

HEALTH MATTERS

VOL. 13



EXCLUSIVELY FOR VIP MEMBER
DECEMBER 2018

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at Your Convenience...*



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AFTER



Dermatix[®] Advance is a new advanced scar formula that is clinically proven to lighten, soften and flatten facial and body scars. It has an innovative formula of CX5 Technology and Vitamin C, proving effective in the management of scars.

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2
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A DAY
1
PEA
SIZE



BREAK UP WITH YOUR SCAR

*Chen KL, et al. Plastic and Reconstructive Surgery, September 12, 2005. Refer to product insert for further information.

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*Dermatology, 2012; 71(1): 83-85. 2012. Refer to product insert for further information.

30
years

Breacol

A Trusted Name in Cough
Relief for Generations



Guaifenesin
to break up phlegm

M
MENARINI

Contents

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Have you tried this solution for your family?

By Ph. Chan Chiew Ying
Pharmacist
Alpro Pharmacy HQ

When was the last time you checked their bottle medication expiry date? And has it been into this innovative service. Scititude™ (All-in-One Medication Safety Solution)



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Adakah wanita tahu tentang penjagaan kesihatan?



By Nurul Anifah Binti Abdullah
Dietitian / Customer Executive
Alpro Pharmacy

"Wanita merupakan keamatan dan kestabilan kepada negara. Oleh itu, wanita sebagai ibu yang dituntut. Menjalani di kawasan kesihatan yang baik akan memberi manfaat. Selain itu, amalan kesihatan wanita adalah semakin meningkat. Walaupun begitu, terdapat banyak perkara yang perlu dititik beratkan oleh ibu yang sedang dalam penjagaan kesihatan wanita."



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揭开心灵之窗的密码!

帕蒂儿-拉舍治疗师
Alpro Seremban Flagship

获取一项100%网上调查数据，马来西亚人民每日平均会看网络电子产品的时间高达4个小时。因此，越来越多的精力投入到最小的社群已经开始了。随着网络行为问题向线下转移，这使网络、数据等，严重的后果可能会导致失眠、抑郁甚至自杀。

25 我们仨

@大专砂拉越社区药剂师

三位跨世代药师的故事。三位药师，各自在各自领域经营着属于自己的药房。虽然是在不同的领域，却发现三个人的缘分，可以带给消费者更多的服务，并且因为他们的力量，觉得心更宽广。

潘伟俊药师
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Alpro Pharmacy
Serok Kuching

梁志辉药师
Ph. Kit Ho Kit Siew
Alpro Pharmacy P10
Kuching

黄佩珊药师
Ph. Hoice Ling Fong
Alpro Pharmacy
Tahau Jaya, Kuching



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第一届全森华小 大专小小药师体验营



主持人场：梁关桃
访问及撰文：林惠娟

因为对心朋友的关爱，对教育的认真，对社会责任的热心，大专高药决意踔出第一步，举办“大专小小药师体验营”。



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Sulphuraphane and Kidney Health

By Mohammad Fahmi Idris
Dietitian
Alpro Pharmacy

"Many factors will lead to kidney failure and will deal with dialysis or kidney transplant. Therefore, the main objective is to manage the underlying risk factors that lead to the kidney failure and mostly it comes from the diet and lifestyles."



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Sucralose – The ONLY Artificial Sweetener Approved in ALL countries

By Kwan Lee Kuan, Han Wan Chien
& Elsie Low

Sucralose is the sweetest non-calorie sweetener on the market. Sucralose is not affected by heat and remains to sweeten in hot beverages, baked goods and processed foods.



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Understanding HbA1C and Why it matters to patients with Diabetes

By MSD and Alpro Pharmacy

"Diabetes is a condition where a person's blood glucose is too high because the body cannot use glucose properly. This occurs when the pancreas does not produce any insulin or patients with type 1 diabetes whereas in patients with type 2 diabetes, the pancreas does not produce enough insulin or the insulin does not work properly. Insulin is a substance that allows glucose to enter the body's cells to be used as fuel for energy in daily life."



Ph. Lee Yin Chen

Branding, Promotion & Trade
Marketing Director / Pharmacist

Alpro Pharmacy

FROM THE EDITOR

Welcome to the 13th edition of Alpro Health Matters, the December edition of Health Matters for the year of 2018.

This year, Alpro has seen much new development and progress in upgrading our pharmacy services to the customers that walk in to our stores or patronize us at our online platform. On top of the services of Medicpak, Medilist and Medichcek, we have introduced the service of Meditime, a medication reminding mobile apps specially designed by pharmacist to aid in enhancing patient's adherence towards their medication. All these services are grouped under Medicube, which provides our patients all the 4 services as well as medication storage solution for patients at home. These services are extremely useful and important especially for people who are taking more than 3 types of medication, which is very common among Malaysian. The articles in introducing Meditime and Medicube will be very useful for readers who are interested to know more about these services.

Besides, Alpro Pharmacy has gone beyond its boundaries by organizing a 2 days 1 night camp for primary school kids and setting up 'Little Pharmacist' squad at participating primary schools. The 'Little Pharmacist' camp is the first of its kind in Malaysia and receive very well response from teachers as well as parents. The article written by the 'Little Pharmacist' person in-charge, ST Leong features her experience leading the kids exploring the world of pharmacy.

