Pharmacy Daily
Thursday 5th Nov 2026



Today's issue of *PD*

Pharmacy Daily today features three pages of industry news, including our **Beauty & Wellness** feature, plus a full page from **Cyventine**, and the **November MIMS Monthly Update**.

Quit smoking aid

NEW nicotine-free Cyventine (cytisine 1.5mg) from Key Pharmaceuticals, can help your patients quit smoking in 25 days - see more on **page four**.

Australian-first guidance on valproate in pregnancy

ADVANCED Pharmacy Australia (AdPha) has launched new national guidance for clinicians on the safe use of sodium valproate, providing long-awaited support for healthcare professionals working in mental health, neurology, paediatrics and obstetrics.

Sodium valproate, which is approved for the treatment of epilepsy and bipolar disorder and widely used for neuropathic pain and migraine prevention, carries significant risks during pregnancy.

These include congenital malformations such as neural tube defects, and a higher risk of developmental delays, autism and low birth weight for gestational age.

Despite these well-established risks, clinicians and pharmacists in Australia have until now lacked nationally consistent guidance to support treatment decisions for patients who may become pregnant.

Led by AdPha Mental Health Leadership Committee chair Viandro Borja, the Australian-first guidance provides pharmacists and clinicians with a consistent, evidence-based framework, from informed consent, counselling and contraception through to annual review, managing a suspected pregnancy and paternal exposure.

Borja highlighted that despite longstanding safety alerts, risk mitigation in practice remains inconsistent across Australia, and more than two-thirds of women



starting valproate were not covered by PBS-subsidised contraception.

"This guidance will help ensure every patient receives accurate, person-centred advice and can make informed decisions about their treatment," he concluded.

MotherSafe, Safer Care Victoria, the Society of Obstetric Medicine of Australia and New Zealand, and the Royal Australian and New Zealand College of Obstetricians and Gynaecologists also contributed to the guidance.

Access the guidance **HERE**. *KB*

PSA Board welcomes new ECP director

THE Pharmaceutical Society of Australia (PSA) has announced the appointment of Lily Pham as the early career pharmacist (ECP) director on the National Board, effective 01 Jan 2027.

A lecturer and PhD candidate at the University of Sydney, Pham practises as a hospital and community pharmacist and is currently serving as a vice president on the PSA NSW Branch Committee.

She has also served as the NSW chair of the ECP Community of Special Interest, and worked for PSA as a professional support officer, with her contributions to the association and the profession earning her the award of NSW ECP of the Year in 2025.

"Lily has been a valued member of the PSA for many years, and her appointment to the board is well deserved," PSA national president Professor Mark Naunton said.

"I look forward to welcoming and onboarding Lily as she steps into the early career pharmacist director role," he added.

Prof Naunton also thanked the outgoing ECP director Dr Ayomide (Mide) Ogundipe for her impact on the profession, and wished her well in her continued role with the WA branch.

"Chairing the most recent edition of the Code of Ethics for Pharmacists, Mide has always been willing to stand up and contribute to the broader pharmacy profession," he said.

"During her time on the board, I have greatly appreciated and admired Mide's ability to see beyond the ECP lens and to advocate for ECPs and the pharmacy profession as a whole."

