

# HEALTH MATTERS

VOL. 11



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HealthCare As Nature Intended

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Penulis: Elsey Liow

“Beliau merupakan seorang yang mengamalkan konsep LOHAS (Lifestyles of Health and Sustainability). Pengalaman melancong secara ‘Backpack’ dan menginspirasi beliau mengamalkan gaya hidup minimalist dan LOHAS.”

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### Buy Only Genuine Medicine For Your Loved Ones

Penulis: Ph. Lim En Ni  
Pharmacist  
Alpro Pharmacy HQ

“The pharmacist is shocked to view that this strip of medicine has no name, no active ingredient, no batch number, no expiry date, no labelling.”



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### 生命没Take 2 只买正药

作者：林恩妮药剂师  
大药剂剂总部

“假药的定义不一定是披着羊皮的狼，假药的份量也许超标同时也可能近乎零，甚至可能是受污染。在马来西亚的药品，为了保障人民的药物安全，卫生部其实把药品安全委任于药剂部。您怎么知道您买的药是100%正品？”

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### Are You At Risk Of Skinny Fat?

Writer: Kelly Gan  
Dietitian  
Alpro Pharmacy HQ

“Skinny fat refers to someone who has body weight and BMI normal for his or her height, but has much more fat than (or not enough muscle mass) that is recommended for optimal health.”



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### Stretch Marks

Writer: Ph. Lim En Ni  
Dietitian  
Alpro Pharmacy HQ

“Stretch marks vary in different sizes and colour. They can be almost invisible in white while some appear like deep scars and often even purplish or reddish in colour.”



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### Pembasmiian Cacing Parasit

Penulis: Mohd Syaheer Shuib  
Pharmacist  
Alpro Pharmacy

“Jangkitan cacing merupakan masalah kesihatan yang sangat meruncing. Bukan hanya kanak-kanak, orang dewasa turut sama terdedah kepada jangkitan cacing ini.”



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### Finding Values In Life

Writer: Ph. Chan Chiew Ying  
Pharmacist  
Alpro Pharmacy

“I'm currently living my life as a community pharmacist, branch manager, smoking cessation trainer and dance instructor.”



# HYDROGEN\* Rich Water

\*The potent antioxidant that helps the body fight disease development, inflammation and aging by neutralizing their source, oxidative stress.

*If you can't measure it, you can't believe it!*



## Why do we need antioxidants?

Whilst oxygen is essential for sustaining life, 2-3% of the oxygen we inhale ends up turning into oxidizing agents termed as Reactive Oxygen Species (ROS). As we age, our bodies will produce fewer antioxidants and more ROS, gradually moving us towards mental and physical decline.

ROS can be caused by external sources but they are also produced internally as we inhale oxygen every day. Here are some examples of what produces them:

1. **External Sources:** UV light, ionizing radiation, pollutants, & smoke.
2. **Internal Sources:** Metabolism activities, energy production & inflammation.

ROS in small amounts is necessary and has its function in the body. However, in excess, they will cause oxidative stress. Oxidative stress can damage DNA, mitochondria, cell membranes and other mechanisms and structures essential to the cell. This kind of damage is the cause of many diseases, especially of the brain, heart, skin and muscles.

That is why there is a need for antioxidants to fight off excess ROS to prevent or delay damages done to the body.

## Common questions about hydrogen rich water

### Question: What is hydrogen?

**Answer:** Hydrogen (H) is the smallest and lightest element in the periodic table accounting for 90% of the entire universe. When 2 hydrogen atoms (H<sup>+</sup>) bind together, they form a hydrogen molecule (H<sub>2</sub>) - an inert gas that is odorless, tasteless and is the smallest molecule of all.

When ingested, hydrogen molecules (H<sub>2</sub>) travel throughout the bloodstream and - according to a 2013 review published in the journal **Medical Gas Research** - into the mitochondria, the energy centers of a cell, and penetrate the nucleus, where the majority of DNA is stored.

### Question: What is inside hydrogen rich water?

**Answer:** Hydrogen rich water (HRW), a.k.a. "hydrogen-dissolved water," refers to a type of water rich in hydrogen (H<sub>2</sub>).

IDROGEN device takes any drinkable water and dissolves hydrogen gas into it. The resultant water will now have an addition of hydrogen molecules, but other characteristics such as taste and pH remain the same.

### Question: How can I benefit from drinking hydrogen rich water?

**Answer:** Besides its antioxidant properties, it is also found to reduce inflammation, slows aging process and metabolic-modifying properties.

### Question: How does HRW work?

**Answer:** Molecular hydrogen in HRW only scavenges the bad ROS and;

- leaves no waste product, has no known toxic effects;
- is the smallest molecule, therefore it can easily enter cells;
- acts as a signaling molecule and increases our body's own antioxidant systems;
- is easily consumed with no additional calories in the form of drinking water.

IDROGEN is available in Alpro Pharmacy





# 简约。生活

主体人物：廖秋丽  
访问及撰文：李殷振



这一期，让我们以不一样的方式来访问大专药剂“零垃圾”概念的幕后推手，廖秋丽，我们称她为大专药剂的“乐活达人”。秋丽是背包游的爱好者，多年的背包旅行经验让她在不知不觉中培养了简约生活、乐活的生活方式。

“还可以画上您喜爱的图案，制作专属的环保袋！”

## 我们称她为大专药剂的“乐活达人”

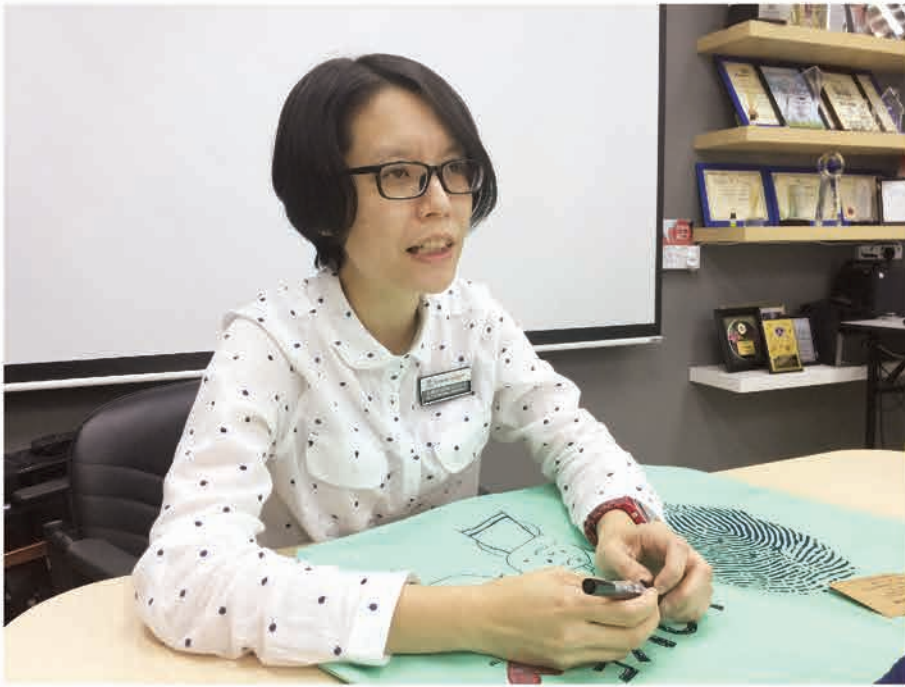
近年来，“零垃圾”的概念逐渐在生活的各个层面里浮现。不管是政府机构、名人网志等，都不断在鼓催这种听起来很酷的新生活方式。大专药剂在机缘巧合下，接触了“零垃圾”的概念后觉得这么好的生活方式，当然得不余遗力的去推广。

这一期，让我们以不一样的方式来访问大专药剂“零垃圾”概念的幕后推手，廖秋丽，我们称她为大专药剂的“乐活达人”。秋丽是背包游的爱好者，多年的背包旅行经验让她在不知不觉中培养了简约生活、乐活的生

活方式。

把“零垃圾”的概念推广于大专药剂不是一份工作或责任，而是想把对生活的热忱向更多的人推广。

“零垃圾”不是完全不制造垃圾，而是在生活习惯上去减少制造垃圾的机会。除此之外，把垃圾做分类，让可循环的东西，循环再用。从最简单的自身携带打包容器、购物袋去购物或选择利用可循环包装的物品、自备餐具以避免使用免洗筷塑料餐具等。



“借袋购物，循环再用，在生活习惯上减少制造垃圾的机会！”

**只要我一直让那样东西以不一样的方式来延续其生命，那么我就能减少垃圾的形成。**

“每个人对垃圾的概念都不一，对我来说只要那样东西还有其利用的价值，就不属于垃圾。只要我一直让那样东西以不一样的方式来延续其生命，那么我就能减少垃圾的形成。”

就是这么简单的道理，实行起来却比想象中的复杂。

## 当下想如果可以借个购物袋，那该有多好

马来西亚还不盛行零垃圾和垃圾分类的风气，但在西方国家，这些早已成为他们生活习惯上的一部份。出外购物都会自备购物袋和容器，物品的包装几乎都采用可再循环材料。

“我出外购物，都会自备购物袋，但有些时候就会忘了带，当我忘了的时候，就会很自责，当下想如果可以借个购物袋，那该有多好啊？即不用花钱买环保袋，又可以少拿几个纸袋，对地球又可以少了一点伤害，岂不是一举多得吗？”

## “借袋购物，循环再用”

灵机一动，就想了想，这样的概念，“借袋购物，循环再用”的方式不知是否会被管理层接纳？所以在月会上就向管理层提有关这“借袋购物，循环再用”的概念，虽然有反对的声音，但多数的管理成员都给予支持。

## 指纹象征了独特性，每个正品药物都拥有其独特性，仿冒的药物是不可能拥有其独特性。

就这样如火如荼的展开一系列的策划和安排，从购物袋的设计，材质的挑选，供应商的挑选等，团队都付出了不少的心思。确保在设计上符合简约生活以及独特性的概念，材质上以耐用、轻便为选择依据，力求方便携带以及符合实际需求。

购物袋的设计图是由大专设计总监所操刀的，既符合了大专所提倡的药物安全，还有杜绝仿冒药物的意识。指纹象征了独特性，每个正品药物都拥有其独特性，仿冒的药物是不可能达致同样疗效的。



想要加入零垃圾生活，就一起响应“借袋购物”吧！只需RM5，就能借袋购物了！之后，如果不想再使用，可在任何一间的大专药剂行退还和取回RM5。

一个人的力量是微弱的，但一个社区的力量是无懈可击的。当你分享一个故事、一个概念、一种生活方式，我们距离更美好的世界又近了一步。现在就动起来，向塑胶袋说 NO！借袋购物，循环再用，更环保！

“一袋两种提法，便利携带，购物更轻松。”



# Eye Health at a Glance

In this age of technology, Video Display Terminals (VDTs) or digital screens are a necessity in our lives. As more tasks are computerized, young kids to working adults are constantly exposed to photic insults caused by small wavelength blue light that are damaging to our eyes.