Coming to the end of year 2018, it is time for everyone of us to set some new year resolutions, get some health tips from the articles in Health Matters and start practising them by end of this year.

I would like to represent all of the Alproeans and wish you a healthy and vibrant Year 2019!

Terima Kasih, Xie Xie Ni.

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Help Your Overburdened Liver

Liver Damage Can Be Silent and Deadly



Ever wondered what your busy social life is doing to your liver? Did you know that your liver is working hard to free you away from diseases and infections?

It is time to rejuvenate your liver cells if you are taxing it with heavy alcohol use, smoking, frequent late nights, unbalanced diet, inactive lifestyle, stress and long-term medication.

BIO-LIFE LIVASIL does wonders to your liver. It contains high strength 500mg of milk thistle extract, standardized to 80% silybin, which is the most active components of milk thistle extract. It offers liver protecting, antioxidant and liver detoxification properties.

Milk thistle acts as antioxidant to scavenge free radicals and protect your liver from oxidative stress. It also helps in liver detoxification by metabolizing drugs and toxins.

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Product is available at all participating pharmacies.

For more information on natural healthcare and therapies, please call BIO-LIFE Customer Care (Mon-Fri: 9am-5pm) at 03-7455-7999, health@biolife.com.my

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medicube[®] is the latest trend now!

Your All-in-One Medication Safety Solution

Prepared by:
Ph. Chan Chiew Ying
(Alpro Pharmacy HQ)



Story Behind medicube[®]

" One day, when I cleared my parent's medication drawer, I was stunned! I found out that the medications were mostly expired and not properly kept in a cool dry place. Worst of all, there was also repetitive of medications with the same indications."

HOW medicube[®] CAN HELP YOU?

medicube[®] is a personalized healthcare concept which involves home visit service by professional pharmacists to carry out 4 innovative services to ensure medication safety of our customer. They are **medicheck[®]**, **medilist[®]**, **medicpak[®]** and **meditime[®]**. medicube[®] is highly durable and socially designed to keep all medications and supplements safely.



medicheck[®] is a service by our professional pharmacists to evaluate efficacy and safety of medications to avoid wrong indication, drug interaction and side effects through personalized advices. **Never worry about medication error again!**



medilist[®] is a wallet-size card to record all medication details, including medication allergy, name, strength, dose, frequency and remarks. **Never forget the medication name & dose again!**



The SOBA Innovation Award Winning **medicpak[®]** is a milestone in Malaysia's primary pharmacy care. This 28-day blisters at the correct dose, timing and frequency helps patient to be compliance on medication. **Never get hassles to pack by yourself again!**



meditime[®] is a mobile app that allows patient to receive warm reminder to take and refill their medications. **Never miss your medication again!**



Mr. Eric & Ms Hanim

Customer Testimonials

"We have had our **medicube[®]** installed for about ONE month, and are finding it a great help. We are both on long term medication, and **medicube[®]** enables us to keep a much better watch on our stock of medications, helping us to recognise when we need to restock."

"With **medicube[®]** we can now feel that our medications are kept safe from childrens inquisitive hands, and nosy adults, as the lock is childproof, some have already tried and failed, as have some adults."

"When we installed **medicube[®]** it was the ideal opportunity to sort and dispose of unneeded and out of date medications. We were shocked at just how much we had accumulated. Now with all medications kept at one place, these are more easily recognised."

Call **019-7500612** now to enjoy the service while stock last!

Let's Meet our Pharmacist

Mum, my eyes are itchy, do you have anything at home?

Here you go. This eye drop that I used is good, the expiry date is still long way to go.

Really?

Hang on a minute! I remember pharmacist told us we need to dispose 28 days after opening.

The above conversation is no stranger to the community. Here are some myths to discover:

Q1: Why Eye Drops must be disposed 28 days after opening?

Once eye drop is opened, it will expose to the air. Most eye drops must be disposed 28 days after opening. This is to reduce the risk of contamination as it may cause infection towards eyes.

Q2: Is putting medication in the fridge the best way?

No! Especially for liquid/syrup or eye drops, getting medication in and out the fridge will cause condensation and increases risk of contamination.

Q3: It is just a few days after expiry. Is it okay to consume or apply?

No! Efficacy and stability of medication cannot be guaranteed after expiry. So, it is best to follow the recommended dates.

"I think *medicube* comes into place to ease the situation of expiry. This is a simple box with specific compartments. It allows easy accessibility and tracking of short expiry or expired dates. Our pharmacist from Alpro will ensure *medicube* is fixed at in a proper area, away from extreme light and humidity."

Do you have any question for me? Please visit me at Alpro Pharmacy, Kluang.

Expiry date guidelines for different preparations after opening:

Formulation	Expiry after opening
Tablets in blister pack	Follow expiry dates on blister pack
Liquid in original pack upon opening	3 months unless otherwise specified
Eye drop/ointment	28 days unless otherwise specified
Topical cream/ointment	3 months unless otherwise specified
Inhalers	Follow manufacturer expiry dates, if not used frequently, please "spray" on regular basis to make sure its efficacy.

Disediakan oleh:

Ph. Leom Yan Rou
(Alpro Kluang)



Jom Tanya! Ahli Farmasi Anda

"Saya amat gembira kini Farmasi Alpro menawarkan servis *MediCube* di seluruh cawangan Malaysia. Dengan *MediCube*, masalah penyimpanan ubat tidak lagi menjadi kerisauan."