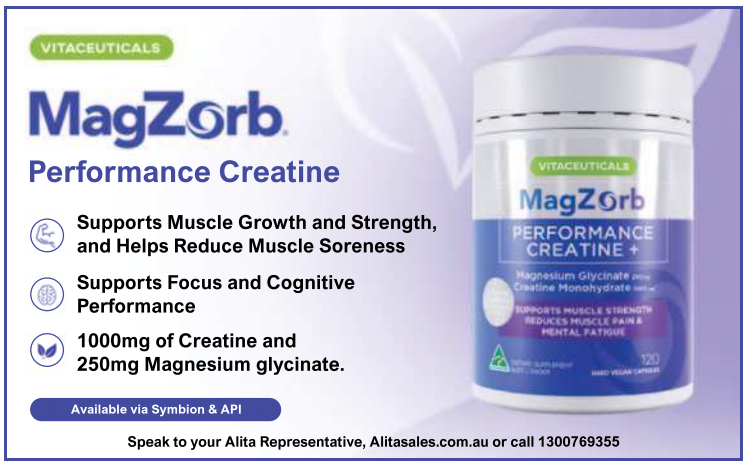
CWH teams up with Spilt Milk

CHEMIST Warehouse (CWH) has been named the official pharmacy partner of Spilt Milk Festival for 2026 and 2027, bringing health, beauty and wellbeing to festival-goers across the national series of one-day events.

Launching at the Geelong festival on 19 Dec, the retailer will host a Chemist Warehouse Wellness Motel, where fans can escape the crowds, cool off, recharge and enjoy a line-up of interactive experiences.

These include the Advil & DisGO Check-in an immersive listening room for a music-led experience, a pool that provides eventgoers the chance to cool down and try the QV Ceramides range, and the Schwarzkopf Change Room for a salon-style hairdo.

"Health and wellbeing are an important part of feeling your best, even when you're at a festival, and the Chemist Warehouse Wellness Motel brings that to life in a fun and unexpected way," CWH deputy CEO Mario Tascone said.





1. Australian Centre for Disease Control. Australian immunisation handbook. Vaccination for international travellers. Available at https://immunisationhandbook.health.gov.au/contents/vaccination-for-special-risk-groups/vaccination-for-international-travellers. Accessed July 2026. 2. CDC. Travelers' health. Before you travel. Available at https://wwwnc.cdc.gov/travel/page/before-travel. Accessed October 2026. 3. Australian Centre for Disease Control. Australian immunisation handbook. Available at https://immunisationhandbook.health.gov.au. Accessed July 2026.
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Editor's Choice: Aussie brand levels up with new sports nutrition range

AUSTRALIAN supplements brand LVL UP has recently launched a new sports performance range of products, designed to help active Aussies perform at their best.

The aim of the new LVL UP SPORTS range is to support every stage of training including before, during and after exercise.

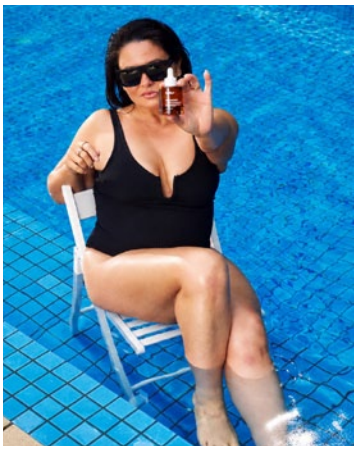
Available in a wide range of flavours, products include the Sports Hydration Formula, Sports Hydration RTD, Electrolyte Capsules, Sports Fuel Isogel and Sports Fuel + Caffeine Isogel.

"One thing we noticed was that people were often buying hydration, electrolytes and fuel from three or four different brands because no one was offering a complete solution," said founder Austin Xenos.



"Whether you're heading out for a long run, a conditioning session or a weekend ride, LVL UP SPORTS gives you everything you need in one range, so you can spend less time thinking about your nutrition and more time focusing on your performance," he added.

Tanning with St Saj



AUSTRALIAN skincare brand St Saj has entered the facial tanning market with the launch of a new sub category called St Saj Extra and its Sun Kissed Hydrating Tanning Serum (RRP $54.95).

Featuring skincare-led ingredients including hyaluronic acid, glycerin and aloe vera to hydrate the skin, the lightweight serum is designed for use at night and develops colour over six to eight hours.

"I didn't want to look like a tanned handbag or smell like coconuts," said founder beauty therapist Emmylou McCarthy.

"I wanted that feeling of waking up looking a little more alive, a noticeable glow without needing a full face of makeup or a traditional self-tan routine."

