

Today's issue of PD

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

Celebrate progress, not perfection

THE Queensland Govt, through Health and Wellbeing Queensland, has launched a new statewide campaign - Healthy is Happening - designed to support people make small, practical changes to boost their health and wellbeing.

Health and Wellbeing, the state's prevention agency, surveyed more than 1,600 Queenslanders aged 25-54 around the challenges they faced when trying to live a healthier life.

The new campaign aims to address key issues raised, including cost, lack of time and limited support.

By encouraging small, achievable steps to eat well, move more and prioritise wellbeing, the program highlights the need to "celebrate progress, not perfection".

Dr Robyn Littlewood, chief executive of Health and Wellbeing Queensland, said preventative health measures have significant impacts on long-term health outcomes.

"Movement, nutrition and sleep are three of the most effective ways we can improve our health," she said.

"Even modest increases in physical activity can significantly reduce the risk of chronic conditions such as heart disease, type 2 diabetes and some cancers," she added.

Learn more [HERE](#).

Boost to shingles vax uptake

THE introduction of a two-dose schedule of Shingrix (recombinant protein subunit) herpes zoster vaccine on the National Immunisation Program (NIP) in Nov 2023 has resulted in a 40% increase in vaccination in Australians aged 65+, according to the National Centre for Immunisation Research and Surveillance (NCIRS).

Shingrix (GSK), which was previously only available privately, replaced the single-dose Zostavax on the NIP, as it provides superior, longer-lasting protection and is safe for immunocompromised people.

Using Australian immunisation data to track the uptake of Shingrix in its first year, the researchers reported that over 2.52 million doses were administered to over 65s, of which around 1.48 million were initial doses and 1.04 million were second doses.

Shingles coverage increased from 31.3% among over 65s pre-Shingrix to 44.1% in late 2024, and in total, almost one-third (32%) of all NIP eligible adults received at least one dose.



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Most Shingrix doses (83%) were administered in general practice.

While the findings were encouraging, the team noted that equity gaps in uptake exist in remote and socioeconomically disadvantaged areas, and despite high risk, less than half of adults aged 65 and older years have adequate shingles protection.

"Health services and vaccination providers can continue improving protection by promoting Shingrix vaccination among eligible adults through opportunistic vaccination, co-administration with other vaccines and targeted efforts to support equitable access," the team concluded. **KB**

Mayne trims board

MAYNE Pharma has announced it will reduce the size of its board "in the best interests of the company", with non-executive directors Patrick Blake and Anne Lockwood to step down in Feb.

Meanwhile, board chair Frank Condella yesterday retired from the board, with Professor Bruce Robinson appointed non-executive chair.

"On behalf of the board and the broader Mayne Pharma community, I would like to thank Frank for his stewardship and commitment to Mayne Pharma and for the leadership and dedication shown over the last four and a half years as chair in a transformational period," Prof Robinson said.

"I would also like to thank Pat and Anne for their positive contributions and the time and energy they have invested into Mayne Pharma.

"We wish each of them all the best for their future endeavours," he concluded.

AFT expands international operations

AFT Pharmaceuticals has announced the acquisition of the hospital operations of South African company Pharma Dynamics, with medicine licenses acquired through the transaction allowing for sales in some other African territories.

In other news provided in its Dec quarter investor update, AFT has entered into an agreement with the UK's Stablepharma to commercialise a new technology that will allow the storage of a range of injectables at room temperature rather than refrigerated conditions - a project

that has the potential to open a global market to the company worth in excess of US\$6 billion.

"The technology's potential to reduce the considerable wastage and costs associated with pharmaceuticals that require storage in refrigerated conditions represents a significant commercial opportunity for AFT and pharmaceutical buyers worldwide," said AFT managing director Dr Hartley Atkinson.

AFT is also poised for a raft of new product launches in Canada, the UK and South Africa in the next financial year.

Tasmanian poppy theft

TASMANIA Police is investigating the theft of a significant quantity of poppy capsules from a regulated crop in the state's Northern Midlands.

The Department of Health has advised that poppy plants are toxic and ingestion can be life-threatening and should be treated as an emergency.

The alkaloids can cause convulsions and asphyxiation, and several people in Tasmania have died from ingesting them.



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Ideal for awkward angles & hairy skin

Editor's Choice: L'Oreal recognised for innovation at CES in Las Vegas

BEAUTY giant L'Oreal's newest devices, the Light Straight + Multi-styler, as well as its LED Face Mask, were both recognised as Innovation Award honorees at the global annual Consumer Electronics Show in Las Vegas.

Developed by L'Oreal Research and Innovation, the hair tool is a handheld device that uses patented infrared light technology to help shape the hair at lower temperatures to better protect the health of the hair.

The device also uses smart internal sensors with built-in proprietary algorithms and machine learning to adapt to the user's gestures, creating a



personalised experience.

