

## Today's issue of PD

Pharmacy Daily today features two pages of news.

### Lenacapavir TGA ticked for HIV PreP

**THE** TGA has approved Yeytuo (lenacapavir, Gilead Sciences) for pre-exposure prophylaxis (PreP) for HIV.

The twice-yearly treatment is used to reduce the risk of HIV-1 in adults and adolescents 16 years of age and older who weigh at least 35kg.

Lenacapavir is also available as Sunleca, used to treat HIV in combination with other antiretrovirals.

### Dementia community engagement grants

**DEMENTIA** Australia has opened applications for a new round of community engagement grants for up to 12 dementia-friendly community initiatives, and is encouraging anyone with an idea to make their community more inclusive to apply.

The organisation's CEO Professor Tanya Buchanan said community groups and businesses can apply for up to \$10,000 for project ideas that supported their local community to become more accessible.

"For this year's grants, we have a special focus on people living with young onset dementia and young carers," Professor Buchanan said.

"We want to see projects

**CLINICAL** toxicologists in Queensland have reported that overdoses from recreational drugs have increased over the last 10 years, with methamphetamine intoxication taking over from paracetamol to become the most common toxicological presentation at the Emergency Department.

The team from Princess Alexandra Hospital in Brisbane reviewed over 20,000 cases managed in its Clinical Toxicology Unit between 15 May 2014, shortly after the unit was established, and 14 May 2024.

Deliberate self-poisonings made up the majority of presentations at the start of the study period,

that will engage them in the communities in which they live.

"There are an estimated 29,000 people in Australia living with young onset dementia, [with] this figure expected to increase to an estimated 41,000 people by 2054.

"It is important we take action to ensure people living with dementia, no matter their age, feel included, respected and embraced by their communities."

Local community associations, businesses, organisations and groups are encouraged to develop dementia-friendly communities projects that reflect the community need, create local partnerships and draw on in-kind contributions and existing resources.

Learn more [HERE](#).

## Don't suffer the pain of toothache.

Available from Symbion, Sigma, API & CH2

Always read the label and follow the directions for use.



## Increased suicide risk in pharmacy

**PHARMACISTS** and female pharmacy technicians face a significantly higher risk of suicide compared to their counterparts in the general population, according to research conducted in the US.

The findings highlight the urgent need for improved workplace policies, mental health resources and stigma reduction in pharmacy settings, with burnout among health care workers a broader issue of concern.

Data from across the US between 2011 and 2022 revealed that pharmacists were about 21% more likely to die by suicide than people in the general population, with male pharmacists facing a 25% higher risk than other men.

While pharmacy technicians overall had about a 14% lower risk of suicide than the general population, female pharmacy technicians had a 22% higher risk of suicide than other women.

Pharmacists were more likely to experience workplace problems prior to suicide, and pharmacy technicians were more likely to have a history of mental health challenges, the research team noted.

Similar trends have been reported in Australia (*PD* 01 May 2024), and pharmacists are encouraged to contact Pharmacy Support Services on 1300 244 910 for support, or contact Lifeline on 13 11 14.



with paracetamol, diazepam and quetiapine being the most common exposures.

However, presentations related to recreational poisonings overtook deliberate self-poisonings as the most common toxicological exposures during the 10 years, with methamphetamine, heroin and gamma hydroxybutyric acid (GHB) the most commonly used agents.

Methamphetamine intoxication rose from 158 in 2014 to 717 in 2024, while GHB rose from eight in 2015 to 181 in 2023.

The most common treatment was sedation.

The team noted that the rise in methamphetamine intoxications mirrors country-wide observations of increasing rates of amphetamine dependence, frequency of methamphetamine use and volume of drug border seizures.

"Australia-wide, methamphetamine is the second most common agent implicated in drug-related hospitalisations behind only alcohol, with rising deaths from both methamphetamine poisoning and cardiovascular disease in methamphetamine users," the team wrote.

Read the paper [HERE](#).

minfos 

Accurately manage your dose administration aids with Minfos Packing

To find out more, talk to us today  
[help@minfos.com.au](mailto:help@minfos.com.au) or 1300 887 418



Together we can®



## Dispensary Corner

**WE** all know the common culprits behind high blood pressure - an unhealthy diet, stress, obesity - but scientists are now claiming there is another hidden factor.

It just might be that, in some cases, the brain is to blame for the chronic medical condition.

Researchers in NZ have discovered that activating the lateral parafacial (LP) region of the brain can trigger nerves that cause blood vessels to tighten, which can raise blood pressure and cause hypertension.

The LP region is a bundle of nerves in the brainstem that controls automatic functions such as digestion, breathing and heart rate, and it also activates when someone laughs, exercises or coughs, triggering the forced exhalations that create these sounds.

"We discovered that, in conditions of high blood pressure, the LP region is activated and, when our team inactivated this region, blood pressure fell to normal levels," said Dr Julian Paton, a physiologist at the University of Auckland who led the research, which was conducted on rats.

While it is unclear what percentage of high blood pressure cases may be caused by this mechanism, the scientists believe their study could be used to help develop new treatments that focus on calming these nerves in the brain.

First, the researchers will need to find a way to test the region in humans in order to confirm their findings.

## Phone apps show promise for quitting

**SMARTPHONE** apps are up to three times as effective as no or minimal support at helping people who smoke quit using tobacco long term, suggests a analysis of the available evidence published today.

Noting that many studies are encumbered by limited sample sizes and methodological issues, the researchers suggested that if high quality clinical trials can confirm lasting benefits and key features, such apps could become a cornerstone of global tobacco control efforts.

Most currently available quit smoking apps utilise either traditional behavioural frameworks, focused on directly modifying smoking behaviour, or psychological-behavioural theories, targeting cognition,

emotion regulation and motivation through techniques such as cognitive behavioural therapy (CBT), acceptance and commitment therapy and mindfulness, the researchers explained.

In higher quality studies, findings suggested that apps based on psychological behavioural theories significantly increased abstinence in the short term at three months by 69%, and in the long term at six months by 36% when compared with apps based on traditional behavioural interventions.

"Smartphone apps can deliver intensive, interactive and real-time behavioural support, exceeding the effect of brief advice," the team wrote in *BMJ Evidence Based Medicine*.

"When combined with



traditional interventions - especially pharmacotherapy - they may substantially improve abstinence rates over traditional methods alone.

"Consequently, smartphone apps represent a scalable alternative or adjunct to traditional cessation services, particularly in resource-limited settings," they suggested.

Read the research [HERE](#). KB

## PRODUCT SPOTLIGHT

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

### 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.