According to a report from *Retail Beauty*, the brand sold more than 500 units in the first hour of launching the serum.

St Saj was launched in 2024 and is influenced by K-beauty formulations, focused on hydration and product layering.

Avene gel targets acne

AVENE has released a new gel specifically aimed at acne-prone, oily and combination skin, Cleanance Comedomed+ Intensive Anti-Blemish Care (RRP $37.99).

Released this week, the fast-absorbing product is formulated with Comedoclastin, a patented plant-based ingredient derived from milk thistle, niacinamide and Avene Thermal Spring Water.



New gentle Cetaphil oil cleanser doubles down



CETAPHIL has released its new Nourishing Oil to Foam Cleanser, which melts away dirt, makeup and excess oil while providing skin barrier protection.

The dermatologist-tested cleanser offers up to 24 hours of hydration and is formulated with Pentavitin to hydrate and nourish the skin and flaxseed oil to help replenish essential skin lipids.

To celebrate the launch of the product, Cetaphil hosted a free three-day pop-up event in Sydney at the end of Oct, complete with interactive games, exclusive bubble teas, product samples and prizes

Influencer Sopha Dopha, the face of Cetaphil, also made an appearance on the weekend for an exclusive meet-and-greet with the first 100 visitors.

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Beauty & Wellness by Pharmacy Daily

Pharmacy Daily
Thursday 5th Nov 2026

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30 Years 1996 – 2026

Dispensary Corner

AN analysis of wastewater from an Australian university campus has revealed some surprising shifts in student behaviour during exam periods, with a drop in caffeine consumption one of the unexpected findings.

The team from the University of Queensland sampled the output of around 30,000 people on campus during exam time and compared the results with the wastewater from regular teaching time and from a general population catchment of around 120,000 people.

Results showed higher levels of stress-related biomarkers during exam periods, but lower levels of the caffeine biomarker paraxanthine and artificial sweetener biomarker acesulfame.

Clearly, the kids are not hitting the Coke Zero and sugar-free energy drinks to get through their study sessions.

While sertraline, the most widely prescribed antidepressant, wasn't measured, there was a very slight but non-significant increase in the four antidepressants the researchers did look at - amitriptyline, citalopram, fluoxetine and venlafaxine.

Levels of ADHD meds, alcohol, nicotine and tobacco consumption remained stable.

The authors said the study provided proof of concept for using wastewater surveillance to monitor stress-related responses in university populations, and could be used to assess the efficacy of interventional strategies aimed at reducing exam-related stress.

Leading beyond expanded scope qualification

AS AN increasing number of pharmacists take on expanded scope training, those driving the transition to the profession's increasingly clinical role face both rewards and challenges, with good leadership playing a critical role throughout the training and beyond.

Associate Professor Vivienne Mak (**pictured**), head of education and training at the Pharmaceutical Society of Australia, shared with ***Pharmacy Daily*** her insights on what good leadership looks like.

***PD*: What advice would you give those in leadership positions when their staff undertake the training?**

VM: Recognise that supporting staff through training is an investment in your workforce.

One of the biggest challenges we see with pharmacists is balancing training with existing work and personal commitments.

Providing protected learning time where possible, managing workloads and setting clear expectations can make a significant difference.

***PD*: What does good leadership look like post-qualification?**

VM: Completing a qualification is only the beginning - good leadership is about creating a culture where learning continues beyond the qualification.

This means ensuring pharmacists have sufficient opportunities to apply their new skills after training, and providing access to mentoring, constructive feedback and opportunities to reflect on clinical decisions.

Importantly, pharmacists need to feel comfortable asking questions, recognising their limitations and seeking support without fear of judgement.

Building confidence takes time, and leaders need to recognise that everyone progresses differently.

***PD*: What about leading change in expanded scope practice?**

VM: Maintaining competence and recency of practice is particularly important, and ongoing CPD and clinical exposure will be essential as pharmacists take on expanded responsibilities.

