

4 ways to help build strong bones



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Today's issue of PD

Pharmacy Daily today features two pages of news, plus the **September MIMS Monthly Update**.

Record overdoses

PENINGTON Institute has released its annual overdose report, showing more than 2,000 unintentional overdose deaths in 2024, an increase of more than 10% from the previous year and the highest rate ever recorded.

Opioids were the most common drug involved in unintentional deaths at 42%, while stimulants including ice, ADHD medication and ecstasy contributed to 37% of unintentional deaths, and benzodiazepines contributed around 25%.

The death rate among Indigenous people was more than four times higher than that of non-Indigenous people.

"The lesson is not that overdose is a problem confined to certain communities, but rather the opposite - overdose is an Australian problem," Penington CEO John Ryan said.

While there are effective means to help prevent deaths, including naloxone and opioid pharmacotherapies such as methadone and buprenorphine, access to these interventions is uneven and too many barriers remain, he noted.

Read the report [HERE](#).

Call to lead meds optimisation

THE International Pharmaceutical Federation (FIP) has released a new Statement of Policy positioning pharmacists at the forefront of medicines optimisation, through evidence-based product selection to improve access to medicines, strengthen health system resilience and optimise patient outcomes.

"As health systems face increasing financial pressures, medicine shortages and more complex patient needs, enabling pharmacists to practise to the full extent of their competence benefits patients and health systems alike," Daragh Connolly, co-chair of the policy committee, said.

Replacing FIP's 2018 policy on pharmacists' authority in pharmaceutical product selection, the new statement reflects major developments in regulatory science, the growing use of generic and biosimilar medicines, medicine shortages and the increasing need for sustainable, people-centred healthcare.

The policy recognises pharmaceutical product selection - including generic substitution and therapeutic interchange - as a key clinical responsibility of pharmacists, and recommends they apply evidence-based clinical judgement to optimise medicine use, maintain continuity of care and support equitable access to treatment.

It also distinguishes between generic substitution, biosimilar substitution, therapeutic interchange and prescriber-led

switching, acknowledging that legal frameworks differ across countries.

Central to the policy is people-centred care, with pharmacists urged to involve patients in decisions about changes to their medicines, explain the reasons for substitution or interchange, and address concerns that may affect adherence or confidence in treatment.

The policy highlights the importance of collaborative practice with prescribers and other healthcare professionals to ensure safe, coordinated care.

Read the policy statement [HERE](#).

Coalition tobacco policy slammed

HEALTH and medical organisations have railed against the Coalition's policy to cut tobacco excise by 80% announced yesterday, stating that years of progress in reducing smoking levels will be overturned.

Australian Medical Association president Dr Danielle McMullen said the decision by the Coalition to align its policy with One Nation's tobacco excise policy "defied both evidence and common sense and was the kind of masterplan dreamt up by big tobacco executives".

The Coalition's proposals to legalise and commercialise vaping products also risk driving smoking rates back up, with data indicating that people who vape are five times as likely to go on to smoke tobacco products.

Cancer Council Australia said Australians overwhelmingly support strong restrictions on tobacco and vaping products, with more than 75% supporting legislation that prohibits sales of vapes outside pharmacies.

People want governments to focus on effective enforcement of existing laws and action against illicit operators and retailers, Cancer Council added.

New webinar series for techs, assistants

ADVANCED Pharmacy Australia (AdPha) has launched Tech Time, a new quarterly national webinar series, "designed by technicians, for technicians" and open to all pharmacy technicians and assistants working in Australia.

Each 30-minute session brings together the AdPha Technicians and Assistants Leadership Committee and representatives from across the country for a live, national roundtable, featuring updates, live polling and insights into the wins, challenges and future of the profession.

It is free, and kicks off on Tue 08 Sep at 1pm AEST - learn more and register [HERE](#).



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Dispensary Corner

LOWER levels of sugar consumption in the first few years of life have been linked with the reduced risk of certain cancers much later in life, according to recent UK research.

The team from the University of Cambridge relied upon a huge natural experiment in variations of sugar intake, thanks to rationing after WWII.

When rationing ended in Sep 1953, people started eating a lot more sugar, with consumption nearly doubling.