A research done in Malaysia recently showed that we spend an average of 14 hours a day staring at digital screens. This means that out of our 17 waking hours, 14 hours were spent staring at digital screens.

## Lutein and Zeaxanthin Your Eye's Natural Sunglasses



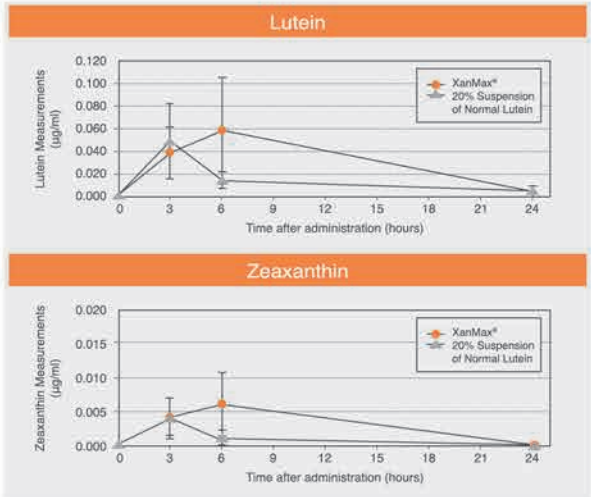
Our eyes' natural filters do not provide sufficient protection against blue light rays from the sun, let alone the blue light emanating from these devices or from blue light emitted from fluorescent-light tubes. Prolonged exposure to blue light can cause tired eyes, eye strain, blurred vision, retinal damage and contribute to age-related macular degeneration, which can lead to loss of vision.

Lutein and zeaxanthin - commonly coined as "eye vitamins" - are two essential vitamins that can protect our eyes from blue light damage. These 2 vitamins are commonly found in green leafy vegetables such as kale, brussels sprouts, turnip greens, spinach and collards - vegetables that are not commonly found in our diet. Hence, supplementation is necessary.

The bad news for all of us, is that not all lutein and zeaxanthin are created equal. Most commercial lutein and zeaxanthin available in the market only stays in the body for 6 hours or less. The low absorption of lutein and zeaxanthin, and fast excretion from the body is simply not good enough in this current age of technology.

## XanMax® High Absorption, 24-hour Protection

XanMax® is the only 2 in 1 lutein and zeaxanthin formulation that is highly absorbed and stays in our retina for 24 hours. Other generic or commercial lutein and zeaxanthin only stays in our body for 6 hours or less. With its technology of extracting lutein and zeaxanthin from the same marigold flower in the same process, it gives XanMax® the highest bioavailability, absorption and retention in the retina compared to any other commercial lutein and zeaxanthin in the market.



For optimum protection, XanMax® added with astaxanthin would have the best result.



Astaxanthin has been proven to reduce inflammation, and increasing the blood flow to the ciliary body (eye muscle), thus, nourishing it. With this combination, we can be confident that our eye health is at its optimal best!

This health information is brought to you by panel pharmacists of Cambert (M) Sdn Bhd  
For further clarification, call 03-56383660 (Monday to Friday, 9am to 5pm) or email to enquiry@cambert.com.my





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RM 195



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Ini adalah iklan supplemen kesihatan . 此为辅助品广告

## The Leading Brand of Glucosamine and Chondroitin Combination



### Maintain The Healthy Joint Cartilage

Glucosamine Sulphate & Chondroitin  
Synergistic Effect

#### What is Glucosamine Sulphate?

Glucosamine is an aminosaccharide. It serves as a substrate for the biosynthesis of proteoglycans of cartilage matrix such as chondroitin sulphate and hyaluronic acid by the chondrocytes. Clinical findings in osteoarthritis patients showed that glucosamine sulphate significantly reduced the joint pain and improved joint movement after 2 to 3 months of treatment.

#### In Conclusion

Clinical findings from Europe had shown that each nutrient either chondroitin sulphate or glucosamine sulphate is effective in relieving the symptoms of mild to moderate osteoarthritis. It is rational to take a combination of chondroitin sulphate and glucosamine, as this combination has a synergistic effect and is expected to give cartilage optimum protection.



#### Synergistic (Enhanced) effect:

##### Combination of Chondroitin Sulphate and Glucosamine

A study done by Lippiello who used the rabbit instability joint model, showed that the animal joints treated with either glucosamine or chondroitin sulphate alone had small protection only. However, the animals treated with both chondroitin sulphate and glucosamine had complete protection from cartilage injury. The result of this study showed a synergistic effect when a combination of chondroitin sulphate and glucosamine were used.

#### What are the differences between Chondroitin Sulphate and Glucosamine?

Chondroitin sulphate and glucosamine operate in different ways to protect joint cartilage. Glucosamine is more anabolic, the process of cartilage formation and chondroitin sulphate is more anti-catabolic, which is slowing down the cartilage breakdown. According to meta-analysis done by McAllindon, the clinical effect of chondroitin sulphate is better than that of glucosamine.

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# Gaya Hidup Sifar Sampah

Ditemu Duga: Elsey Liow  
Pengarang: Lee Yin Chen

Konsep Sifar Sampah bukanlah satu konsep yang baru. Walaubegaimanpun, konsep ini kerap diabaikan oleh masyarakat dan ramai orang gagal mengenali kepentingan konsep sifar sampah ini. Kebelakangan ini, konsep ini diutarakan sekali lagi sempena kempen 'No Plastik Day' yang diadakan di Selangor dan Melaka. Konsep ini adalah selari dengan konsep kesihatan yang sentiasa diamalkan oleh Farmasi Alpro.



Konsep ini bermula di Farmasi Alpro daripada idea Cik Elsey Liow. Beliau merupakan seorang yang mengamalkan konsep LOHAS (Lifestyles of Health and Sustainability). Hobi beliau adalah melancong secara 'Backpack'. Pengalaman melancong secara 'Backpack' di merata tempat termasuk di negara yang mundur seperti Nepal, Laos, dan lain-lain menginspirasi beliau mengamalkan gaya hidup minimalist dan LOHAS.

## Apakah Yang Dimaksudkan Gaya Hidup Sifar Sampah?

Adakah konsep ini bermaksud dengan gaya hidup tanpa sebarang sampah? Tidak, tetapi ia boleh dijalankan dengan mengurangkan penjanaaan sampah. Selain itu, konsep ini boleh diterapkan dengan melakukan pengasingan sampah dan mengutamakan 3R iaitu Reduce, Reuse & Recycle. Konsep ini juga boleh diamalkan dengan membawa bekal sendiri untuk membungkus makanan, membawa beg kitar semula semasa membeli belah, atau memilih barangan yang dibungkus dengan bahan kitar semula.

Cik Elsey Liow telah mencadangkan kepada pihak pengurusan Alpro supaya menghasilkan beg kitar semula yang boleh bertahan lama dan membawa mesej yang positif kepada masyarakat. Idea yang diberikan oleh beliau telah menghasilkan Shopping Beg 'No Fake Stuff' dan beg ini telah diedarkan di setiap cawangan Farmasi Alpro.

## Setiap Orang Mempunyai Pandangan Yang Berbeza Terhadap Sampah.

Begi saya, selagi barang tersebut dapat digunakan semula, ia tidak boleh dianggap sampah, malah ia dapat berfungsi sebagai barangan yang berguna dalam situasi lain. Dengan cara ini, saya dapat mengurangkan penjanaaan sampah dalam kehidupan saya. Maka saya pun mengemukakan idea saya kepada pihak atasan di dalam mesyuarat bulanan. Walaupun, terdapat pihak yang tidak menyokong idea ini, tetapi dengan hasrat dan tekad yang kuat maka lahirlah Beg 'No Fake Stuff'. Kata Cik Elsey Liow.

Untuk menanamkan tabiat baik ini dalam kalangan masyarakat, pereka seni grafik Alpro, pasukan pemasaran dan Cik Elsey Liow telah bersama-sama menyumbangkan idea untuk menghasilkan rekaan grafik yang bermakna dan membawa mesej positif.



Beg ini memudahkan pelanggan semasa membeli-belah.



Beg "No Fake Stuff" disewakan kepada pelanggan dengan hanya RM5

## Cap Jari Merupakan Satu Identiti Unik Yang Tidak Dapat Diganti.

Oleh itu, kami mendapat idea untuk meletakkan grafik cap jari dalam rekaan seni beg kitar semula Alpro selaras dengan konsep ubat tulen yang dijamin di Farmasi Alpro.

Selain itu, saiz beg 'No Fake Stuff' adalah tiga kali ganda lebih besar daripada beg kitar semula yang biasa dan bahan yang diguna adalah jauh lebih tahan lasak.

Untuk menggalakan orang ramai mengguna Beg 'No Fake Stuff', pihak pengurusan Alpro membuat keputusan supaya tidak menjual beg ini dan tidak mengambil sebarang keuntungan daripada Beg 'No Fake Stuff' ini. Sebaliknya, beg ini akan disewakan kepada pelanggan dengan hanya RM5. Wang ini akan dipulangkan kepada pelanggan apabila pelanggan memulangkan beg ini di mana-mana cawangan Farmasi Alpro.

Jika anda ingin menjadi salah seorang yang menyokong konsep sifar sampah, kunjungilah mana-mana Farmasi Alpro yang terdekat dan dapatkan satu Beg 'No Fake Stuff' hari ini.