It is also important that leaders reinforce that expanded scope is an addition to, rather than a replacement for, existing pharmacy practice.

As pharmacists develop new skills, we need to ensure they continue to draw on their existing knowledge and professional responsibilities, rather than focusing solely on the new service.

Ultimately, it is about using the full breadth of our skills to provide the most appropriate care for each patient.

***PD*: Do you have any broad advice for leaders as their staff start on their expanded scope journey?**

VM: Think beyond individual



pharmacists completing training and consider how expanded scope will be embedded into everyday practice.

This requires workforce planning, appropriate clinical governance, collaboration with other healthcare professionals, and bringing the whole team along the journey.

Ultimately, success is not just about how many pharmacists complete training, but how effectively we integrate expanded scope into practice to improve patient access and outcomes. ▪ ▪

Read the ***Pharmacy Daily*** leadership report **HERE**.

Experimental peptide cuts knee OA pain

INVESTIGATIONAL peptide retatrutide cut knee osteoarthritis pain by more than 60% in patients with obesity, according to a large clinical trial involving over 2,300 people and published in the *NEJM*.

Participants also experienced an average weight loss ranging from 18% to 25% (depending on dose) over 80 weeks, while those with obstructive sleep apnoea experienced fewer apnoea-hypopnoea events.

Retatrutide is a once-weekly injectable triple hormone receptor agonist developed by Eli Lilly, which funded the trial, and targets glucose-dependent insulinotropic polypeptide (GIP), glucagon-like peptide-1 (GLP-1), and glucagon receptors.

It is being studied for weight loss, type 2 diabetes and other weight-related conditions, and the researchers said the magnitude of weight loss suggested that treatment targeting multiple hormone pathways could offer benefits beyond those achieved with existing obesity medications.

The drug has not been approved for use or sale by any global regulatory authority, and is among the black market and counterfeit peptides currently in the TGA's sights (***PD*** 14 Apr).

Access the study **HERE**.

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1. West R, et al. N Engl J Med. 2011;365(13):1193-1200. 2. Walker N, et al. N Engl J Med. 2014;371(25):2353-2362.

MIMS Monthly Update

November 2026

New Products

- **Ciltacabtagene autoleucel (Carvykti)** is a B cell maturation antigen (BCMA)-directed, genetically modified autologous T cell immunotherapy, which involves reprogramming a patient's own T cells with a transgene encoding a chimeric antigen receptor (CAR) that identifies and eliminates cells that express BCMA. BCMA is primarily expressed on the surface of malignant multiple myeloma B-lineage cells, as well as late-stage B cells and plasma cells. The Carvykti CAR protein features two BCMA-targeting single domain antibodies designed to confer high avidity against human BCMA, a 4-1BB co-stimulatory domain and a CD3-zeta (CD3ζ) signalling cytoplasmic domain. Upon binding to BCMA expressing cells, the CAR promotes T cell activation, expansion and elimination of target cells. *Carvykti is indicated for the treatment of adult patients with relapsed or refractory multiple myeloma who have received at least one prior therapy, including an immunomodulatory agent and a proteasome inhibitor, and are refractory to lenalidomide, or who have received at least three prior lines of therapy, including a proteasome inhibitor, an immunomodulatory agent and an anti-CD38 antibody.* Contraindications of the lymphodepleting chemotherapy and supportive therapy should be considered. Carvykti suspension for intravenous infusion contains ciltacabtagene autoleucel 0.5 to 1 x 10^6 CAR-positive viable T cells/kg bodyweight and is available in patient-specific infusion bags containing 30 mL or 70 mL.

