

Today's issue of PD

Pharmacy Daily today features two pages of news.

Probiotics prevent daycare gastro

PROBIOTICS could help reduce gastrointestinal infections in children attending childcare and kindergartens, according to new Australian research from a team at Federation University.

In a study involving 118 children aged two to five years old, those who took a daily multi-strain probiotic supplement over a six-month period had a 62% reduction in the incidence of gastro infections compared to kids given a placebo.

A practitioner-only product sold only in pharmacies, the probiotic was significantly more potent and varied than supermarket supplements.

The findings point to the potential role of probiotics in supporting children's health in high-exposure settings such as childcare and kindergarten, where gastrointestinal illnesses can spread quickly among children and families, the researchers said.

"There was a clear finding that the probiotic containing five different strains of *Lactobacillus* and *Bifidobacterium* had a positive effect in reducing gastrointestinal infections," said study lead Dr Haris Ahmad.

"This was not a treatment effect, but a preventive one - children taking probiotics were less likely to experience gastro infections compared to those who were not," he explained.

The study team noted that it took about two months for the benefits to kick in, highlighting the importance of ongoing use, and also observed there was no reduction in other illnesses common in childcare settings, such as respiratory infections.

Read the study [HERE](#).

AdPha launches mentoring, connection platform

ADVANCED Pharmacy Australia (AdPha) has today launched AdPha Connect, a mentoring and networking platform created by members to support pharmacy professionals in forming meaningful one-to-one connections with peers who share similar experiences, goals and challenges.

An initiative of the Rural and Remote Leadership Committee and informed by the Vic Branch ECP Mentoring Pilot, AdPha Connect brings together pharmacists, technicians, interns, students, researchers and academics in a secure digital space designed specifically for AdPha members.

The initiative recognises the challenges of connecting in a saturated digital landscape while acknowledging the need for more meaningful ways to connect members across the country,

especially those working in isolated settings.

It also recognises that pharmacy professionals are more than their job title, encouraging members to create rich and customised personal profiles, flag their mentoring intent and availability and build relationships that support professional and personal growth.

Meaningful connection has always been at the heart of professional growth, said Cristen Fleming (**pictured**), a member of the AdPha Rural and Remote Leadership Committee who originally came up with the idea for the initiative.

"Mentoring to me is something really simple - it's about human connections, community support and having great conversations.

"It's those conversations that give you energy and enthusiasm, introduce new perspectives and



help you realise there are people who have walked similar paths - whether that's career pivots, professional growth or major life transitions," she continued.

"The ability to connect with people as humans, not just professionals, is what makes relationships meaningful - and that's what AdPha Connect is designed to enable."

The platform is now available to all current AdPha members as part of their existing membership benefits - learn more [HERE](#).

Acrux licenses MHT spray for Aus

AUSTRALIAN specialty pharmaceuticals group Acrux has amended its long-running licensing agreement with Hungarian-based pharma Gedeon Richter for transdermal estradiol spray Lenzetto, paving the way for its release in Australia while bringing in payments of up to \$5.4 million.

The hormone is delivered by the company's 'Patchless Patch' delivery technology, which was invented at Monash University.

Already sold in over 40 countries around the world, the amended agreement with Gedeon Richter means Australian women experiencing oestrogen deficiency after menopause will soon have access to another therapy option in a market plagued by ongoing shortages.

The financial boost will help fuel the company for its next priority, bringing to market a female testosterone spray for the treatment of low libido in menopausal women.

Lobby patients on pharmacist prescribing: GP

GPS should consider lobbying patients directly about the perceived risks of pharmacist prescribing instead of relying on traditional lobbying of MPs, Associate Professor Ayman Shenouda urged delegates at the recent Royal Australian College of GPs Practice Owners Conference.

AusDoc reported that the former RACGP vice president said most Australians saw a GP at least once a year, and that GPs should use the contact to discuss their concerns and reinforce the message with posters in

waiting rooms.

"When a government decides to allow pharmacists to prescribe, patients need to understand the risk of that," Associate Professor Shenouda told *AusDoc*.

"Because they might think, 'This is a professional pharmacist and it's okay for them to prescribe for me'."

He acknowledged that some GPs find it difficult in a professional consultation to discuss political issues or other agendas besides the patient's needs, but reportedly said he "had no problems with it".

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Dispensary Corner



THE secret to living to 120, according to US longevity guru Bryan Johnson, is a stainless steel lunch box.

In a refreshing pivot from the expensive and complicated regimen supporting Johnson's quest for almost-immortality, the simple receptacle will set you back less than \$50.

The famed biohacker has reportedly spent millions on blood transfusions, daily infrared sauna sessions, wearables and supplements galore, which begs the question as to what the low-tech device brings to the party.

Apart from not being plastic, its main benefit is that he does not need to rely on potentially life-shortening food supplies while out and about.

"It's what I use as a planning mechanism for my food," Johnson told his 2.16 million YouTube subscribers, explaining that he has a chef who cooks and dishes up his food, placing them in the boxes in the fridge.

"This allows me to plan my meals out on a weekly basis, and to do so without being worried about toxins," he said.

"So I like these - they keep food fresh, they have an airtight seal, they're easy to clean, and they don't corrode," he added.



Embed pharmacists in GP, say peak bodies

LEADING health peak bodies have joined forces in calling for investment in general practice pharmacists to make medicine use safer and strengthen multidisciplinary care.

Presidents from the Pharmaceutical Society of Australia (PSA), Australian Medical Association (AMA), Royal Australian College of GPs (RACGP), and Australian Primary Health Care Nurses Association came together yesterday at an inter-professional panel session at the PSA's 2026 GP Pharmacist Symposium on the Gold Coast.

The organisations reinforced the clinical need and value of embedding pharmacists within general practice, with AMA president Dr Danielle McMullan stating that strengthening

multidisciplinary care in general practice is key to improving outcomes and system sustainability.

"Pharmacists are experts in medications, including medication interactions, and embedding pharmacists in general practice makes a lot of sense - we would see better outcomes for patients through improved medication management," she said.

"Previous research commissioned by the AMA highlighted that every \$1 invested in supporting this type of role would generate \$1.56 in savings to the health system," she added.

RACGP president, Dr Michael Wright, said integrating pharmacists into general practice benefits patients, clinicians, and the broader health system, and there is "real goodwill and mutual respect for the

services and education pharmacists can provide as a member of a general practice team".

Professor Mark Naunton, president of the PSA, highlighted the importance of "having pharmacists wherever medicines are".

"Pharmacists working in general practice settings offer additional protections that enhance medicines safety and improve patient outcomes," he said.

"The organisations are united in working together to ensure patients receive safe, efficient, and reliable healthcare across the entire patient journey," he concluded.

The organisations committed to working together to improve patient care, reduce pressure on the hospital system, and strengthen the primary care workforce. *KB*

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