

Today's issue of PD

Pharmacy Daily today features four pages of news, including a special feature from **Key Pharmaceuticals** and our **Beauty & Wellness** page, plus a full page from **Glucojel**.

Oral HRT link with blood clots

A **LARGE** Danish study published in *The BMJ* today has linked current use of oral menopausal hormone therapy (also known as hormone replacement therapy or HRT) with an increased risk of blood clots in legs or lungs, regardless of dose or treatment duration.

The study, which was based on the health records of hundreds of thousands of women in their 50s and 60s, found that for every thousand women taking the pills for a year, around one extra person got a serious blood clot in their legs or lungs.

There was also an increased risk of stroke and heart attack, though that was only for long-term use of high-dose oral hormone therapy.

Transdermal therapy delivered via patches, gels or sprays showed no general increased blood clot risk, which the authors said highlights the importance of delivery route in minimising risk.

"Current use of any oral menopausal hormone therapy was associated with an increased venous thromboembolism risk, whereas ischaemic stroke and myocardial infarction risk was only increased with oral high-dose therapy used for more than one year," the study team concluded.

"Transdermal therapy was not associated with increased thrombotic rates regardless of regimen, active ingredients, dose, and duration of use."

Obstetrics and gynaecology professor Martha Hickey from the University of Melbourne said



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Quitting therapy

KEY Pharmaceuticals has released a new nicotine-free therapy to help smokers quit. Learn about **Cyventine** (cytisine) in our special feature on **page two**.



the study highlighted the need to reconsider the need for oral therapy given the higher risks, particularly in those with baseline risk factors.

The findings also suggest higher dose oral therapy (>1mg oestradiol) should be avoided.

"Danish databases are renowned for their ability to generate high-quality and current health evidence," she noted.

"This nested case-control study including over one million women aged 50-69 years followed for up to 20 years.

"Since transdermal preparations are equally effective and may be safer, clinicians should consider whether to prescribe oral MHT - there are no clear indications for [it] apart from patient preference."

Read the paper **HERE**. KB

Spookojel comp

THIS Halloween, Glucojel is giving customers the chance to win a year's supply of their favourite Glucojel products.

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Cyventine™, a new nicotine-free way to quit smoking

Redefining pharmacy quitting therapies



SMOKING, driven by nicotine dependence, remains the leading cause of preventable death and disability in Australia, killing around 20,000 Australians each year.^{1,2}

Pharmacists now have the first new chemical entity for smoking cessation registered in Australia for almost 20 years,³ Cyventine, as a pharmacist-only therapy to help people quit smoking.

Cyventine™ (cytisine) is a new nicotine-free therapy for adults (aged 18-65 years) wanting to give up smoking.⁴

Cytisine has a similar structure to nicotine, and it competes with nicotine to bind to $\alpha 4 \beta 2$ nicotinic acetylcholine receptors.

As a selective partial agonist, it has dual actions to help

people quit by reducing cravings, relieving withdrawal symptoms, and by blocking the actions of nicotine to reduce the pleasurable and rewarding effects of smoking.^{4,6}

Cyventine is one of the most effective smoking cessation therapies,^{5,7} and in the United Kingdom, where it has now been available for several years, it is listed as a first-line quitting therapy.⁸

Cytisine is 40% more effective than NRT⁷

A NEW Zealand trial compared the 25-day cytisine course with an eight-week course of NRT (monotherapy, either patch, gum or lozenge). Cytisine was significantly more effective than NRT with six-month quit rates being 40% higher ($P = 0.002$).

During treatment, people quitting with cytisine also reported fewer withdrawal symptoms and found smoking less rewarding.

Side effects were more common with cytisine; however these were generally manageable.

Amongst people that did experience a side effect



to cytisine, 82% would recommend it to someone who wanted to stop smoking.⁷

Scan the QR to do a free online accredited CPD activity on cytisine.

Additionally, for more information on Cyventine, visit the website **HERE**.

25 days from start to finish

EACH Cyventine pack contains the complete 25-day quitting course.

People should be advised to take their first tablet each day in the morning soon after waking.⁹

Subsequent doses are based on what day the person is up to in the 25-day course.