# 我来自峇株...



戴子扬 药剂师  
大专药剂, 峇株吧辖分行

## 地方简介

峇株吧辖, 简称“峇株”, 又名凿石城, 是柔佛州第二大县市。峇株市位于麻坡东南部, 居銮西部和昔加末西南部, 与麻坡之间的距离大约50公里而与新山之间的距离大约130公里。这片地灵人杰的土地一向以纺织业, 家具业和食品加工业闻名, 并且孕育出不少政治家与企业家。秉持着打造一个健康与充满活力世界的创业信念, 大专药剂于2017年二月来到了峇株市和巴力拉惹开设第36, 37与38间分行。

自2006年, 我便离开家乡前往吉隆坡USCI求学。紧接着2010年大学毕业后, 我被派往沙巴斗湖医院实习, 并在那里继续完成政府规定的服务后, 正式注册成为大马卫生部承认的合格药剂师。在那里任职时, 我负责驻在门诊药局, 专为病患提供一对一的糖尿病照护服务。我与门诊专科医生合作, 协助客制化糖尿病患的病情管理计划。在医院工作的那一段日子, 我充分地体会了沙巴当地人的热情与亲切好客。

2013年, 对我而言, 是我药剂师职业生涯的转折点。那一年, 我选择离开了我的舒适圈, 决定成为沙巴斗湖社区药剂师的一份子。在2016年, 我决定离开风下之乡回到西马加入大专药剂这个大家庭。当我刚加入大专药剂时, 我被派往雪兰莪州万宜分行为那里的居民服务。然而, 兜兜转转在机缘巧合下, 我很荣幸可以得到机会回到我家乡峇株吧辖为峇株居民服务, 将我这些年所学的一切回馈家乡。



峇株居民：  
你们的药安，我们的责任 @ 药物没有平靓正

当回到家乡服务后, 我发现有些顾客虽然长期服用着多种药物, 却对自己所服用的那些药物只略知一二, 并且对其用药指示混肴。每每和顾客交谈, 他们才惊讶原来药物并没有所谓的平靓正, 每一种药物在每一个人的反应都可能不一样。广大的药物资讯及安全意识的进步空间, 成了我们大专团队来到峇株后面对的最大挑战。

为了捍卫及提高药物安全意识, 大专药剂决定把马来西亚首创的 **medicpak** 计划推展到这个社区。在 **medicpak** 计划下, 大专药剂会根据顾客的药单记录, 协助顾客将每日每次所需的药品剂量进行客制化调配及安全包装。

的使用方法简单易懂, 包装卫生轻巧, 方便携带。它不但适合各年龄



层的病患, 而且更适合那些服用有多种药物的慢性病患者, 或者拥有多重复杂或有变化性药方的病患。**medicpak** 的包装也可方便那些经常旅游或工作繁忙者以及看护员, 进而避免看护员的用药疏忽。大专药剂希望我们通过 **medicpak** 帮助峇株居民检查药物是否已被服用, 并减少病人误服药物或用错剂量的风险, 让居民用药变得更加简单, 方便及安全。

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# Are you getting the best care for your bones?

## Why is Calcium so important?

Calcium is an important mineral and plays an integral role in the human body. Almost all of the calcium in the body is found in our skeletal structure, teeth and bones - more than 98% in fact. It is involved in a myriad of bodily processes including muscle contraction, transmitting messages through the nerves, formation of blood clots, and the release of hormones.

Surprisingly, it is estimated that 70% of people do not get enough calcium in their diet. In situations like this, the body extracts calcium from the bones for its normal cell functions, which can then lead to weakened bones.

Furthermore, once we hit 30 years of age, our bone mass begins to decline. This process results in less dense, weaker bones.

## Calcium intake in Malaysia

In 1997, it was reported that 90 out of 100,000 Malaysians above the age of 50, succumbed to hip fractures. A significant number appeared to be women.

In our community, Chinese women accounted for 44.8% of hip fractures - the highest incidence compared to the Malays and Indians. In Asia, nearly all countries fall far below the World Health Organization's (WHO) recommended calcium intake of between 1000-1300mg/day. The median dietary calcium intake for an Asian adult is approximately 450mg/day. This poses a negative impact on bone health in the region.

## The importance of calcium during and after pregnancy

During pregnancy, your developing baby needs calcium to build strong bones and teeth; to grow a healthy heart, nerves, and muscles; and to develop a normal heart rhythm and blood-clotting abilities. As your baby draws calcium from your bones, lack of calcium in your diet may impair your own health later on. Even after pregnancy, you'll require this mineral to ward off osteoporosis.

It is found that most women don't get nearly enough of this important mineral. Aim for 4 servings of dairy products or other calcium-rich foods a day. If you're not getting enough calcium from your diet and are considering using a calcium supplement



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Blackmores Calcium + D3 is a high dose of calcium and vitamin D supplement that helps maintain healthy bone density and muscles. Daily intake may reduce the risk of fractures associated with bone fragility.

This new supplement comes in an easy-to-swallow tablet that is recommended after meals for maximum absorption into the body. Blackmores Calcium + D3 contain a concentrated form of calcium - calcium carbonate. This results to less consumption with the same amount.

### Recommended for

- Anyone not consuming adequate calcium in their daily diet.
- Anyone who does not digest milk protein well which may lead to bloating and burping.
- Pregnant and breastfeeding mothers wanting to increase calcium intake.

If you have any enquiry on health or Blackmores products, please call our health advisory line 03 7955 0993 (Mon-Fri, 9am-5pm) or email us at [healthadvisory@blackmores.com.my](mailto:healthadvisory@blackmores.com.my)

## 5 Lifestyle Tips for Healthy Bones and Joints

Calcium supplements, exercise, quitting smoking and excessive drinking, and a balanced diet are all necessary especially for women with low bone density. While you can never regain the bone density you had in your youth, you can help prevent rapidly thinning bones.

Here are five lifestyle tips to help you on your journey to better bone health

### 1. Eat calcium-rich foods

In addition to dairy products, choose fish such as salmon or sardines. Enhance the benefits with a side of dark leafy green vegetables or broccoli. Top it off with some calcium-rich choices like almonds, dried figs, tofu or tempe, and soy milk.

### 2. Start weight-bearing exercises

Boost bone strength with exercises that "loads" or compresses your bones. Running, jogging, high-impact aerobics, repetitive stair climbing, dancing, tennis and basketball are best for building bones. If you suffer from osteoporosis or arthritis, do some light walking or use an elliptical machine.

### 3. Don't Smoke & Moderate Alcohol

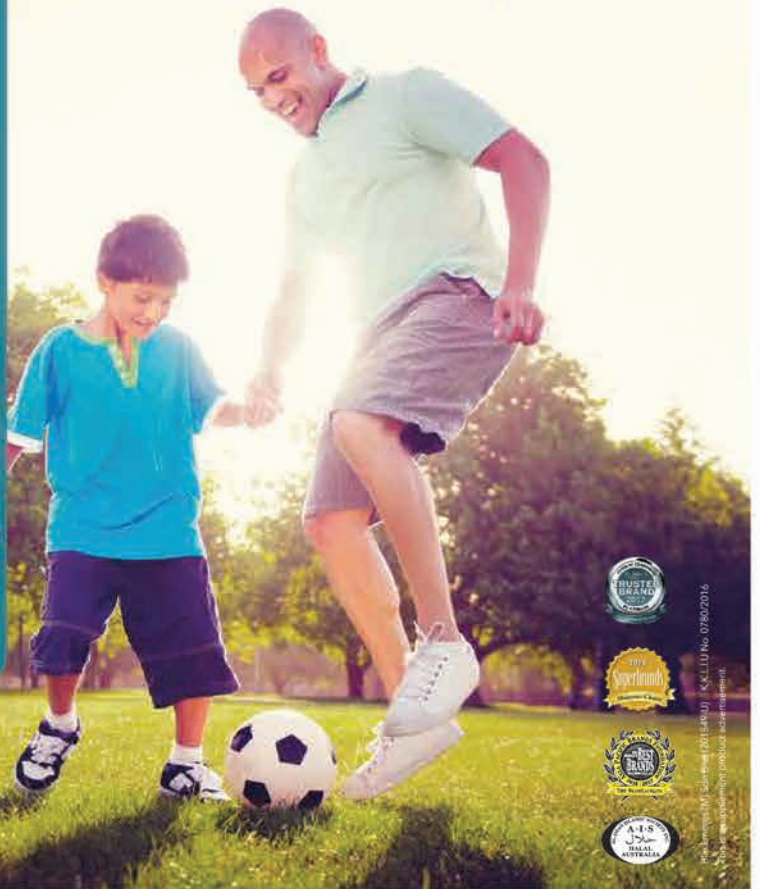
Nicotine is bad for your health and bones as it counteracts almost all medications. When it comes to alcohol, two drinks a week is fine. Excess nicotine and alcohol causes about 2% bone loss in a year. But if you're consuming both alcohol and nicotine in excess, the combined bone loss is actually doubled to 8%!

### 4. Add D to your day

To help absorb calcium, most adults need 1,000 to 2,000 IU of vitamin D daily. Living in tropical Malaysia does not necessarily mean we are getting enough of the sunshine nutrient. If you're not exposing as much of your body as possible to the sun for at least 15-20 minutes between 10am and 2pm two to three times a week, it's best to consume vitamin D3 supplements.

### 5. Bone Density Testing

A simple X-ray test called DXA can quickly give you a "snapshot" of your bone health. This test measures bone mineral density and helps determine risks of osteoporosis and fractures. It is recommended for women to take this test within two years of menopause. Earlier tests are recommended for men and women with certain diseases and for those taking medications that increase risk, such as long-term steroid therapy.



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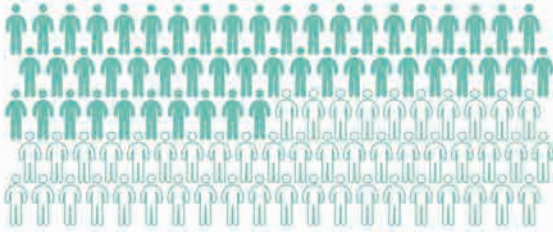
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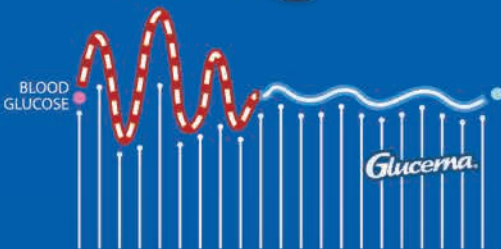
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**References**  
 1. Abbott Nutrition. Glucerna Triple care Monograph. Abbott Laboratories.  
 2. Arora SK, McFarlane SI. The case for low carbohydrate diets in diabetes management. Nutrition & Metabolism. 2005;2:16-18.  
 3. Kris-Etherton PM, Pearson TA, Wan Y, et al. High-monounsaturated fatty acid diets lower both plasma cholesterol and triacylglycerol concentrations. Am J Clin Nutr. 1999;70:1009-15.