Disediakan oleh:

Ph. Syaheer (Alpro Mentakab)



Penghasilan ubat-ubatan adalah mengikut formulasi tertentu, dan cara penyimpanan adalah amat penting bagi memastikan ubatan kekal dalam keadaan stabil dan efektif.

Simpan pada Suhu Bilik

Ada pengguna yang amalkan penyimpanan ubatan di peti sejuk, kereta, tepi dapur untuk ubatan yang sepatutnya disimpan pada suhu bilik. Suhu ekstrem mampu mengganggu kestabilan ubatan, terutama ubat yang sensitif akan suhu dan cahaya seperti (GTN, Glyceryl Trinitrate)

Simpan pada Suhu 2-8°C

Apabila dinasihatkan untuk menyimpan pada suhu 2-8°C, anda patut diletak di bahagian chiller dan bukannya freezer. Terutamanya ubatan seperti insulin, perletakkan ubat di suhu yang terlalu tinggi ataupun rendah akan merosakkan komponen ubatan tersebut.



meditime[®]



My Appointment

View and cancel appointment



Reminder & Alerts

Sends push notifications as per the reminders set by the patient or pharmacy



My Records

Captures details entered such as BMI, Blood Glucose, Thyroid and Cardiovascular value.



Patient Education

Materials on various topics



Diet

View diet, associated calories and manage goals



My Assessment

Calculate the risk associated with diabetes, thyroid or cardiovascular



Exercise

Monitors step, distance count and calories burnt



Medication Refill

Enjoy the Privilege of Auto-Reminders for Medication Refill for every medication purchased

Reminder

Never miss your medication again with our Auto-reminders!

Set Appointment

Simplify your appointments at your convenience. You are able to choose your ideal time slot available with our pharmacists through the app



揭开心灵之窗 の密码!



赖静儿-饮食治疗师,
Alpro Seremban Flagship

根据一项2016的网上调查报告, 马来西亚人民每日平均对科技电子产品的时间高达14个小时! 因此, 许多孩子们的视力在年纪小的时候就已经开始退化。最普遍的视力问题包括干眼症, 近视眼, 散光等, 严重的话还可能造成失明。

预防胜于治疗!

那么我们应该怎么做呢? 想要保护好双眼并不难, 只要我们能在日常的饮食生活中多加一点小心思, 多注重于摄取能护眼的营养素那就能预防眼睛提早老化啦。

叶黄素

叶黄素有着“人体太阳眼镜”的称号, 它是视网膜黄斑区域的主要色素成分。它能过滤掉蓝光, 从而减低蓝光对眼睛造成的伤害。除此之外, 叶黄素也能对抗黄斑区的脂肪外层氧化而引起的自由基, 保持视觉清晰和减少白内障发生的几率。可惜这种营养素是人体无法自行制造出来的, 我们必须从食物中摄取叶黄素来补充。

许多绿色蔬菜和橙黄色蔬果都含有丰富的叶黄素, 如西兰花、芥蓝、菠菜、玉米、红苋菜、胡萝卜、南瓜、芒果、蛋黄等。那一天大概需要摄取多少的叶黄素呢? 根据大部分研究显示, 成人一天需摄取6-10毫克的叶黄素以预防黄斑部病变的风险及保护视网膜免受光线伤害。

依据马来西亚健康饮食餐盘, 每日三餐摄取半碟的蔬果, 就能轻松的达到体内所需的叶黄素啦。若饮食上无法改善, 那就只好使用补助品了。不过, 最重要的还是减少使用电子产品的习惯和注意饮食要均衡。

维生素C和E

叶黄素对眼睛的帮助固然重要, 但大家也不能忽略维生素C和E的补充。想必大家都知道维生素A、C、E都是知名的抗氧化营养素, 它们能把对人体有害的氧化物(free-radical)排除, 减少眼睛受到氧化因子的损害。一些研究还发现了这些抗氧化维生素能预防患上白内障的机率。因为当眼部的水晶体受到外来光线的伤害就会产生氧化形成白内障, 而维生素C和E能减低水晶体氧化、受伤的程度。所以想要眼睛长保明亮动人, 那平时饮食上就该多补充些新鲜的蔬菜和水果。

含丰富维生素C的蔬果有番石榴、奇异果、橙子、葡萄柚、草莓、番茄、青椒、芥兰、西兰花、菠菜等。而维生素E则可从坚果类, 如: 核桃、杏仁、腰豆、葵花籽、花生; 或是适当的在烹饪里加植物油, 像是花生油、葵花籽油、黄豆油等, 皆都是维生素E良好的来源。这里也温馨提醒大家在摄取维生素C时最好尽量生吃, 因为维生素C遇光和热就会流失原有的营养成分。

除此之外, 大家也要注意油量摄取, 一天以不超过两汤匙(30毫升)为标准。坚果内也最好控制在一天一至两把的分量, 过于食用可是会增加热量的摄入哦。还有尽量选择不含盐和糖的坚果, 不然吃了可是对身体无益。