- **Cytisine (Cyventine)** is a plant alkaloid (found, among others, in seeds of golden chain, genus Laburnum), with a chemical structure similar to nicotine. It has an effect on acetylcholine nicotinic receptors (nAChRs). The action of cytisine is similar to that of nicotine, but in general weaker. Cytisine competes with nicotine for the α4β2 nAChRs and gradually displaces nicotine due to its stronger binding. It has a lower ability to stimulate nicotinic receptors, mainly the α4β2 subtype (it is their partial agonist) and smaller amounts than nicotine permeate into the central nervous system. It prevents nicotine-dependent full activation of the mesolimbic dopamine system and moderately increases levels of dopamine in the brain, alleviating the central symptoms of nicotine withdrawal. The use of Cyventine allows for a gradual reduction of nicotine dependence by relieving withdrawal symptoms. *Cyventine is indicated as an aid to smoking cessation in adults aged 18-65 years.* Cyventine is contraindicated in patients with unstable angina pectoris, a history of recent myocardial infarction, clinically significant arrhythmias, a history of recent stroke, and in women who are pregnant or breastfeeding. Cyventine tablets contain cytisine 1.5 mg and are available in packs of 100.

- **Teprotumumab (rch) (Tepezza)** is a fully human monoclonal antibody (immunoglobulin G1) that binds to the insulin-like growth factor-1 receptor (IGF-1R) and blocks its activation and signalling. Teprotumumab's mechanism of action in patients with Thyroid Eye Disease (TED) has not been fully characterised but is suggested to involve inhibition of the action of stimulatory autoantibodies that cause activation and proliferation of orbital fibroblasts through activation of IGF-1R-mediated signalling. *Tepezza is indicated for the treatment of moderate to severe TED*. Tepezza is contraindicated in pregnancy. Tepezza powder for infusion contains teprotumumab 500 mg/vial (47.6 mg/mL after reconstitution) and is available in packs of 1 vial.

New Presentation

- **SARS-CoV-2 spike protein (mRNA) XFG vaccine (Comirnaty XFG)** is now available. *It is indicated for active immunisation to prevent COVID-19 in individuals 6 months of age and older in accordance with official recommendations*. Comirnaty XFG suspension for injection contains SARS-CoV-2 spike protein (mRNA) XFG 10 mcg per 0.3 mL (single dose vial with light blue cap or 6-dose vial with dark blue cap) or 30 mcg per 0.3 mL (single dose glass prefilled syringe or 6-dose vial with dark grey cap) and is available in packs of 10. Comirnaty XFG concentrate for suspension for injection contains SARS-CoV-2 spike protein (mRNA) XFG 3 mcg per 0.3 mL (3-dose vial with yellow cap) and is available in packs of 10.

New Indications

- **Benralizumab (Fasenra)** is now also indicated as add-on therapy for patients aged 12 years and older with inadequately controlled hypereosinophilic syndrome without an identifiable non-haematologic secondary cause.

- **Spesolimab (rch) (Spevigo)** is now indicated for the treatment of generalised pustular psoriasis (GPP), including treatment and prevention of flares, in adults and adolescents from 12 years of age and weighing at least 40 kg.

- **Tirzepatide (Mounjaro)** is now also indicated for the treatment of adolescents and children aged 10 years and above weighing 50 kg or more with insufficiently controlled type 2 diabetes mellitus as an adjunct to diet and exercise either as monotherapy when metformin is not tolerated or contraindicated, or in addition to other medicinal products for the treatment of type 2 diabetes.

- **Trastuzumab deruxtecan (Enhertu)** is now also indicated in early breast cancer for the treatment of adult patients with HER2-positive breast cancer who have residual invasive disease following neoadjuvant trastuzumab (with or without pertuzumab) and taxane-based treatment.

New Contraindications

- **Selegiline hydrochloride (Eldepryl)** is now contraindicated for concomitant use with serotonin agonists (e.g. sumatriptan, naratriptan, zolmitriptan and rizatriptan).

This list is a summary of only some of the changes that have occurred over the last month.
Before prescribing, always refer to the full product information.

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