People start by taking six tablets/day, one tablet every two hours, and this dose is reduced over time.⁴

The 25-day course is shown on the blisters and the Cyventine App provides notifications of when to take the next dose.

References: 1. Department of Health and Aged Care. National Tobacco Strategy 2023-2030. 2. Therapeutic Guidelines. 2023. 3. Australian Register of Therapeutic Goods, 2026. 4. Cyventine Product Information. 5. Livingstone-Banks J, et al. *Cochrane Database Syst Rev*. 2023;5(5):CD006103. 6. Tutka P, et al. *Addiction*. 2019;114:1951-1969. 7. Walker N, et al. *N Engl J Med*. 2014;371:2353-2362. 8. NICE. Tobacco: preventing uptake, promoting quitting and treatment dependence, 2025. 9. West R, et al. Cytisine. *National Centre for Smoking Cessation and Training*. 2024.

NEW

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ASK YOUR PHARMACIST ABOUT THIS PRODUCT

Editor's Choice: L'Occitane begins the festive season with holiday range

L'OCCITANE en Provence has released its holiday collection, made up of indulgent body, skin and haircare products, all housed in spectacular packaging ready for the gift-giving season.

Highlights of the new range include the Almond Mist Discovery Set (RRP \$99), featuring three almond mists to wear alone or layer throughout the day; Provence Escape Essentials (RRP \$65) with an almond shower oil, Gentle & Balance shampoo and conditioner, and Shea Butter Ultra Rich Body Cream; and the Neroli Orchidee Discovery Set (RRP \$59), including a shower gel, body lotion and hand cream.

Then there is the Deluxe



Beauty Advent Calendar (RRP \$325 for \$540 value), a luxurious gift set featuring generous exclusive sizes for face, hair and body, including Shea Butter

Hand Cream, Immortelle Divine Youth Cream, Almond Shower Oil, Intensive Repair Shampoo, Condition and hair mask, and plenty more.

Jurlique celebrates



JURLIQUE is getting ready for the holidays with the launch of curated gift sets tailored to a diverse range of skin needs.

Comprising products formulated with Jurlique's signature farm-grown botanicals and natural-origin ingredients, the festive sets feature beautifully designed packaging inspired by the brand's iconic Adelaide Hills farm, as well as hanging ornaments.

Three signature notes are showcased in this year's collection: rose, citrus and lavender.

At the heart of Jurlique's festive range is the limited-edition advent calendar (RRP \$220) offering 24 face, hand and body care favourites housed in a beautiful lift-up box with 24 compartments and valued at \$460.

Gift sets also include Hand Care on the Go (RRP \$68) including six travel-sized hand creams; Rose Hand & Lip Treats (RRP \$55) with hand cream and balm; Citrus Hand & Body Indulgence (RRP \$156) featuring a citrus shower gel, citrus body lotion and citrus hand cream; and more.

Get ready for change

CLAIROL'S new Pro Fixer Hair Colour Remover (RRP \$30) makes it easy to remove both permanent and non-permanent hair colour with only one rinse.

Hair is left feeling soft and smooth, ready to be dyed again that same day.

Suitable for all hair types.



Boring Without You's beauty sleep in a bottle



BEAUTY brand Boring Without You's REM Repair Aquaporin barrier cream (RRP \$39.99) has entered the market, promising to heal and protect damaged skin.

The rich moisturiser is formulated with innovative humectant technology, clinically proven to improve the skin's moisture distribution channels, so the skin can more effectively hydrate itself.

"This barrier cream is easy to rub in with no greasy layer, and actually works with your skin's natural night-time repair window," said founder David Rooney.

"It does the work while you dream, so you wake up with smoother, firmer, more hydrated skin," he added.

The star of the brand's campaign is Australian influencer Kayla Jade.

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Beauty & Wellness
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Dispensary Corner

WHILE it is a staple morning routine of many, health experts have warned about a rather overlooked risk of the single-use takeaway coffee cup.

Research from the University of Queensland has found that plastic linings inside the cups are releasing microplastic particles into the coffee.