紫萝卜与黑番茄

也许有人会议论纷纷紫萝卜是不是基因改造而成的? 这里我可以很肯定的和大家说, 放心! 紫萝卜不是转基因的产品, 其实紫色萝卜可是胡萝卜的鼻祖啊。大家听了很惊讶吧? 的确, 紫萝卜原产于阿富汗, 由于价钱较为昂贵, 在我国不普遍。紫萝卜与胡萝卜外形除了颜色, 看似相似, 可是营养价值却比胡萝卜来得高。紫萝卜含有大量的胡萝卜素(beta-carotene)和一种特别的物质—花青素(anthocyanin)。胡萝卜素在被摄入人体后可转化为维生素A, 可以补肝明目还能预防夜盲症。其中花青素则拥有很强的抗氧化功效, 它能减少自由基对眼睛的伤害, 帮助改善视力和舒缓眼睛疲劳。此外, 花青素能增强眼睛感光物质—视紫质的合成, 帮助提升眼睛对于光线刺激的适应能力。黑番茄也不例外, 它也含有丰富的花青素。以红番茄相比, 黑番茄所含有的番茄红素还比它高出十倍左右呢。番茄红素也是数一数二的抗氧化营养素, 它能防止眼睛受自由基和紫外线的伤害和降低白内障的风险。

身处在被电子产品轰炸的时代里, 我能理解大家很难与手机或其他电子产品脱离关系。可是除了从饮食中摄入一些有利于眼睛的食物以外, 最重要的还是适当的让眼睛休息和保持足够的睡眠。在使用电子产品半个小时后, 适当的让眼睛闭目养神10到15分钟或做一些眼部的运动都是对眼睛有益的。想保持明亮双眼
看着美丽的世界就从现在开始保护眼睛吧!

HARD TO

FOCUS?

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- Most recommended for individuals 35 years and above



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- Fresh Sheep Placenta 6000mg
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Build body strength and resistance against physical and mental health



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Promote satiety and weight management

Promote regular bowel movement

* Calcium aids in the development of strong bones-
Magnesium promotes calcium retention and absorption-
Vitamin D3 helps the body absorb calcium-
Vitamin K2 helps deposit calcium to the bones*

Sources:
1. WHO, WHO Guidelines for the Prevention and Control of Osteoporosis
2. Institute of Medicine, Dietary Reference Intakes for Calcium and Vitamin D
3. National Osteoporosis Foundation, Osteoporosis Prevention, Diagnosis and Treatment, 4th ed., 2014

“All Disease begins in the Gut”

- Hippocrates, The Father of Modern Medicine

NEW



HELPS IMPROVE BOWEL & GUT FUNCTION*



BIOGROW
ProGut
Protects Your Gut...

A Drug-free Way to Manage Bowel Movement

1 daily sachet (~ 7 g) in cold water provides Dual Action :

- ✓ HIGH FIBER from **Oat BG22[®]** oat bran
- ✓ 1B CFU **B. lactis, BB-12[™]** PROBIOTIC STRAIN
 - The world's best documented *Bifidobacterium* from Denmark
 - Clinically tested to show benefits on defecation & bowel frequency!

Sources:

* British Journal of Nutrition (2015), 114, 1628-1646.

* MCH, Food (Amendment) (No. 3) Regulations 2017.

* *B. lactis, BB-12[™]* is an MCH-approved probiotic strain for food products.

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With Proprietary Technology

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TAGATOSE

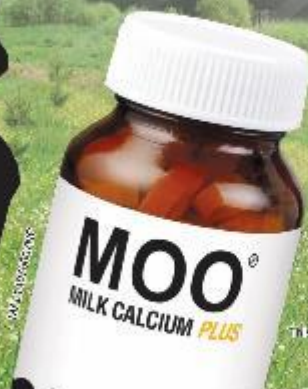


MOO[®]

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K.K.LIU 2459/2017



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Suitable for children 1-7 years old

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References:

1. Yoshida T, et al. (2014) Development and differences of intestinal flora in the neonatal period in breast-fed and bottle-fed infants. *Journal of Pediatric Gastroenterology and Nutrition* 58(3):273-277.
2. Jermolovs M, et al. (2014) Development of Infant's Microbiota is linked by Breast-feeding. *The Journal of Nutrition* 144(1):10-16.

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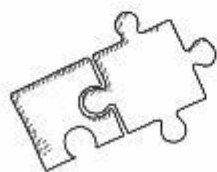
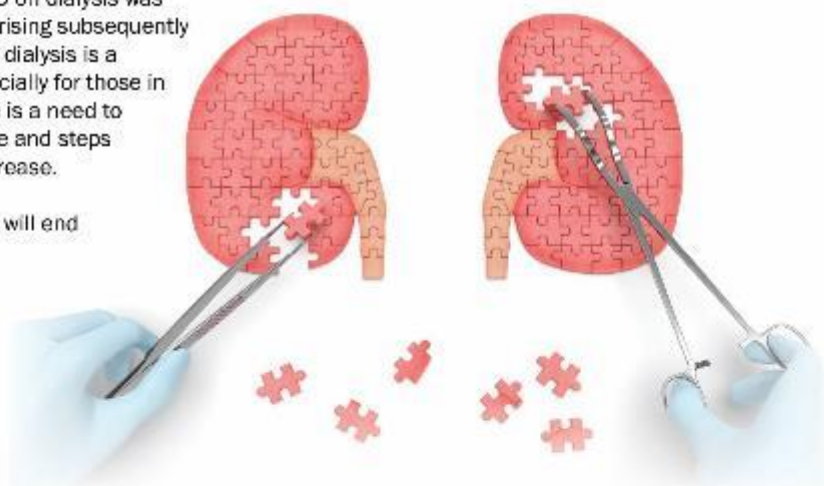
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SULFORAPHANE AND KIDNEY HEALTH

