

HEALTH MATTERS V27

72300



DEC 2025 - MAY 2026



The wellness trends report 2026

Insights & Data on Malaysia's Evolving Health and Wellness Landscape.

Welcome

to the first-ever The Wellness Trends Report 2026.

Across Malaysia, a quiet wellness revolution is happening. More people are starting their mornings with purpose, winding down with mindfulness, and seeing health not as treatment, but as everyday nourishment for body and mind.

The National Health and Morbidity Survey 2023 showed that nearly one in four Malaysians sleep less than five hours a night, and over half feel constant stress or fatigue. Yet, there is hope. The rise of Gen Z and young families is changing the rhythm of health: counting steps, checking vitamin levels, swapping sugary drinks for oat milk, and turning rest into a form of self-care.

Across our community, we see this transformation unfolding. More Malaysians are checking their HbA1c levels early, understanding their Vitamin D3 status, and paying attention to how sleep, mood, and movement intertwine. This is the new language of health where science meets self-awareness.

Nutrition is at the heart of this shift. 2025 saw our community embrace better eating with open arms, from wholesome breakfasts to functional foods. Among the year's favourites was the LowCarb 37 Bread, baked with a balance of fibre and protein, which quickly became a household staple, selling over 350,000 loaves nationwide.

A major driver of this new era is the Silvercare economy. With Malaysia moving toward an ageing society, vitality is no longer just about youth, it's about maintaining function and joy. Our Silver Sneakers Programme, inspired by global wellness models, encourages active ageing through physiotherapist-guided movement, nutrition, and social engagement. As you read, may you feel encouraged to pause, breathe, and take one simple act of care today. Because wellness isn't a destination, it's a daily choice.



Ph. Lim En Ni
Chief Pharmacist & Engagement Director
Alpro Pharmacy

#TRENDING in 2025

To begin 2026, let us dive into 2025's trend, we look back at what our customers loved and focus.

“In 2025,
“knowing your numbers”
became a movement.”

Wellness in numbers

RM127.9 billion

is how much Malaysia's healthcare market is projected to be worth by 2027 according to Fitch Research, showing a growth rate of 7.2% annually.¹

72%

of Malaysians say they now prioritise prevention over treatment, a steady rise since 2022.²

1 in 2

Malaysians aged 29-45 report sleep problems and feeling constantly tired, making sleep health the new focus of wellbeing.³

98.5%

of Silver Sneakers members say physiotherapist-led sessions improved their mood, mobility, and social connection.⁴

10,000

Malaysians

tested HbA1c in 35 days

33.8%

are pre-diabetes!

72.8%

deficient / insufficient of Vitamin D

”

10

Most Searched Terms on
www.alpropharmacy.com
in 2025

Vegan Friendly Vitamin D3

Omega-3

Lion's Mane Mushroom

Probiotics

Milk for Diabetes

Amaranthine NMN

Low GI

Dry Eyes

Perimenopause / Period

Kids Multivitamin

In 2025, there were 45,988
(15-minute appointments) with our
nutritionists and dietitians for
wellness advice.

In 2025,
we conducted
1,860

pharmacist-led wellness consultations nationwide, helping Malaysians improve sleep, manage stress, and take action through early detection.⁵

TOP 5

Searched for Topics on Alpro Pharmacy & Alpro OneClick

What does my Vitamin D level really mean?

How to use Yuwell CGM in managing diabetes and managing weight?

Lion's Mane Mushrooms, the new hope for dementia?

Probiotics and gut health: Is the gut brain axis real?

Active ageing: How Silver Sneakers keeps seniors strong?

TOP 10 Best Sellers in 2025



+354%
compared to 2024



+87%
increase in sales in the category of tiger milk, mushroom for kids.



>10,000 boxes
sold per month by customers looking for liver health.



Lowest GI
Diabetes Specific Formula, 1 tin sold every 1 minute.



+68%
conversion of customers from essential Omega to Asta Omega for its Astaxanthin.



+92%
increase in sales in the category of women's peri-menopausal conditions.



85.4%
customers feedback that it works better for their joints health.



75%
customers buy this along with artificial tear drops for dry eyes.



No.1 Viral
in 2024, this product remains the No.1 in weight management category.



1 in 3
customers purchasing metformin purchases this product in 2025.

2.8 M

That's how many people have viewed #SilverSneakersMY on TikTok — proving that staying active, preventing falls, and keeping the body strong are becoming part of Malaysia's everyday health conversation.⁶

Motherhood in Focus

Fertility, pregnancy, recovery & the gentle science of postpartum health

“As more Malaysian women embrace motherhood later in life, the journey to conception, pregnancy, and recovery is becoming increasingly science-led.

According to the Department of Statistics Malaysia (DOSM, 2024), the average age of first-time mothers has risen to 30.8 years, and fertility care has become more holistic, involving nutrition, emotional wellness, and early detection.

This evolution is also reflected in how women now engage with pharmacies. At Alpro Pharmacy, Alpro MamaBe pharmacists are seeing more mothers and women who are concerned about right nutrition, gestational diabetes, postpartum care and baby formula. These conversations reflect a deeper shift, from treating illness to accompanying women for the baby's first 1,000 days.

The National Health and Morbidity Survey (NHMS) 2023 revealed that 25% of Malaysian women experience stress, fatigue, or sleep disturbance within the first six months after childbirth, while 1 in 2 postpartum women have Vitamin D levels below sufficiency. These numbers underline the urgent need for practical, pharmacist-guided maternal care.



Mr. Wong Ching Yaw
Mom & Baby
Business Expansion Director

42% of Malaysian infants are reported to experience eczema, colic, or digestive discomfort within their first year of life — many of which are linked to sensitivity toward conventional A1 beta-casein protein.¹

A2 milk contains only the A2 type of beta-casein, which is naturally easier to digest and less likely to trigger gut inflammation or discomfort. Formulas using A2 protein sources, such as Kabrita Goat Milk and A2-based toddler drinks, are gaining popularity among parents that are seeking relief from common tummy troubles, fussiness, or skin sensitivity.²

As more parents recognise that every child's digestion is unique, A2 milk stands out as a science-backed alternative, balancing nourishment with comfort.



What Moms Prefer in 2025?

#Yumleon GinReliv

Up to 80% of pregnant moms experience morning sickness. GinReliv is safe for G6PD individuals, vegetarian-friendly with ginger lemon flavor that relieves nausea, vomiting and digestive discomfort.

#Blackmores Pregnancy & Breast-Feeding Gold

Suitable during pregnancy and post-partum, this multivitamins provides basic supplementary needs for moms.

#Powerlife Essential Omega 3 DHA 35

DHA is important for brain development but high EPA must be avoided during

#VitaminD3

Emerging evidence links maternal Vitamin D deficiency to neurodevelopmental concerns such as ADHD and autism spectrum traits in children.³ You can't refill your baby's health if your own tank is empty.

1st Trimester

While the bump may still be invisible, every cell division is setting the blueprint for the baby's brain, bones and organs, and for the mother's long-term health too.

What Moms Prefer in 2025?

#GKB G Pro Gold Probiotics

Probiotics support smoother digestion and immunity. Increase intake of fermented food or high-fibre fruits like prunes can help with bowel movement too.

#Iberet Folic

Blood volume increases up to 40% demanding steady iron for oxygen delivery, especially for moms on vegetarian diets.

#Calcium & Magnesium

Muscle cramps are common. A good combination of calcium, magnesium and Vitamin D3 helps maintain mineral balance, relieving muscle cramps and backaches.

#Garden Of Eden Jojo E Stretch Mark Serum

Cocoa Butter & Jojoba Oil nourishes skin and improves elasticity via hydration. In the late pregnancy rapid stretching of skin demands extra care for skin.

2nd & 3rd Trimester

As mothers move from the second into the third trimester, their bodies enter a stage of transformation and refinement. Changes in hormones and expanding uterus can slow digestion and alter gut flora.

Postpartum & Breastfeeding: Healing with Comfort

Recovery and milk production demand more than rest, they require balanced nutrition and ergonomic support.

+78% increase of sale
The Mamanex NitezPro

The Mamanex NitezPro redefines hands-free pumping with dual-motor power, soft silicone comfort, and whisper-quiet operation, empowering mothers to express confidently, day or night. Through the MamaBe Club, mothers gain pharmacist-led lactation tips, early detection support for blocked ducts, and access to exclusive rewards.

92.1% customers re-purchase
Yumleon Milkiss

A milk-boosting formula with natural galactagogues. This formula comes with Fenugreek, Alfalfa, Fennel Seed & Moringa, the natural milk-boosters and the addition of soy lecithin prevent blocked ducts, allowing mother to provide the best nutrition and the best milk to the baby.

+121% increase of sales in
Infanto Nipple Balm

Sore nipples are distressing. Infanto Nipple Balm can be applied to nipple after every feed. The food grade ingredient is safe for the baby while creating a protective layer to protect injured skin.

Expert Insight

"In 2025, we observed a meaningful trend: expecting mothers are becoming more proactive in understanding their health. Vitamin D screening is now one of the top three services requested by pregnant customers, alongside HbA1c and blood pressure checks.

Mothers are also more informed about product safety, asking about origin, certification, and nutrient concentration.

Our goal at Alpro is to curate trusted brands that match real needs, from prenatal folic acid and multivitamin for fertility, to safe pregnancy in all 3 stages, then postpartum and breastfeeding. Alpro Pharmacy is here for all moms and babies for the first precious 1000 days.



We're deeply grateful that this commitment has been recognised with double honours at the Parents' Choice Awards 2025

It's heartening to see more Malaysian moms making informed, science-backed choices, not just following trends, but building healthier beginnings for their families."



Ph. Joelle Wong
Mom & Baby Category Manager

In the Know: Flu Vaccination & Safe

With travel and viral exposure returning, flu vaccination during pregnancy has become essential. The Ministry of Health Malaysia recommends influenza, Tdap (pertussis), and COVID-19 booster vaccines for expecting and new mothers.⁴ At Alpro, maternal vaccine uptake rose 40% in 2025, reflecting growing trust in pharmacist-led vaccination awareness.

Sleep & Mood Matters

Prevent early, live fully
— the new era of brain-smart aging

Sleep isn't just about rest — it's the body's nightly reset for hormones, brain detox, and emotional repair. But modern Malaysians are losing it. Surveys show that 1 in 3 adults experience poor sleep and mood swings, often tied to stress, Vitamin D deficiency, and irregular routines.

Good sleep and mood are impacting on brain health too. By 2030, the number of Malaysians aged 60 and above will cross 5.8 million, and dementia is projected to double every 20 years if prevention is ignored.¹



Ph. Tan Aun Seng
Homecare Category Manager

Not just good sleep,
it's **DeepSleep.**

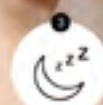
Deep-Sleep Pillow Mist | Alpro x Puras



Spray on pillow & bedsheet



Take 3 deep breaths



Drift into deep sleep

Spray on pillow or linen, unique blend of geranium, patchouli, orange and frankincense is perfect for working adults struggling with stress-induced sleep issues or perimenopausal women experiencing hot flushes and difficulty to sleep.



#Trending in Malaysia

+73%
growth in magnesium
supplement sales
(2024-2025)

1 in 3
Malaysians do not have
enough sleep

Top pharmacy searches:
"sleepmist," "magnesium
sleep," "natural calm"
"sleep tips" "sleep pills"

Stay Social, Stay Sharp.

Healthy brains thrive on connection.

Research shows that seniors who engage in social or creative activities lower their dementia risk by 30 - 40%.

That's why the Alpro Silvercare Programme brings older adults together through Silver Sneakers, a physiotherapist-led exercise and muscle strengthening session.

Join Alpro Silvercare Member and keep a Silvercare Health Bank Book for free, a pocket record for blood pressure, HbA1c, Vitamin D, and more, turning wellness into a measurable routine.

Most Talked "Brain Food" - Lion's Mane Mushroom

Nature's Brain Builder for Mood, Memory & Sleep

"Our brain runs on fuel and the quality of that fuel decides how well we age. Nutrients like Omega-3 (DHA + EPA), Magnesium, B vitamins, and antioxidants help strengthen neuron connections and protect against oxidative stress.

Lion's Mane Mushroom is one of the most talked 'brain foods' right now, and for good reason."

Emerging studies show that consistent Lion's Mane intake may help support memory, focus and our mood by encouraging the neuron regeneration and reducing mild inflammation in the brain.²

It contains two key natural compounds, hericenones and erinacines that may stimulate the production of nerve growth factor (NGF), a protein essential for repairing and forming new brain connections.

