

Today's issue of PD

Pharmacy Daily today features two pages of the latest news.

Monash future lab

MONASH University, in partnership with universities and scientific institutions throughout Australia, will build a new lab designed to fast-track the invention, testing and commercialisation of drugs.

Back by the Medical Research Future Fund, the \$2.9 million nationally accessible facility will feature the first automated high-throughput X-ray crystallography (HTX) facility in Australia, allowing researchers to determine the 3D structures of disease-causing proteins, boosting the design and optimisation of new drugs.

The new facility will also feature crystallographic fragment screening, assisting researchers in finding small molecular fragments, which bind to disease targets, before combining them to create the final drug.

The facility will support the investigation of treatments for more than 40 disease targets ranging from cancer, HIV, bacterial infections and neurodegeneration. *JB*

Win your way to Pharmacy Connect

PHARMACY Connect is offering the chance to win a prize package comprising two nights' accommodation and full conference registration.

Entries close Fri 31 Jul - learn more [HERE](#).

Aussies keen on prevention

NEW research by NAB Health has revealed that Australians want to be healthier and they know how, but cost and access are getting in the way.

One of the main findings of the *Health Insights Report (Part 2) 2025/26* was the very high level of personal accountability Australians feel for managing their own health, with 75% of people overall agreeing strongly they are responsible for managing their own health.

People aged 55 and older were more likely to agree with the sentiment than those aged under 25 (84% vs 59%), men were more likely than women (78% vs 72%), and those living in rural areas more so than those living in capital cities (80% vs 73%).

The survey also found that people increasingly recognised the value of preventative health, not only in avoiding health problems but in experiencing better wellbeing.

Interestingly, those on lower incomes reported a higher preventative health mindset than their wealthier peers, demonstrating it is not just the purview of the affluent, but money remained one of the main barriers, after motivation and tiredness.

Women were more likely than men to report motivation, tiredness, financial barriers and caring responsibilities, while younger Australians were more likely to struggle with motivation, fatigue, time pressure and maintaining routines.

For rural Australians, money was the main barrier, while higher-income Australians were more likely to cite time pressure.

Dean Pearson, NAB's head of behavioural and industry economics, noted that the strong belief in the benefits of preventative health and



willingness to act are key findings of the research.

However, he said, while the intention is there, the conditions for action are often harder.

"People may want to sleep better, move more, eat well, attend check-ups, manage stress, reduce smoking or vaping, or seek help when they need it," Pearson said.

"Yet fatigue, cost, time pressure, motivation, caring responsibilities and access can all get in the way."

He noted that pharmacies have a strong role to play in making preventative health more practical, accessible and repeatable.

"Because they are local, familiar and often visited without an appointment, pharmacies can act as low-friction entry points into the health system - especially for people who face barriers around time, cost or uncertainty about where to start," Pearson told *Pharmacy Daily*.

"Their real advantage is repeat contact," he continued.

"Prescription collection, vaccinations, minor illness advice, health product purchases and informal conversations all create moments when people are already thinking about their health.

"Pharmacies can use those moments to prompt a clear next step, whether that is a blood pressure check, medication review, vaccination, referral, follow-up reminder or simple behaviour change," he concluded.

The report is available [HERE](#). *KB*



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Small businesses under pressure

A NEW report from the Council of Small Business Organisations Australia (COSBOA) has found that regional small businesses are under pressure as costs, workforce shortages and service gaps deepen.

The *2026 Small Business Perspectives Report*, supported by Commbank, is COSBOA's fifth annual research report and the first focused exclusively on regional, rural and remote Australia.

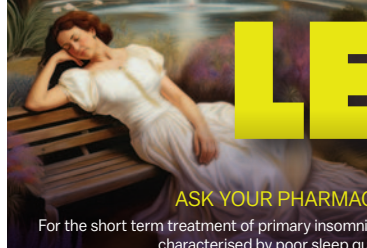
Rising costs, compounded by housing shortages, limited access to essential services, workforce challenges and infrastructure gaps, are increasing strain not just on individual businesses but on regional communities generally.

