

## Today's issue of PD

*Pharmacy Daily* today features three pages of news, including our **Beauty & Wellness** feature.

## Cricket fans put to the test

**FANS** attending the Melbourne Boxing Day test were invited to take a free Shane Warne Legacy (SWL) Health Check to get to know their numbers and start a conversation about their health.

A total of 7,431 checks were delivered, with hopes of beating last year's test total of over 13,000 fans stymied by the short-lived test.

"While not all diabetes can be prevented, and some people are at higher risk due to genetic factors or family history, we know that 58% of type 2 diabetes cases could be prevented or delayed," said Diabetes Australia group CEO Justine Cain.

"For that to happen, we need to reach people who are at risk.

"The great thing about the SWL Health Checks is that they are free, quick and self-serve, and they give people information on their key health metrics that can help start a conversation with their health professional."

The tests utilised 56 SiSU Health Stations throughout the MCG, measuring blood pressure, body composition, heart rate, BMI, and AUSDRISK, with results delivered instantly on-screen and via the SiSU Health mobile app.

Clinician-led finger-prick blood tests for cholesterol and blood glucose levels were offered to eligible participants, and those with elevated risks were encouraged to follow up with a healthcare professional.

Free SWL Health Checks are available year-round on SiSU Health Stations at over 300 locations, including Priceline Pharmacies.

## Maintain salt balance with Saltabs

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## Drugs not enough for long term weight control

**RESEARCH** released today has revealed that people who stop taking their weight loss medication return to their original weight in less than two years on average, with metabolic markers also returning to pre-treatment levels.

Published in *The BMJ*, the review covered 37 studies including over 9,000 participants who took weight loss medications - including but not limited to GLP-1 receptor agonists - for at least two months.

It showed that the average rate of weight regain is 0.4kg/month after stopping treatment, with weight and risk markers for diabetes and heart disease predicted to return to pre-treatment levels in less than two years.

When compared to people who stopped weight loss behavioural management trials, researchers said the rate of weight regain after stopping weight loss drugs was almost four times faster.

"This evidence suggests that despite their success in achieving initial weight loss, these drugs alone may not be sufficient for long term weight control," said

the researchers.

Professor Clare Collins from the University of Newcastle said that while the weight regain findings were "completely expected", it was interesting that the researchers looked at changes in metabolic markers as well.

"This highlights that obesity is a chronic relapsing condition with health and medical implications and that these medications will need to be taken long-term - just like other health conditions," Professor Collins said.

"More research is needed to identify optimal maintenance medication regimes and what support is needed regarding nutrition, physical activity and psychology to sustain long-term health and wellbeing."

Meanwhile, researcher Dr Dominika Kwasnicka from the University of Melbourne said the study had important policy implications for Australia.

"Access to these medications is



expanding, often with substantial out-of-pocket costs and limited structured follow-up," she said.

"Without long-term planning, there is a risk of short-term benefit followed by weight regain and loss of health gains once treatment ceases.

"These results support the need to embed pharmacotherapy within comprehensive, long-term models of care that include behavioural support, continuity of care, and realistic discussions about duration of treatment, rather than viewing these medications as short-term solutions," she concluded.

Read the paper [HERE](#). KB

## Utah's AI prescription renewal pilot leaves pharmacists piqued

**THE** state of Utah in the US has announced a first-of-its-kind partnership with Doctronic, the AI-native health platform, to give patients with chronic conditions a faster, automated way to renew medications.

Automating routine prescription renewals - which account for around 80% of medication activity - is seen by the state as a way to ease pressure on providers while lowering costs for patients.

Medication non-compliance is one of the largest drivers of preventable health outcomes and avoidable medical spending, and it is hoped that cheaper, more convenient renewals will improve adherence and ultimately improve outcomes for millions of people managing chronic conditions.

The program covers 190 common medicines used for managing chronic disease, with certain drugs off limits, including

pain management medicines, ADHD drugs and injectables.