When paired with Magnesium Bisglycinate (to relax the nervous system), Lion's Mane Mushroom helps deepen slow-wave sleep.



Dietitian Kelly Gan
Silvercare Project Manager

Mood Starts in the Brain, Not the Mind.



A patented milk peptide clinically proven to lower cortisol, the stress hormone that sabotages deep sleep. "Powerlife Ease2" is reported to be the No. 1 choice as it is non-addictive and helps calm the mind during stressful events. It combines Lactium, L-Theanine, and 5-Aminolevulinic Acid Phosphate.



Battling with recovery post surgery or intensive treatment? 86.4% customers chose "Metabolic Recovery" that contains Lactium. In deeper stages of sleep, muscles thrive in blood flow bringing along oxygen and nutrients that help in recovery. Even patients with poor digestion, Metabolic Recovery is a good choice to allow faster recovery.



Up to 90% higher bioavailability compared to magnesium oxide or sulfate, with less diarrhoea or cramping. Studies show it may reduce nighttime awakenings and anxiety symptoms more effectively than other forms. Bisglycinate not only relaxes muscles but also soothes the nervous system, improving sleep quality and emotional stability.

Best Seller for Brain Health Supplement in 2025: Powerlife Cognimag

91.2% customers feedback that they felt much focus after taking it within 3 months.

A good blend of Magnesium L-Threonate, Vitamin B6, L-Carnitine, and Ginkgo Biloba to help boost focus and clarity. Unlike general magnesium, this form crosses the blood-brain barrier, improving memory and resilience against stress.

It's the closest recommended daily companion for those seeking sharper mornings and calmer nights.



Beat Diabetes!

Malaysia's new wellness frontier: from managing diabetes to mastering blood sugar balance.

The Alpro Insight

Malaysia's fight against diabetes is not just clinical, it's cultural.

By combining real-time reading (#CGM Continuous Glucose Monitoring), empowering early screening tests (HbA1c via #ASAP Alpro Stands Against Prediabetes), and evidence-backed nutrition and intervention, we're reshaping how health feels: measurable, personal, and hopeful.

With one in five Malaysians living with diabetes and millions more on the edge, Blood Glucose Management has become the nation's new health currency.

When you manage your glucose curve, you manage your energy, your focus, and your future.

Detecting Pre-Diabetes Early

Alpro's ASAP (Alpro Stands Against Prediabetes) initiative screened >60,000 nationwide in 2025 — and 1 in 3 Malaysians tested showed prediabetic levels (HbA1c 5.7–6.2%).

The good news: many are using this as a turning point, and working towards it. With intervention, more than half reverse their conditions.



Ph. Ng Yi Ling
Professional Care & Development Manager



Ph. Ong King Sien
Category Manager

Now In Trend - CGM (Continuous Glucose Monitoring)

1 +175% growth in Continuous Glucose Monitor (CGM) sales in 2025.

2 The rise of #CGM marks a shift from reactive treatment to real-time awareness.

3 A small sensor on your arm connects to your phone, showing how each meal, coffee, or meeting changes your glucose.

What consumer says?

"My CGM showed me how every meal (food choice) affects my sugar."

I lost 3kg in 3 months just because I can choose my food better now."

Annie Liew (45 y/o)



Trending on Every Bowl of Rice: Prof. Slow Smart Fibre

93.4% customers feedback that it is an easy & effective way to manage sugar smart.

Prof. Slow Smart Fibre lowers the glycaemic index of your meal by up to 38%*, letting Malaysians enjoy their rice, noodles, or bread with confidence. Each serving adds natural plant fiber that slows sugar release, keeps energy steady, and promotes better digestion.

TOP

Nutraceutical ingredients for glucose control in 2025

From natural extracts to smart nutrients, more Malaysians are turning to science-backed ingredients to help keep glucose steady and energy stable.

InnoSlim® (NLF-03 Astragalus membranaceus + Panax notoginseng)

Reducing glucose absorption from the gut, it also improves insulin sensitivity at the cellular level, enhancing glucose tolerance.

You can find this in: **Powerlife Dialim3** that blends InnoSlim with Forskolin and Resveratrol to modulate sugar metabolism and reduce inflammatory pathways linked to insulin resistance.



Cinnamon (Cinnulin™)

More than just a spice - cinnamon helps slow down how fast sugar enters your bloodstream, keeping levels stable after eating.

You can find this in: **Artemus Cinnamon Extract** and **Metabolic Souver**



Vitamin D3

Vitamin D supports insulin release and overall hormone balance. Low levels are linked to higher diabetes risk. Vitamin D3 absorbs better in our body and K2 is the perfect combo with Vitamin D3.

You can find this in: **Powerlife K2D3** / **Powerlife VgD3** (suitable for vegans).



Alpha-Lipoic Acid (ALA)

A strong antioxidant that protects your nerves and helps your cells use glucose for energy.

You can find this in: Seeds and nuts, also when in combination with **Chromium**, it works synergistically to increase insulin sensitivity. **300mg of ALA twice daily** is an optimum consumption dose.



Reducose® (Mulberry Leaf Extract)

Contains 1-deoxynojirimycin (DNJ), a natural α-glucosidase inhibitor that slows carbohydrate breakdown and reduces post-meal glucose spikes. Especially for customers who love carbs, this ingredient helps.

You can find this in: **GKB Trimmer** which is loved by customers who frequently have craving for carbs or eating out.



LowCarb 37 Sourdough

- Bought by 20,000 families monthly
- Only Natural Yeast
- 1.5x Protein, 40% Lower Carb



Prof. Slow Peanut Butter

- Pure peanut and chia seed goodness
- No added salt and sugar



Prof. Slow W-Cookies

Guilt-free cookies with balanced carbs and fibre



Metabolic DGI Protein Bar

Only 29 GI, lower than most common snacks.



DO YOU WANT FREE POINTS?

Here's how easy it is!



WHAT TO DO?

- Step 1:** WALK into any Alpro Pharmacy
- Step 2:** OPEN the ALPRO APP
- Step 3:** Tap "SCAN" > "SCAN TO EARN"

Your every visit
is worth extra!

*T&Cs apply
*Only 1 redemption allowed per day

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Festive BONUS Points

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*T&Cs apply *Stay tuned to our social media to find out

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HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | DEC 2025 - MAY 2026

VOL 27

Every
sweet treat
hides a
risk you
can't see!

Every secret. Every risk.
All revealed inside.



COMPLETE DIABETES GUIDE



Trusted Incontinence Expert

Key Features of a Good Adult Diaper:

BREATHABLE

Allows the skin to breathe.

ODOUR NEUTRALIZER

Helps to reduce unpleasant odour.



FastDry

Draws and locks away urine for a dry and comfortable feel.

LEAK GUARD PROTECTION

Standing side barriers to protect against leakage.



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for more info and
sample request



Valid till 31 Jan. 2026

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comprising doctors &
pharmacists



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For Any Enquiries? Ask Us! 019-702 1923

Meet Our Editorial Team

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Alpro Pharmacy Sdn. Bhd. (1807394-001)
Unit V1A, Lot 45880, Jln. Technology 3/2, Serdang Perdana,
71950 Bandar Sri Serdang, Negeri Sembilan
Tel: 06-781 3923
Website: www.alpropharmacy.com
Facebook: [www.fb.com/alpropharmacy](https://www.facebook.com/alpropharmacy)

Welcome to the new edition of Health Matters!

This issue is a little different from what we've done before. Alongside exciting updates on what's happening across Alpro, we are introducing two special highlights: the **Wellness Trends Report 2025** and **special feature on diabetes control**, offering practical insights to help you take charge of your health with confidence.

This time, it is not just me behind the message. I am proud to introduce the passionate editorial team, our healthcare professionals and creatives who turn health knowledge into something understandable, relatable, and truly useful in everyday life. Read their messages below!

At Alpro, "Reassurance that Brings Smiles 我们专业, 您安心" remains our guiding belief, and every story we share is written with that purpose in mind. Enjoy reading!

Mindy Leong Min Yee Branding Manager, Alpro Pharmacy



We created this magazine to **make health simple and useful in your daily life**. As Alpro Creative Builders, we bring healthcare messages to your heart through our visuals. If these pages give you answers or comfort, our mission is achieved.

Kalaamani Supramaniam Creative Builder Team Lead & Creative Builder Team

Hazim | Ammar Danial | Jeradine | Wen Lin | Ivy Yap | Kean Yew | Aki Eng | Chuan Fen | Nuratikah | Woon Chee Khai | Saifuddin | Nashriq | Hafizz | Tam Xio Fen | Chin Jia Yee | Tan Jiu Yien | Tinakaran ...and many more who brought this magazine to life.



This edition shines a light on **Diabetes**, a condition that reminds us how health is shaped by everyday choices what we eat, how we move, how we rest. Before diving into the science, our **Wellness Report sets the tone: prevention is not a campaign, it's a culture**. At Alpro, we believe in making health personal, practical, and possible empowering Malaysians to take control one small habit at a time. As you read on, may each page spark reflection and action, because good health isn't built in clinics alone, but in the rhythm of our daily lives.

Ph. Lim En Ni Chief Pharmacist & Engagement Director



In this special diabetes edition of Health Matters, we highlight an issue that **continues to shape the health of our nation**. As pharmacists, we often meet individuals only when their blood sugar has already begun to rise yet meaningful prevention must start long before that. Through **initiatives like ASAP, Alpro Stand Against Prediabetes programme, and Project :D**, our nationwide Vitamin D screening effort, we are seeing how early identification and education can transform a person's health trajectory.

This edition reflects that belief. Our team of professionals has curated practical, evidence-based articles to **help you recognise risks earlier, understand lifestyle choices, and take confident steps toward better metabolic health**. Diabetes is more than a clinical condition; it is a community challenge. But together, through awareness, action, and the right support, we can make lasting change.

Thank you for reading, learning, and taking this step with us.

Ph. Ng Yi Ling Professional Care & Development Manager



Your Voice Matters

Have a story to share about your journey with Alpro?
We'd love to hear from you!

Whether it's:

- A heartfelt moment with our Healthcare Professional
- A wellness change from us that made you feel better
- A great experience at our place
- A feedback to help us improve

Reach out and let us know!
Your story could be featured
in the next Health Matters!

Email: marketing@alpropharmacy.com



From new beginnings to meaningful milestones, we've kept moving forward for your health, your family, and your future.

Here to Make You
Happier
by alprohealth

How happy are you today? The Happier by Alpro Health gives you a way to actually know. With Neuro AI, you can now measure and improve your mental health, turning self-awareness into a daily ritual of wellbeing. Because feeling good inside is the first step to living healthy outside.



project:D
CHECK VIT. D LIVE BRIGHTER

Did you know most Malaysians don't get enough Vitamin D from the sun? Project :D reached communities nationwide by subsidising RM1.6 million worth of screenings and education, helping families understand how this "sunshine vitamin" supports mood, bone strength, and balance. Together, we're helping Malaysia live brighter inside and out.



ACT NOW
ASAP
ALPRO STAND AGAINST PREDIABETES

Prediabetes is silent, but it's **REVERSIBLE** when caught early. Through our ASAP movement, we subsidised HbA1c tests for 10,000 Malaysians and provided personalised lifestyle intervention with our pharmacists. We're turning fear into **EMPOWERMENT** and helping Malaysians take charge of their health.



Alpro Matrix Mercy Skilled Nursing Home

Growing older should mean living better. Together with Matrix Concepts and Mercy Senior Care Centre, we're creating a skilled nursing and rehabilitation home that feels like family where recovery, comfort, and dignity come together under one roof.



Jaga CarDia

Early Detection Starts Now

Part of "Sihat Sama-Sama" with Boehringer Ingelheim



Heart and kidney diseases are on the rise but early detection saves lives. That's why we launched Jaga CarDia with Boehringer Ingelheim, offering essential health screenings for two people at only RM100. Because good health doesn't start with symptoms, it starts with awareness, action, and love for the people who matter most.



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40 Years of **TAKING MEDICINE...** but **NOT RESPONSE WELL?** You're the **1 IN 3.**



Take charge of your **BLOOD SUGAR**, starting today!

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Don't get caught; test your HbA1c today!

CTRL D
CONTROL **DIABETES** NOW
SPECIAL EDITION

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Silvercare Health Workshop

Bringing
CARE & LOVE
to every elderly heart...

At Alpro Pharmacy, we believe that every elder in our community deserves not just good health, but also heartfelt connection. That's why we created **Silvercare Health Workshop**, a monthly health-sharing activity designed exclusively for our cherished **Silvercare members aged 55 and above.**

WHY JOIN US?