Prevalance of Kidney Disease

Up to date, the incidence and prevalence of patients with End Stage Renal Disease (ESRD) has been an upward trend for the past 10 years. According to Malaysian Dialysis and Transplant Registry in 2013, the prevalence of patients with ESRD on dialysis was 415 per million population (pmp) in 2003, rising subsequently two-fold to 1059 pmp in 2013¹. The cost of dialysis is a burden to patient and family member especially for those in low socioeconomic status. Therefore, there is a need to understand the risk factors to renal disease and steps needed to prevent such case to further increase.

Many factors will lead to kidney failure and will end with dialysis or kidney transplant. Among the risk factors are diabetes, high blood pressure, family history of kidney failure, obese with Body Mass Index (BMI) 30 or higher and others. Therefore, the main objective is to manage the underlying risk factors that lead to the kidney failure and mostly it comes from the diet and lifestyles.



How to prevent renal failure by managing risk factors?

1. Low Sodium Diet

A low sodium diet should contain less than 2400mg of sodium intake per day. You can easily achieve it by reducing intake of high sodium foods such as salts, fast foods, canned foods, monodium glutamate (MSG), processed foods, frozen foods, preserved food and sauces.

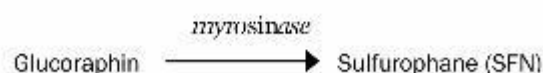
When eating out: avoid drinking soup, gravies or adding extra sauces. When order Ala-carte, is best to inform the chef to reduce salt or sauces used in the dish ordered. Sodium is easily detected from packaged products from the nutrition facts. It is very important to read and understand nutrition facts label at the food packaging and choose low sodium food. A low sodium food should contain **less than 140 mg of sodium per serving.**

Nutrition Facts	
Amount	% DV*
Per 1/2 cup (85 g)	
Calories 300	
Fat 1.5 g	2 %
Saturated 0.3 g + Trans 0 g	2 %
Cholesterol 6 mg	
Sodium 5 mg	1 %
Carbohydrate 61 g	20 %
Fibre 3 g	12 %
Sugars 3 g	
Protein 11 g	

Example of low sodium food (each serving contains 5mg of sodium)

Nutrition Facts	
Amount	% DV*
Per 1 pack (100 g) / per 1 packet (100 g)	
Calories / Calories 160	
Fat / Lipides 21 g	32 %
Saturated / saturés 8 g + Trans / trans 0 g	40 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 2060 mg	86 %
Carbohydrate / Glucides 57 g	19 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 2 g	
Protein / Protéines 10 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %

Example of high sodium food (each serving contains 2060mg of sodium)



2. Increase intake of cruciferous vegetables as it contains precursor of Sulfurophane (SFN).

Brassica vegetables such as broccoli, brussels sprout and cauliflower are among the main sources of food to provide SFN when being consumed. SFN is created from the breakdown of glucoraphin found in the brassica vegetables through the help of enzyme myrosinase into usable form of isothiocyanates including SFN²

SFN is well studied to protect against kidney damage and it also possess anti-cancer, antimicrobial and anti-inflammatory properties. Thus, you are encouraged to consume cruciferous vegetables 4-5 times a week.

However, cooking temperature, time, plantation quality will affect the precursor and enzymes availability to produce the active SFN. Thus, supplementation is necessary at certain points, with advice from health care professionals.

Benefits of Sulfurophane

Kidney Protection

Experimental studies have demonstrated that sulfurophane protects against renal fibrosis, kidney and intestinal ischemic-reperfusion injuries³ SFN stimulates the production of important enzymes that neutralize free radicals that invade cells in the body⁴ As we know, free radical is the reactive oxygen that get the blame for most of the stress found in the body. Therefore, consumption of sulfurophane will protect the kidney from oxidative damage caused by free radicals.



Indirect Antioxidant

On top of that, other studies concluded that sulfurophane is an indirect antioxidant because it is able to induce many cytoprotective proteins including antioxidant enzymes.⁵ Antioxidant is very important to fight free radicals caused by unhealthy diet, poor environment and many more. Therefore, sulfurophane is a potential phytochemical agent that is effective to attenuate oxidative stress and fight inflammation in our body.



Mohammad Fahmi Idris (Dietitian)
Alpro Kuantan, Jalan Berserah

Take Home Message

In the nutshell, healthy diet and lifestyles is very important to prevent the progression of kidney disease. Furthermore, consumption of sulfurophane-contained foods from cruciferous vegetables may also protects the kidney from further damage and benefit the patients to fight against free radicals in the body.

