

## Today's issue of PD

Pharmacy Daily today features three pages of news, including our **Beauty & Wellness** feature, and a full page from **TerryWhite Chemmart**.

## TWC celebrates

TERRYWHITE Chemmart is proud to announce that Anna Theophilos from TWC Surrey Hills Victoria has been awarded National Pharmacist of the Year - see **page four**.

## Ahpra reaffirms stand on antisemitism

THE Australian Health Practitioner Regulation Agency (Ahpra) and Australia's Special Envoy to Combat Antisemitism, Jillian Segal, have released a joint statement reaffirming their shared commitment to eliminating antisemitism - together with all forms of racism and discrimination - in healthcare.

The statement recognises that antisemitism erodes trust, creates fear and exclusion, and can prevent people from seeking or receiving care, while also undermining the safety and wellbeing of Jewish health practitioners and staff.

"Antisemitism costs lives and has no place in healthcare," said Justin Untersteiner, Ahpra CEO.

"Ahpra is committed to working with the Special Envoy and partners to eliminate antisemitism from the health system, because everyone should feel safe when accessing care."

## 'Safe prescribing coalition' lobbies ministers

A CROSS-SECTOR coalition of leading healthcare organisations have raised concerns about patient safety arising from expanding prescribing roles without appropriate safeguards in a joint open letter sent to Federal and State health ministers and the Pharmacy Board of Australia today.

"Patient safety must come first," stated the letter from the Royal Australian College of General Practitioners (RACGP), the Council of Presidents of Medical Colleges (CPMC), the Australian College of Nurse Practitioners (ACNP), the Australian Medical Association (AMA), Choice Chemist, Choice Aged Care and the Wellness Partners Foundation.

"This is not about professional roles or boundaries," the letter continued.

"This is about ensuring the health system works safely for everyone, especially older Australians and those with complex needs."

The so-called safe prescribing coalition expressed shared agreement that expanding access to care is important, but it must be done safely.

Safe care, they elaborated, depends on continuity of care with follow-up systems in place, accountability and responsibility, connected information, and systems that can detect harm early.

The organisations have cautioned that current proposals extend beyond the available evidence base and do not adequately address the complexity of undifferentiated clinical presentations.

"Safe prescribing requires safe systems, not just the skills or intentions of the practitioner," said RACGP president Dr Michael Wright.

"By allowing prescribing in

episodic, isolated settings, we risk missing early warning signs for different disease and reduced continuity of care evidence shows leads to worse patient outcomes."

"These risks are particularly serious when problems only become apparent days or weeks after a medicine is prescribed."

Signatory Michael Bonner, pharmacist and CEO of Choice Chemist and Choice Aged Care, reiterated the benefits of pharmacists operating in a team-care setting, arguing pharmacist prescribing can be safe if the appropriate structures are in place.

"When pharmacists begin prescribing under an endorsed framework, that prescribing should be GP-connected, team-based, and operating within governance structures accountable to the patient and their care system," Bonner said.

The Pharmacy Guild of Australia responded to the coalition's claims around lack of evidence for safety of pharmacist prescribing, pointing out there is a proven record of safe and effective prescribing in the UK, Canada and NZ - with a number of

## Cannabis-psychosis link confirmed

DAILY use of cannabis among young people has been linked to an increased risk of mental health disorders, with the link between daily cannabis use and psychosis the strongest and most consistent finding.

University of Queensland research published in *Lancet Psychiatry* analysed evidence from 17 previous studies to assess whether cannabis use played a contributory role in the development of mental health disorders, including psychosis,

bipolar disorder, depression and anxiety.

Daily users were up to four times more likely to develop psychosis than those who did not use cannabis, which was also linked to a worsening of symptoms of bipolar disorder.

The researchers urged caution among policymakers considering cannabis legislation, and clinicians prescribing potent cannabis products, and called for screening for mental health conditions - read the study [HERE](#).



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clinical studies backing this up.

"The Guild agrees that safety, connected care and accountability are critical - it's exactly what we're working towards through the national framework process," a spokesperson said.

"GPs and pharmacists, as highly trained health professionals, work together every day to improve the health of our communities.

"Prescribing pharmacists operate within strict treatment protocols after they have completed significant additional training."

The Guild also emphasised the importance of diagnosing and treating conditions like shingles, ear infections and UTIs early to reduce complications, with pharmacists ready to provide safe and accessible care. *KB*



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## Editor's Choice: Aussie brand No Pong promises fresh pits all day long

### ENVIRONMENTALLY-FRIENDLY

Australian brand No Pong (RRP \$14.95) offers an all-natural deodorant range.

Said to be an early pioneer in the category, No Pong gained traction when it launched in 2015, due to its 'bicarb-free' formulation option, clinically proven to reduce body odour for up to 24 hours.

As more Australians are looking for alternate solutions to antiperspirants, No Pong allows bodies to naturally perspire while targeting the bacteria responsible for body odour at the same time.

Ingredients include a bicarb or magnesium base, coconut oil, beeswax or plant-based wax and essential oils.



The non-gritty cream and paste deodorants are applied by hand rather than sprayed or rolled on, designed to sit on the skin and address odour at its source.

Packaged in convenient non-

aerosol tins, the No Pong range is available in fragrances including Luscious Lime, Beach Shackin', Midnight Jazz, Flower Power, Enchanted Forest and Original.

Available in pharmacies now.

## New AHC skincare



**KOREAN** skincare brand AHC's Gluta-Ctivation Bright 3 Collection range is ideal for tackling pigmentation, especially during the cooler months when there is reduced UV exposure.

