

Today's issue of PD

Pharmacy Daily today features two pages of news, plus a full page from **Cyventine**.

Quit smoking aid

NEW nicotine-free Cyventine from Key Pharmaceuticals can help your patients quit smoking in 25 days.

The Pharmacist Only oral medicine contains clinically proven cytosine 1.5mg.

See **page three** for more.

New distributor for Reach

PAVE Limited is set to represent the Reach Oral Care business in Australia, building on its successful stewardship of the Reach brand in New Zealand since 2017.

Over subsequent years, Pave expanded distribution throughout NZ, collaborated on the development of new products, and returned the brand to sustainable growth.

Pave managing director Chris Wong commented: "We're proud to be recognised for the results we've achieved with the Reach brand."

"This expansion enables us to better coordinate product development and production runs, while providing enhanced service to retailers operating across both Australia and New Zealand."

Greater use of med reviews urged

NEW research has shown that millions of older Australians are being dispensed multiple medicines associated with falls and fractures, highlighting the importance of regular medication reviews to identify potentially harmful medicine combinations.

Using Pharmaceutical Benefits Scheme dispensing records, the team from Adelaide University estimated that around 2.4 million older Australians were dispensed multiple medicines with overlapping adverse-effect risks.

The most common overlapping risks were falls and fractures, affecting an estimated 2.3 million older Australians, followed by constipation (1.7 million) and kidney-related side effects (more than 1.2 million).

Lead researcher and pharmacist Dr Imaina Widagdo said that while medicines play a vital role in managing chronic health conditions, taking multiple medicines with overlapping side effects may increase the risk of serious health problems commonly experienced by older Australians.

"For example, someone might be taking several medicines for different conditions, each of which could also cause dizziness or affect balance," Dr Widagdo said.

"Together, these may increase that person's risk of falls and fractures."

"These combined risks are not always obvious during routine care, particularly when medicines are prescribed by different healthcare professionals, but you can see how they may contribute to preventable harm," she explained.

4 ways to help build strong bones

Petrus PHARMACEUTICALS

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Always read the label and follow the directions for use.



Researchers hope the findings will support greater use of medication reviews, particularly those led by pharmacists, to identify patients at higher risk and improve medication safety.

"Medication reviews are an important opportunity to look at all the medicines a person is taking, identify overlapping risks and consider whether some medicines could be safely reduced or stopped," Dr Widagdo said.

"This doesn't mean people should stop taking prescribed medicines - rather, it highlights the importance of regularly reviewing medications with a healthcare professional to ensure the benefits continue to outweigh the risks."

Read the research **HERE**. KB

New menopause guidelines

THE Royal Australian and New Zealand College of Obstetricians and Gynaecologists has released its Management of Vasomotor and Genitourinary Symptoms of Menopause guideline, designed to provide specialist and primary care clinicians with a robust reference for treating two of the most common menopause symptom groups.

There are also accompanying patient resources.

The guidelines list a range of possible treatment options, including menopausal hormone therapy (MHT), acupuncture, hypnosis, psychological therapies and lifestyle interventions, ranking available evidence on a scale of very low to high.

Complementary and alternative medicines were not included in the review.

Learn more **HERE**.

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Ruthanne Jaja, TerryWhite Chemmart, Macquarie Street



TerryWhite Chemmart
Dedicated to Care



Dispensary Corner

PUT a bowl of lollies out at a party and chances are, the red ones will go first.

There is a scientific reason for this, and it is to do with our associations with the colour.

Researchers in India who were investigating confectionery preferences found we relate red to warmth, sweetness and ripeness, making red lollies the most appealing.

The researchers asked more than 100 men and women to rank which colours they preferred, with nearly half picking red as their number one choice, while around one quarter preferred blue, and yellow - which is often associated with sour flavour - ranked last.

"Colours evoke specific emotions, and dictate the mood of consumers," the study's authors said.

"This gives the visual appeal of red a competitive advantage over other flavours."



Surge in peptide hospital visits

NSW Health yesterday released new data showing a sharp increase in emergency department presentations associated with the use of unapproved peptides.

Surveillance data revealed 1,180 presentations to NSW emergency departments associated with peptide use between 01 Jul 2025 and 30 Sep 2026.

Monthly presentations increased from just five in Jul 2025 to more than 217 presentations in Sep 2026, with presentations previously very rare.

Products may claim to contain unapproved peptides such as BPC-157, GHK-Cu, TB-500, retatrutide and CJC-1295.

NSW Health is urging people not to buy or use unapproved products, particularly those promoted through social media, online retailers, overseas suppliers or informal sellers.

The department warned that products may contain unknown or harmful substances, be incorrectly labelled or contain different strengths or ingredients than advertised, posing serious risks to health.

"We know that using these



unapproved substances can come with real health risks, but it's particularly alarming to see the growing pressure they're placing on our health system," Minister for Health Ryan Park said.

"Even when a product looks professional or comes in convincing packaging, that does not guarantee it is safe for use."

Park urged the community to be mindful of the potential long-term harms of unprescribed peptides, and speak with a registered health professional for safe, evidence-based health advice.

NSW Health continues to monitor peptide-associated harm through emergency department presentations, calls to the NSW Poisons Information Centre and reports of serious illness from clinicians, including kidney damage and liver injury. KB

Action urged to stem OA impact

A NEW analysis has projected that almost one billion people will be living with osteoarthritis by 2050, up from about 600 million in 2023, with researchers calling for stronger health policy action to arrest the growing global disability burden.

The team noted that there is no cure and no drug that can stop or slow the disease, with prevention through excess body weight and joint injury control measures key to reducing population impact.

A major concern was that too many people receive care that does not reflect the best available evidence, such as opioid medicines, knee arthroscopy, platelet-rich plasma, and injectables like hyaluronic acid.

The paper (HERE) outlined a global health policy roadmap calling on governments to recognise the condition as a major chronic disease, improve access to evidence-based care, invest in prevention, and integrate osteoarthritis care with broader chronic disease and rehabilitation services.

GO FURTHER. GO PROTECTED.¹

Don't risk your travel plans. Vaccines and preventative medicines may be recommended for where you're going.² Talk to your healthcare provider.

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. sanofi-aventis australia pty ltd trading as Sanofi. All rights reserved. ABN 31 008 558 807. Sydney, Australia. www.sanofi.com.au. MAT-AU-2601898. Date of preparation: October 2026.

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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.