This meant that children born just a few years apart had very different levels of sugar exposure both in the womb and during early childhood.

The researchers compared cancer cases among older adults born between 1951 and 1956, and found those who experienced longer periods of sugar rationing during their first 1,000 days had a lower incidence of five types of cancer: breast, prostate, liver, rectal and lung cancer.

The findings follow other studies using this data set, which have noted lower rates of type 2 diabetes, hypertension, dementia, Alzheimer's disease, heart disease and stroke in the sugar-deprived bubs.

The authors said that while the cancer and ageing findings were not surprising, the long-term impact on people's diets was unexpected - people who experienced sugar rationing early in life still consumed less sugar in adulthood, ate less overall, and had diets that were healthier and more diverse.

PRODUCT SPOTLIGHT

Suppliers wanting to promote products in this feature should email advertising@pharmacydaily.com.au

Revive Tears - PBS-listed

Revive Tears lubricating eye drops provide long-lasting and soothing relief against burning, irritation and discomfort due to dry eye.

The product moisturises, comforts and refreshes dry, tired and strained eyes.

Revive Tears helps lubricate, hydrate and protect dry eyes.

Suitable for use with contact lenses.

Contains hypromellose 3mg/g.

RRP: \$4.32 (available in 10ml packs)

Suppliers: Available from Symbion, Sigma, API and CH2.

Website: [CLICK HERE](#) for more information.



A non-steroidal approach to managing mild eczema and dermatitis

World Atopic Eczema Day on 14 Sep is an opportunity to raise awareness of the challenges faced by the 230 million people globally living with the condition.

Dermal Therapy's Eczema & Dermatitis range is formulated with colloidal oatmeal to help treat and manage mild eczema and dermatitis without the use of steroids. The products help relieve itch, soothe irritation and support the skin's natural barrier.

RRP:

Dermal Therapy Eczema & Dermatitis Cream - \$19.99

Dermal Therapy Eczema & Dermatitis Lotion - \$19.99

Dermal Therapy Face & Eyelid Eczema Cream - \$19.99

Stockists: Contact 1300 555 597.

Website: [CLICK HERE](#) for more information.

Always read the label and follow the directions for use.



New Products

- **Remibrutinib (Rhapsido)** is an oral Bruton's tyrosine kinase (BTK) inhibitor. BTK is an intracellular protein selectively expressed in mast cells, basophils, B cells, macrophages and thrombocytes. BTK is a key node of the intracellular signalling via Fc epsilon receptor-1 (FcεRI), Fc gamma receptors (FcγR) and the B cell antigen receptor (BCR). Remibrutinib inhibits mast cell and basophil degranulation mediated by pathogenic immunoglobulin E (IgE) or immunoglobulin G (IgG) directed against the FcεRI or IgE. It blocks IgE- and IgG-mediated FcεRI activation of mast cells and basophils. In patients with chronic spontaneous urticaria (CSU), remibrutinib prevents the release of histamine and other proinflammatory mediators that cause itch, hives, or angioedema. *Rhapsido is indicated for the treatment of CSU in adult patients who remain symptomatic despite H1 antihistamine treatment.* Rhapsido tablets contain remibrutinib 25 mg and are available in packs of 60.

New Indications

- **Lorazepam (Lorazepam SXP)** is now indicated for the control of status epilepticus in children greater than or equal to 6 years of age.
- **Tezepelumab (Tezspire)** is now indicated as an add-on maintenance treatment in patients aged 18 years and older with severe chronic rhinosinusitis with nasal polyps (CRSwNP) with inadequate response to intranasal corticosteroids and a history of surgery and/or systemic corticosteroid use.

New Contraindications

- **Lorazepam (Lorazepam SXP)** is now contraindicated in neonates, infants, and children less than 6 years of age due to the risk of propylene glycol toxicity and possible adverse effects of benzyl alcohol.
- **Rifampicin (Rifadin)** is now also contraindicated for concomitant use with daclatasvir, sofosbuvir, and telaprevir for treatment of hepatitis C virus infections.

Safety Related Changes

- **Ritonavir (Norvir)** is no longer indicated as monotherapy for the treatment of human immunodeficiency virus (HIV)-1 infection in adults and children aged 12 years and older.

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.