



Dispensary Corner

THE Therapeutic Goods Administration has come out with yet another warning about 'herbal' sexual enhancement pills that illegally contain undeclared prescription-only drugs such as sildenafil, tadalafil and dapoxetine.

"We urge consumers to exercise extreme caution when purchasing unapproved products, whether buying online or in retail stores," the regulator advised.

However, in an arguably more engaging attempt to reach public awareness, Pennsylvania pharmacist Grant Harting achieved social media fame by purchasing one such product and getting it tested.

Rhino 69 Super Long Lasting pills make claims of "time", "size" and "stamina" for up to seven days, and can be purchased over-the-counter from your friendly US service station or liquor store.

The packaging, with a rampaging rhino on the front, lists ingredients such as goji extract, deng sen extract and cinnamon bark, which seem not only harmless but ineffectual.

However, testing showed the pill contained no such contents, but instead had detectable amounts of sildenafil and tadalafil - although presumably not much, as Harting, for reasons best known to himself, took several pills to try them out and said they didn't work.

His advice to his followers was to visit a doctor rather than the service station for erectile dysfunction medicines.

Gettin' a grip on men's health in regional NSW

POLITICAL figures, sports greats and health professionals recently came together in Orange NSW to mark Men's Health Week with the inaugural Gettin'-a-Grip arm wrestling event.

The friendly competition was designed to spark conversations about men's health and encourage them to prioritise their wellbeing, with Life Pharmacy Group (LPG) pharmacists on hand to provide health checks throughout the event.

Hosted by NSW independent MP for Orange Phil Donato, guests included NSW Sports Minister Steve Kamper, former Wallabies Phil Kearns and James Grant, NSW MP Roy Butler, Federal MP Dan Repacholi, as well as local health professionals.

"This event was incredibly well received, it was community-focused

and practical, while still reinforcing a serious message that men's health matters, and the earlier we start the conversation, the better the outcomes," LPG pharmacist Jack Buckley (pictured) said.

"A lot of men may not regularly engage with the healthcare system, so pharmacy has a really important role to play in making that first step easier," he explained.

"From a Life Pharmacy Group perspective, we see community pharmacy as a trusted, accessible and private healthcare setting where men can come in without needing an appointment, have a quick conversation, and be pointed in the right direction."

The event was emceed by R U OK? board member, Leukaemia Foundation ambassador and former host of *The Living Room*, Barry



Du Bois.

Placing a strong focus on preventative health, the event encouraged men to act early through education and access to support for urological health, mental health and wellbeing, chronic disease management, blood pressure and diabetes screening, and vaccinations.

Buckley also highlighted the importance of asking questions before minor health concerns become serious. *KB*

PRODUCT SPOTLIGHT

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