Pharmacists can process renewals more efficiently, and physicians can focus on higher-impact care, according to the Utah Department of Commerce which is responsible for the initiative.

The pilot is tracking medication refill timeliness and adherence, patient access and satisfaction, safety outcomes, workflow efficiency, and cost impacts, with findings to be shared publicly to inform future state and federal AI policy.

"This is a major milestone to demonstrate how AI can improve access to care and health outcomes," said Matt Pavelle, co-CEO of Doctronic.

"This partnership with Utah enables patients, pharmacists, and physicians to work together more efficiently, with measurable results that benefit the entire

healthcare system.

"We hope other states follow Utah's lead," he concluded.

Pharmacists commenting on social media have questioned the need to have AI renew prescriptions.

"This is a complicated and unnecessary solution to a legitimate problem - the pharmacists requesting the refills are already qualified and more than capable of just renewing the scripts themselves," a pharmacist commented on LinkedIn.

"Tbh it's insulting professionally that the state trusts a computer more than me," said another.

Other pharmacists saw potential for collaboration.

"The real opportunity may be using AI to augment pharmacists' renewal decisions (screening, flagging risks, workflow automation), rather than positioning AI as the decision-maker itself," one suggested.

## Editor's Choice: Eau Thermale Avene gets steps up for sun safety

**FRENCH** skincare brand Eau Thermale Avene and female-founded run collective She Runs hosted a community event last month in Sydney to bring awareness to sun safety.

More than 250 people gathered for a morning of movement and education, led by four-time Olympian, melanoma survivor, and Avene sun care ambassador, Cate Campbell.

The morning began at Bondi Pavilion, where guests received Avene's Sunstive Sunscreen Fluid SPF50+ alongside complimentary hats, beach bags, and sunscreen keyring holders designed to make on-the-go reapplication easy.

Campbell then led participants



on a 30-minute coastal walk from Bondi to Bronte.

The morning wrapped with a community swim at Bronte Baths, offering a rare chance for attendees to meet, connect and swim with one of Australia's most celebrated athletes.

"As a melanoma survivor, SPF isn't just part of my routine - it's non-negotiable," Campbell told

the crowd.

"It's the first thing I think about whenever I'm heading outdoors, whether I'm training, hitting the beach, or simply going for a walk.

"Skin cancer touches so many Australians, and if sharing my own experience encourages even one person to take sun protection more seriously, then it's worth it every time," she added.

## CWH now offers NMN



**CHEMIST** Warehouse has become the exclusive pharmacy retailer of Nicotinamide Mononucleotide ('NMN') supplements in Australia, with products beginning to roll out nationwide this month.

After growing rapidly in popularity, the ingredient - which supports energy production, nervous system health, skin health and healthy ageing - was approved by the Therapeutic Goods Administration (TGA) last month (*PD* 12 Dec 2025).

In response, several Aussie health and wellness brands have moved quickly to develop NMN products, including Melrose FutureLab, whose 500mg NMN capsules are now available in CWH for \$59.99.

"The healthy ageing category has experienced rapid growth in recent years, with more Australians taking a proactive approach to their health and wellbeing," said Chemist Warehouse head of vitamins, Daniel Kinder.

"Making NMN products accessible matters because healthy ageing should not become a premium-only intervention: affordability, trusted quality, and clear education can help broaden the understanding of NMN and its role as a widely available ingredient."

## Maybelline uplifts lips

**MAYBELLINE** has formulated the ultimate solution to achieve smooth, glowy lips with its new Lifter Glaze Lip Balm.

Now available in Priceline stores around Australia, the lip oil is formulated with hyaluronic acid and acerola cherry extract to offer up to 24-hour hydration, a fuller look, and sheer, buildable colour.

The product, priced at RRP \$19.99, was shown to visibly reduce lip lines by up to 20% after four weeks of use in a cosmeo-clinical study.



## Quick Flick's Body Glaze shimmers into Priceline



**QUICK** Flick has introduced its 2 in 1 Hydrating Shimmer Body Glaze, designed to instantly illuminate, hydrate and enhance

skin's appearance.