References

- ¹ The National Renal Registry. "22nd Report of Malaysia Dialysis and Transplant Registry 2014-2015."
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- ³ Yoon HY, Kang NI, Lee HK, Park JW, Park BH (2008). Sulfurophane protects kidneys against ischemia-reperfusion injury through induction of the Nrf2-dependent phase 2 enzyme. US National Library of Medicine, National Institute of Health.
- ⁴ Carlos E., Parina M., Bela H. (2018). Sulfurophane, a natural constituent of broccoli, prevents cell death and inflammation in nephropathy. US National Library of Medicine, National Institute of Health
- ⁵ Guerrero-Botran CA, Calderon-Oliver M, Pedraza-Chavez J, Chirino YI (2012). Protective effect of sulfurophane against oxidative stress: recent advances.

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References:

1. Barton, et al. 2015. PLoS ONE 10(11):e0141757. doi:10.1371/journal.pone.0141757;
 2. Cramer JT et al. J Am Med Dir Assoc. 2016 Nov 1;17(11):1044-1055.
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我们仨，各自守守守地经营着自个儿的药剂行，却总是在喝茶聊天的时候，发现我们三个人的渺小。可以提供给顾客的服务，往往因为我们有限的力量，变得心有余而力不足。

毅然决定走出自己的舒适圈，我们三人，做了一个重大的决定，把大专药剂行的专业服务带进砂拉越，希望每一个踏进我们药剂行的顾客朋友们，可以健康的，开心的，笑起来。

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我们仨，在这片和谐美丽的土地上，衷心希望因为大专药剂行的存在，每一个人的脸上，写了一抹笑容，每一个人对药物或保健员的认知，更上一层楼，每一个人的健康，可以被改善。

你们的需要，我们听得见，我们在努力的为替你们而进步~
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Why are digestive enzymes important for you ?



Our bodies convert the foods we eat into fuel, which is then used for energy, growth and repair. The role of the digestive system is to break food down into their simplest forms and to facilitate their absorption into the blood stream, where they are then carried to the cells of the body for storage or immediate use.

Digestion of food begins in the mouth where it is physically ground up by chewing teeth and made easy to swallow by mixing with saliva. Saliva contains a special chemical, called an enzyme, which, begins the breakdown of carbohydrates into simple sugars.

Enzymes are complex proteins responsible for many of the chemical reactions that occur in the body and keep us alive.

What are digestive enzymes?

Digestive enzymes are enzymes produced in the mouth, stomach and pancreas. They help our body to break down the proteins, carbohydrates, and fats in our food into the smaller components that we can then use for fuel. They are essential for the body's absorption and ability to properly utilise food. Without the right amount and types of enzymes being produced, the body will have difficulty digesting food.

Which enzyme is which?

There are many enzymes in the digestive system, all of which have specific food components that they are responsible for digesting. Some of the digestive enzymes in our bodies and the food substances that they break down are:

- Amylases - aid the digestion of carbohydrate
- Proteases - aid protein digestion
- Bromelain - assists in the digestion of protein
- Lipase - aids the breakdown of lipids or fats
- Lactase - aids the digestion of lactose (milk sugar)
- Cellulases - aid in the breakdown of plant fibre

Who can benefit from taking enzymes?

Individuals who are not producing enough digestive enzymes, and are suffering from digestive upset may benefit from taking digestive enzymes. Some of the factors that can contribute to inadequate enzyme production include:

- Poor eating habits
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- 'Eating on the run', or late in the day
- Excessive consumption of alcohol
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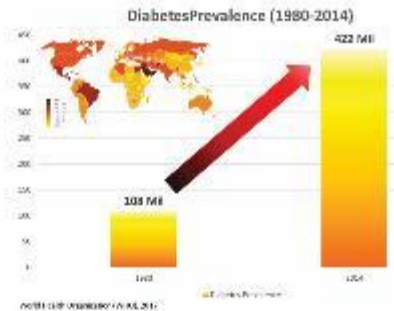
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Sucralose has been approved as safe by several international food safety regulatory bodies, including the Food and Drug Administration (FDA), The Joint Food and Agriculture Organization/World Health Organization Expert Committee Report on Food Additives, the European Union's Scientific Committee on Food, Health Protection Branch of Health and Welfare Canada, and Food Standards Australia New Zealand. According to the Canadian Diabetes Association, the amount of sucralose that can be consumed over a person's lifetime without any adverse effects is 9 mg per kg of body weight per day. In determining the safety of sucralose, the FDA reviewed data from more than 110 studies in humans and animals. Many of the studies were designed to identify possible toxic effects, including carcinogenic, reproductive, and neurological effects. No such effects were found, and FDA's approval is based on the finding that sucralose is safe for human consumption.



Global Issue: Diabetes



The number of people with diabetes has risen from 108 million in 1980 to 422 million in 2014 and the global prevalence of diabetes among adults over 18 years of age has risen from 4.7% in 1980 to 8.5% in 2014.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces to regulate blood sugar. Hyperglycaemia (raised blood sugar), is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels.

(World Health Organization, 2017)

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STEVIA	<ul style="list-style-type: none"> ✓ 200-400 times sweeter than sugar ✓ Zero calories ✓ Suitable for diabetes management ✓ Natural extract from stevia leaf 	<ul style="list-style-type: none"> ✗ Unfavourable bitter after taste ✗ Not recommended for pregnant and nursing mother ✗ Malaysia Dietitian Association reviewed stevia as INADEQUATELY TESTED
FRUCTOSE	<ul style="list-style-type: none"> ✓ Lower GI compares to sugar ✓ No unpleasant after taste 	<ul style="list-style-type: none"> ✗ Excessive intake increases prevalence of obesity, diabetes mellitus, and non-alcoholic fatty liver disease.