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Counterfeit medicines may contain the wrong or no active ingredients; they are illegal and may be contaminated. All medicines sold in Malaysia are regulated by Pharmaceutical Services Department (PSD) under the Ministry of Health Malaysia to ensure high quality, effective and safe medicines for the community.

## What Are The THREE Tips In Ensuring That Your Medicine Is Genuine?

### Genuine Medicines Tip 1

#### # Look Up for the Meditag™

The Meditag™ is a secure holographic self-adhesive label that is attached to all authentic pharmaceutical products which are registered with the Ministry of Health Malaysia. It contains patented, cutting-edge technologies, security features and special serial numbers for enforcement team to verify and trace if the product is genuine.

According to MediHarta, illegal imitation of brand names costs over US\$250 billion per year. The Meditag™ protects and safeguards the integrity of genuine brands. Meditag decoder is available in community pharmacies.

#### Consumer's right:

Walk in to your nearest community pharmacy and get your medication / supplementary product a genuine check using the Meditag™ decoder. Having a silver hologram does not guarantee that the medicine is 100% genuine.

#### Meditag™ II (2006)



#### Meditag™ III (2012)



*This is how a Meditag™ look like.  
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2012 version sticker.*



*Encourage Consumer Purchase  
From A Licensed Pharmacy.*

### Genuine Medicines Tip 2

#### # Think THRICE Before Purchasing A Medicine That Is Cheaper Than Market Price

Consumers are encouraged to purchase health-related products from legitimate premises such as licensed pharmacies. Fraudulent internet websites or seller whom promises cheaper prices for medicines should come in as an alert of potential counterfeit or fake medicines.

If the price is too good to be true, please be more worry rather than happy. You can bargain for price but not your health. Check and look carefully at any smallest changes in packaging, appearance of tablets, expiry dates, taste and not forgetting the Meditag™ Hologram.

Second-hand medicines might be exposed to extreme storing conditions, such as in a car, in a freezer, or very humid bathroom. These affects efficacy and safety of medicines. Hence, never ever "trade-in" unfinished medicines, it may risk more than it helps towards health.

### Genuine Medicines Tip 3

#### # Let Your Pharmacists Be Your Partner In Health

"From research to health care: Your pharmacist is at Your Service" This is the theme for the World Pharmacists Day 2017.

There are official websites such as the NPRA (National Pharmaceutical Regulatory Agency) website to check on the registration of a medicine or supplement. If you are unsure, do not hesitate to meet our pharmacists to help you in making sure that you are paying only for GENUINE medicines.

<http://np.ra.moh.gov.my/index.php/product-registration>

<http://www.myhealth.gov.my/en/current-meditagtm-hologram-security-sticker/>



*Our Pharmacist Is At Your Service.*



## Rahsia Kehebatan Minyak Habbatus Sauda' dan Minyak Zaitun Extra Virgin

### Minyak Habbatus Sauda'

Minyak Habbatus Sauda' diketahui umum mempunyai kuasa penyembuhan pelbagai penyakit yang mengagumkan. Manfaat kesihatan Habbatus Sauda' dalam bidang perubatan Islam dan moden membantu menawarkan pelbagai jenis penyakit dari yang ringan sehinggalah penyakit kronik. Telah diamalkan secara tradisional sejak berkurun lamanya Habbatus Sauda' mampu meningkatkan sistem immuniti (daya tahan) dalam badan dengan meningkatkan pertumbuhan sel darah merah dan antibodi seseorang dengan lebih baik.

Rasulullah (SAW) bersabda "Tetaplah kamu dengan Habbatus Sauda' kerana ia adalah penawar segala jenis penyakit kecuali As-Sam (mati)"

(Riwayat Bukhari dan Muslim)

### Minyak Zaitun Extra Virgin

Buah zaitun telah menjadi sumber makanan berkhasiat sejak berdekad lalu. Jus semulajadi yang dihasilkan menjadikan minyak zaitun sumber vitamin yang baik diperlukan tubuh manusia untuk kesihatan. Kandungan "polifenol" dalam minyak zaitun extra virgin berupaya melindungi kerosakan oksidatif sel-sel dalam badan seterusnya mengelakkan pelbagai penyakit kronik. Sebagai Lemak Mono Tidak Tepu (monounsaturated fat) ianya baik untuk kesihatan tubuh manusia. Kehadiran Vitamin A, D, K dan E dalam minyak zaitun berupaya meningkatkan sistem imuniti badan disamping bersifat sebagai antioksidan.

Kehebatan minyak zaitun sangat meluas sebagai sumber makanan dengan komponen nutrisi yang menyumbang kepada kualiti terapeutik termasuk pengurangan risiko sakit jantung, kanser dan perubahan terhadap tindakbalas kepada sistem imuniti dan alahan keradangan.

Rasulullah SAW bersabda "Minumlah minyak zaitun dan berminyak dengannya kerana sesungguhnya ia adalah dari pohon yang diberkahi Allah"

(HR Al Baihaqi dan Ibnu Majah)

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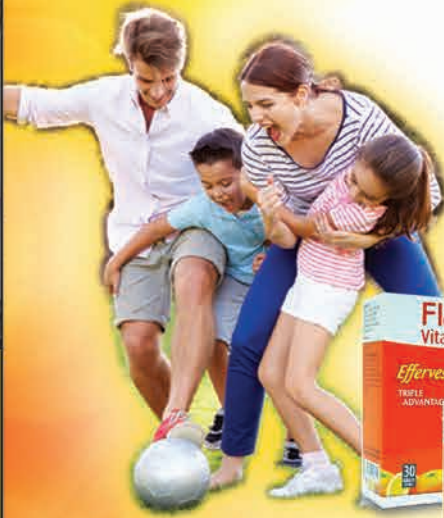


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**Hormonal balance** plays an essential role in ensuring a healthy and active lifestyle for women. Both oestrogen and progesterone play important roles as these hormones work together to nurture and mature a woman's body. In short, hormones control the changes and evolution of a woman's body from infancy, through adolescence to adulthood.

### **Role played by contraceptive pills**

Hormonal imbalance can affect any woman. Oral contraceptive pills are not only effective in family planning but they also regulate and alleviate the symptoms of hormonal imbalance, such as:

#### **Helps reduce heavy menstrual bleeding:**

Heavy menstrual bleeding (called menorrhagia) affects about 10% of reproductive-age women. If it's not treated, it can lead to anaemia. The pill lowers your blood loss by controlling the inflammation of the lining of your uterus and preventing the body's production of substances that causes heavy bleeding.<sup>1,2</sup>

#### **Relieve menstrual pain:**

Oral contraceptive pills reduces the uterus' production of substances that trigger painful cramps. This pain, known as dysmenorrhea, is the most common menstrual problem, affecting up to 90% of reproductive-age women.<sup>1</sup>

#### **Relieve migraine during menstruation:**

60% of women who get migraines associate the timing with their period. Migraines can be triggered by changes in hormonal levels. Taking extended-cycle birth control pills stops hormonal ups and downs and provide relief.<sup>1</sup>

#### **Improve acne and reduce excessive hair growth:**

Oral contraceptive pills slow down the production of hormones responsible for acne and excessive hair growth. This helps women to have fewer breakouts and prevent increased hair growth.<sup>1</sup>

### **What types of contraceptive pills are available?**

#### **There are two types of contraceptive pills available in the market:<sup>1</sup>**

1. Combined Oral Contraceptive (COC) pill:  
Contains both oestrogen and progesterone
2. Progesterone-only pill (POP): Contains only progesterone

Not all contraceptive pills are suitable for you. Please consult your doctor for further information and advice.

**References:** 1. American College of Obstetricians and Gynecologists. Noncontraceptive uses of hormonal contraceptives. ACOG Practice Bulletin No. 110. Obstetrics and Gynecology, 2010;115(1):206-18. 2. Maia HJ, Casoy J. Non-contraceptive health benefits of oral contraceptives. Eur J Contracept Reprod Health Care. 2008;13(1):17-24.

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**References :**

- \* Essentiale is the No 1 Hepato-Protectors worldwide in retail sales.
- Source: Internal calculations based on IMS Health MIDAS Retail, Hepato-Protector MAT Q4 2015.
- 1. Dajani et al. Arab Journal of Gastroenterology 2015;16:99-104.
- 2. Gundermann KJ, et al. Pharmacol Rep 2011;63:643-659.
- # based on in-vitro animal test.

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只买  
正品药物

烈日当空的下午，顾客的一排药物让整个药剂行都震惊了。据说这是个非常有效的药物，对于消炎非常好。但是药物上没有药名。没有剂量。没有有效日期。没有篇号。

先不管它是否是神药，药剂师想告诉大家这个就是“假药”！

假药的定义不一定是披着羊皮的狼，假药的份量也许超标同时也可能近乎零，甚至可能是受污染。在马来西亚的药品，为了保障人民的药物安全，卫生部其实把药品安全委任于药剂部（Pharmaceutical Services Department PSD）。

您怎么知道您买的药是100%正品？

鉴别正品药物:

### 第一招：看清楚仿冒标签 Meditag™

Meditag™ 是药品上的仿冒标签，贴在通过卫生局注册的药品上。它备有高科技的设计严防假冒，让有关当局和人民认知哪一个是正品，哪一个 是假药。

MediHarta 透露全球假冒药品市场一年高达美金250亿！因此就算是产品上贴了一个银色的标签，也别马上相信它是100%正品。这个时候，消费者必须了解自己的权益。

消费者可以前往任何的社区药剂所用 Meditag™ 解码器知晓药物是否是正品。

#### Meditag™ II (2006)



#### Meditag™ III (2012)



这个是仿冒标签的样子。现在的药物/保健品应该贴有的版本是2012



鼓励消费者向注册药剂所购买药物/保健品。

### 第二招：当您购买的药品，比市场价值便宜很多，请三思！

药剂师鼓励消费者在有注册的药剂所购买药品/保健品。网上的资讯与产品包罗万象，堕入不法之徒的陷阱，有时真的浑然不知。当卖家以远低于市场价值的药品兜售给您，请先别开心。我们购买任何东西都可以减价，唯独不能减的就是安全的药物。

也许漏网之鱼就在那近乎完美的包装下转手于消费者。二手药品虽然便宜，包装也完美，但是您不会知道上一秒它是否储藏在恶劣的环境，比方说车内的长时间曝晒或者高温，又或者放入冰冻箱破坏药物的构造，或者置放在湿度超标的浴室内。

### 第三招：和药剂师当朋友。

2017年的世界药剂师日，主题是：“药剂师为您服务”。

卫生局其实设有很多的单位，比如国家药品管理局（National Pharmaceutical Regulatory Agency）协助民众查看药品或保健品是否有注册。但是科技发达的今天，道高一尺魔高一丈，资讯的轰炸已让民众不晓得谁对谁错。因此，若您有任何关于药品的疑问，让药剂师当您的顾问。

社区药剂师几乎每天都在店，工作时间也长，小腿的浮根更是因为久站而更明显。每一份工作都富有意义，而药剂师工作的意义就是确保消费者的药物安全。

<http://npra.moh.gov.my/index.php/product-registration>

<http://www.myhealth.gov.my/en/current-meditagtm-hologram-security-sticker/>



让我们的药剂师当您的顾问。



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**HIGHEST Omega-3**  
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✓ **Toxin-free** in Parts per Trillion (PPT)

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- ☉ 胡萝卜素可以均匀肤色
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- ☉ 无味，无色，易溶解
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- ☉ 预防或改善腹泻
- ☉ 增强人体免疫力

\*存送送完为止

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*An Effective Alternative  
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**New Enhanced Formula  
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## Remineralized with DEEP SEA MINERALS

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RM 10.90**

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**Hiruscar<sup>®</sup>** ANTI-ACNE  
Dermatological Acne Skin Care

Jerawat?  
Tiada lagi!