Infused with camellia, rosehip, argan, jojoba, sweet almond, and meadowfoam, the ultralight formula blends seamlessly into skin, and is perfect to wear solo or layered over a tan.

It melts into the skin with a silky-smooth finish that's free from stickiness or residue, featuring a juicy watermelon scent.

Customers are advised to shake well before use and apply directly to clean, dry skin, massaging in circular motions for an even, radiant glow.

The product is vegan, cruelty-free and made in Australia.

The Quick Flick 2 in 1 Hydrating Shimmer Body Glaze Watermelon 160ml is available for RRP \$29 at Priceline stores.

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**Beauty & Wellness**  
by Pharmacy Daily



## Dispensary Corner

**IN THE** never ending quest to get those with couch potato tendencies up and exercising, virtual reality treadmill company Virtuix has released an immersive gaming-based device for use in the home.

Comprising a VR headset and a treadmill designed to allow movement in any direction while staying in place, the Omni One has been called "the Peloton for gamers".

Users can battle zombies, trek the Himalayas or take on Mike Tyson, all from the safety and comfort of the lounge room.

Unlike other VR headset-based exercising, the wearer is held in place with a harness, allowing them to run, jump, crouch, punch and shoot without colliding with walls, whacking furniture or knocking the Ming vase off the table.

Wearing special overshoes to go with the treadmill, the movement is akin to ice skating and it does take some getting used to - the company suggests people need about an hour to get the hang of it.

As with other VR experiences, motion sickness while wearing the headset can also be an issue.

Still, for a mere US\$3,495 (A\$5,200) you get to work up a sweat, burn calories and build muscle in a fun and engaging way...if you don't throw up.



## Why is ending period poverty elusive?

### OPINION

**PERIOD** poverty is the lack of access to menstrual products, sanitation facilities, and hygiene education, forcing people to use inadequate substitutes (rags, leaves) or miss school/work, impacting health, dignity, and education due to stigma and cost.

It affects millions globally, including in developed nations.

"Ending period poverty and stigma is important if adolescent girls and young women are to live a dignified life with rights," said Angel Babirye, Emerging Women Deliver leader from Uganda and President of the African Youth and Adolescent Network East and Southern Africa.

"Period poverty and stigma are affecting so many girls across Africa.

"Many of them are lacking safe absorbent materials essential for menstrual hygiene, and are thus forced to use unsafe absorbent materials, for example soil, sand and, in extreme cases, cow dung."

These absorbent materials end up increasing their susceptibility to reproductive tract infections, Babirye explained.

Sometimes women and girls are forced to go for transactional sex, increasing the risk of sexual violence which in turn increases their risk of HIV, teenage pregnancies and sexually transmitted infections.

"Menstruation is largely shrouded in myths and misconceptions," Babirye said.

"We must normalise conversations around menstruation because it is normal.

"Girls need to have safe spaces to speak up about menstruation, and also need to have access to clean water, sanitation and hygiene too.

"Girls and women must also have safe and private facilities to change absorbent materials as and when required, as well as spaces to dispose of the used absorbent



materials," she added.

In Uganda, one in four girls drops out of school once they begin menstruating, and among those who stay in school, absenteeism triples during their periods.

"Let us address menstrual hygiene, period poverty and stigma in a comprehensive way so that girls can have safe and dignified lives," Babirye concluded.

*This article was contributed by Shobha Shukla, President of Asia Pacific Regional Media Alliance for Health, Gender and Development Justice, and Executive Director of Citizen News Service.*

## Vape flavour bans reduce uptake

**BANS** on flavoured vapes in several US states over recent years appear to have reduced the rate of young adults taking up the habit, according to a recently published study.

Researchers surveyed people who had previously never vaped from 2017 to 2023, looking at whether they picked it up over that time period.

Among the 18-24 cohort, the flavour bans were linked to a 50% decrease in starting vaping, although this was not the case for younger or older cohorts - more [HERE](#).

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