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NOW !!
RM 78⁸⁹ /set

This is a supplement product advertisement. (R) 01/22/6/2017

PROVITON

**BE MORE,
DO MORE**



NOW !!
RM 83⁸⁹ each

Proviton
Multivits CoQ10 Plus
90s

This is a product advertisement. (R) 01/22/6/2017

PHARMACEUTICALS



MX3

NATURAL GARCINIA MANGOSTANA EXOCARP
500mg CAPSULE

NOW !!
RM 130 /box



f MX3 Mangosteen Malaysia Distributor
www.malaysia.mx3supplement.com

MAL13115173TC

NOW !!
RM 44.90 each



Grab your Wound Care Mist Now!

*The effect of this product may vary among individuals.

MAL 16090005T
KKUJ 31-48/2017



All Natural



Help Heal
Cuts & Bruises



Soothe
Burns



No Pain

ACCIDENT: CUT BY GLASS
*7 days of use



HOT WATER SCALDING
*1 days of use



SPRAY8
Furley
BIOLACTICS

THOMSON
Activated Ginkgo
Extract 40mg
2x120's FREE 30's

BEST BUY
NOW !!



PROMOTION
Valid Until 31st December 2018



BEST BUY
NOW !!

ABBOTT
Surbex Opti-V
60's

RM 43⁹⁰
NOW !!



SHINE
Jointflex Forte
60's

RM 12⁵⁰
NOW !!



PANADOL
Optizorb Advance Caplet
500mg
36's

RM 14³⁴
NOW !!

HURIXS
Ubat Batuk Camat
& Madu Plus
Kanak-Kanak
60ml



BEST BUY
NOW !!

BIO-MARINE PLUS
Concentrated Fish
Oil Capsules
120's



RM 10⁴⁹
NOW !!

MINSYAM
Kapsul Minyak
Habbatus Sauda
Syam 20's



RM 92
NOW !!



ECOLITE
Pu Yao Jing 750ml
FREE Bird Nest 150ml
2's

REBATE
@ RM 4
BUY 2



NUTREN
Optimum Vanilla
800g

RM 2
NOW !!



FUJI
Alkaline Drink
500ml 1's

RM 23⁹⁹
NOW !!



SCOTT'S
Emulsion Original
Cod Liver Oil Extra
100ml 2's

RM 7⁹⁹
NOW !!

3 LEGS
Cooling Water
200ml x 6's



RM 3⁸⁰
NOW !!

KINDER
Bueno White
19.5g



KINDER
Bueno
21.5g



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PROMOTION

Valid Until 31st December 2018

RM 118
NOW !!



AURIBEE
Manuka Honey
MG 300+ 250g

RM 248
NOW !!



AURIBEE
Manuka Honey
MG 800+ 250g

RM 25⁹⁸
NOW !!

HISAMITSU
Selampas Spray
80ml



RM 88
NOW !!



BESMADE
BSA-2302
Body Composition
Analyzer

RM 34⁶⁷
NOW !!

RENU
Fresh Kit
3's x 355ml



STIMULEN
Skin Care
Lotion 200g
80g

BEST BUY
NOW !!



RM 14⁴³
NOW !!

SMELLY-NO-MORE
Natural Crystal Roll On
Deodorant Stick
60g

RM 5⁹⁹
NOW !!

DERMOPLEX
Calamine Lotion
120ml



RM 31²⁰
NOW !!

NUTRIWORKS
Flexi-Patch
Foot Patch 10's



RM 15²⁸
NOW !!

SKINLABS
Aloe Vera Moisturizing Gel
200ml



RM 18⁵⁸
NOW !!

DOVE
Gentle Exfoliating
Body Wash 1L /
Beauty Nourishing
Body Wash 1L



URAL
Effervescent
Granules 4g 25x1's

RM 31⁹⁸
NOW !!



RM 10⁹⁰
NOW !!

LIPICE
Sheer Color
Strawberry
2g



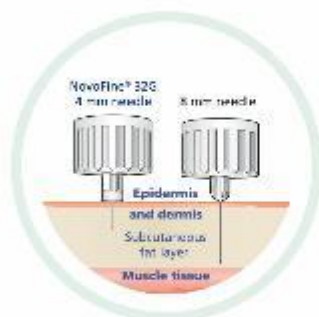
BUY 2
FREE 1

RM 24⁸⁰
NOW !!



NIVEA (M)
Invisible Black&white
48h Spray 150ml 2's
With FREE 150ml spray

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Ultra-thin and ultra-short to minimise pain¹ and risk of intramuscular injection²



NovoFine® Needles 31G 6mm x 100

GRV929347817



NovoFine® Needles 32G 6mm x 100

GRV929347817



NovoFine® Needles 32G 4mm x 100

GR27101128117



Strong

Unique needle design to reduce the risk of bending or breakage



Universal

4 mm length is suitable for subcutaneous delivery in patients of all sizes or BMI³

Compatible with most pen devices⁴

References:

1. Jm Rec. H-06071 Underman et al. *Soc on NovoPen®*. *Novo Nordisk* A/S November 2002.
2. Alford, Kelsen L et al. *Diabetes Care* 2006;29(1):21-37.
3. Eriksson, KH et al. *Diabetes Care* 2008;31(9):1605.
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FREE

40 PCS PROBE COVER

** While stocks last.



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* Terms & Conditions Apply.