Fresh **HEALTH KNOWLEDGE** every month



Simple and **INTERACTIVE LEARNING**



CONNECT with fellow members



REDEEM FREE GIFT

☒ **MARK YOUR CALENDAR!**

Be part of a community where smiles, support, and knowledge go hand-in-hand, **at any Alpro Pharmacy or Alpro Sugi outlet nationwide!**

SCAN HERE TO KNOW MORE



WE APPRECIATE YOU

As a token of our love, you'll receive a **FREE Alpro Premium Hanging Tissue**; a simple yet meaningful gesture of reassurance that brings smiles. Our members tell us this isn't just about free gifts, it's the friendships, laughter, and warmth that make every session special.



In **2025**,
8000
participants
joined

1300
Silvercare Health
Workshops
conducted from
Jan - Sept 2025





Dr. Kam San Dhit
Family Doctor
Alpro Clinic Centrio

THE SUNSHINE SECRET “Vitamin D”

The Missing Thread in Your Diabetes Puzzle

Introduction

Imagine your health as a beautiful songket. Every thread plays a role in creating its intricate pattern. Pull one loose thread, and slowly the entire weave starts to distort.

For many Malaysians, when we think of diabetes, we imagine sugar, sweet drinks, or family history. But there's another thread, often hidden that could be quietly influencing your blood sugar control: Vitamin D, also known as the “sunshine vitamin.”

As a family doctor, I see patients from all walks of life. One of them, Mrs. Lee, 58, came in worried about her rising blood sugar despite eating well and walking daily. Her blood test showed something surprising, her Vitamin D levels were very low. After we corrected it, her blood sugar improved.

Diabetes: More Than Just Sugar

In simple terms, diabetes happens when your body's sugar control system breaks down.

- **Type 1 Diabetes (5-10% of cases):** The immune system destroys the cells that make insulin.
- **Type 2 Diabetes (about 90% of cases):** The body's cells become “deaf” to insulin's signal (insulin resistance), and the pancreas cannot produce enough to keep up.

Uncontrolled diabetes can harm your eyes, kidneys, nerves, heart, and blood vessels. The hopeful part? Up to 80% of type 2 diabetes cases are preventable with lifestyle and nutrition changes, and Vitamin D may be an important piece of this prevention puzzle.

Vitamin D: The Overlooked Metabolic Thread

We call it the sunshine vitamin because your skin produces it when exposed to sunlight. But vitamin D is more than just a bone-strengthener, it behaves like a hormone, influencing your immune system, reducing inflammation, and helping your body use insulin effectively.

1 Why Malaysians should care:

You might think living in a sunny country protects us from deficiency, but many urban Malaysians still have low vitamin D because we spend most of our days indoors, use sunblock extensively, or cover up when outside.

Key findings from recent research:

Diabetes Care (2023) – 14,000 adults studied: Those with low Vitamin D (<12 ng/mL) had a 62% higher risk of developing type 2 diabetes over 5 years compared to those with sufficient levels (≥30 ng/mL).

2

Endocrine Reviews (2023) – Vitamin D helps reduce inflammation (a driver of insulin resistance) and protects the pancreatic beta cells that make insulin.

4

VITAL-DKD Trial (NIH, 2023) – In people with prediabetes, improving Vitamin D levels slowed kidney damage and reduced progression to diabetes, especially when combined with omega-3s.

Weaving Vitamin D Into Your Life

The Doctor's simple 5-step plan to optimise your Vitamin D and support better blood sugar control:



Test first

Ask your doctor for a Vitamin D test.



Eat Vitamin D rich foods

Focus on natural D sources like fatty fish, egg yolks, and fortified products.



Smart Sun

Get 20-30 mins midday sun (11 AM-3 PM) on exposed skin, a few times a week.



Supplement if needed

Vitamin D3 (cholecalciferol) is preferred.



Move daily

Exercise boosts Vitamin D's effect on muscle receptors.

Final Stitch: Don't Ignore the Hidden Thread

In Malaysia, we are fighting an uphill battle with diabetes. While Vitamin D is not a magic cure, it might be the missing stitch that keeps your health tapestry strong.

If you have diabetes, prediabetes, or a family history, don't just check your sugar, check your Vitamin D too. Correcting a deficiency is simple, affordable, and could help your body use insulin more effectively.

Your health is a tapestry woven from many threads, diet, activity, stress management, and yes, even the sunshine you get. Protect each thread, and your whole pattern stays strong.

References: Song Y, et al. (2023). Serum 25-Hydroxyvitamin D levels and risk of type 2 diabetes: findings from a large prospective cohort study. *Diabetes Care*. 46(4): 765-775. Christakos S, et al. (2023). Vitamin D and pancreatic beta cell function: emerging insights. *Endocrine Reviews*. 44(2): 149-172. Zhong J, et al. (2024). Vitamin D supplementation and glycaemic control: a meta-analysis of randomized controlled trials. *Diabetes*. 73(1): 120-130. Petrosyan KF, et al. (2023). Vitamin D status and metabolic outcomes: evidence from human and animal studies. *Journal of Clinical Endocrinology & Metabolism*. 126(5): 1529-1532. Shih R, et al. (2024). Vitamin D preserves pancreatic beta cell function under metabolic stress in murine models. *Cell Reports*. 46(2): 1142-1153. National Institutes of Health (NIH). (2024). Vitamin D Fact Sheet for Health Professionals. VITAL-DKD Investigators. (2023). Vitamin D and omega-3 supplementation and kidney outcomes in adults with prediabetes. *New England Journal of Medicine*. 389: 101-112.



For more details

辛苦戒了白饭 血糖还是像坐过山车



饮食治疗师 邱微晶
Sug O365 控糖专家

身为 Alpro Pharmacy 的饮食治疗师，我常跟糖友聊饮食、聊作息：大家都想把血糖稳下来，也很努力“少糖少饭”。但现实是——戒了白饭，血糖仍会飘。关键不在“戒”，而在“会不会配”：配足纤维，摆出健康餐盘 (Suku-Suku Separuh)。

马来西亚人普遍“纤维不达标”

纤维像海绵，能放慢糖吸收、拉平餐后血糖曲线、增加饱足、帮肠道顺畅。马来西亚营养建议摄取 (Recommended Nutrient Intakes (RNI) 2017) 建议成人每日 20-30g 纤维；常见来源有蔬菜、水果、全谷杂粮、豆类、坚果与种子。

可现实里，



研究显示 **84.6%** 大马成人每日
纤维少过 25g;



只有 **17.1%** 成人每天吃到
≥2 份水果
12.2% 达到 ≥3 份蔬菜
难怪“戒饭”也稳不住



什么叫“健康餐盘”？简单到能每天做！

把每餐的“骨架”搭好：高纤维碳水 + 蛋白质 + 蔬菜，午、晚各配 1 份水果 (带皮更高纤)。



饮食治疗师口诀好记：

“半盘蔬菜、掌心蛋白、拳头碳水：午晚各一果。”

3 个加分，让早午晚餐都稳稳的

加分 1：让青菜看得见

青菜就是最省心的纤维来源。无论在家、经济饭、mamak 还是 kopitiam，白饭或面都记得添上“两大勺青菜”；吃汤面的话，也顺便加一点额外蔬菜，让份量看得见。

加分 2：蛋白 (protein) 得跟上

青菜有了，蛋白质也要跟上。每餐掌心大小的鸡、鱼、蛋或豆类就刚刚好。像 dhal、tempeh、豆腐 这种高纤 + 高蛋白的组合更划算，稳血糖，也更耐饱。



加分 3：Prof. Slow Smart Fibre

青菜有时真的很难吃得够，可以用“纤维加分器”——Prof. Slow 纤维粉 (Smart Fibre) 来补一补。

在家煮饭时，加一勺一起煮，就能把普通白米变成高纤、慢升糖的“Smart Rice”。

外出用餐也一样简单——吃饭或任何含碳水主食前，加一勺配水喝一下，就能更接近每日 20-30g 的纤维目标，让餐后血糖更稳。

目前 Prof. Slow Smart Fibre 已在所有 Alpro Pharmacy 门店上架，欢迎到附近的 Alpro Pharmacy 向药剂师或营养师了解更多。

别再把“白饭”当敌人

餐盘摆对，再加上这 3 个小动作，血糖真的能稳得更明显。

有了 Prof. Slow Smart Fibre，爱吃白饭也不用怕血糖飙高；一家大小都能轻轻松松吃到更健康的版本。

健康，从今天开始照顾。



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Jangan takut nasi, ada Prof-Slow

Pilihan bijak untuk peminat nasi yang risau gula naik.



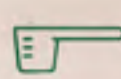
CARA 1

1 sudu semasa masak nasi putih

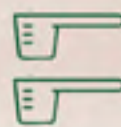


CARA 2

1 sudu ke dalam air, minum sebelum makan



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Why is she using it?

Dietitian Suet Chen
Professional Care & Development,
SugO365

WHAT IS CGM?

Continuous Glucose Monitoring (CGM), a small sensor you wear (usually on your arm or abdomen) that automatically tracks your glucose (sugar) levels throughout the day and night. It is a powerful tool for managing blood sugar levels. But here is something most people don't know: you don't need to have diabetes to benefit from CGM.

WHO MAY BENEFIT FROM CGM?

- Prediabetes or diabetes warriors
- Those who want to lose weight or control cravings
- Those who are simply curious about their body and want to improve their health



CGM doesn't just show numbers — it helps your body to talk, and helps you make small changes that lead to big results.



HOW DO YOU START?

Yuwell Anytime CGM in 4 Simple Steps

- | | |
|---|--|
| <p>Track Anytime
Real-time glucose readings, see your body in action.</p> | <p>Set Smart Alerts
Customize your glucose range for better control.</p> |
| <p>Recharge & Save
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• Low-Cost
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WHAT OUR USERS SAY:

It was surprisingly pain-free, waterproof, and provided real-time glucose readings every minute. Super convenient and insightful!

As someone who does intermittent fasting by skipping breakfast, I usually have my first meal around noon. I always thought my morning irritability (which I often blamed on 起床气) was just part of waking up, but now I know it's actually due to hypoglycaemia.

-Review from A.J

I wore the CGM continuously for 2 weeks, including during my pickleball games and 30-minute swimming sessions every other day, and guess what? It never fell off! The adhesive is seriously strong, no worries about it coming loose with an active lifestyle.

-Review from Ismail



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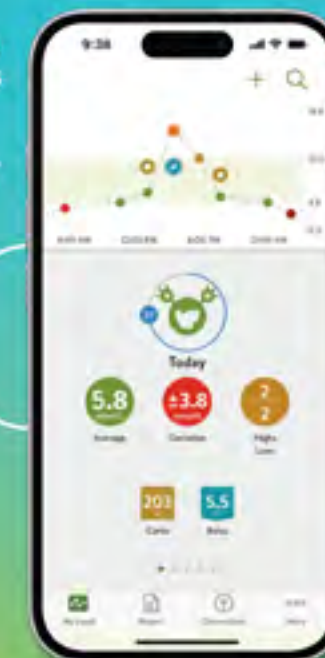
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*Until 31 Jan 2025, based on aggregated numbers provided by the App stores console.

**www.mysugr.com/en/disclaimer-app. Average app rating in App Store and Google Play. Accessed on 31 Jan 2025.

*Available in mySugr PRO version only. Privilege for Accu-Chek Guide Me users in Malaysia.

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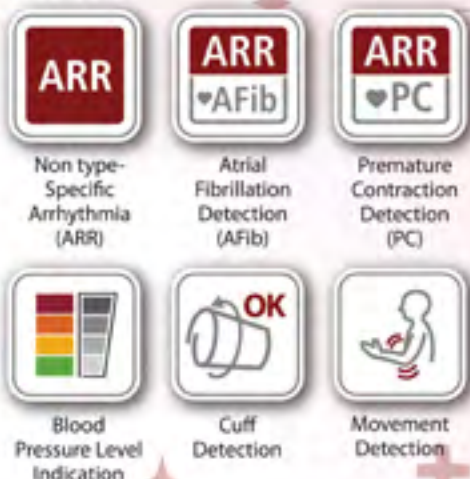
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*Please consult your healthcare professional for the interpretation of result and diagnosis.