COSBOA called on governments to act, saying that stronger regional economies need policies that make it easier - not harder - for small businesses to invest, employ people and grow.

"Regional small businesses have shown they are prepared to adapt, but they cannot keep absorbing rising costs, workforce shortages and service gaps without the right support around them," COSBOA CEO Skye Cappuccio said.

"Reducing the cost of doing business, simplifying unnecessary regulation and investing in the housing, connectivity and essential services that underpin regional communities will help unlock the full potential of regional Australia," Cappuccio concluded.

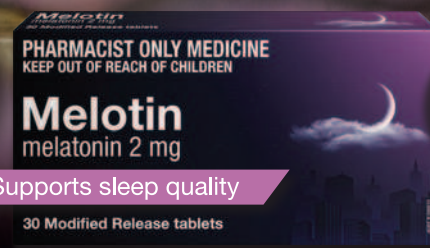
Access the report [HERE](#).



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Dispensary Corner

ALTHOUGH it may seem counterproductive, writing a to-do list before bed could help you fall asleep faster, particularly for people who still feel wired at night even when they are tired.

In a study published in the *Journal of Experimental Psychology*, 57 adults were asked to spend five minutes before bedtime writing either to-do lists or completed tasks.

The to-do list group fell asleep significantly faster, as their brains were able to recognise that tomorrow's tasks had been recorded and therefore did not need to keep mulling over them while trying to sleep.

A 'brain dump' before bed can have a similar effect, and entails transferring all of the thoughts, tasks, worries and ideas that are swirling around in your head onto paper or a digital app, the researchers pointed out.

Some people even find it helpful to keep a pad and pen by their bed to write down any thoughts that pop up in the middle of the night, keeping their mind clear for a good night's sleep.

"Don't underestimate COVID"

NEW research investigating the ongoing impact of the COVID pandemic has found that an estimated 5-10% of Australians, and one in six medically vulnerable people (16.6%), reported persistent symptoms consistent with a diagnosis of long COVID.

Long COVID is a multi-system illness characterised by persistent symptoms, such as fatigue, breathing difficulties and cognitive impairment, that can last for weeks or months after infection.

People considered medically vulnerable were defined as those aged over 70 and individuals with underlying conditions such as heart or respiratory disease, or weakened immune systems.

Associate Professor Anthony Byrne, a Sydney-based respiratory physician who was involved in the research, said it highlighted the ongoing impact of COVID-19 among medically vulnerable Australians.

"While we are no longer in the pandemic era, it's important that Australians, particularly those who are considered medically vulnerable, don't underestimate COVID," Associate Professor Byrne said.



"The SARS-CoV-2 virus is still circulating in the community with the ability to cause infection and disease," he continued.

"For some individuals, the immunological effects of the virus persist beyond the initial infection, with ongoing COVID symptoms such as fatigue and breathing difficulties continuing to impact their health," he explained.

"Knowing [an individual's] risk and getting the right support early can make a real difference in how people manage their health," he added.

Health professionals are urged to remind patients of the ongoing threat posed by COVID and help them understand their risks, while also encouraging proactive measures such as vaccination and early testing if symptoms appear. *KB*

Meds sovereignty on show at Phebra

PHEBRA pharmaceuticals hosted the NSW Minister for Finance and Minister for Domestic Manufacturing and Government Procurement, Courtney Houssos, at its Lane Cove West plant in Sydney last week, where the Minister inspected a range of its locally developed and manufactured women's health and other critical medicines.

CEO Andre Vlok welcomed the NSW Govt's renewed commitment to better support local manufacturers.

"Australia cannot afford to rely entirely on overseas supply for its critical medicines - that's why continuing to invest in local manufacturing capability is so important, particularly for critical and essential medicines used every day by healthcare providers for the benefit of Australian patients," Vlok said.

Phebra is continuing to invest in sovereign capability, installing new machinery which will increase production capacity and outputs across the sterile-injectables plant through advanced manufacturing technology.



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