

Today's issue of PD

Pharmacy Daily today features four pages of news, including our **Beauty & Wellness** feature.

CWH fights MND

CHEMIST Warehouse is set to again take part in Daniher's Drive, a four-day roadtrip that raises awareness and vital funds for motor neurone disease (MND) research.

This year marks the 10th anniversary of FightMND's iconic event, and starts today as the convoy journeys through South Australia, visiting beaches, wineries, sports venues and more.

The event brings together hundreds of participants in support of the fight against MND, and as a long-standing supporter, Chemist Warehouse and its Wellness Wagon will help keep participants fuelled and roadtrip-ready with a range of essentials from participating supplier brands, including Gello Beans, LVL UP, Barely and INC.

Founded in 2014 by Patrick Cunningham, the late Dr Ian Davis and late AFL legend Neale Daniher, FightMND has grown to become Australia's largest independent funder of MND research.

Chemist Warehouse deputy CEO Mario Tascone said it is important now more than ever to keep the fundraising going effort going.

"Chemist Warehouse is extremely humbled to be part of such a passionate and important initiative year after year in support of FightMND," Tascone said.

"Neale's tireless advocacy and resilience continues to inspire us all, and we are proud to continue supporting this campaign and the legacy he created, which has touched so many across the community."

Chemist Warehouse stores across the country are also accepting donations.

Vic adds more conditions

THE Victorian Government yesterday added two new conditions to its Chemist Care Now Community Pharmacist Program, with appropriately qualified pharmacists able to initiate treatment for gastro-oesophageal reflux disease (GORD) and resupply medication and treatment for menopausal hormone therapy (MHT) without needing an additional prescription.

To access MHT medication, women must be aged 45 to 59 or aged 30 years older with confirmed surgical menopause, must have seen their GP in the last 12 months, and have used the same MHT for at least six months.

The Pharmacy Guild of Australia, Victoria Branch, has welcomed the greater scope of practice for its community pharmacists, and is now calling for all sides of politics to back autonomous prescribing to ease pressure on the healthcare system and improve healthcare access and outcomes.

"For around 20 years pharmacists in New Zealand, the United Kingdom and Canada have had the ability to prescribe for a comprehensive list of conditions," Victoria Branch president George Tambassis said.

"As a result, they have seen increased patient access to quality care and more efficient use of healthcare system resources.

"In Victoria we've been dipping

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our toes in the water, which has provided a win for patients and their associated healthcare ecosystems across the state - now it's time to dive in and implement this fully."

Monash University in Melbourne has highlighted that the first cohort of more than 120 students graduating from its Graduate Certificate of Pharmacist Prescribing this year are ready to help patients access care across the state - with Tambassis among them.

The Graduate Certificate, which launched last year in response to the evolving responsibilities of pharmacists, directly supports the Chemist Care Now program, training pharmacists to manage 22 common acute, chronic and preventative health conditions.

Of the 126 students graduating this year, 83 will practice in Victoria with 57 in metropolitan locations and 26 in regional communities.

Applications for Monash University's next intake in the Graduate Certificate of Pharmacist Prescribing close 18 Oct. *KB*

TGA cracks down on illegal ads, imports

THE Therapeutic Goods Administration (TGA) has issued 12 infringement notices totalling \$126,720 to two companies and five individuals for the unlawful importation and advertising of prescription-only medicines.

Cases included advertising of lovastatin, baricitinib and ketamine, and importation of unapproved melatonin products, Mounjaro pens, prescription-only erectile dysfunction medicines and cosmetic injectable products (hyaluronic acid pre-filled syringes).

TGA head Professor Anthony

Lawler said the unlawful importation and advertising of therapeutic goods could put public health at risk.

"Therapeutic goods must meet Australia's regulatory requirements before they are imported, advertised or supplied to the public," Lawler said.

"These requirements exist to protect consumers from products that may be unsafe, ineffective or of poor quality," he explained, adding that the TGA will continue to take strong enforcement action where businesses or individuals do not meet legal obligations.

Pharmacy Daily
ON LOCATION

MELBOURNE

Today's issue of *PD* is coming to you from the Medadvisor's inaugural Unite symposium at the RACV Club in Melbourne.

THE invitation-only one-day event brings the industry together to discuss where pharmacy is headed in 2027, threats and opportunities locally and globally, and technology solutions to help support smoother operations and better patient outcomes.

Presenting partners include Foxo, Heidi, Hola, NostraData and Pharmacy Hive.

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A sweet solution

A TEAM from Flinders University has found that vanillin - the primary chemical component extracted from natural vanilla pods - can offer a cost-effective solution for chronic wound healing and tissue regeneration.