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changeunice7248 just tried this and i was skeptical at the beginning, but it works. this will help parents not to worry about their kid's gut health while trying every possible way to let them eat vegetable. kudos to inveigible.

mylittle18C bought it from healthlane pharmacy nearby my residence last month. Both of my kids dont mind drinking it everyday. Thanks to this product as it makes daily consumption of vegetable for my kids go easy. I been looking for this kind product, worry no more! #roadtobuysecondhand #happyhome

SCC8C48247 妈妈给宝宝买了这款完全没有味道颜色也没有糖分的蔬菜粉, 宝宝每天都会乖乖吃了, 真的很棒!

mrpandeehugo Wow! It's just easy to eat veggies!

Don't Let **DIABETES** **DROWN** your **KIDNEYS**

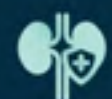
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Diabetes doesn't just raise your sugar — it's like water that slowly rises, silently flooding your kidneys. Each day, high blood sugar weakens their tiny filters. You don't feel it, you don't see it... until one day, your kidneys are suffocated. **That's kidney failure.**

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Tackling Acid Reflux, Heartburn and Indigestion

Whether it's the burning of heartburn or the bloating of indigestion, digestive upsets can affect anyone—busy professionals, new parents, or the elderly. These symptoms can disturb sleep, focus, and overall wellbeing. Fortunately, modern treatments now offer Double Action relief, tackling both problems at once. But what does "Double Action" really mean—and how does it work?



The Science of Discomfort

Acid reflux, heartburn and indigestion are often grouped together but can have slightly different triggers and symptoms. These issues can be occasional or persistent. Triggers range from rich meals and stress to pregnancy, certain medications, or underlying conditions.



Heartburn & Acid Reflux

Heartburn is caused by acid reflux, when stomach acid flows back into the esophagus, creating a burning feeling in chest or throat



Indigestion

Indigestion (or dyspepsia) often feels like bloating, discomfort, or fullness during or after eating, and it may or may not involve reflux

What Is Double Action Relief?

Product that provides double action relief usually contains 500mg of sodium alginate, 213mg of sodium bicarbonate, and 325mg of calcium carbonate. They are formulated to tackle both acid-related discomfort and reflux at the same time. This is achieved through two complementary actions:



Neutralize Stomach Acid

The antacid components of calcium carbonate and sodium bicarbonate effectively neutralize excess stomach acid and help to quickly relieve burning pain and discomfort safely



Prevent Acid Reflux

The sodium alginate forms a protective barrier over the stomach contents to prevent acid reflux and help soothe the burning sensation in your chest or throat

Safe For Use In Pregnancy



Heartburn and acid reflux are common during pregnancy. That's because as the baby grows, they take up more space and press against the stomach. This can slow things down and lead to uncomfortable symptoms like bloating, indigestion, and a burning feeling in your chest. Sodium alginate, calcium carbonate and sodium bicarbonate are safe to be used during pregnancy and breastfeeding to provide double action relief.

Reference 1: K G Mandel 1, B P Daggy, D A Brodie, H I Jacoby. Review article: alginate-raft formulations in the treatment of heartburn and acid reflux, 2000 Jun; 14(6):669-90.
Reference 2: Pontip Meteerattanapit, Vorapong Phupong: Efficacy of alginate-based reflux suppressant and magnesium-aluminium antacid gel for treatment of heartburn in pregnancy: a randomized double-blind controlled trial 2017 Mar 20; 7:44830

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The secret of vitamin D behind your blood sugar struggles

Low Vitamin D might be the missing piece keeping your readings high.

You follow your doctor's advice faithfully. No late-night snacks, very few sweets, regular exercise at the gym, and you never miss your antidiabetic medication. Yet when you check your blood sugar, the readings are still higher than they should be. It is frustrating and confusing. **What else could be wrong?**

One possible answer is Vitamin D. Even though it is often linked only to bone health, research shows that vitamin D also plays a key role in blood sugar regulation. It supports the pancreas in producing insulin, helps your cells respond to insulin's signal, and reduces inflammation that can disrupt glucose control.^[1] When vitamin D levels are too low, your best efforts to manage diabetes may not work as well as expected.

Vitamin D works like a behind-the-scenes assistant in your body's blood sugar control system. Without it, key processes may not run as smoothly as they should. Here is how it can help:



It helps the pancreas produce insulin

The pancreas is a small organ behind your stomach that works like a sugar sensor. When your blood sugar rises after a meal, it releases insulin, a hormone that unlocks your cells so sugar can enter and be used for energy. Vitamin D helps the pancreas do this more efficiently.^[2]



It makes cells more responsive to insulin

Imagine your cells as rooms and the sugar in your blood as guests waiting outside. Insulin is the key that opens the doors to let them in for energy. With insulin resistance, the locks become stiff, so the guests stay outside in the hallway, your bloodstream, causing high blood sugar. Vitamin D helps keep the locks smooth so insulin can open the doors and let sugar enter the cells where it belongs.^[3]



It reduces inflammation

In the door-and-lock picture, insulin is the key and your cell's lock lets sugar in. Low-grade inflammation is like someone shaking the door, making it harder for the key to work. Vitamin D helps calm things down and keeps the lock clear so insulin can open the door and let sugar enter the



It supports immune balance

In Type 1 Diabetes, the immune system mistakenly attacks the insulin-producing cells in the pancreas. This eventually destroys the body's ability to make insulin. Vitamin D helps balance the immune system so it can tell friend from foe, reducing the risk of such attacks and protecting insulin-producing cells.^[4]

Even in sunny countries, many people still have low Vitamin D levels without realising it!

Global studies show that:

People with *low Vitamin D* are more likely to develop *Type 1 or Type 2 diabetes*.^[5]

For those who already have diabetes, raising *Vitamin D* can improve:

- Insulin Sensitivity
- Glucose Control
- Inflammation Reduction

Vitamin D isn't a replacement for medication or healthy habits, but it's an important missing piece that helps your body's insulin work better.

Think about your own routine, do any of these sound familiar?

- Stay indoors most of the day
- Exercise in indoor gyms
- Avoid sunlight or use too much sun protection
- Darker skin needs more sunlight
- Wear hijab or covered clothing
- Following vegan or vegetarian diet

If these habits sound like you, your Vitamin D might be low, but the good news is, it's easy to fix!

Get Some Sunlight

- 20-30 mins of midday sun, a few times weekly
- Expose arms and legs, skip early or late light

3 SIMPLE WAYS TO BOOST YOUR VITAMIN D

Eat Vitamin D Foods

- Fatty fish – salmon, mackerel, sardines
- Eggs, beef liver, fortified milk and cereals
- Sun-exposed mushrooms like shiitake and portobello

Take Supplements (If Needed)

- Vitamin D3 works best to raise level
- Talk to your pharmacist for specific dosing required

Vitamin D does more than strengthen bones, it supports insulin release, improves sensitivity, and reduces inflammation. Even in sunny countries, many people are low in Vitamin D, which may affect blood sugar control. If your readings stay high despite good habits, a simple test at Alpro Pharmacy could reveal the missing piece to better health.



HATI-HATI, GULA BERLEBIHAN BOLEH 'SENYAPKAN' DUNIA ANDA.

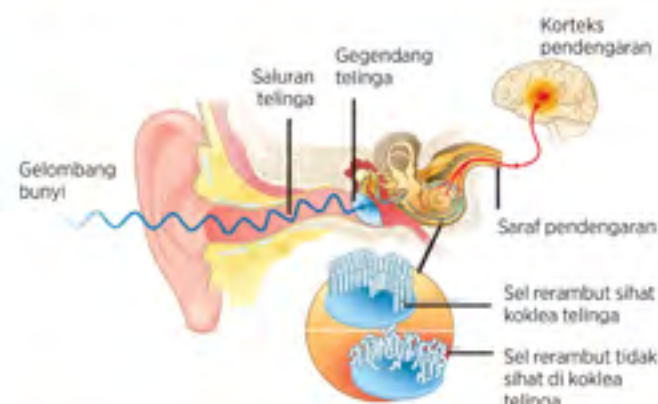
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Audiologist Nur Elya Shafira
Alpro Audiologi



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- Kawal Gula Darah** - Kurangkan kerosakan salur darah dan saraf.
- Kurangkan Bunyi Bising** - Elakkan televisyen atau telefon terlalu kuat.
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Mengapa Ia Terjadi?

- Kerosakan Salur Darah**
Gula tinggi merosakkan salur darah halus di telinga; aliran darah dan oksigen berkurang.
- Kerosakan Saraf**
Saraf telinga rosak akibat kencing manis; bunyi perlahan-lahan hilang.
- Keradangan (Inflamasi)**
Gula tinggi berterusan; keradangan yang lemahkan fungsi telinga.

References: 1. Honikawa, C., Kodama, S., Tanaka, S., et al. (2013). Diabetes and risk of hearing impairment in adults: A meta-analysis. *Journal of Clinical Endocrinology & Metabolism*, 98(5), 51-56. 2. Oh, J.H., Lee, J.H., Park, D.C., et al. (2023). Association between diabetes mellitus and hearing loss: A cross-sectional study. *Molecular Medicine*, 29(1), 1-10. 3. American Diabetes Association. (n.d.). Diabetes and Hearing Loss. <https://diabetes.org/about-diabetes/complications/hearing-loss/diabetes-and-hearing-loss> 4. Centers for Disease Control and Prevention (CDC). (2022). The Link Between Diabetes and Hearing Loss. <https://www.cdc.gov/hearing-loss/diabetes.html>

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物理治疗如何帮助糖尿病患者

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物理治疗师 庄慧淇

Alpro Physio Butterworth

众所周知，我国拥有丰富的美食选择，也被称为“美食之国”。然而，你是否意识到，享受美食的同时，自己的血糖可能已经悄悄超标？糖尿病 (Diabetes Mellitus) 如今已引起了广大世界的关注。根据2025年的研究，马来西亚在东南亚国家已位于前三拥有最多糖尿病患者的国家，患者人数高达**4.4万人**。

糖尿病并非只与“糖”有关

糖尿病是一种慢性疾病。当胰腺生产的胰岛素(Insulin)不足或人体无法有效利用胰岛素时，血液里的糖分就会无法被有效化解或储藏或利用。糖尿病也分为好几种类型，例如：

类型	特点	高风险人群
1型糖尿病	胰岛素分泌不足或完全缺失	儿童、青少年
2型糖尿病	体内胰岛素无法正确将葡萄糖转化成能量。如果放任不治会导致血糖逐渐上升至不健康的程度	成人、中老年、肥胖人群
妊娠糖尿病	孕期暂时性胰岛素功能障碍	孕妇
继发性糖尿病	由其他疾病或药物引起	儿童、青少年

超过95%的糖尿病患者都是属于2型糖尿病。

2型糖尿病的症状一开始并不明显，包括：



容易感觉渴



频繁排尿



手脚麻痹



视觉模糊



性问题



胸口疼痛

随着时间推移，患者可能会有心脏、肾脏、神经等问题。总结以上资讯，控糖成了关键性的因素。预防糖尿病的最佳方式就是维持健康均衡的饮食，充足的睡眠，维持体重和活跃运动。

运动不但帮助我们有效地控糖，也可以有效地降低血压和胆固醇指数。特别是有氧运动，可以帮助我们控糖之外，还可以帮助维持体重，间接性地提高生活品质。大家可尝试每周选五天，进行最少30分钟以上的中度有氧运动，例如：尊巴舞、爬山、游泳等。若在室内没有很大的空间，也可以选择以下的室内有氧运动。

有氧运动包括：



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跑步

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向下抬腿拍掌

1. 手伸直并站立
2. 脚抬起来，手臂向下挥，并拍掌
3. 重复另一只腿
4. 以上步骤重复50次



开合跳

1. 站立，双手在腿边
2. 跳跃同时把双手向旁边举起，举直到头上
3. 再跳跃，把双手朝下，回到初起步骤
4. 以上步骤重复30次



手肘碰膝盖

1. 摆出图一动作
2. 用左手肘碰抬起的右膝盖
3. 用另一边重复以上动作
4. 以上步骤重复30次



坐站

1. 坐在椅子上，双手交叉
2. 上半身向前倾斜，然后站立
3. 坐回椅子上
4. 以上步骤重复50次



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控糖最重要的口诀就是‘守住口，动起来’，自律是最重要的秘诀。

References:

Akhtar S, Nasir JA, Ali A, Asghar M, Majeed R, Sarwar A. Prevalence of type-2 diabetes and prediabetes in Malaysia: A systematic review and meta-analysis. PLoS One. 2022 Jan 27;17(1):e0263139. doi: 10.1371/journal.pone.0263139. PMID: 35085366; PMCID: PMC8794132 | Mohd Redzuan, N.H., Sulaiman, S.A., Abdul Murad, N.A. et al. Genetics of type 2 diabetes (T2D) in Malaysia: a review. Egypt J Med Hum Genet 26, 109 (2025). <https://doi.org/10.1186/s43042-025-00736-1> | Managing diabetes. (2025, August 12). National Institute of Diabetes and Digestive and Kidney Diseases. <https://www.niddk.nih.gov/health-information/diabetes/overview/managing-diabetes>



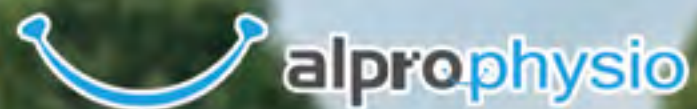
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Medicine isn't one-size-fits-all. Your genes decide the fit

For many people living with diabetes, medication becomes part of daily life, from metformin to statins, blood pressure tablets, or combinations adjusted by your doctor. Yet **ONE** common experience remains:

"Why does my friend get better sugar control with the same medicine, but I don't?"

