

Friday 16th Jan 2026

Today's issue of PD

Pharmacy Daily today
features two pages of news.

Last chance to win APP2026 package

THE Guild is offering APP2026 attendees the chance to win a package including full conference registration with Sat night street party ticket, return economy class flights to the Gold Coast and three nights at The Star Gold Coast.

Entries close today at 5pm AEST - click [HERE](#) for details.

Successful first year partnership

CHEMIST Warehouse is celebrating "an incredible debut year" partnering with Cricket Australia for The Ashes.

Thousands of fans visited the Chemist Warehouse Mini Marts at Perth, Adelaide and Melbourne for everyday essentials, while the Gillette Tashes Barber offered fans free shaves and trims.

There were also interactive games, with prizes including Rexona products and Chemist Warehouse gift cards.

Meanwhile, at the iconic MCG Boxing Day Test, the Gillette Lab Pavilion delivered a premium viewing experience with food, drinks, and "unbeatable cricket vibes".

The three-year partnership was announced last year ([PD 10 Sep 2025](#)), with Chemist Warehouse named as the official pharmacy partner of the men's and women's national teams.



New Asthma Council board

THE National Asthma Council Australia (NAC) has announced the appointment of a new chair and three new directors to its Board, with Pharmaceutical Society of Australia (PSA) nominee Dr Amanda Cross replacing Robert Farrier.

The new chair is Janelle Reid, an accomplished governance and legal leader with over 15 years' experience across national health, legal and community sectors.

PSA nominee Dr Cross is a clinical pharmacist and senior research fellow at Monash University's Centre for Medicine Use and Safety, with clinical and research experience across a range of diverse practice settings, including community pharmacy, medication reviews and aged care.

She is also a current national board director for the PSA.

Joining Dr Cross as new directors are Mia Dhillon, nominee director appointed by the Australian Primary Health Care Nurses Association, and independent director Zion Shane Abatayo.

The new appointments follow a number of previous Board members serving for a maximum fixed term.

National Asthma Council Australia CEO Rhonda Cleveland said all bring vast experience and exciting ideas for the future of the NAC.

"We would also like to take this



opportunity to extend sincere thanks and appreciation to NAC Board members who are stepping down from their years of dedication, contribution and commitment to the NAC.

"Immense gratitude goes to Board chair Dr Joanna Wriedt, who served on the NAC Board for 12 years, first as a director and then chair.

"Dr Wriedt has been instrumental in the NAC's strategic direction, providing exceptional leadership and guidance over the years."

Cleveland also thanked previous directors Julianne Badenoch, who served as the nominee director on behalf of APNA for 12 years, as well as Rob Farrier, who served as the nominee director on behalf of PSA for six years, and Ben Gargett, who served as an independent director with the NAC for two years.

The National Asthma Council provides pharmacists with resources including the latest asthma management guidelines ([PD 17 Sep 2025](#)) and advice on using spacers ([PD 23 Jul 2025](#)). **KB**

Pharmacy Daily 2025 Year in Review

HAVE you seen the *Pharmacy Daily* 2025 Year in Review?

This special report reflects on the transformational changes that took place within pharmacy in 2025, and features interviews with industry leaders including the PSA's president Fei Sim, the Guild's Trent Twomey and Wesfarmers Health's CCO Richard Pearson.

There is also a month-by-month breakdown of the biggest stories of the year - click [HERE](#) to read it.

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EMA recommends record 41 biosimilars

THE European Medicines Agency (EMA) has released an overview of the 2025 key outcomes, with 104 new medicines recommended for approval, of which 38 had a new active substance.

Actives not previously authorised in the European Union (EU) included medicines representing important innovation or contribution to public health, such as the first medicine to treat non-cystic fibrosis bronchiectasis (Brinsupri, brensocatib), a first-in-class treatment to delay the onset of stage 3 type 1 diabetes in children and adults (Teizeld, teplizumab), and the first oral medicine to treat postpartum depression following childbirth (Zurzuva, zuranolone).

The agency also recommended 16 medicines for rare diseases, including the first medicine (Waskyra, etuvetidigene autotemcel) to treat Wiskott-Aldrich syndrome, a rare, inherited disease of the immune system that affects almost exclusively males.