The widely used flavour compound, which also can be synthetically produced from clove oil or rice, contains antioxidant, anti-inflammatory and antibacterial properties.

"Because vanillin's synthetic form is abundant and cost-effective, we believe vanillin-based formulations may offer safe and multifunctional solutions for ulcer treatment and targeted drug delivery, especially of hydrophobic compounds," Krasimir Vasilev, Professor of Biomedical Nanotechnology at Flinders Uni and Director of Flinders' Biomedical Nanoengineering Laboratory, said.

Australian pharmacies get some LIPPE

THE Leaders in Indigenous Pharmacy Profession Education (LIPPE) Network has entered its next chapter of stewardship and governance, which will ensure equality in its balance of representatives advocating for First Nations people in the profession.

LIPPE and the Indigenous Health Strategy Group met in Brisbane last month to update the governance structure, following the stepping down of founder, Professor Faye McMillan, from the network's Governance Committee.

She will remain a member of the LIPPE community and continue to provide strategic guidance through her roles on the Australian Pharmacy Council's (APC) board and as chair of its Indigenous Health Strategy Group.

"Today feels like a full-circle moment," McMillan enthused.

"I went from being the first western-trained Aboriginal pharmacist to now being surrounded by new opportunities



for Aboriginal and Torres Strait Islander people...to go from one to many is incredibly affirming."

New members of the Governance Committee include APC chair Professor Sarah Roberts-Thomson, Associate Professor Ramesh Walpola, Professor Rhiannon Braund and Dr Joanna Hikaka.

The new members will replace McMillan, as well as other departing members Aleena Williams, Chastina Heck, Nywaigi,

Mamu and Dr Leanne Te Karu.

They will remain on APC's Indigenous Health Strategy Group and continue their leadership in supporting the next generation of First Nations pharmacists. MS

Pictured are Dr Alex Burke, Dr Jared Miles, Prof Rhiannon Braund, Dr Aunty Jane Havelka, Prof Anna Tiatia Fa'atoese Latu, Bronwyn Clark, Prof Debra Rowett, Prof Faye McMillan, A.Prof Ramesh Walpola and A.Prof Liza Seubert.



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Editor's Choice: Dermal Therapy gets ready for summer with its new range

**In partnership with
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WITH increasingly complex skincare routines, there is growing value in getting the everyday essentials right.

For many consumers, that starts with two simple steps: cleansing and protecting the skin.

The Dermal Therapy Daily Face range has been developed around these everyday needs, combining a gentle facial cleanser with a moisturising daily sunscreen.

The Daily Face Cleanser is a soap-free, SLS-free formula designed to cleanse without leaving skin feeling stripped or dry.

Oatmeal, aloe and allantoin help support a comfortable skin feel, while pineapple fruit extract



provides a gentle enzymatic resurfacing benefit.

The cleanser is non-comedogenic, hypoallergenic and suitable for all skin types.

Following cleansing, Daily Face Cream SPF 50 combines moisturisation with broad-spectrum daily sun protection in a lightweight facial cream.

Hyaluronic acid helps maintain hydration, while oatmeal and aloe provide soothing benefits.

It is suitable for all skin types and can be worn under makeup.

Together, the products provide a straightforward daily routine: cleanse, hydrate and protect.

For pharmacy teams, this simplicity can make the range easy to recommend, particularly for consumers who are looking for effective daily facial care without the complexity of a multi-step regimen.

Find out more **HERE**.

Balance with Swisse



SWISSE has launched new products in its women's health range, aimed at supporting women through every stage of their life.

New products include Vaginal Health Probiotic Gummies (RRP \$39.50) and PMS Relief Gummies (RRP \$39.50), with ingredients such as Vitex and Vitamin B6 to relieve PMS symptoms and boost energy.

Meanwhile, the Magnesium + Hormone Support (RRP \$39.50) supplement is formulated with zinc to maintain healthy reproductive hormones and reduce bloating and muscle pain, as well as Vitex to decrease other symptoms like mood changes, breast tenderness and irritability.

Creatine Powder (RRP \$39.99) helps to boost cognitive performance and improve memory recall, while helping to maintain energy production and muscle strength, and Perimenopause Balance (RRP \$45.99) features KMS-66 Ashwagandha to promote healthy oestrogen levels, emotional wellbeing and deep sleep.

Palmer's new scent

SKINCARE brand Palmer's has unveiled this week a new scent, Lemon Sorbet, now available in a Whipped Brightening Body Cream (RRP \$20), Brightening Body Lotion (RRP \$13.50) and Brightening Body Oil (RRP \$25).