"Why do I get side effects when others feel fine?"

We often blame lifestyle or diet, but there is another science-backed explanation:

Your genes can influence how well diabetes, related medicines work in your body.

This field is called **pharmacogenomics (PGx)**; the study of how DNA affects medication response.



Ph. Lee Hua Loon
Pharmacist & Project Coordinator,
pro.Genome



Reference: D. Ahangari, N. Naderi, M. & Ghavidi, M. (2020). The role of pharmacogenetics in statin therapy. *Annals of Medicine*, 52(7), 333-346. 2) Al-Eitan et al. (2016). Metformin pharmacogenetics: Effects of SLC22A1, SLC22A2, and SLC22A3 polymorphisms on glycemic control and HbA1c levels. *Journal of Gene Medicine*, 20(4), e1065. 3) Bai, H. J. et al. (2008). Genetic variation in the CYP2D6 gene and the effect on metoprolol response in hypertensive patients. *Clinical Pharmacology & Therapeutics*, 85(3), 269-272. 4) Lehtinen et al. (2012). A comprehensive pharmacogenomic study indicates roles for SLC6B1, ABCG2, and SLC22A1 in rosiglitazone pharmacokinetics. *British Journal of Clinical Pharmacology*, 89(5), 1530-1544. 5) Murphy, W. A. et al. (2022). Pharmacogenomic study of statin-associated muscle symptoms. *Pharmacogenomics and Personalized Medicine*, 15, 501-513. 6) Ningrum, V.D.A. et al. (2022). The influence of metformin transporter gene SLC22A1 and SLC7A1 variants on steady-state pharmacokinetics and glycemic response. *PLoS ONE*, 17(7), e0271602. 7) Zhou, S. F., Zhou, J. W., & Huang, M. (2019). Polymorphisms of human cytochrome P450 2C9 and the functional relevance. *Drug Metabolism Reviews*, 42(2), 89-123. 8) Zhou, Y. et al. (2021). Association between organic cation transporter genetic polymorphisms and metformin response: A meta-analysis. *Frontiers in Public Health*, 9, 1183879.

Why the same medicine works differently for different people

Every medication will be absorbed, transported, metabolised, and removed from the body. Your genes control most of these steps.

This means two people taking the same dose can experience:

- different efficacy
- different side effects
- different progress over months

Here are common examples:

Medicine	Gene	Effect
Metformin	SLC22A1	Some people experience stomach upset or poor sugar improvement. This happens because the gene controls how well the medicine enters your cells.
Sulfonylureas (e.g., gliclazide)	CYP2C9	Your genes affect how fast your body breaks this medicine: Slow metabolizers: Low-sugar risk higher Fast metabolizers: Sugar level hard to go down.
Statins (cholesterol protection)	SLCO1B1 ABCG2	Genes affect how quickly your body clears statins. Some people get muscles pain or need a different statin.
Blood Pressure Medicine	CYP2D6	Often used in diabetes for kidney and heart protection. A gene affects how strongly beta-blockers work, changing side effects.

From Trial-and-Error to Personalised Care

Without genetic insights, finding the right medicine can feel like:



Pharmacogenomics helps reduce this uncertainty.



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Find the right medicine from the start.



Fewer side effects

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pro.Genome provides a comprehensive PGx + NGx profile processed in an ISO-certified lab, helping doctors personalise treatment for medicines related to:

- sugar control
- cholesterol
- blood pressure
- nerve and heart protection

Your DNA does not change; making the report useful for life.

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If you've ever wondered why medicines work differently for you, your genes may be part of the story.

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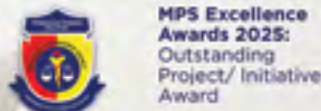


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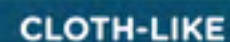
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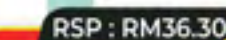
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3. Opening the dressing pack compromises the sterile barrier therefore any unused dressing should not be retained for application at a later date.
4. If redness or sensitisation occurs, then discontinue use and consult a healthcare professional.

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References:
Josephlister (UK) Ltd (2018) BACTIGRAS® Dressing. [online]. Available from: <http://www.josephlister.co.uk> [Accessed 10/01/2025].
Smith+Nephew (2018) BACTIGRAS® Dressing. [online]. Available from: <http://www.smith-nephew.co.uk> [Accessed 10/01/2025].
BACTIGRAS® Dressing is a soft paraffin dressing designed to protect the injury, whilst acting as a wound contact layer between the wound and an absorbent secondary dressing. The chlorhexidine acetate antiseptic in BACTIGRAS® Dressings gives long lasting action up to 4 days against a range of bacteria* if you are unsure of the severity of the wound or condition, consult a healthcare professional prior to first use of this product. *Demonstrated with anti-proliferation laboratory testing.
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1 in 3 People with Diabetes Experience SENSITIVE SKIN

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Sensitive skin isn't just about discomfort — it can be a sign of something deeper.

For people with diabetes, skin changes are common, especially skin that is **dry, easily irritated, and slow to heal**.

When sugar rises, your skin suffers

High blood sugar makes the skin lose moisture faster, leaving it dry, itchy, and tight. At the same time, high sugar levels weaken the skin barrier, making it harder to protect against irritants, bacteria, and allergens. Even small scratches or cuts may heal slowly, raising the risk of cracks, redness, or infection that affect daily comfort.

That's why skin care should never be seen as purely cosmetic. For sensitive skin, and especially for those with diabetes — **gentle daily care** is an essential step in protecting overall health.



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Vitamin E
Rejuvenate blood vessels



Improve CoQ10 absorption

Support Healthy Cholesterol

Strengthens Heart Function & circulation

References

- Aon, M. A., Tocchetti, C. G., Bhatt, N., Paolucci, N., & Cortassa, S. (2015). Protective mechanisms of mitochondria and heart function in diabetes. Antioxidants & redox signaling, 22(7), 1563-1586.
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- Mind Rodzi, N. A. R., Mohd Sopian, M., & Lee, L. K. (2020). Effects of Sachu Inchi (Plukenetia volubilis L.) Oil Supplementation on Hyperglycaemia, Hypertension and Hyperlipidaemia (3Hs) Patients: A Preliminary Human Trial. Plant Foods for Human Nutrition, 80(3), 80.

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WHEN EATING FEELS LIKE HIKING

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The truth is:

"It's not always how much you eat, it's how your body handles sugar."

Instead of fuelling your energy, sugar often gets stored as fat, leaving you tired after meals and stuck with central obesity.

Here's what usually happens:

- **Sugar imbalance** — energy spikes and crashes that trigger cravings, fatigue, and brain fog.
- **Stubborn belly fat** — sugar that gets locked in around your waistline.

The 2 problems feed off each other, creating a cycle that makes every meal feel like an uphill climb.

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Insulin Reset



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Reference: Thondre, P. S., Lightowler, H., Ahlstrom, L., & Gallagher, A. (2021). Mulberry leaf extract improves glycaemic response and insulinaemic response to sucrose in healthy subjects: results of a randomized, double-blind, placebo-controlled study. Nutrition & Metabolism, 18, 41. <https://doi.org/10.1186/s12986-021-00571-2>

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Ph. Ng Yi Ling
Professional Care & Development Manager

Can supplements reverse prediabetes?

Here's the Truth.

Is Prediabetes Reversible?

Let's take a closer look.

A glucometer reading of 6.5 mmol/L falls into the pre-diabetic range. Your body is signalling that your blood sugar is creeping into a risky zone, but this is also a powerful opportunity.

According to medical guidelines, prediabetes is diagnosed when:

Fasting blood glucose (after 8 hours fast)	5.7 – 6.9 mmol/L
Random blood glucose (2 hours after meals)	7.8 – 11.0 mmol/L
HbA1c (3-month blood sugar average)	5.7 – 6.2%

The encouraging news is that pre-diabetes can be reversed with the right lifestyle changes and help of medication.

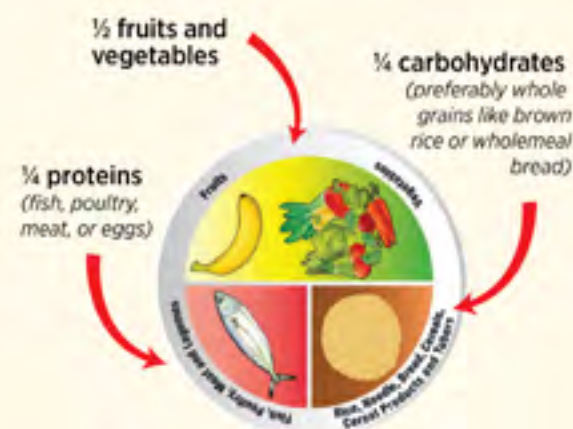
So, what works?

Lifestyle intervention remains the strongest evidence-based approach. The landmark Diabetes Prevention Program (DPP) found that:

- **150 minutes per week** of moderate activity (e.g., brisk walking)
- **Following the Quarter-Quarter-Half healthy plate** (continue the *suku suku separuh* image)
- **Losing 7% of body weight**

Improved insulin sensitivity and normalised blood sugar levels. Lifestyle intervention reduced progression to diabetes by 58%, making it the most effective strategy available for prediabetes management.

So, can prediabetes be reversed?
Yes, it can!
Let's explore how?



References: CPG – Management of Type 2 Diabetes Mellitus (6th Edition) / Anderson R. Chromium in the Prevention and Control of Diabetes, Diabetes Metab. 2000;24(7):22-7. / Braun L., Cohen M. Herbs & Natural Supplements: An Evidence-Based Guide (4th Ed.) / Blackmore Institute – Metabolic Health Diabetes Fact Sheet / Nigella saliva supplementation improves cardiometabolic indicators in prediabetes and type 2 diabetes mellitus. Front Nutr. 2022.

Does medication help?

Yes. For some people, metformin gives extra support when lifestyle changes alone are not enough. Studies show it can increase the chances of returning to normal sugar levels, especially when combined with healthy habits.

How Metformin Helps Your Body

1. Reduces excess sugar from the liver

Your liver releases sugar, especially at night. Metformin tells the liver to produce less sugar, helping lower fasting sugar levels.

2. Improves insulin sensitivity

It helps your cells respond better to insulin, reducing insulin resistance, a key cause of pre-diabetes.

3. Gives the pancreas a "rest"

In pre-diabetes, the pancreas works extra hard to produce insulin. Over time, this can tire out the beta cells and lead to Type 2 diabetes.

Metformin helps by:

- Reducing how much insulin your body needs
- Taking pressure off the pancreas
- Slowing down beta-cell exhaustion

This "resting effect" helps the pancreas stay healthier for longer.

4. May support small weight loss

Some people feel less hungry or burn calories better, which can help with modest weight reduction, another boost for sugar control.

Metformin is one of the most trusted medications for pre-diabetes, but it works best together with healthy lifestyle changes..

Where do supplements come in?

Supplements are often marketed as quick solutions for blood sugar control, but it is important to understand their real role. While some may offer **small metabolic or antioxidant benefits**, **no supplement has been proven to reverse pre-diabetes** on its own. What supplements can do is complement the foundation of good health:

SUPPLEMENT	HOW IT WORKS
Chromium	Improves insulin sensitivity by increasing insulin receptor activity.
Cinnamon	Acts as an insulin sensitiser, slightly lowering blood sugar.
Bitter Melon Extract	Enhances insulin sensitivity, reduces glucose absorption.
Black Seed Extract	Contains thymoquinone, with antioxidant and anti-inflammatory effects.