Lihat  
hasilnya  
dalam

**2**  
hari\*

Tanpa kesan mengelupas

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Harga dari RM24.90 - RM67.90  
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Dermatological Acne Skin Care

Hiruscar  
Anti-Acne  
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**Hiruscar<sup>®</sup>** ANTI-ACNE  
Dermatological Acne Skin Care

Hiruscar Anti-Acne  
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\*Hasil uji kaji kepuasan

# Going Somewhere?



## Aren't you forgetting something?

If you bother to wear sunglasses to protect your eyes and look glamorous then your skin needs just as much protection to look at its best when travelling. Bring back your holiday smile but not the dreaded post holiday skin. Escape from pigmentation, skin pollution and irritation under the hot sunny day.

Don't let that nasty body odor ruin you and other people's fun time together. Stay fresh and mint always because you're going to have a long day ahead. Keep your skin soft, supple and moisturized. It's good for the photos too! Now that everything is in check, you may travel safe with a peace of mind.



It's not called travelling if you don't venture out miles and miles away. Those extra hours would cost you extra care for your body odor.

**TEA TREE OIL  
MAGIC BODY LOTION**  
125 ml

**Now!**  
RM 19.50



**Now!**  
RM 24.90

This is just the beginning to you get away journey! Escape from the dry mud crack skin because holidays should be beautiful just like you.

**VITAMIN E CREAM  
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Get rid of pigmentation with little effort by applying these sunscreens that also work as foundations. Say hello sunshine and goodbye dark spots!

**VITAMIN E & TEA TREE OIL  
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PINK

NATURAL  
03  
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MS 2200 PART 1 - 2008  
Ruj: T 023-11/2005





The secret to  
deeply moist skin



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**LipIce**

One Glide for  
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**OXY**  
Acne | Blackheads | Oil

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**Fight Pimples  
and  
Win Clear Skin**



**OXY**  
Deep Cleansing Face Wash 100g+20g /  
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# PROMOTION

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**NOW !!**  
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THC  
Pristin Gold  
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1200mg  
90's x 2  
**FREE 30's**

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Activated Japanese Patented  
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Surbex Opti-V  
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Neurobion  
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Buy 8 Boxes  
**FREE Umbrella**

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Bitreen Neem  
100mg  
180's

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**BEST BUY**



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Essential Oil  
4ml

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**NOW !!**  
**BEST BUY**



KORDEL'S  
V-Shield  
90's  
**FREE 30's**

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ROSKEN  
Dry Skin Wash  
400ml

**BUY 1@**  
**RM 15<sup>90</sup>**

**BUY 2@**  
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SENSEZ BEAUTY  
Shower Cream  
Nourishing / Smoothing / Extra Whitening  
1100ml

**NOW !!**  
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DAISY  
Hair Darkening  
Shampoo  
Natural Black /  
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25ml

**NOW !!**  
**RM 13<sup>99</sup> /each**



BYE BYE FEVER  
For Children /  
Super Cool Adult  
6's

**NOW !!**  
**RM 55**

Novofine 31G  
0.25 x 6mm  
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RM **147<sup>90</sup>**

GOOD MORNING VGrains 2.5kg  
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SCOTT'S Emulsion Orange / Original 2's x 400ml

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MINSYAM Syam Olive Oil Capsule 20's

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RM **52<sup>90</sup>**



PHYSIOGEL Calming Relief A.I. Cream 50ml

**NOW !!**

RM **165<sup>90</sup>**

STIMULEN Diabetic Skin Care Lotion 2oz 60g



**NOW !!**

RM **8<sup>90</sup>**

AVERA GEL Sugar Free 10g



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RELCEER Gel 100ml

**NOW !!**

RM **41<sup>90</sup>**

LEGALON 140mg 10's x 3



Buy 3 Boxes **FREE** Waist Measurement Tape

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**NOW !!**  
**RM 80**

ECOLITE  
Pu Yao Jing  
750ml

KINOHIMITSU  
Foot Patch  
10's + 10's

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Valid Until 31<sup>st</sup> Dec 2017

LENNOX  
Firm Up  
Collagen Drinks  
20's x 50ml

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**RM 69<sup>90</sup>**



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LIVON  
Diabegard  
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Symplus  
Capsules  
45's x 4  
**FREE**  
30's

**NOW !!**  
**BEST BUY**



**NOW !!**  
**BEST BUY**

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Sugar Free  
30's x 5g



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**RM 32<sup>90</sup>**

BEE-TRUE  
Pure Honey  
500ml  
**FREE**  
Bee Pollen



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**Rebate RM 8**

NUTREN  
Diabetik  
Vanilla  
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Multi Grains With  
Black Fungus  
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**NOW !!**  
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GENLIFE  
Botanical  
Beverage  
Mix Black Label  
30's x 25ml



**NOW !!**  
**RM 19<sup>90</sup>**

BETADINE  
Dry Powder  
Spray  
55g



**NOW !!**  
**BEST BUY**

BETA SKIN  
Natural  
Active Cream  
250ml  
**FREE** 50ml



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**FROM RM 7<sup>49</sup>**

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Crown (280mm) RM9.99  
UUCare Sanitary Pad  
Crown (360mm) RM7.49  
UUCare Sanitary Pad  
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**NOW !!**  
**RM 34<sup>90</sup>**

HARWANY  
Pati Ikan Haruan Gamat  
75ml x 6's **FREE** 1's

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**RM 32<sup>90</sup>**

HARWANY  
Pati Ikan Haruan Asli  
75ml x 6's **FREE** 1's



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Paediatrician\* Recommended

Made In Europe

0% Colourants  
Mineral Oil  
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\*Total of 200 dermatologists & paediatricians in Germany surveyed online from Feb to Mar 2015.



BEST BUY

Wrap your Family in Comfort with **sebamed**



Now! RM 82<sup>90</sup>

Sebamed Liquid Face & Body Wash 1000ml  
GWP 200ml FOC Liquid 20ml + Anti-Hairloss Shampoo 20ml



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Baby Sebamed Liquid Cleanser 1000ml GWP  
200ml FOC Lotion 20ml + Diaper Cream 10ml



Now! RM 28<sup>90</sup>

Sebamed Feminine Intimate Wash pH3.8 GWP 20ml



Now! RM 29<sup>90</sup>

Baby Sebamed Starter Pack

Baby Starter Pack is the uniquely formulated *Baby Wash Extra Soft*, together with the complementary *Baby Lotion* to ensure that the baby's skin is soft, supply and hydrated. Further, the *Baby Diaper Cream* provides a breathable, non-occlusive physical barrier that protects the baby's skin from irritants in its own excrements.

With all these 3 items together, the *Baby Starter Pack* is a complete cleanse and care starter kit for new mummies or mummies with young children to experience a complete Baby Sebamed cleanse and care regime for their infant/newborn(s).

\*While stock last.

✓ **92%** Satisfied With Medskin\*



\*Based on a study involving 89 subjects.



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- ✓ For dry & sensitive skin.
- ✓ Suitable for eczema.



Placenta Serum Complex  
羊胎盘素精华液



Aloe Vera  
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舒缓



Co Q10  
Anti-oxidant  
抗衰老



Vitamin A,C & E  
Brightening  
美白



Royal Jelly  
Firming  
紧肤



Squalene  
Moisturising  
保湿



# Are You At Risk Of Skinny Fat?

## What is “Skinny Fat?”

Skinny fat refers to someone who has body weight and BMI normal for his or her height, but has much more fat than (or not enough muscle mass) that is recommended for optimal health. It appears skinny on the outside, but internally, body composition is unbalanced.

Skinny fat can be a serious medical condition because he or she might have too much of body visceral fat. According to research, higher percentage of body fat is linked with elevated risk of cardiovascular disease, high cholesterol and insulin resistance leading to type-2 diabetes. Higher body fat percentage may affect our bone health which put people at higher risk of osteoporosis, especially for women who reached menopausal stage. BMI normal does not mean 100% healthy.

## Use a BIA (Body Impedance Analysis) device to check if you are skinny fat!

BIA (Body Impedance Analysis) devices measure body composition by passing small electric currents through the body. They are quick, easy to use and fairly accurate.



The recommended body fat ranges for healthy men and women are as below:

CLASSIFICATION	WOMEN (%FAT)	MEN (%FAT)
Essential Fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-24%
Obese	>32%	>25%

## How do people become skinny fat?

Hypothyroidism, hormonal imbalances and certain medications may cause skinny fat. However, do watch out that diet high in carbohydrates, sugar and fats with little or no effort for exercising are the main culprit for gaining fat mass. Works which involved long seating such as office workers are at risk of skinny fat.