Meanwhile, the LED Face Mask is currently in prototype form, made of ultra-thin, flexible silicone, and delivers red light directly to the face, combating visible signs of aging like fine lines and sagging.

Both products are set to launch next year.

"We tirelessly combine the latest scientific and technological breakthroughs with our creativity to craft innovative beauty experiences that are more effective and tailored to individual needs," said Barbara Lavernos, deputy CEO in charge of Research, Innovation and Technology at L'Oreal Groupe.

DB's European sojourn



AFFORDABLE Australian business Designer Brands is transporting beauty lovers to Europe in summer, with its range of six new fragrances inspired by cult brands, including Victoria Beckham and Gucci.

At \$12.99 each, it offers users on-trend beauty on a budget.

Trip to Portofino "captures the effortless elegance of the Italian Riviera", while Wild Flowers is "a fresh tribute to Marc Jacobs".

DB has also launched Bougie Fragrance Trios (\$19.99 each).

The Classic Collection includes Desert Blooms, Coastal Woods and Peony Gardens.

Meanwhile, the Evocation Collection features Sunset and Sand, Morning Latte and Soul Bar.

"As cost of living continues to hit people in the hip pocket, they are increasingly turning to designer inspired products and brands," said Total Beauty Network's Liz Webster.

"But this doesn't have to mean compromising on quality - DB Cosmetics was specifically created to challenge the notion that affordable fragrances and cosmetics can't match the quality of high-end counterparts."

Miracles do come true

REAL Techniques Miracle Complex Sponge (RRP \$14.99) makes it easy to seamlessly blend and contour liquid and cream products, thanks to its precision-cut edge and rounded sides.

The sponge can be used damp for a natural, dewy finish, or dry for full coverage, and is dermatologist tested, latex-free and easy to clean.

Available now at Priceline.



Oz launch of specialised skincare for diabetes



GLENMARK Pharmaceuticals has launched Zonofade, its pioneering diabetes skincare range formulated to meet the unique needs of people living with diabetes.

The new range, which includes three purpose-driven products - Daily Skin Conditioner, Wound Support Gel and Skin Barrier Support Cream - features PTT-6, a

patented stem cell complex that has been scientifically formulated to support the skin barrier function and resilience of diabetic skin.

With key ingredients including growth factors, collagen, hyaluronic acid, curcumin and urea, the products deliver targeted hydration, nourishment and protection to skin that is often fragile, dry or slow to heal due to the impact of diabetes.

"This is more than skincare - for vulnerable diabetic patients it's about restoring confidence, comfort and control in the daily maintenance of their skin," said Michael Moffitt, country manager, Australia & New Zealand at Glenmark Pharmaceuticals.

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Beauty & Wellness
by Pharmacy Daily



Dispensary Corner

DID you know there are other, more fun ways to prevent dementia, besides eating healthy foods and doing daily puzzles?

Researchers have found that dancing can reduce the risk of memory-loss disease by an incredible 76%.

Dr Trisha Pasricha, an assistant professor of medicine at Harvard Medicine School, told the *Washington Post* that when it comes to lowering dementia risk, dancing was the only physical activity that showed the same results as mental activities like playing a board game or learning an instrument.

This is partly because dancers use more brain power than other sports players, as they need to synchronise their movements to the music, as well as to their partner if they dance with others.

"Here's why I want your New Year's resolution to be to bust some moves," Pasricha said.

"People who danced more than once a week had a 76% lower risk of getting dementia compared to people who danced less frequently or who didn't dance at all."

Time to sign up for that ballroom dance class...



Montu climbing mountains



MONTU has confirmed it will again take part in the Kosi Challenge, with a team drawn from across Montu's clinical, operational and corporate functions - including chief executive officer Myles Lawlor - to climb Mount Kosciuszko, raising funds and awareness for Australians living with rare, less common and complex cancers.

Organised by Rare Cancers Australia, the Kosi Challenge, brings together patients, clinicians, researchers, industry and community members to climb the highest peak in Australia in solidarity with those affected.

Since its launch in 2013, it has raised millions of dollars to fund patient navigation, clinical trial access, advocacy and research for rare and less common cancers.

Lawlor said the company's participation in the Kosi Challenge demonstrated its commitment to patients whose needs sit outside traditional care pathways.

"I've met too many patients who feel like they're carrying their illness on their own - pushed between appointments, forms and systems that don't always see the whole person," he said.

"Climbing alongside our team and

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Have your say on health apps

THE Australasian Institute of Digital Health has launched a survey for clinicians, consumers, policymakers, funders and industry around preventative health apps, with a particular focus on what priorities, practical constraints and safeguards matter most.

Input will help the institute compare funding options and refine the cost modelling.

The survey explores different dimensions, including: which practitioners should be able to claim, how any new funding model should be designed, and what kinds of apps should be eligible for funding.

Insights from the survey will inform recommendations on practical, sustainable options for remunerating primary care professionals who use health apps in prevention and chronic disease management - learn more about the survey **HERE**.

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