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## Australians under pump

**THE** latest *Insulin pump use in Australia* report from the Australian Institute of Health and Welfare has found that the use of insulin pumps to manage Type 1 diabetes is increasing and more people are starting on a pump sooner after diagnosis.

The report found that at 30 June 2011 there were 10,510 insulin pump users in Australia (around 10% of people with Type 1 diabetes).

Almost 50% of all insulin pump users were under 25 years old and over 60% were female, the report found.

“Between 2004 and 2010, the number of new insulin pump users with Type 1 diabetes rose from an average of 107 to 140 per month,” said the AIHW’s Susana Senes.

“People with Type 1 diabetes now begin using insulin pump therapy relatively sooner after diagnosis than in the past.

“In 1997, less than 1% began using an insulin pump within 2 years of diagnosis; in 2009, this had risen to 18%,” she added.

According to the report, 88% of diabetics said they chose to use a pump because of better control of diabetes, whilst 86% of pump users said the main benefit of pump use was the ease with which it fitted in with their lifestyle.

Despite the rise in pump usage however, the report did find that the cost to obtain one (between \$4,000 and \$9,000) was a significant barrier to pump usage.

A third of pump users also expressed concerns over the cost of pump consumables, with the ongoing average cost of consumables being \$29 per month, compared with a \$6 per month all-up cost for injection therapy.

In light of this, unsurprisingly the report found that insulin pump use was more common among people living in areas of high socioeconomic status.

## New Medicare Local Alliance

**THE** Medicare Local Alliance launched this week, purposed as the national body to lead the newly established network of Medicare Locals.

As such the Alliance will play a key role in ensuring Medicare Locals function effectively and efficiently, work as a cohesive

group, and are responsive to policy and priority shifts.

As part of its purview, the Alliance will also, from 1 January next year, coordinate the provision of state-based functions on behalf of the Medicare Local network.

Held at Parliament House in Canberra yesterday, the launch was attended by the Minister for Health Tanya Plibersek and Minister for Mental Health and Ageing Mark Butler.

“The Australian Medical Local Alliance will play a vital role in ensuring the ‘big picture’ in primary health care across the country comes into focus and I look forward to working with the Alliance in building a better health system,” said Butler.

The Alliance will also play an important role in preventive health and health promotion, he added saying that it will work with a wide set of stakeholders, including those in general practice, allied health, and the aged and social care sectors.

Currently 61 Medicare Locals have been established nationwide, with the task of identifying gaps in primary health care services at the local level and to better target services to respond to those gaps.

## NAPSA wows Egypt



**THE** National Australian Pharmacy Students’ Association wowed judges in both the individual and team competitions at the recent International Pharmacy Students’ Federation (IPSF) Congress, held in Hurghada, Egypt.

12 NAPSA delegates attended the conference, which itself boasted around 450 pharmacy students from over 50 countries.

In the Individual Clinical Skills Competition, NAPSA delegates made up seven of the top eight positions in the overall results, with Jacqueline Martin from the University of Tasmania taking out the top spot.

A selection of the delegates are pictured above at the conference with the IPSF President and Secretary General (from left) Stephen Stanton, University of Sydney; Laerke Arnfast, IPSF Secretary General, Denmark; Bronwyn Jones, University of Tasmania; Catherine Brown, Monash University; and Tofte Rasmussen, IPSF President, Denmark.

## Get Heartmoves

**THE** National Heart Foundation of Australia has welcomed the recent Sydney Uni study which found that incorporating balance and strength into everyday routines can cut the risk of falls in older Australians by nearly one third (*PD* 10 Aug).

On the back of the study, the Heart Foundation is promoting its Heartmoves program which focuses on delivering safe, low-to-moderate intensity exercise with gentle aerobic activity, weight-bearing or resistance exercise and stretching.

For details **CLICK HERE**.

## Events Calendar

**WELCOME** to *Pharmacy Daily’s* Continuing Professional Development Calendar, featuring upcoming events and opportunities to earn CPE and CPD points.

If you have an upcoming event you’d like us to feature, email [info@pharmacydaily.com.au](mailto:info@pharmacydaily.com.au).

**25-26 Aug:** PSA Adventure Education Weekend, Stewarts Bay Lodhe, Port Arthur - [lorraine.norris@psa.org.au](mailto:lorraine.norris@psa.org.au).

**26 Aug:** PSA Qld Branch Medicines Update 2012, Pharmacy Australia Centre of Excellence Building, Dutton Park, Brisbane - 07 3896 1900.

**29 Aug:** HMR Accredited Pharmacist’s Workshop: Guild Training Victoria, Hawthorn, Victoria, 6-10pm

[Kate.castle@vic.guild.org.au](mailto:Kate.castle@vic.guild.org.au).  
**03-05 Sep:** Essential Pharmacy Financial Management 3-day Workshop, Sydney, [fmrcbusdev.com.au/pharmacy-2](http://fmrcbusdev.com.au/pharmacy-2)

**13-16 Sep:** Pharmacy Business Network, National Convention Centre Canberra, [pharmacybusinessnetwork.com](http://pharmacybusinessnetwork.com).

**15-16 Sep:** PSA Qld Sunshine Weekend, Sea World Resort, Gold Coast, Queensland, [educationqld@psa.org.au](mailto:educationqld@psa.org.au).

**02-06 Oct:** Pharmacy Guild of Australia Offshore Conference 2012, Waikiki, Hawaii - [pgahawaii2012@arinex.com.au](mailto:pgahawaii2012@arinex.com.au).