Instead, think of supplements as optional add-ons, useful only when chosen carefully and guided by a healthcare professional.

DON'T FORGET!

There's **no one-size-fits-all** solution, only personalised, science-backed plan will fit your body and lifestyle.

How Do I Know If I Have Prediabetes, and What Should I Do Next?

Prediabetes often has **no symptoms**, so the only way to know for sure is through a blood test. If you're unsure about your risk, visit any **Alpro Pharmacy** for a **subsidised HbA1c test** and professional guidance from our healthcare team.

At Alpro, pharmacists, doctors, dietitians, physiotherapists, and fitness experts work together to give you consistent advice, safe monitoring, and personalised care — all essential in preventing diabetes effectively.

Once you know your numbers, the next step is to take charge of your health. Prediabetes doesn't mean diabetes is inevitable. With the right actions, you can change the outcome.

- Start here:**
- **Eat Smart** : Choose balanced, healthy meals.
 - **Move More** : Stay active with daily exercise.
 - **Take Wisely** : Use medications like metformin only when prescribed.
 - **Stay Informed** : Be cautious about supplements and always consult a healthcare professional.

These small steps ; Done consistently ; are far more powerful than any supplement

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Ph. Michelle Liew Chee Hui
Pharmacist, Hospital Kuala Lumpur, KKM

The truth about Insulin:

Separating Fact from Fiction

For millions of people with diabetes, insulin is a life-saving medication. Yet, for many others, it's clouded by several myths. These misconceptions can lead to fear, hesitation, and even delayed in starting insulin treatment.

It's time to set the record straight. Let's separate the facts from the myths.

What is Insulin?

Before we look into the myths, let's quickly understand what insulin actually does. Insulin is a hormone produced by the pancreas. Its primary job is to regulate blood sugar (*glucose*) levels. Insulin acts like a key, unlocking your cells to allow glucose to enter and be used for energy. Without enough insulin or if your body can't use it effectively, glucose eventually builds up in the blood, leading to high blood sugar and it is known as diabetes.



Myth #1:

Taking Insulin Means You've Failed or Your Diabetes is "Worse."

This is perhaps the most harmful and pervasive myth. Many people view starting insulin as a personal failure or a sign that their condition has spiralling out of control and insulin is a last treatment option.

The Truth: Normally, our body makes insulin to keep blood sugar within a healthy range. Since type 2 diabetes progresses over time, the body may produce less insulin, and insulin treatment might be needed eventually. Needing insulin doesn't mean you've done something wrong; it means you're taking steps to prevent long-term complications such as heart disease, stroke, nerve damage, kidney failure, and vision loss.

Myth #2:

Insulin Causes Complications like Kidney Failure.

The Truth: This complication is associated with poorly controlled diabetes itself, it is not due to insulin treatment. Poorly controlled diabetes in long term affects kidney blood vessels and reduces its effectiveness to function normally. In fact, starting insulin as advised by doctor is to prevent kidney failure. In diabetes, our body is unable to produce adequate insulin, and insulin treatment acts as a top up for the deficit.

Insulin Facts vs Myths:

What you really need to know?

Myth #3:

Insulin Injections are Always Painful.

The thought of needles can be intimidating, leading to anxiety about insulin injections.

The Truth: Modern insulin needles are fine and short, and it is reported its almost painless. Mastering the correct injection technique and using new needles for each injection are some of the important ways to minimize pain. The phobia of needle is typically greater than the discomfort it causes.

Myth #4:

Insulin Causes Weight Gain.

This is a common concern that make people reluctant to start insulin therapy.

The Truth: Although insulin therapy has sometimes been linked with weight gain, it is not a direct cause. Insulin helps the body use food more effectively, and with a balanced diet and regular exercise, weight gain can often be prevented.

Myth #5:

Once you start insulin treatment, you can never stop it.

The Truth: Not everyone who starts insulin will need it forever. Some people may need insulin only for a period of time — for example, during illness, surgery, pregnancy, or when blood sugar is very high. With improved lifestyle changes, weight management, and oral medications, some people may be able to reduce or even stop insulin under their doctor's guidance.

Dispelling the Stigma

Living well with diabetes means focusing on long-term quality of life. Insulin is a proven treatment that can help achieve this. By challenging common myths, you can move past fear and see insulin for what it is; a life-saving therapy.

If you feel unsure about starting insulin or have questions, talk to the healthcare professionals for they are your best partners in managing diabetes.

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EAT SMART ENJOY MORE

Enjoy your favourite meals without compromising your health.



Nutritionist Nur Shahirah Binti Zulkifli
Malaysian Diabetes Educator Society (MDES)

Introduction

Malaysians are well-known for their love of food. From nasi lemak to roti canai and teh tarik, it's hard to resist! But at the same time, Malaysia's health statistics are worrying, with obesity and diabetes rates among the highest in Asia. **One of the core principles of a diabetic diet is to choose healthy carbohydrates, eat more fiber and portion control.**

Many people wonder:

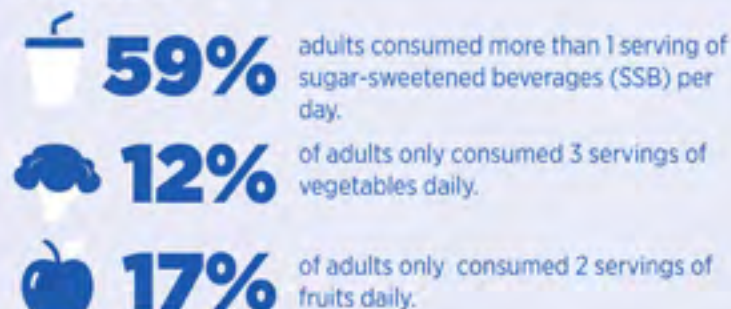
"Do I really have to give up taste for health?"

Can I still enjoy good food and stay healthy?"

The answer is: Yes! With the right knowledge and more intelligent choices, you can enjoy your favourite meals without guilt.

Understand Malaysian's Eating Habits

According to the National Health and Morbidity Survey 2024 (NHMS 2024),



This suggests that small lifestyle changes, rather than strict restrictions, are necessary to make a significant difference.

How Food Affects Your Blood Sugar Level



With modern tools like Continuous Glucose Monitoring (CGM), we can clearly see how different foods impact blood sugar levels in real-time. Studies show that meals high in refined carbohydrates, such as white rice or roti canai, often lead to sharp glucose spikes.

To reduce these spikes, follow the **Quarter-Quarter-Half (Suku-Suku Separuh)** meal concept — 1/4 carbs, 1/4 protein, 1/2 fruits and vegetables. This helps maintain steady blood sugar levels and reduces the risk of diabetes, hypertension, and heart disease.



Food Layering – A Simple Way to Control Blood Sugar

Not all foods affect blood sugar the same way. This effect is known as the glycemic response — the rate and magnitude of blood sugar rise after eating. Refined carbohydrates such as white rice, noodles, or roti canai are digested quickly, leading to sharp glucose spikes.

One simple trick to reduce this? Food layering. By eating fibre-rich vegetables and proteins first, followed by carbohydrates, you can slow down digestion and prevent sudden spikes in blood sugar.

For example:



Smart Eating Tips for Everyday Malaysians



Smart Usage of the Continuous Glucose Monitoring (CGM)

Research and real-time data from Continuous Glucose Monitoring (CGM) show that tracking your glucose levels helps identify how your body reacts to different foods. Incorporating CGM into your daily routine can make healthy eating decisions easier and more personalised.

Healthier Twists on Malaysian Favourites

- 
Nasi Lemak
Malaysia's all-time favorite...
 - Choose a smaller portion size.
 - Ask for sambal with less oil.
 - Add more vegetables, such as cucumber, or hard-boiled egg or grilled anchovies for balance.
- 
Roti Canai
Affordable, delicious, but...
 - Limit to 1 piece and try plain roti with dhal instead of curry rich in coconut milk.
 - Occasionally, swap with chapati, which is higher in fiber.
- 
Teh Tarik
A national icon...
 - Order "less sweet" or "one teaspoon of sugar" content in beverages.
 - Try alternatives like lime tea (Teh O limau) without sugar or unsweetened green tea.

Personal Advice and Takeaway

Healthy eating is not about banning your favorite foods — it's about balance. You can still enjoy nasi lemak, roti canai, or teh tarik, but in a smarter way. Wear a real-time continuous glucose monitoring to know how food affects your glucose trends and to understand which food is bad and good for you.

Every small choice you make today is an investment in your future health. So, the next time you enjoy a delicious meal, choose a balanced plate with the right portions — your body will thank you.

Start making smarter food choices today!

Visit your nearest Alpro Pharmacy branch for personalised nutrition advice from our pharmacists or dietitians.

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Tiba-tiba rasa menggigil, berpeluh?

Kadang kala tubuh kita menjerit lebih awal daripada kita sedar; kenali isyarat **HIPOGLISEMIA** sebelum terlambat.

SITUASI 1

Bayangkan begini: Anda sedang membeli-belah di pasar raya, tiba-tiba tangan mula bergetar, jantung berdegup laju, dan kepala terasa seperti lampu yang malap. Bukan anda berada dalam filem suspens; anda mungkin sedang mengalami hipoglisemia (gula darah rendah).

SITUASI 2

"Bangun pagi, rasa semangat... tiba-tiba tangan menggigil, kepala rasa ringan..."

Pernah tak rasa macam ni? Sedang sibuk buat kerja, tiba-tiba rasa berpeluh, pening, dan hati mula rasa tak sedap. Jangan terus fikir "alah, mungkin lapar je"; itu mungkin tanda gula dalam darah anda terlalu rendah, atau dalam bahasa mediknya: **HIPOGLISEMIA**.

Apa sebenarnya HIPOGLISEMIA?

Hipoglisemia berlaku apabila paras gula dalam darah jatuh di bawah paras normal, biasanya di bawah 4 mmol/L (72 mg/dL). Glukosa ialah sumber tenaga utama badan, terutamanya untuk otak. Bila gula darah terlalu rendah, otak akan menghantar "isyarat kecemasan" dan gejala akan muncul.

PUNCA-PUNCA Hipoglisemia berlaku?

Tidak makan atau makan terlalu lewat.



Contoh:
Bangun lambat > Terus ke pejabat > Sarapan entah ke mana.

Dos ubat diabetes berlebihan



Sesetengah ubat (terutamanya insulin / sulfonurea) boleh turunkan gula terlalu rendah.

Pengambilan alkohol berlebihan



(terutamanya ketika perut kosong) Alkohol mengganggu hati daripada lepaskan gula simpanan.

Senaman berat tanpa pengambilan makanan yang seimbang



Senaman berat tanpa pengambilan makanan yang seimbang

Masalah kesihatan yang melibatkan hati, buah pinggang atau hormon



SIMPTOM Hipoglisemia

HIPOGLISEMIA juga boleh melarat sehingga menyebabkan simptom yang lebih serius seperti sawan atau pengsan, dan dalam keadaan tertentu boleh membawa kepada koma diabetik.



Menggeletar



Degupan Jantung Cepat



Berpeluh Sejuk



Pening



Gelisah



Perubahan Tingkah Laku



Penglihatan Kabur



Penat dan Lesu



Lapar



Sakit Kepala

Hipoglisemia? Jangan panik, ikut PERATURAN 15-15!

Langkah mudah untuk stabilkan gula dalam darah dengan cepat dan selamat.



Periksa Gula Darah



Ambil 15 gram karbohidrat bertindak pantas seperti:

- 3-4 gula-gula
- 1/2 cawan (125 ml) minuman bergula / jus buah
- 1 sudu besar gula atau madu



Tunggu 15 minit, kemudian periksa semula



Jika masih rendah, ulang langkah.



TIP: Simpan gula-gula atau madu dalam beg atau kereta



DAPATKAN RAWATAN SEGERA

1. Jika anda kerap mengalami hipoglisemia,
2. Jika gejalanya teruk (sawan, pengsan), segera dapatkan rawatan.

"Ini bukan sekadar 'gula rendah'; ini adalah kecemasan perubatan."

