primarily during dose escalation, were gastrointestinal-related and mild to moderate in severity.

The findings suggest that

Mounjaro could provide another potential treatment for a group where options are limited.

"Youth living with type 2 diabetes often face a more aggressive disease course, and in many instances, first-line treatments like metformin and basal insulin, fail to control their A1C adequately," said lead investigator Dr Tamara Hannon from Indiana University School of Medicine.

"The [trial] results show that Mounjaro delivered significant and clinically meaningful improvements in blood sugar, BMI and fasting serum glucose in paediatric patients.

"These results offer a promising opportunity to help shift the long-term health trajectory for young people living with this complex condition."

Lilly has submitted the results to global regulatory agencies for an expanded indication to include paediatric patients.

Read the study [HERE](#).

B3 skin cancer role

NICOTINAMIDE, a form of vitamin B3 also known as niacinamide, may help prevent skin cancer, according to US research into the over-the-counter supplement.

The study involved over 33,000 people, of whom around 12,000 took 500mg twice daily for over 30 years.

Compared to those who did not take the supplement, those who took nicotinamide had the risk of skin cancer reduced by 14% - and by 54% among those who had already had one skin cancer.

A/Prof Yousuf Mohammed, from the School of Pharmacy and Pharmaceutical Sciences at the University of Queensland, commented that the study suggested nicotinamide is an "underutilised, low-risk intervention that can make a difference in reducing skin cancer burden, especially for patients with an early history of disease" - read the study [HERE](#).

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

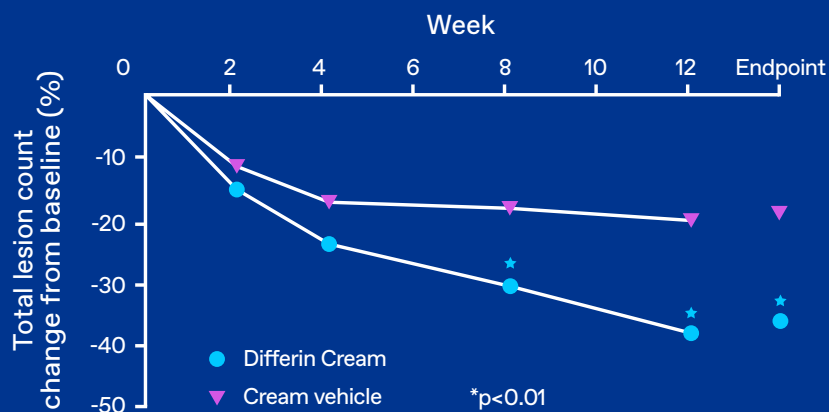
3 Restores

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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