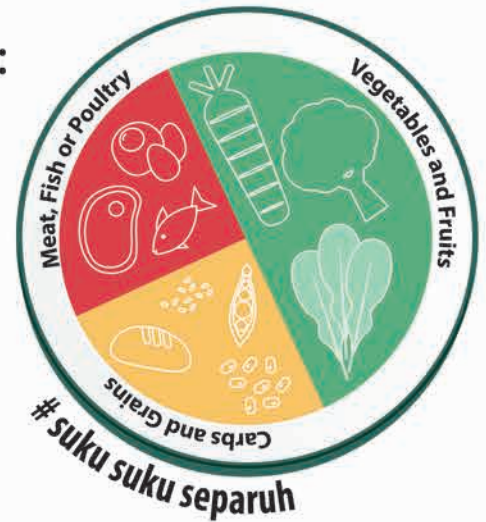
# Staying Away From Being Skinny Fat In 3 Easy Steps:

## 1. Limit Processed Foods (Go for food that is as natural as possible)

Use "MY HEALTHY PLATE" concept for 1/4 of carbs (e.g. bread, rice, noodles, biscuits) on the round plate.

Try to switch any refined carbs (e.g. bread, rice) to brown and whole meal varieties.

Don't cut out carbs completely though, as your body still needs them as source of energy for brain function and daily activities. It is also where most fiber comes from. You just need to be smart about it. Aim to get most of your carbs from fruit, vegetables and whole grains.



## 2. Eat Rainbow Colours of Fruits & Vegetables

Different colours provide different varieties of antioxidants, vitamins and minerals. Aim for 2 serves of fruits and at least 3 serves of Vegetables a day

Tips to top up more vegetables:

Add vegetables when you have an omelette.

When you are eating at hawkers, ask for more vegetables

Pack them in lunch and dinner as much as you can.

## 3. Opt For Healthy Fat

### Olive oil

Toss your greens salad/ spaghetti/dressing with olive oil etc.

### Virgin coconut oil

Good substitution for (light) sautéing dishes etc.

### Other healthy fat sources

Avocado, handful of nut/seed a day, salmon, mackerel and tuna (at least 2 servings of fish a week) etc.



Proper usage of healthy fat is the key; it is best used as substitution in meals. It is considered as extra calories and fats which may lead to weight gain when using as an add-on manner.



Kelly Gan  
Dietitian  
Alpro Pharmacy

## TAKE HOME MESSAGE

In a nutshell, if you are serious about getting results, then it is definitely worth investing time and effort into yourself. You may also visit a nutritionist or dietitian to go further details into your diet plan and for any doubt. "You are what you eat". It is important to consciously picking your choice of foods everyday while incorporating exercise as part of your daily routine for optimal health.

So, now you know the facts. Just because someone looks skinny, not definitely suggest that they are healthy. **Don't aspire to be skinny, aspire to be healthy.** Because at the end of the day, health is always more attractive, priceless.

**BES+MADE**

**PREMIUM  
QUALITY  
MEDICAL GRADE**

**modernism**  
with great *comfort* and *fitness...*



**BSA-2302**  
**BODY COMPOSITION ANALYZER**  
ELECTRONIC SCALE TEMPERED SAFETY GLASS PLATFORM

**50%**  
With purchase of  
Actishake/Effengar

Additional  
**10%**  
for Alpro VIP  
member

  
**PERSONAL  
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Height : 100-210cm  
Age : 17-99  
Gender : Female /  
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**MEMORY**  
It features 9 memory  
recalls each for 4  
persons

  
**DATA  
MATCHING**  
Auto search user  
data based on  
similar weight from  
the memory

  
**MAX  
kg/lb**  
**MAX WEIGHT**  
Max weight  
150kg / 330lb

  
**BATTERY**  
Operated by  
four (4)  
AAA batteries

**100g  
0.2lb**  
**INCREMENT**  
Increment  
100g / 0.2lb

## Kick-start Your Transformation Today!!

A specifically designed sport nutrition that contributes to weight loss

"We understand dietary adherence should never be underestimated. This is because the best diet in the world is useless on paper if you can't stick to it. Actishake is a result of months of flavour tests and texture trials using only 100% natural flavours and colours."



- ✓ High protein
- ✓ Well-balanced
- ✓ Less than 230 calories
- ✓ Packed with vitamins and minerals







6 Things No One Tells You About

# Stretch Marks

Up to 70% of women develop stretch marks or striae gravidarum during pregnancy. However, do you know that stretch marks also occur during adolescence to boy and girls who experience sudden spurt in growth and weight gain during puberty?

Stretch marks vary in different sizes and color. They can be almost invisible in white while some appear like deep scars and often even purplish or reddish in color. Areas with higher proportion of fat, for example, the abdomen, thighs, breasts and armpits have higher tendency of developing stretch marks.



Ph. Lim Enni  
Pharmacist  
Alpro Pharmacy

There are **2 Types** of stretch marks:

### **1.1 Red Stretch Marks (Striae Rubra)**

Stretching of the dermal layer of the skin, allowing blood vessels in layer below to be observed.

### **1.2 White Stretch Marks (Striae Alba)**

Appear where the blood vessels have receded, showing the fat beneath dermal layer, usually appears as silvery white.



1.1 Red Stretch Marks



1.2 White Stretch Marks

### **It Is Not Only About Skin Stretching**

Rapid weight gain or weight loss can cause stretch marks, however genes also play an important part in determining whether or not a person will develop stretch marks. If your mother or sister has stretch marks during pregnancy, chances are you may develop them too.

Long term or excessive use of topical or systemic intake of corticosteroid can also leave stretch marks on your skin. Hence, it is important to follow medication regime set by healthcare professionals.

### **Treat Stretch Marks Early**

When stretch marks are fully mature, there is not much that we can do. Stretch marks are caused by skin trauma on the dermis, and thus are difficult to treat and generally permanent. Although dermatological products might not be able to eliminate stretch marks, they can lighten and improve the entire skin appearance.

Preventing stretch marks by keeping skin hydrated, particularly during pregnancy is very important and helpful. Products containing cocoa butter, virgin coconut oil, pure Shea butter, and other essential oils protect skin for longer. These ingredients also strengthen the skin's structure and improve skin suppleness.

### **Having Skin Itchiness During Pregnancy?**

During rapid growth of fetus, majority pregnant mothers feel the tight and itchy sensation. If the skin is dry, the itching sensation will be greater. Subsequent scratching of the abdomen can aggravate stretch marks.

Some body care adds on antioxidants like Vitamin A, C and E. The combination neutralizes free radicals and further strengthening the skin colla-

gen against stretch marks. Natural Vitamin E also possesses anti-inflammatory effect on the stretched skin, fostering recovery of stretch marks.

### **Serum Or Cream?**

Both serum and cream helps significantly in preventing and managing stretch marks.

Cream preparation contains higher water concentration, especially lotion. This will ease application, but consumer needs to apply on regular basis. If you are allergic to preservative used in cream preparation, consider serum type.

Serum formulation provides intensive and longer-lasting hydration. It is advised that you pick up a product that derived from plant-based ingredients for gentle and safer solution. Jojoba Oil, Safflower Oil, Grape Seed Oil and Sweet Almond Oil are among the most selected essential oils as it contains essential fatty acid like Omega 3 and 6 which supports healthy skin regeneration and repair.

Be careful to avoid harsh chemicals such as hydroquinone when choosing a topical application for stretch marks, especially for pregnant and breast-feeding mum. For users with very sensitive skin, mineral-oil derived products might cause irritation. Multiple trial and errors are usually required before finding the best product that suits you..

### **Be Patient, Be Consistent, Always.**

When starting on a topical treatment, give your body time to make the improvements you are striving for. Regular application is important to make sure that your skin is moisturized and supple at all time. Last but not least, hydrate your skin with fresh food diet and minimize alcohol or caffeinated drinks to lock the moisture on your skin, and then regenerate from inside and out.

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Step 4



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1 Refer to product insert for the complete procedure

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Draelos, et al. Evaluation of Onion Extract, Centella Asiatica, and Hyaluronic Acid Cream in the appearance of Striae Rubra. SkinMed® Dermatology for the Clinician March/April 2010 Vol. 8 Issue 2 pp. 69-85



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References: 1. Veraldi S et al. Efficacy and tolerability of topical 0.2% Myristic acid and 4% vitamin PP for prevention and treatment of retinoid dermatitis in patients with mild to moderate acne. G Ital Dermatol Venereol 2012; 147(5):491-7. 2. Draloski ZD et al. The effect of 2% niacinamide on facial sebum production. J Cosmetol Laser Ther 2006; 8:96-101. 3. Rougier N et al. The inhibitive capabilities of bacterial anti-adhesion gel on the adhesion of P. acnes on the comedocytes of subjects with acne. Nouv Dermatol 2003; 22:711. 4. Julia L et al. Evaluation Study on the Activity and Tolerability of Papulex™ Oil Free Cream. 2003. 5. Veraldi S et al. Treatment of mild to moderate acne with topical nicotinamide. Results of three Italian, multicentre clinical studies. J Acne Hel Dis (Italy) 2009; 4(1):26-6.

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# Pembasmian Cacing Parasit

## Anda Dan Ahli Keluarga Anda

Jangkitan cacing merupakan masalah kesihatan yang sangat meruncingkan. Bukan hanya kanak-kanak, orang dewasa turut sama terdedah kepada jangkitan cacing ini. Jangkitan cacing boleh menyebabkan masalah kesihatan yang serius dan mempengaruhi kehadiran dan kebolehan kanak-kanak di sekolah. Laporan kajian United Nations Children Fund (UNICEF) telah menunjukkan bahawa kanak-kanak yang diberikan ubat cacing secara konsisten mempunyai tahap kehadiran ke sekolah yang baik dan meningkatkan kebolehan mereka dengan sangat ketara berbanding mereka yang tidak mengambil ubat cacing. Pengambilan ubat cacing turut akan meningkatkan tahap pertumbuhan mereka.

### Bagaimanakah cacing boleh masuk ke dalam badan manusia?

Terdapat pelbagai cara, antaranya adalah dengan berjalan kaki ayam di halaman rumah, menyediakan makanan atau makan tanpa membasuh tangan dan makanan yang tidak dimasak dengan sempurna atau yang dimakan secara mentah seperti sushi. Cacing ini sangatlah kecil saiznya, tidak mungkin mata kasar kita mampu melihatnya dengan jelas. Sungguhpun saiznya begitu kecil, jangkitan cacing akan membawa ketidakselesaan yang sangat teruk. Jadi pengambilan ubat cacing yang konsisten merupakan jalan penyelesaian terhadap penyakit ini.

Cacing yang berbeza mungkin akan memberi tanda-tanda jangkitan yang berbeza namun pada kebanyakan masa tanda-tandanya seakan akan sama, antaranya adalah cirit birit, hilang selera makan, penurunan berat badan yang ketara dan pertumbuhan yang terbantut. Bagi orang dewasa, tanda-tanda jangkitan cacing adalah keletihan yang melampau, sering sakit, hilang selera makan dan kurang

mineral dalam badan. Terdapat juga kes yang serius di mana cacing parasit ini merebak ke organ-organ seperti mata dan tisu lembut yang lain dan menyebabkan kerosakan organ badan.