Featuring ingredients such as glutathione, tranexamic acid and vitamin B3, the products are designed to visibly brighten, smooth and even out skin tone.

The range includes the AHC Gluta-Ctivation Bright 3 Treatment Essence, a lightweight treatment essence (RRP \$49.99) that helps to boost luminosity during the first step of a daily skin routine, as well as the AHC Pro Shot Gluta-Ctivation Bright 3 Intra-Serum (RRP \$59.99), a more concentrated product that delivers advanced brightening ingredients deep into the skin to improve texture and radiance.

Also featured is a moisturising emulsion (RRP \$49.99) that aims to reduce the appearance of dark spots after four weeks, a multi-purpose eye cream (\$39.99) to target dark circles and a night treatment cream (\$49.99) to help support a brighter complexion day and night.

Now available from Priceline stores nationwide.

## It's time to LVL UP

**LVL UP** Hydration's Everyday Hydration Sachets (from RRP \$14.99) are a convenient way for travellers to avoid fatigue, brain fog and sluggishness after flights.

Each sachet features electrolytes such as sodium and potassium, helping to replenish fluids and support cognitive function.



## QV's Care Awards celebrate everyday heroes



**SKINCARE** brand QV has launched its annual QV Care Awards, celebrating the everyday Australians who make a positive impact on their community.

Categories include Individual, Community and Cause, and each winner receives \$10,000 to support their work.

Last year, devoted son Joe Lahoud (pictured) won the Individual category for providing care for his 100-year-old mother living with advanced dementia.

Meanwhile, Jolyn Phillips was recognised in the Cause category for launching the Lion Hearts Learning initiative that helps kids who are unable to attend schooling.

Nominations for this year's awards close on 30 Jun - click [HERE](#) for more.

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## Dispensary Corner

**A NEW** study may have uncovered one of the reasons millions of women sometimes find it difficult to resist gobbling down a whole tub of icecream or family block of chocolate - and it's not because they taste great.

Well, not only that.

Researchers publishing in *JAMA* have linked oral contraceptives to binge eating.

The team tracked over 400 women between the ages of 15 and 30 for over 49 days (two menstrual cycles), with participants recording their daily use of active and inactive birth control pills, as well as episodes of overeating.

It revealed that binge eating increased on days when the women were taking active birth control pills, compared to days when they took inactive pills.

The association remained solid, even after researchers accounted for external factors such as negative moods and other medications that can also affect eating habits.

Additionally, participants' binge eating saw a general decline throughout the duration of the study, suggesting that simply tracking behaviour may help women become aware of their eating habits and adopt a sense of discipline.

Obesity expert Dr Deena Hailoo told the *New York Post* that while the study was "intriguing" and a food diary was a good idea, it would be interesting to know whether other forms of contraception such as IUDs, vaginal rings and implants produce similar effects.

## New HCP asthma resources

**THE** National Asthma Council Australia has released two new resources for pharmacists and other healthcare professionals to help them implement the latest national guidelines from its the Australian Asthma Handbook.

The 20-page *Quick Reference Guide* (QRG) provides a summary of key recommendations and information on asthma in adults and adolescents, while the comprehensive *Inhaler technique for people with asthma or COPD* information paper covers all the currently available inhalers in one resource.

Pharmacist and Clinical Associate Professor Debbie Rigby, clinical executive lead National Asthma Council, noted there were significant changes in the diagnosis and management of the condition when the asthma handbook was updated last year (**PD** 17 Sep 2025), with a clear recommendation to avoid SABA-only treatment and shift towards inhaled corticosteroids (ICS)-containing therapy for all adults and adolescents.

"The QRG provides a concise summary and visuals on the step-by-step control-based approach to asthma management in adults and adolescents," Associate Professor Rigby explained.

"The quick reference tables detail the options and dosing regimens for anti-inflammatory reliever therapy (AIR-only) and maintenance-and-reliever therapy (MART)," she added.

Associate Professor Rigby said the new *Inhaler technique for people with asthma or COPD* information paper is another vital resource for busy pharmacists.

"It is concerning that most patients with asthma or COPD do



not use their inhalers properly, and most have not had their technique checked or corrected by a health professional," she said.

"Inspiratory flow rate is one of the most important steps in inhaler technique and one most often incorrect," she explained.

"Pharmacists should check inhaler technique at every opportunity and showing the National Asthma Council how-to videos together with reviewing the detailed checklist in the information paper will enable better inhaler technique for patients," she concluded.

The National Asthma Council also released five information sheets for health professionals earlier this year (**PD** 10 Apr).

Access the resources **HERE**. *KB*

## Career podcast

**THE** latest episode of the *Your Pharmacy Career* podcast features Sydney pharmacist and SparrowHub pioneer Nancy El-Miski.

After an unconventional entry into pharmacy via an advanced science degree, El-Miski worked in community pharmacy, becoming a manager in her first year.

However, it was returning to pharmacy after maternity leave that led to her major career pivot, joining SparrowHub to help independent pharmacies modernise through digital tech.

"People chase convenience, looking for whoever has their communication and their technology set up already," she told host Krysti-Lee Patterson.

"Independent pharmacies that get ahead of that are going to win - and the ones that don't will struggle to hold on to the communities they've spent years building."

Listen to the podcast **HERE**.

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National  
Pharmacist  
of the Year  
2026



*Winner*

**Anna Theophilos**

Surrey Hills, VIC