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Masa : 10.30pagi - 5.30petang

Sesi bergambar: 15 mins/slot

孕期的无声警讯

妊娠糖尿病



药剂师 刘颖盈
大专母婴药剂师

妊娠糖尿病 (GDM) 是孕期最常见的健康挑战之一，每年影响成千上万的妈妈。它往往在孕中期或孕晚期“悄悄出现”，却可能带来长远影响。好消息是通过及早检测维生素D与血糖监测，可以大幅降低风险，守护母婴健康。

当荷尔蒙打乱平衡

怀孕期间，胎盘会分泌雌激素、皮质醇及胎盘泌乳素等激素，虽然有助宝宝成长，却会降低身体对胰岛素的敏感度。当胰脏无法分泌足够胰岛素来平衡血糖，妊娠糖尿病便会出现。风险较高的族群包括：



年龄超过30岁



孕前体重偏高



有糖尿病家族史



药剂师提醒：

这并非饮食不当，而是怀孕期间自然的生理变化。

黄金检测期与常见心理

马来西亚卫生部与美国糖尿病协会建议所有孕妇在怀孕 24-28 周进行口服葡萄糖耐量测试 (OGTT)。这项检测能在无症状阶段发现血糖异常，避免错过治疗时机。然而，许多孕妈在被安排做OGTT时往往感到抗拒或担心，尤其在被告知“可能需要打胰岛素”时，会产生恐惧与自责。事实上，胰岛素并不可怕，它能帮助血糖稳定，保障宝宝健康，并预防并发症。重要的是，别害怕检测，别拖延行动。越早发现，越容易控制。

维生素D：孕期的隐藏关键

最新研究显示，维生素D缺乏与妊娠糖尿病风险升高密切相关。维生素D不仅影响骨骼健康，也参与胰岛素的分泌与敏感度调节。孕妇若能及早检测维生素D水平，并在药剂师或医生指导下补足，可帮助：



降低妊娠糖尿病风险



稳定血糖与免疫系统



支持胎儿骨骼与脑部发育



药剂师和家庭医生提醒：

建议孕妈在孕早期即前往附近的大专药剂或大专诊所，检测维生素D与血糖水平，提早预防，安心度孕。

药剂师建议：饮食正确，提早检测

控制血糖不是“不能吃”，而是“懂得怎么吃”。用餐时先吃蔬菜，再吃蛋白质，最后吃主食，可减缓血糖上升。饭后走10至15分钟，也能帮助身体更好地利用血糖。这些小改变，比完全忌口更健康、可持续。

结语

妊娠糖尿病不是“孕期的糖分问题”，而是身体对我们发出的信号。勇敢检测、科学管理、规律追踪，让每位妈妈都能稳稳地守护自己，也守护新生命。

欢迎前往大专药剂或大专诊所，进行维生素D与血糖检测，让专业药剂师陪你安心度孕。

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四个孕期控糖重点

1. 均衡饮食

多摄取高纤维、优质蛋白与复合碳水化合物，减少精致糖分。研究发现，在米饭中加入膳食纤维（如糙米、燕麦、混合谷物）可降低妊娠糖尿病风险并稳定血糖。

2. 适度运动

孕期散步、游泳或孕妇瑜伽都能提高胰岛素敏感度。

3. 药物辅助

若饮食与运动不足以控制血糖，医生可能建议药物治疗，如胰岛素或二甲双胍 (Metformin)，以确保母婴安全。在专业指导下使用药物是安全的，对宝宝没有伤害。

4. 产后追踪

约半数GDM妈妈未来可能发展为第二型糖尿病。产后6至12周应再次检测血糖，持续监测。



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Kabrita's Easy-Dissolve Formula

Feeding time is more than just nourishment—it's a moment of bonding and comfort between parent and child. However, something as seemingly minor as foam in infant formula can disrupt that experience, especially for children with sensitive tummies.



**Dietitian
Han Wan Chien**
Head of Product Excellence,
Kabrita Malaysia

WHAT CAUSES FOAM IN MILK FORMULA?

Foam forms when air gets trapped during mixing, especially if the bottle is shaken hard. Some proteins or stabilizers in formula can make foam last longer.

Excessive foaming may signal poor solubility or too many stabilizers, making the formula harder to mix and leading to clumps or air bubbles that babies might swallow. ▶

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A2
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PROTEIN



◀ Kabrita
Less Foam



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More Foam

WHY IS FOAM A PROBLEM FOR CHILDREN?

Foam might seem harmless, but for little ones, especially those prone to colic, gas, or reflux, it can make a significant difference:

- **Swallowing air bubbles** in foamy milk can lead to bloating, gas buildup, and fussiness
- **Disrupted digestion** can reduce feeding satisfaction, sleep quality, and overall calmness
- **Parents may misinterpret discomfort as hunger**, leading to overfeeding



NOT GOATY
4°C
TO LOCK IN
FRESHNESS

HOW KABRITA IS DIFFERENT?

Naturally Balanced Proteins
Goat milk's A2 beta-casein profile leads to softer curds and better mixing properties, reducing foam during reconstitution.

◀ **Fine Powder Granules**
Kabrita uses ultra-fine, spray-dried powder, which dissolves more easily in water and leaves little to no residue.

No Emulsifier
With a simplified formula structure, Kabrita avoids emulsifying agents that often contribute to persistent foam in other formulas.

Kabrita's low-foam formula supports better feeding flow, reduces the chance of air swallowing, and promotes overall digestive comfort—especially important for children prone to gas, colic, or reflux.

For parents seeking a smooth, gentle, and fuss-free feeding experience, Kabrita offers peace of mind in every scoop.



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PROMUGEN^{kid}

RACE UP Grow Taller & Stronger

What Helps Kids to Grow Taller?

A study¹ shows up to 40% of a child's height can be influenced by non-genetic factors — particularly the growth hormone IGF-1. This hormone needs to be activated naturally with the right nutrients and support

Why Kids Need Promugen Kid RaceUP

Unlike typical calcium supplements, RaceUP is a 4-in-1 complete height formula:

- Regulate growth hormone (IGF-1)
- Absorbs nutrients efficiently
- Construct stronger bones
- Enhance immunity

Clinically Proven for Height Growth

A Korean study² found that YGF-251 significantly increased IGF-1 levels. It supported healthy height growth in children. The same active ingredient is in Promugen Kid RaceUP.

¹Choi, C. S., Kim, J. S., Lee, C. W., Park, J. S., Hong, E. K. (2002). Effect of Plant Extract(YGF) on inducing IGF-1 Secretion. School of Biotechnology and Bioengineering, 17, 203 - 206.
²Ha, K. C., Baek, H. I., Kim, H. M., Kim, Y. M., Jeong, D. Y., Hong, S. J., ... & Choi, C. M. (2019). Clinical Study on Child's Height Growth of Mixtures of Cynanchum wilfordii and Phlomis umbrosa Extract. Journal of Korean Medicine Rehabilitation, 29(1), 75-83.

Is Your Child On Track for Growth?

Growth isn't just about genetics. With the right nutrition, kids still have a chance to catch up. Use the CDC Growth Chart or get free guidance from Alpro Pharmacy's Nutritionist & Dietitian team.



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The Secret Behind Your Kids' Health Is COLOUR



Nutritionist Gilliant Tan
Alpro Pharmacy

“Is your child eating the right colours?”

Encouraging children to eat enough vegetables is a common concern for many parents. During key stages of growth, however, children need more than just sufficient food — they require a wide range of natural nutrients that support healthy development.

Some common concerns among children include:

- Picky eating habits
- Frequent colds and low immunity
- Difficulty concentrating or staying focused
- Digestive issues such as constipation

These issues are not always about the amount of food eaten, but rather about the variety of nutrients provided by different colours of food.

One effective way to ensure this balance is through the five-coloured vegetable approach. By paying attention to the colours on your child's plate, you can naturally supply their body with the essential vitamins, minerals, and antioxidants needed for growth and resilience.



“When kids eat... but still miss out”

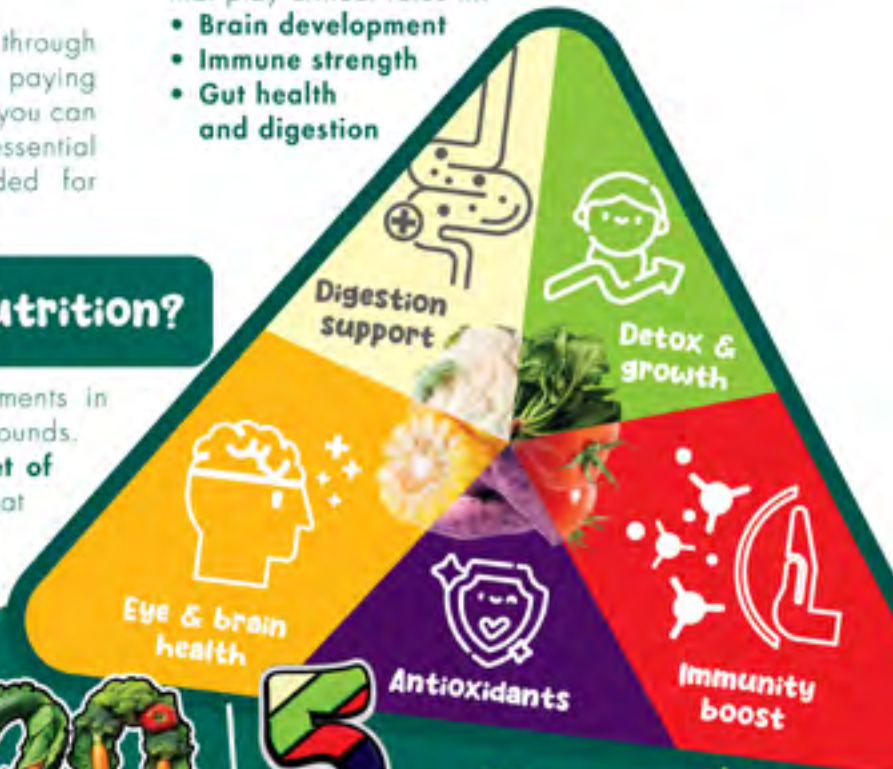
For many children, mealtimes are filled with the same familiar foods:

Rice, Bread, Noodles, Milk

While these staples provide energy, they often lack the nutrient diversity children need during growth. What's missing are the vibrant colours found in fruits and vegetables — reds, oranges, greens, purples, and whites. This means that even if children eat enough food, their plates may still be “nutritionally pale”.

These colours are not just visually appealing. They represent unique plant nutrients (phytonutrients) that play critical roles in:

- Brain development
- Immune strength
- Gut health and digestion



Why colour matters in nutrition?

Scientists have found that the natural pigments in plants are linked to specific protective compounds. Each colour group provides a different set of vitamins, minerals, and phytonutrients that cannot simply be replaced by supplements or plain carbohydrates.



A classroom filled with bright smiles, laughter, and curious hands in the air; that's the magic of **Alpro School Talk**. Our **2025** program brings health education to life with fun activities and games that teach kids about healthy eating, deworming, and safe medication disposal. Students cheer as they earn **Redemption Cards** for rewards and bring home **Mission Cards** to complete with their parents, turning school lessons into real healthy habits at home.

What Every Child Takes Home?

- Healthy Eating -**
Why colourful foods make strong bodies
- Deworming Awareness -**
Tummy-safe, active kids
- Medicine Safety -**
Spotting expired medicines
- Safe Medication Disposal -**
Protecting family and environment
- Games + Quizzes -**
Learning through fun

Why Kids, Parents Teachers Love It?

Kids walk out of School Talk feeling proud, knowing they understand how to stay healthy and safe.

Parents see their children growing more thoughtful, more aware, and more confident each day.

With every **Redemption Card** and **Mission Card**, families build real healthy habits together; guided by the courage and curiosity of their little ones.

“They're not just learning; they're growing.”

Voices of Parents and Teachers

“My daughter reminded me to check our medicine cabinet for expired drugs!”, a proud parent shared after a talk at SK Taman Tuanku Jaafar 2.

“The kids had so much fun, they didn't even realize they were learning!”, said one teacher with a laugh.

School Talk is more than a visit — it's a joyful moment of learning for kids and a proud memory for parents. Our team brings health lessons that children remember and families continue at home.

“From Classroom to Home, Health Starts Here.”



THINK Before YOU THROW

01

Safe Medication Disposal

At the Think Before You Throw campaign, Pharmacist Sue Swen shared how throwing unused or expired medicine into bins or toilets can silently harm rivers, marine life, and even enter our food chain.

Through Alpro's Safe Medication Disposal Programme, over 300 outlets nationwide now provide dedicated medication disposal bins — helping families dispose responsibly, prevent misuse, and protect our environment for future generations.



“Every pill counts. Even the ones you don't take.”

— Pharmacist Sue Swen
Alpro Pharmacy

02 The Power of Clothing

Meanwhile, on the other side of the retail world, UNIQLO has been redefining sustainability through its RE.UNIQLO initiative, giving gently used UNIQLO clothing a new life through reuse and recycling.