World Health Organization (WHO) telah mencadangkan bahawa pengambilan ubat cacing secara berkala merupakan cara yang terbaik bagi mengelakkan jangkitan cacing daripada terjadi. Berdasarkan kajian mereka, pengambilan ubat cacing sebanyak 2 kali setahun adalah dos rawatan yang disyorkan. Terdapat 2 ubat cacing yang kerap diberi oleh doctor, iaitu albendazole (Cth. Zentel) dan mebendazole (Cth. M-Zole). Kedua-dua ubat ini hadir di dalam dua bentuk iaitu sirap dan tablet kunyah.

Selalunya, ibu bapa hanya memberi ubat cacing kepada anak-anak dan mengabaikan orang dewasa dalam keluarga. Akan tetapi, jangkitan cacing parasit ini akan merebak daripada seseorang ke seseorang. Ini bermaksud, jika pembasmian cacing hanya dilakukan pada kanak-kanak, jangkitan cacing daripada orang dewasa tetap akan menjangkiti golongan kanak-kanak yang duduk bersama melalui sentuhan dan makanan. Oleh sebab itu, adalah amat penting bahawa konsep dan kelakuan pembasmian cacing parasit perlu diamalkan oleh setiap ahli keluarga rumah.

Amal lah tabiat baik dalam menjaga kebersihan dan tabiat pembasmian cacing setiap 6 bulan untuk setiap ahli keluarga. Melindungi orang tersayang anda daripada jangkitan cacing parasit!



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# I'm in Control of My Diabetes

## Step 1: Know your target range

Ministry of Health Malaysia recommended targets for good glycaemic control as:

Parameters	Targets
Fasting Blood Glucose	4.4-7.0 mmol/L
Glucose at 2 Hours Post Prandial	4.4-8.5 mmol/L
HbA1c	≤ 6.5%
Exercise	150 minutes/week



Adapted from Malaysia Endocrine & Metabolic Society (MEMS). CPG Management of Type-2 Diabetes Mellitus 5<sup>th</sup> Edition. Glycaemic target should be individualised to minimise risk of hypoglycaemia. Discuss with your primary care providers about your personalized targets.

## Step 2: When to test?

Your healthcare professional will advise you on how often you should test your blood glucose. But in general, the number of times you test depends on



Type of treatment



Food intake  
(especially carbohydrates)



Physical activities  
(exercise and daily chores)



Emotional stresses



Sickness

### Guidance on Test Frequencies by Ministry of Health

Mode of Treatment	☀ Breakfast		☀ Lunch		☾ Dinner	
	Pre (Fasting)	Post	Pre	Post	Pre	Post / Pre-bed
Diet only	✓	✓		✓		✓
Oral Anti-Hyperglycaemic Agents	✓	✓		✓		✓
Insulin	✓	✓	✓	✓	✓	✓


Adapted from MEMS CPG Management of Type-2 Diabetes Mellitus 5<sup>th</sup> Edition. Test frequencies should be individualized to cater to your management strategies. Discuss with your primary care providers on your ideal test frequencies.

### Why should you test so frequently?

- Fasting** : Provide more information about your glycaemic control and whether should that be changes in your diabetes care plan.
- Pre-meal** : Help you decide your diet choice and meal portion.
- Post-meal** : Help you understand the impact of meal on your blood glucose levels.
- Pre-bed** : Ensure that you will not experience hypoglycaemia while you are sleeping.

Figure 1: Readings show amount of food affecting blood glucose.

Date	☀ Breakfast		☀ Lunch		🌙 Dinner		10 pm	2-3 am
	Pre	Post	Pre	Post	Pre	Post		
Sunday								
Monday			6.9	10.9	( 6 seeds durian )			
Tuesday								
Wednesday								
Thursday			6.5	7.8	( 2 seeds durian )			
Friday								
Saturday								




Before  
6.9  
(mmol/L)

>

Durian  
6 seeds

>

After  
10.9  
(mmol/L)



Before  
6.5  
(mmol/L)

>

Durian  
2 seeds

>

After  
7.8  
(mmol/L)

Note: An example of your diet choice and portion impact on blood glucose. Result may vary from patient to patient. Kindly discuss with your primary care provider about your personalized food intake.

### Step 3: Take action

You can only achieve good glycaemic control only if you are motivated and determined to do so. We are here to help you along the journey. Bring along your blood glucose diary and discuss with your primary care providers in every review so that they can help you understand further on the result and design your personalized action plan.



Reference: 1) MEMS. CPG Management of Type-2 Diabetes Mellitus 5th Edition. 2016.



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- Accurate blood pressure measurement
- Arrhythmia indicator
- Displays heart rate, systolic, diastolic, pulse, date and time
- Classification of the measurement values according to WHO\*
- Certified medical device\*\*
- Extra large, easy to read display



Now!  
RM 199<sup>00</sup>

\* World Health Organization \*\* Certified according to MDD ( Medical Device Directive )

 GERMAN TECHNOLOGY

## PAIN THERAPY



Now!  
RM 299<sup>00</sup>

### TDP Pain Therapy Device

- 4 different applications: TENS, EMS, DEEP, Acupuncture
- Two separately adjustable channels with four electrodes
- Safety circuit for electrode control
- Automatic switch-off at the end of the program
- Certified medical device\*\*



\*\* Certified according to MDD ( Medical Device Directive )

 GERMAN TECHNOLOGY

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# Please consult doctor for interpretation of results

# Glucodr.<sup>TM</sup>

AGM-4000 Auto A Glucose Monitoring System

## Choose A Clinically Accurate Glucose Meter.



ISO 15197:2015  
Compliance



Award Winning  
Product from Korea.



Hospital Grade  
Specifications

Now!  
RM 84.80

# GET YOURS TODAY!

Trade-In Program Available At All Alpro Pharmacy Outlets.

# PARR

## PULSE ARRHYTHMIA TECHNOLOGY

Detects

AFib PC ARR

early stage  
**STROKE RISK &  
CORONARY  
HEART DISEASE  
SCREENING**  
with only **ONE** single  
BLOOD PRESSURE  
measurement

- **DETECTS (AFib)**  
Atrial Fibrillation
- **WORLD'S FIRST DETECTION OF (PC)**  
Premature Contraction
- **DETECTS (ARR)**  
Non Type - Specific Arrhythmia
- **THE FASTEST TECHNOLOGY**  
42 seconds
- **MOST CONVENIENT**  
Single measurement
- **HIGH SENSITIVITY**  
74 - 100%
- **IMPECCABLE SPECIFICITY**  
> 95 % for any type of patients

**This study is according to below standards**

EN ISO 14155: 2011, Clinical investigation of medical devices for human subjects-Good clinical practice

Organization/ Name: Klaus Forstner Dipl.-Ing. cd. Dr.-med

Investigator: Director FIMT (Asperg) Forschungsinstitut fuer klinische Medizintechnik

- Year 2016

## "PARR" Automatic Blood Pressure Monitor



Atrial Fibrillation  
Detection



Premature Contraction  
Detection



Cuff  
Detection



Movement  
Detection



Hypertension Risk  
Indication



Average of last  
3 readings



7 day AM/PM  
Averaging



120 memories for 2  
users with date & time

Clinically Accurate



Model: X5

(with Latex-Free Patented  
Universal Cone Cuff 24cm - 40cm)

Now!  
RM 388

# beurer

health and well-being



**Now!**  
RM 199<sup>00</sup>

## BM45

### Blood Pressure Monitor

- Irregular Heart Beat detection
- 2 x 60 memory spaces with date & time
- Average measurements morning and evening for the last 7 days



**Sensor-Touch buttons**



**Display**  
Perfect to read, white illuminated XL display



**Arrhythmia detection**  
This instrument can identify possible heart rhythm disturbance during measurement and if necessary indicates the measurement.



**Easy-to-use**  
The product is very easy to use.



**Risk indicator**  
Classification of measurements with coloured scale



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WHEN THEY MATTER MOST**



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ACCURATE**

**Highly accurate<sup>1</sup>**

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so you can test with  
confidence



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no setup requirements**

Ready to test right out  
of the box



**Second-Chance<sup>™</sup>  
Sampling**

**Second-Chance<sup>™</sup> sampling**  
Allows you to apply more blood  
to the same test strip if the first  
sample was not enough

Reference: 1. Goidy A, Warchal-Windham ME, Morin R. Accuracy evaluation of the CONTOUR<sup>™</sup> PLUS blood glucose monitoring system. Poster presented at: 6th International Conference on Advanced Technologies & Treatment for Diabetes (ATTD); February 27-March 2, 2013; Paris, France.

**ASCENSIA**  
Diabetes Care

# FINDING VALUES IN LIFE

More than a Community Pharmacist

“ I'm currently living my life as a community pharmacist, branch manager, smoking cessation trainer and dance instructor. ”

## There's this question.

### Do you understand yourself well?

For me, it's the key to live a more confident and passionate life. I'm Chiew Ying (CY) and I'm currently living my life as a community pharmacist, branch manager, smoking cessation trainer and dance instructor.

### Question: What makes you decided to join as a community pharmacist?

I am a person whom always hunts for challenges and personal growth. In a community pharmacy setting, it is not only about fully utilization of knowledge and following routine job scopes, it includes talent management, business management and many more.

### Question: Why Alpro Pharmacy?

I always think that it is crucial to raise the public recognition on our profession as a pharmacist. Alpro Pharmacy provides a unique platform instead of blindly price matching on every item sold. I appreciate the willingness of the organization to provide opportunity for personal growth and development.

Take myself as an example, I was offered branch manager position when I first entered the company and from there I learnt a lot about business, shop operation and staff management. Soon, I was sent for training in MQUIT program (official smoking cessation program recognized by government) by my company to become a qualified trainer and later on set up and led the company's smoking cessation program.