The sweet fragrance is combined with the energetic citrus scent of lemons and rich cream.



Natio launches complete blurring collection



AUSTRALIAN brand Natio has released a new complete Blur collection of products to help prime the skin before makeup application, creating a smooth, long-lasting finish.

The range features the Silk Screen Smoothing Primer (RRP \$29.95), designed to keep the skin hydrated while creating a smooth canvas for makeup, as well as the Quick Stick Priming Balm (RRP \$24.95) to absorb shine and diffuse pores.

Meanwhile, the Line Erase Undereye Jelly (RRP \$27.95) blurs lines, creating a filtered effect and the Airbrush Effect Finishing Powder (RRP \$24.95) is perfect for a soft-focus finish.

All products are vegan-friendly and available now in pharmacies across the country.

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Beauty & Wellness
by Pharmacy Daily



Dispensary Corner

EVEN the most time-poor among us now have no excuse not to exercise, with US scientists revealing that even a three-minute workout can offer significant benefits.

In fact, researchers in Rockefeller University found that a short burst of sprinting may do more good than 90 minutes of moderate exercise like cycling or swimming.

Across eight weeks, the researchers compared 19 participants divided into two groups - one did three to four weekly sprint-cycling sessions, lasting three minutes, while the other completed 90-minute cycling sessions.

They found that the short sprints instantly resulted in a surge of more than 200 proteins called exerkines, which have been linked to blood vessel growth, tissue repair and fast-burning hormonal signalling.

Meanwhile, those who slogged it out on the bike for an hour-and-a-half enjoyed only some of those beneficial proteins, and not until three hours later.

"What's exciting here is that just a few minutes of intense exercise can trigger a significant molecular response," said Paul Cohen, lead study author and head of the Weslie R and William H Janeway Laboratory of Molecular Metabolism at Rockefeller University.

"And we still see it after eight weeks of training, which tells us this response isn't simply a product of the body struggling to keep up with unfamiliar stress."

A med cannabis deep-dive

LEAFIO, one of Australia's leading medicinal cannabis distributors, has given pharmacy members a behind-the-scenes look at the life cycle of the drug, from plant to final product.

The tour of Cymra Life Sciences' facility provided an educational background to help pharmacists understand the science, cultivation practices, formulation decisions, quality controls and development processes that underpin medicinal cannabis products.

Cymra Life Sciences is one of a small number of the country's Living Soil Organic medicinal cannabis cultivators, growing plants directly in soil within a greenhouse environment.

The company holds licences and permits from the Australian Office of Drug Control for the cultivation and manufacture of medicinal cannabis, as well as a psilocybin licence from NSW Health.

Participants were shown how the business manages much of its operation in-house, including GMP-certified manufacturing and vape filling, providing greater control over production and quality throughout the supply chain.

Nicole Le Maistre, interim VP-sales for Montu, said firsthand education was an important part of supporting pharmacists as medicinal cannabis becomes an increasingly established part of Australian healthcare.

"Pharmacists see the finished product, but there is enormous value in understanding everything that happens before it reaches the pharmacy," Le Maistre said.

"Taking pharmacists into a cultivation and manufacturing environment allows them to see the complexity behind the medicines they are dispensing,

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from soil health and plant genetics through to formulation, manufacturing, quality control and packaging," she explained.

"This gives pharmacists greater context when answering patients' questions and supporting them to use their medicines safely."

The experience reinforced for pharmacists that product selection is not simply a question of cannabinoid strength, explaining why different products may produce different experiences for patients and why consistency and product identification are important considerations in clinical care.

"Education is most valuable when pharmacists see and question the process for themselves," Le Maistre concluded. **KB**

Spotlight on harm reduction

THE Pharmaceutical Society of Australia's (PSA) first-ever Harm Reduction Champion, Krishna Nathwani, has revealed how she ended up in the advocacy role in the latest episode of the *Your Pharmacy Career* podcast.

Talking to host and pharmacist Krysti-Lee Patterson, Nathwani also discussed what harm reduction actually looks like in everyday practice, and pointed out that it goes far beyond opioid substitution therapy.

"That is harm reduction in practice," Patterson said, responding to one of Nathwani's stories about redirecting a patient to a more welcoming pharmacy.

"Don't ask for permission - if you believe in something and you care about it, go do it and make it happen," Nathwani told listeners.

The episode is available now on Spotify, Apple Podcasts, YouTube Music, and all major streaming platforms - click **HERE** to listen.

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