Their message is simple:

“Clothes are more than fashion, they hold stories, memories, and purpose.”

Each recycled piece carries a second chance — reminding us that mindful consumption begins with appreciation.



03

One Shared Mission. Two Purpose-driven Brands.

At SJK (C) Pei Hua, two unlikely worlds came together — healthcare and fashion. When Alpro Pharmacy, a healthcare brand committed to safe medication disposal, joined hands with UNIQLO, a fashion brand redefining sustainability, something powerful happened.

Together, we want to inspire future generation to:

- **RETURN** expired medicines safely
- **RECYCLE** clothes with dignity
- **RETHINK** waste as opportunity

Because what we throw away says a lot about what we value. This collaboration isn't just a campaign — it's a movement grounded in shared values:

Responsibility.
Impact. Action.



04 Learn with Purpose

A total of 248 students joined a hands-on learning session led by Alpro Pharmacy and UNIQLO, where they crafted their own RE.UNIQLO donation boxes decorated with drawings and heartfelt messages promoting reuse and recycle.

Many students even brought their unused clothes to donate on the spot — turning awareness into real action.

Through creativity and care, these young changemakers discovered that even the smallest actions like returning medicines safely or recycling clothes responsibly — can spark a bigger impact for a healthier planet.



248 Students from SJK(C) Pei Hua, Seremban, Negeri Sembilan.

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Optometrist Akmal Ainawani
Alpro OptiSaver

Protecting Your Vision: The Silent Impact of **DIABETES ON EYE HEALTH!**

Most discussions of diabetes focus on sugar, insulin, and diet. However, as an Optometrist, I must stress the equally serious and often unseen risk: how diabetes can quietly damage vision, sometimes without warning signs, until it's too late.



Understanding Diabetic Eye Disease

Diabetic Eye Disease is not a single condition, but a group of vision-related problems caused by diabetes. These include:

Diabetic Retinopathy (DR) - Damage to retinal blood vessels, causing leakage, bleeding, or scarring; a top cause of working-age blindness.

Diabetic Macular Edema (DME) - Swelling in the macula that severely impairs detailed vision.

Cataract - Develop earlier and progress faster than usual.

Glaucoma - Increased risk of damage to the optic nerve, often due to high eye pressure.

Among these, Diabetic Retinopathy is the most common and can lead to permanent vision loss if left untreated. All these conditions can develop slowly and silently, often without any noticeable symptoms until they are in advanced stages. That is what makes diabetic eye disease so dangerous.

Understanding Diabetic Eye Disease

Many patients delay eye check-ups because they assume their vision is "still okay." Unfortunately, diabetic eye diseases can progress without pain or immediate changes in vision, making routine eye exams crucial. As an Optometrist, I emphasise the importance of annual comprehensive eye examinations for every person with diabetes, regardless of age or whether they experience visual symptoms. During these exams, we perform several tests, including:

- ✓ Visual acuity & refraction
- ✓ Intraocular pressure measurement
- ✓ Dilated fundus examination
- ✓ Retinal photography
- ✓ Optical Coherence Tomography (OCT)

These tests help us detect changes in the eye at a very early stage, before vision is affected and refer patients for timely medical or surgical intervention if necessary.

How You Can Prevent Diabetic Eye Disease?

If you or a loved one is living with diabetes, here are some proactive steps to help safeguard eye health:

- Control your blood sugar, blood pressure, and cholesterol**
These are the key factors in preventing or slowing diabetic eye complications.
- Schedule an annual eye exam**
or more frequently if advised by your Optometrist or Ophthalmologist.
- Report any vision changes promptly**
Blurred vision, floaters, dark spots, or difficulty seeing at night should not be ignored.
- Quit smoking**
as it worsens vascular damage.
- Follow your diabetes management plan closely**
including medications, diet, and exercise.



Final Thoughts

Vision is a gift, and for people living with diabetes, protecting that gift requires awareness, discipline and regular care. Eye complications can be prevented or managed effectively if caught early. Optometrists are here not only to prescribe glasses or contact lenses, but to be an essential part of your diabetes care team.

If you have diabetes and haven't had your eyes checked in the past year, I strongly urge you to make that appointment. It could mean the difference between clear vision and permanent loss of sight.

References
American Diabetes Association. (2022). Standards of Medical Care in Diabetes—2022. Diabetes Care. International Diabetes Federation (IDF). (2021). IDF Diabetes Atlas, 10th edition. Centers for Disease Control and Prevention (CDC). (2023). Diabetic Eye Disease. Retrieved from: www.cdc.gov. Malaysian Ministry of Health. (2020). Clinical Practice Guidelines: Management of Type 2 Diabetes Mellitus. National Eye Institute (NEI). (2023). Diabetic Retinopathy. Retrieved from: www.nei.nih.gov



What is Dry Eye?¹⁻²

Dry eye is a multifactorial disease of the tears and ocular surface that results in symptoms of discomfort, visual disturbance, and tear film instability with potential damage to the ocular surface. It is accompanied by increased osmolarity of the tear film and inflammation of the ocular surface.

Dry eye is often a chronic (ongoing) condition. The condition can be caused by many factors, such as aging, hormonal changes, surgery, certain medications and more.

Dry eye can make it difficult to perform some activities, such as using a computer or reading for long period of time.

References: 1. Lemp MA, Baudouin C, Baum J, et al. The definition and classification of dry eye disease: Report of the Definition and Classification Subcommittee of the International Dry Eye Workshop (2007). *Optom*. 2007;78(9):972-977. 2. Springs CL. Novel hydroxypropyl-guar gelable lubricant eye drops for treatment of dry eye. *Adv Ther*. 2010;27(6):480.

What Does Dry Eye Feel Like?

Not everyone experience dry eye the same way. See if these common symptoms affect you.

- Burning**
A burning or stinging sensation in your eyes
- Blurry Vision**
Especially after reading, even for a short time
- Irritation**
Feeling like something is in or around your eyes
- Watery Eyes**
Having excess tears in your eyes
- Tired Eyes**
Your eyes get tired faster
- Scratchiness or Grittiness**
Your eyes feel rough and sore
- Increased Blinking**
Blinking more frequently
- Dryness**
Your eyes feel dry or sandy

Do you have Dry Eye?

Try the Dry Eye Blink Challenge to identify if you have dry eye symptoms.

- Step 1** Scan the QR code to take the Blink Challenge.
- Step 2** When the timer starts, stare at the screen for 15 seconds.
- Step 3** Get your results to see if you are experiencing dry eye symptoms.

Get Dry Eye Relief with the Right Systane Solution.

Do you have occasional symptoms? (No surgery)	Do you have symptoms everyday?	Do you have specific symptoms that need extra care? (E.g. Post surgery)	Add-On Treatment
Systane Ultra Fast-Acting Dry Eye Relief ^{1,4} Moisture-rich formula instantly hydrates ^{1,4} RSP: RM52.70 RM46.80	Systane Complete Multi-Symptom Dry Eye Relief ^{1,4} Up To 8 Hours of Relief ^{1,4} RSP: RM66.20 RM61.90	Systane Hydration Long-Lasting Dry Eye Relief ^{1,4} Extended hydration formula contains Hyaluronic Acid ^{1,4} RSP: RM56.60 RM53.10	Systane Gel Drops Intensive Dry Eye Relief ^{1,4} Protective Gel formula Day or Night use RSP: RM37.40 RM28.80
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Systane RSP: RM28.30 RM23.70	Systane RSP: RM44.30 RM32.50	Systane RSP: RM32.30 RM30.10	Systane RSP: RM69.50 RM58.60

For regular users of artificial tears with moderate to severe dry eyes, it is recommended to choose Preservative-Free drops.

All SYSTANE products contain Hydroxypropyl-Guar, also known as HP-Guar, a gelling agent, which covers the ocular surface by forming a structured polymer network which acts as a protective layer to support corneal healing process. The mechanism also helps reduce the blinking friction⁵. In other words, SYSTANE products hydrate the ocular surface and acts as an elastic matrix that shields the eye - for effective dry eye symptoms relief.

SYSTANE's range of products are designed to relieve the symptoms of dry eyes.

Valid till 31 Jan. 2026

References: 1. Davis WB, Bloomstein M, Christensen M, Martin AL. Efficacy in patients with dry eye after treatment with a new lubricant eye drop formulation. *J Ocul Pharmacol Ther*. 2010;26(4):343-353. 2. Christensen M, Martin AL, Bloomstein M. A comparison of efficacy between Systane Ultra and Optive lubricant eye drops when tested with dry eye patients. *Optometry*. 2007;78(3):35. 3. Rungtongkiet R, Kiatyul S, Ogunbade A, Karim H. Effects of a hyaluronic Acid/Hydroxypropyl Guar Artificial Tear Solution on Protection, Recovery, and Lubricity in Models of Corneal Epithelium. *J Ocul Pharmacol Ther*. 2016;32(8):491-497. 4. Bock K, Miller JR, Tauber J, et al. Ophthalmol Ther. 2014;13(2):481-484. 5. Silverstein S, Yau E, Tauber J, et al. Symptom Relief Following a Single Dose of Propylene Glycol-Hydroxypropyl Guar Nanoemulsion in Patients with Dry Eye Disease: A Phase IV, Multicenter Trial. *Clin Ophthalmol*. 2020;14:3167-3177. 6. Rolando M, Autot S, Bodino F, Barabino S. Protecting the ocular surface and improving the quality of life of dry eye patients: a study of the efficacy of an HP-guar containing ocular lubricant in a population of dry eye patients. *J Ocul Pharmacol Ther*. 2019;35(2):171-175. 7. Contains sodium hyaluronate, the salt form of hyaluronic acid. 8. Christensen M, Martin AL, Meadows D. An evaluation of the efficacy and patient acceptance of a new lubricant eye gel. *The American Academy of Ophthalmology Annual Meeting*. 2015. Abstract 50033. 9. Cohen S, Martin AL, and Spil K. Evaluation of clinical outcomes in patients with dry eye disease using lubricant eye drops containing polyethylene glycol or carbomer/hyaluronate. *Clin Ophthalmol*. 2014;8(12):168. 10. Ng A, Kersch A, Jones L. Tear osmolarity changes after use of hydroxypropyl-guar-based lubricating eye drops. *Clin Ophthalmol*. 2019;13(12):1695-1700.

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*** Depending on the usage, scratches may occur.
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Reference: GlaxoSmithKline SAS, (2018, June). Redensyl® The hair growth galvanizer. https://www.glaxosmithkline.com/content/uploads/2020/03/redensyl_24-490_us_e.pdf

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THE WONDERWALL TIMES

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Bringing heart, Changing lives

Safe Medication Disposal: A Movement Begins with Stories and Smiles.

On 31 July 2025, something meaningful unfolded at Sekolah Sri UCSI Kuala Lumpur. It wasn't just another school event — it was the launch of a movement.

Together with animation, our partner Metal Brain Studio (Okolele), unveiled the Alpro x Okolele Safe Medication Disposal video series — an initiative to engage children and families on the importance of proper medication disposal through a 6 episode series animation. The event welcomed strong support from Kementerian Kesihatan Malaysia (MyMediSAFE), MDEC, MPS, PhAMA, MOPI, NAHRIM, UGAS, pharmaceutical partners, universities, and media representatives. Their presence signaled a united belief: Medication Safety doesn't end with the last dose — it continues with what we do next.



With children laughing, eyes lighting up at the new Alpro x Okolele animated series, and meaningful conversations flowing, the event became more than just a launch. It showed how complex topics like safe medication disposal can be transformed into fun, engaging stories that children enjoy — all while building awareness and healthier habits from a young age. The message was clear: even small steps, when started early, can lead to lasting change.

Safe Medication Disposal is more than a message — it is a movement towards environmental preservation, built on the hope of creating healthier habits for the future through small, everyday choices.



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Full Video Here



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303
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-As of August 2025

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In 2025 **27,122** Students left public schools

1,496 from Primary School
25,626 from Secondary School

-Source: Education Minister Fadhlina Sidek

STANDING IN THE GAP:



Goal: Reach **600** students by 2026

Alpro Foundation is committed to keeping education and opportunity doors open; for everyone, anytime, anywhere.



The Young Pen - Adam Slebew

Adam Slebew is one of our sponsored students, and his journey with us is a true testament to curiosity, creativity, and determination. Beyond excelling in school, Adam has a passion for storytelling, which has led him to write and publish his own novel on Wattpad.



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IMPACT AT A GLANCE (JAN-JUNE 2025)

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