We often hear that the demand for pharmacists is saturated. This is not really true. If you are keen on adding values to yourself, new opportunity is always available. Lastly and importantly, the company is actively involved in charity and community engagement events throughout the year. *As we believe that love is unconditional and we will gain more only if we learn to give in life.*



### Question: You are a “dancing pharmacist”?

Other than pharmacist, I do work as a part time instructor as well in Unity Dance Studio, which is one of the top 10 best dance studios in Malaysia (according to Tally Press). Where do I get the time, you asked? Well, if you really love something, you just got to work your way for it. Dance always serves as a good escape for me whenever I'm facing pressure in life and not to mention that it also brought me a lot of awesome life experiences. For an instance during year 2016, I was lucky enough to get invited by one of Malaysia's famous K-pop dance crew, Project All Starz Crew to compete in Korea's World Dance Festival and placed second runner-up out of so many crews from different parts of the world. That moment on the stage was indeed priceless.

Life is a journey of exploring yourself and living up every moment to the fullest.

**“Well, I am not sure if I am on the right track but I'm pretty sure that so far I am not regretted with any decisions I have made to make it who I am today.”**

Ph. Chan Chiew Ying  
Pharmacist  
Alpro Pharmacy, Taipan Senawang



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A Better Wheelchair, A Better Fit



## CHM 100

*Simple and Durable*

- One of the lightest steel wheelchairs in the world, only 14.3kg
- Proper armrest height prevents shoulder pain



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*Lightweight and Convenient*

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- 9.7kg super lightweight for easy transport
- Integrated seating system prevents Hammock Effect



## S-Ergo 205

*Compact and Comfortable*

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- Outrigged armrest design creates bigger sitting space
- Upholstery with AEGIS Microbe Shield technology



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JUL

Kluang, Johor Outlet Grand Opening



Healthy Eating, Happy Growing School Talk Campaign @ SJK(C) Chong Hwa, Sungai Ayam



Seremban Flagship 3<sup>rd</sup> Anniversary Sale



Ear Hygiene School Talk Campaign @ SJK(C) Chee Chuin, Kampung Baru Sagil



Public Talk @ Lukut Community Library



Muar, Johor Outlet Grand Opening



Masjid Tanah, Melaka Outlet Grand Opening



Health Screening Day @ K. Terengganu & Kuantan

AUG



IJM Run, Seremban 2 Raising Fund For IJM Run "Bringing Hope, Changing Lives"



UITM and Alpro Academy Collaboration, First & Only Executive Diploma Course in Retail Pharmacy Management



Ear Hygiene School Talk Campaign @ SJK(C) Bandar Sri Sendayan



1 Million CC Blood Donation Campaign @ Seremban Prima

Tampin Outlet Reopening Ceremony, Celebrate 15<sup>th</sup> Anniversary



# EVENTS 2017

JUL / OCT

OCT

1 Million CC  
Blood Donation Campaign  
@ S2 Club



Healthy Eating,  
Happy Growing  
@ SJC(T) Seremban 2



School Health Talk  
@ SJK(C) Chi Ming (2),  
Tangkap



Diabetes Public Talk @  
Mawar Hospital, Seremban



Alpro Colouring Contest 2017  
@ Regina Mall, PD



Port Dickson Reopening  
@ Regina Mall, PD



2017  
Seremban Warehouse Sale  
@ S2 Club



1 Million CC  
Blood Donation Campaign @  
Bandaraya Melaka & Tampin



Press Release  
For SOBA Award's Winner



Health Screening  
@ Nilai Gospel Chapel

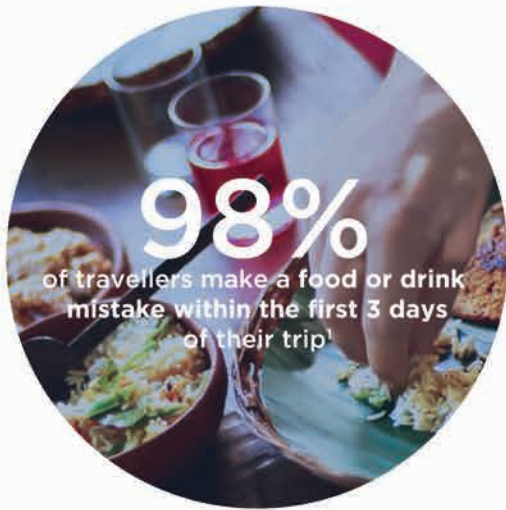


Press Conference for  
Seremban Warehouse Sale 2017  
& 1 Million CC  
Blood Donation Campaign  
@ S2 Club



SEP

EVENTS  
2017  
SEP / OCT



## Don't flush your vacation down the toilet! 别在马桶上渡过您的假日旅程！

Staying hygiene vigilant on holiday is never easy, but getting protected before a trip can be.

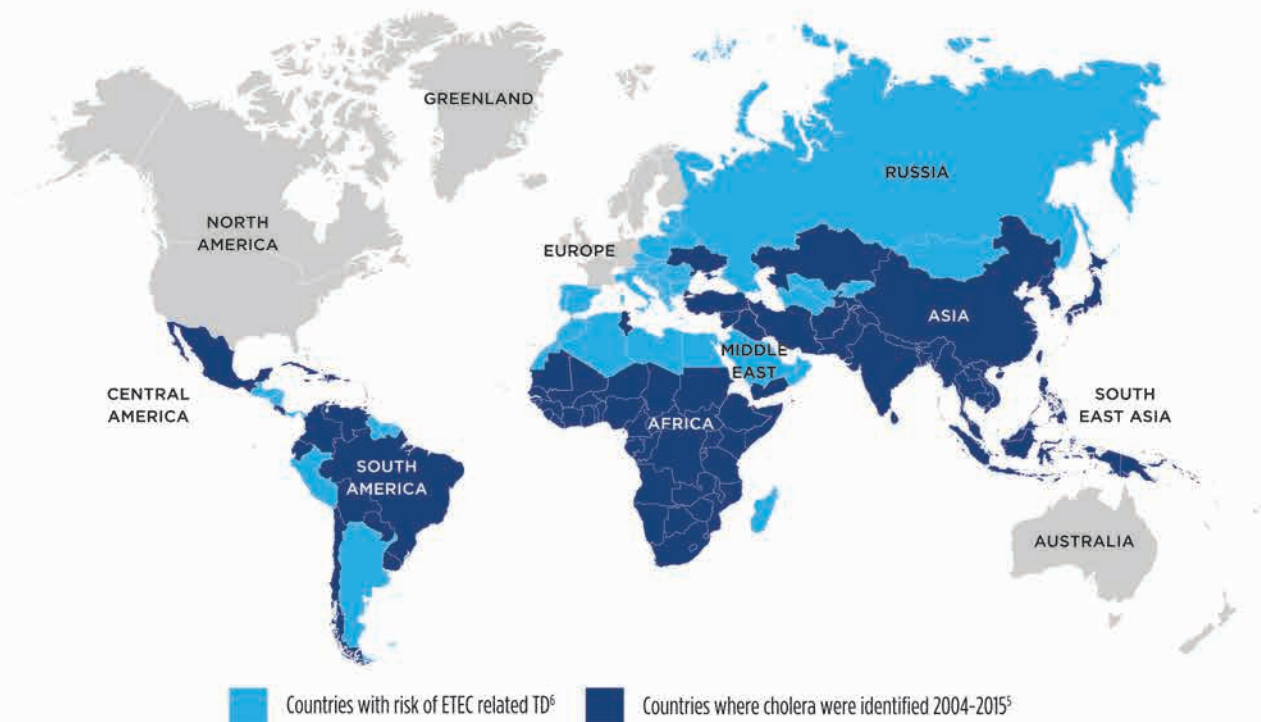
Hygiene rules such as safe food, water precautions and frequent handwashing can help reduce infection risks, but not completely eliminate them<sup>2,3</sup>

Do you know the most common bacteria that causes **traveller's diarrhoea (TD)** is enterotoxigenic **Escherichia coli (ETEC)**<sup>4</sup>?


Infection occurs when a person eats food, drinks water, or ice contaminated with ETEC bacteria.<sup>4</sup> You never know when you are at risk.

Behavioural preventive measures alone may not be sufficient to prevent contamination caused by cholera and ETEC.

### — RISK AREAS FOR ETEC-RELATED TD AND CHOLERA OVERLAP —



Immunisation can help to prevent diarrhoea caused by the **cholera** and **ETEC bacteria**.<sup>7</sup>



## Many popular tourist destinations are also endemic for cholera<sup>6,8</sup>

Cholera cases are reported throughout **Asia, Central America, and Sub-Saharan Africa**,<sup>5,6,9</sup> including but not limited to popular holiday destinations such as China, India, Thailand, Myanmar, Nepal and Vietnam.<sup>5,11</sup>

Up to 4 million cases are reported annually but this number might be greatly **underestimated**. The WHO believes only **5-10%** of actual cases are reported, due to negative impact on travel and trade.<sup>2,11</sup>

Unpredictable and underreported outbreaks may put travellers at risk for acute, watery diarrhoea, even if contamination risk is low for travellers.<sup>10,11</sup>

No traveller wants to be ill while they're away.

Speak to your healthcare providers on immunisation against cholera and ETEC related travellers' diarrhoea.

请向您邻近的医疗保健人员询问有关霍乱和产肠毒素性大肠杆菌所引发的腹泻之疫苗资讯。



1. Kozicki M, et al. 'Boil it, cook it, peel it or forget it': does this rule prevent travellers' diarrhoea? Int J Epidemiol 1985;14(1):169-72. 2. WHO. Cholera Fact sheet. 2016. <http://www.who.int/mediacentre/factsheets/fs107/en/> [Accessed: Mar 2017]. 3. Angelin M, et al. Travel health advice: benefits, compliance and outcome. Scand J Infect Dis 2014;46(6):447-53. 4. CDC. Enterotoxigenic E. coli (ETEC). 2014. <https://www.cdc.gov/ecoli/etec.html> 5. WHO. Wkly Epidemiol Rec 2016; 91 433-440 6. Steffen R. Epidemiology of Traveler's Diarrhea. Clin Infect Dis 2005;41(S8):S536-40. 7. Dukoral® full prescribing information. 8. WHO. Countries reporting cholera, 2010-2015. 2016. [http://gamapservr.who.int/mapLibrary/Files/Maps/Global\\_Cholera\\_2010\\_2015.png](http://gamapservr.who.int/mapLibrary/Files/Maps/Global_Cholera_2010_2015.png) [Accessed: Mar 2017]. 9. Lippi D, et al. Cholera. Microbiol Spectr 2016;4(4). 10. Nielson AA. Cholera - recommendations for prevention in travellers. Aust Fam Physician 2010;39(4):220-6. 11. Ali et al (2012). Bulletin of the WHO, 90:209-218A. <http://www.who.int/bulletin/volumes/90/3/11-093427/en/>



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