Another rare disease set to benefit from new treatment is dystrophic epidermolysis bullosa, a condition that makes the skin very fragile, with disease-modifying gene therapy Vyjuvek (beremagene geperpavec) applied as a topical gel to treat wounds.

Biosimilars also featured strongly, with a record 41 recommendations for new products.

Of these, 23 contain denosumab, a monoclonal antibody used to treat bone-related endocrinological conditions such as osteoporosis, bone loss and other skeletal events.

EMA recommendations are submitted to the European Commission for authorisation. Read the report [HERE](#).



Dispensary Corner

LETTING rip with a choice expletive or two when you're struggling may do more than just blow off a little steam.

Recent research suggests it could actually make you stronger.

The team from Keele University in the UK found that people who swear during physical challenges can push themselves harder and endure longer.

Swearing appears to work by lowering inhibitions, increasing confidence, and helping people slip into a focused "flow" state while also bringing a sense of relief.

To find out more about how swearing works, researchers had 192 participants complete a chair pushup task while repeating either a swear word of their choosing or a neutral word every two seconds.

After finishing the task, they answered questions about how they felt during the exercise.

The potty mouths were able to hold their body weight for significantly longer than those who repeated a neutral word, and reported higher levels of psychological flow, distraction, and self-confidence, which the researchers said are key elements of a disinhibited state.

"In many situations, people hold themselves back - consciously or unconsciously - from using their full strength," said study author Dr Richard Stephens.

"Swearing is an easily available way to help yourself feel focused, confident and less distracted, and 'go for it' a little more," he suggested.

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Increased heart risk for psych patients

PEOPLE with mental health disorders are at an increased risk of acute coronary syndrome (ACS), which includes heart attacks and unstable angina, according to research published yesterday in *JAMA Psychiatry*.

Data based on 25 previous studies including more than 22 million people revealed that post-traumatic stress disorder (PTSD), depression and anxiety, and sleep disorders are all linked with an increased risk of ACS, with the link strongest for PTSD and sleep disorders.

Meanwhile, links between bipolar and schizophrenia-spectrum disorders and ACS were less robust, they said.

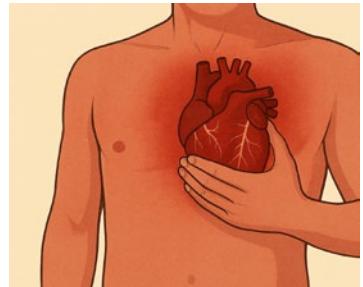
"Building on existing literature, our review reaffirms mental disorders as a potential risk factor for cardiovascular disease,

namely ACS and acute myocardial infarction," they wrote.

"Mental disorders likely mediate ACS through traditional vascular risk factors, a genetic link to coronary artery disease, proinflammatory states, exaggerated physiologic responses to acute stressors (for example, increased sympathoadrenal hyperactivity), and their sequelae (for example, increased plasma catecholamines, vasoconstriction, platelet activation)."

The team speculated that in some disorders, coping strategies and unhealthy behaviours such as smoking may contribute.

In addition, certain medications, especially antipsychotic drugs, are associated with traditional vascular risk factors including weight gain, lipid abnormalities, insulin



resistance, and direct cardiac adverse effects.

"Although our results do not warrant changes in diagnostic strategies for patients with mental disorders, it is imperative that physicians remain objective and continue to provide high-quality physical health care to patients with mental disorders," the researchers concluded.

Read the paper [HERE](#). KB

PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email advertising@pharmacydaily.com.au

Revive Tears - PBS-listed

Revive Tears lubricating eye drops provide long lasting and soothing relief against burning, irritation and discomfort due to dry eye.

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EDITORIAL

Editor - Karina Bray
Journalists - Adam Bishop, Myles Stedman, Janie Medbury, James Bale
Editor-at-large - Bruce Piper
Associate Publisher - Jo-Anne Hui-Miller
Editorial Director - Damian Francis

ADVERTISING AND MARKETING

Head of Sales & Marketing - Sean Harrigan
Business Development Manager
Kara Stanley
advertising@pharmacydaily.com.au

GENERAL MANAGER & PUBLISHER
Matthew Vince

ACCOUNTS

accounts@traveldaily.com.au

Suite 1, Level 2, 64 Talavera Rd
Macquarie Park NSW 2113 Australia
Tel: 1300 799 220 (+61 2 8007 6760)

info@pharmacydaily.com.au

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