**19-21 Oct:** PSA Pharmacy Australia Congress, Melbourne Convention Exhibition Centre - [www.psa.org.au/pac](http://www.psa.org.au/pac).

**01-04 Nov:** SHPA 38th annual conference - Medicines Management 2012, Canberra - [mm2012shpa.com](http://mm2012shpa.com).

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## Plain pack support

**THE** National Heart Foundation of Australia has thrown its support behind the High Court's decision to dismiss an appeal by four tobacco companies against plain packaging laws for tobacco products, saying the win is "a signal across the world that we are on the right track".

## New warehouse mix

**CHEMIST** Warehouse is launching another digital radio channel in September, *Chemist Warehouse Remix*.

Following on from the success of its *Chemist Warehouse Mix'90s*, the new channel will be played in over 220 Chemist Warehouse stores, as well as online and will feature a greater selection of music from across a range of decades, as well as current hits.

Fans of *Chemist Warehouse Mix'90s* will also be pleased to know that the channel is not being discontinued, and will continue to run as a digital DAB+ radio station.

## Priceline focuses on females

**PRICELINE'S** free pharmacy health consultation program is set to home in on women, with a particular focus on addressing the pain management needs of women throughout their different life stages.

"Women struggle with different types of pain throughout their lives – starting from a young age where some girls experience period pain, right through to later stages in life where arthritis and osteoarthritis become more prevalent," said Bronwyn Flanagan, Pharmacy Service Manager for Priceline.

"Through these life stages they may not realise that there are different treatment options for different types of pain.

"Pain is also being felt at a younger age – particularly for younger girls who are experiencing period pain," she added.

According to Priceline, pain management is one of the biggest health categories for the Australian

population, with a 2007 survey finding Aussies spend around \$320m a year on analgesics, whilst recent statistics show a 3.8% growth in pharmacy sales for pain and arthritis products within the last year.

Discussing its decision to focus on females and their pain needs, Priceline cited a case study in the UK which found that 11 and 12 year old girls were unknowingly over using pain relief medications for headaches and period pain, with some girls reportedly taking in excess of 20 tablets for their pain relief.

"This study is one that is a good example of how people unintentionally mismanage their pain and can often take alarming amounts of medications that do more harm than good," said Flanagan.

"It is important that everyone understands the role of medications in managing pain and where to go for assistance on managing pain that is new or ongoing.

"Speaking to a pharmacist is a good starting point as they can offer advice about different treatment options for your particular condition," she added.

The free pain management health consultations are available at 195 Priceline Pharmacy stores across Australia from now until 19 Sep.

## Quilty welcomed

**MEDICINES** Australia has welcomed the appointment of David Quilty as the Executive Director of the Pharmacy Guild of Australia (**PD** yest), saying his appointment comes at an important time on a range of fronts.

Meanwhile Medicines Australia chief executive Dr Brendan Shaw also payed homage to outgoing ED, Wendy Phillips, who will vacate the role in December this year, saying "Wendy has always been a great contributor to health policy".

"She has been a passionate and unremitting advocate for pharmacy and I wish her well in her retirement," Shaw added.



## DISPENSARY CORNER

**MIRACLE** escape.

Despite every panel of their car being destroyed, race car drivers Jeremy Foley and Yuri Kouznetsov walked away from a recent car crash with only minor injuries.

The duo plunged off the side of a mountain during a section of the Pikes Peak race in Colorado called the Devil's Playground.

The car plunged hundreds of feet, cart wheeling eight times on the way and losing wheels, engine parts and body panels.

Both men, still conscious when rescuers got to them, were saved by the car's roll cage.



**CARMEX** cupcakes.

The iconic beauty brand Carmex invited **PD** to help celebrate its 75th anniversary with the delivery of super cute Carmex cupcakes at our offices this week.

Carmex has grown exponentially over the last 75 years, since its inception by ex-retail buyer Alfred Woelbing, a long time sufferer of dry, chapped lips, whose experimentation over a hotplate in his family kitchen resulted in the creation of the first Carmex therapeutic lip balm.

After creating the solution for his own lips, Woelbing started selling his balm to local pharmacies door to door.

By the 40's and 50's the popularity of Calmex was on a roll and once lanolin rationing subsided, production really took off!

Alfred oversaw the business until his death at 100yrs of age in 2001.

Currently over 135 Carmex products are sold every minute across 30 countries worldwide.



**PD** calms its sugar cravings with Carmex.

## WIN A BODHI ME PACK

Every day this week **Pharmacy Daily** is giving two lucky readers the chance to win a new Bodhi Me pack from **You, Me and Everybody**®.

Each prize pack is worth \$85 and includes Bodhi Me Hand Wash, Body Wash, Body Lotion, Shampoo, Conditioner, Cream Cleanser, Facial Scrub, and Daily Moisturiser.

What's not in skin care products is nearly as important as what is in them, and Bodhi Me is a range of skin

and hair care products that have been formulated to exclude harsh ingredients so they are good for the entire family. The products are also Australian made, suitable for vegans and free from animal testing.

Bodhi Me – we decided to leave out the bad stuff so you can enjoy the good stuff.

For your chance to win this great prize pack, simply be one of the first two people to send through the correct answer to the question below.

### True or False - Are Bodhi Me products Australian made?

Congratulations to yesterday's lucky winners, Fiona Parr from **MCI Australia** and Natalie Shelhot from **Visible Results Australia**.

Email your answer to: [comp@pharmacydaily.com.au](mailto:comp@pharmacydaily.com.au)

Hint! Visit [www.youmeandeverbody.com.au](http://www.youmeandeverbody.com.au)