To add insult to injury, it was found that biodegradable coffee cups release even more microplastics than regular cups.

According to dietitian and nutritionist Susie Burrell, the average Aussie consumes around five grams of microplastics per year, roughly the same size of a credit card.

"There's a whole new range of 'eco cups' out there claiming to be better for the environment, but what the study showed was that kind of substance releases double the microplastics of traditional plastic cups," Burrell said on *Today*.

"The truth is, if you are serious about reducing these molecules, which cannot leave your body, you've got to swap to the glass or the aluminium-type 'keep cups'," she added.

"There's no better option when it comes to the coffee cups because of that film on the inside of the cup."

However, this concern isn't exclusive to coffee cups, as plastic food containers also pose a microplastic concern.

Burrell added that people should opt for glass or ceramic containers when microwaving food products such as rice.

WHO expands contraception guide

THE World Health Organization (WHO) has released new guidelines yesterday recommending a wider range of safe and effective contraception options so people have a greater choice of methods that meet their needs.

Targeted at a global audience, the WHO publication aims to help countries broaden access to birth control supported by the best available evidence.

Many of the guidelines offer alternative ways of using existing methods.

For example, combined oral contraceptive pills can be taken for extended periods of up to six months or continuously for up to one year, which may suit some women instead of cyclical use.

The organisation also supports the use of contraceptive implants for up to five years instead of three years, in line with manufacturers' approved duration, potentially reducing the need for replacement procedures, clinic visits and associated costs.

Emergency contraception guidelines included the use of mifepristone as an additional emergency contraception option, taken as soon as possible and within five days of unprotected sex.

This is based on evidence showing

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that mifepristone at doses of 10-50 mg is likely to be as safe and effective as other emergency contraceptive methods.

WHO is also working to broaden the range of contraceptive choices available in the future, particularly for men, who have relatively few methods under their control - principally condoms, withdrawal and vasectomy.

With research showing that men are willing to use a new contraceptive, the WHO has developed its first 'target product profile' for male family planning methods, setting out the characteristics future methods should aim to meet, including safety, effectiveness, acceptability and affordability.

The aim is to give researchers, funders and developers clearer direction and help shape a market that better reflects what people want and need.

The guidelines are [HERE](#). KB

Aussie biotech tackles dementia agitation

AUSTRALIAN clinical-stage biotechnology company Kinosis Therapeutics has developed a first-in-class therapy targeting agitation and aggression associated with dementia and pain, and is currently undertaking phase 2 clinical trials, with topline data expected in the middle of next year.

The drug, KNX100, is a rapid, short-acting small-molecule

inhibitor of ALOX15, which is an intracellular enzyme that drives circuit dysregulation, neuroinflammation and neurodegeneration.

With \$2.5 million in funding recently awarded through the Australian Government CUREator+ Dementia & Cognitive Decline program, Kinosis is looking to further advance its ALOX15 development programs.

Pharmacy with Soul

AFTER arriving in Australia as a 13-year-old refugee unable to speak English, award-winning pharmacist Sara Murdock has not only forged a successful career but served as an inspiration to fellow pharmacists.

In the latest episode of *Your Pharmacy Career Podcast*, Murdock shared with host Krysti-Lee Patterson the story of her journey from war-torn Iraq to working in pharmacies as a teen to her studies at Monash, and two decades of practice across NSW and Victoria.

Now lead pharmacist at Pharmacy 777 in Pascoe Vale, Victoria, she also founded The Soul of Healthcare, a platform and philosophy built around the belief that healthcare is at its best when clinical excellence and human connection come together.

Murdock also spoke about co-founding Women in Pharmacy Australia, a professional platform championing career development, with Carlene McMaugh.

Accolades include PSA Victorian Pharmacist of the Year 2025, Patients Australia's National Outstanding Community Pharmacist 2025, and Global Woman of the Year in Healthcare (Silver Stevie Award).

"I'm so passionate about helping open doors for others, because that's what got me through the hardest time," Murdock said, a sentiment that reflects her career, from child refugee to community pharmacist shaping the next generation of healthcare leaders.

Listen to the podcast [HERE](#).

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