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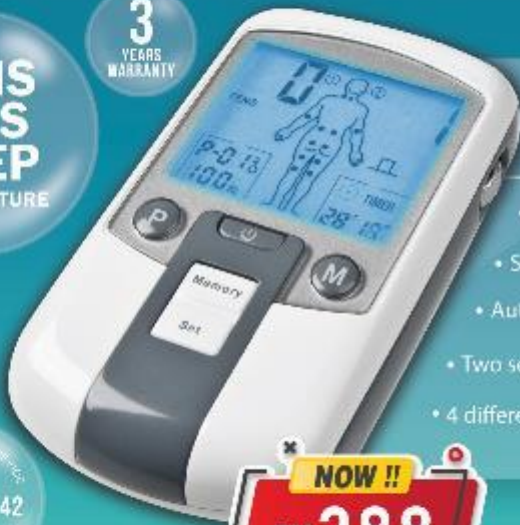


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EMS
DEEP**
ACUPUNCTURE

3
YEARS
WARRANTY

2
CHANNELS

Quality CE mark products
MOD 93/42



TDP PAIN THERAPY DEVICE

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- Safety circuit for electrode control
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*** Certified according to MDD (Medical Device Directive)

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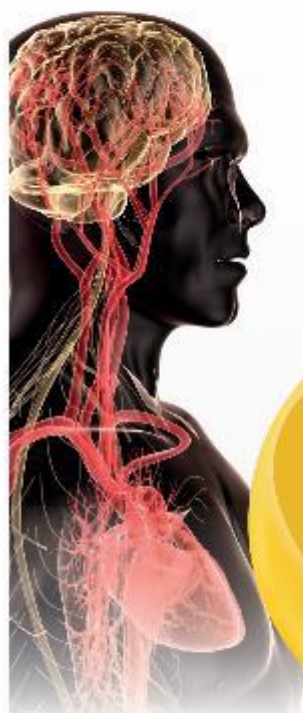
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只需一键式
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Rossmax X5 型号全自动
“脉冲心律不整技术”电子血压仪
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为何心房颤动会增加5倍的中风机率?

当心房快速且不规律地跳动时，血液无法正常及顺畅地流动至心房，而导致血液凝固的可能性。如果凝固的血块被泵出心房，它可能会流到脑部细微的血管进而引发中风。

一般心房颤动的症状



心房颤动可能存在的风险因素

心房颤动的病因



可能相关的行为



其他诱因



详情请浏览:
https://www.heart.org/-/media/data-import/downloadables/pe-afib-faqs-of-atrial-fibrillation-ucm_424424.pdf



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with your
loved ones.

Ensure more of
what matters to you
with Omron
healthcare products.



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AUTOMATIC UPPER ARM BLOOD PRESSURE MONITOR HEM-7130-L DELUXE



Cuff Wrapping
Guide Lamp



Average of
Last 3 Readings



Body Movement
Detection



60 Memory with
Date and Time



Intelli
sense

IntelliSense
Technology



WIDE RANGE
SOFT CUFF
INCLUDED

Arm Circumference
of 22-42cm

NOW !!
RM **299**

FREE
Adapter
(worth RM80)



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Please consult doctor for interpretation of the results.

All for Healthcare

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Introducing **NEW Accu-Chek® Guide.** Cleverly designed wireless blood glucose system

The Bluetooth® enabled blood glucose meter that pairs with the free Accu-Chek Connect diabetes management app*. Log, view and share blood glucose results without ever writing in a paper log book.



Clever test strip vial
Spill-resistant SmartPack vial, easier to take just one test strip



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Advanced accuracy
Fulfills and exceeds **ISO 15197:2013¹** accuracy standards for results you can trust

NOW !!
RM 129

Accu-chek
Guide Standard Kit
With 50's



*Does not include cost of data for downloading the app. Available for selected mobile devices.
References: 1. Berg RL, Kitz LJ, Sussman AM. New Generation Blood Glucose Monitoring System Exceeds International Accuracy Standards. J Diabetes Sci Technol. Nov 2013; 7(6):1100-1105.
Please consult your doctor for interpretation of results.

Accu-Chek® Customer Care: 1-800-88-1313
(Monday – Friday, 9am – 5pm)

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BLOOD
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MONITORING
SYSTEM

GlucoDr. *auto*™

Award Winning Glucose Meter From Korea.



Gluco Dr. Auto
Test Meter Set with 25's

International Accuracy Standard

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3 Easy Steps Only

User Friendly Operation

Strip Eject Button

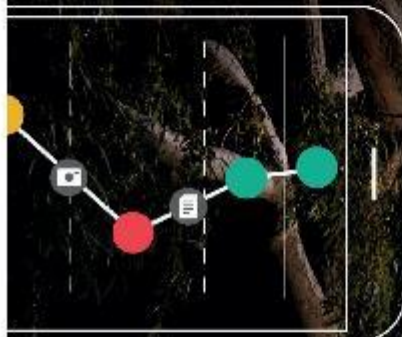
Fast, Easy, Hygienic

Have an old meter?
Get a new one for
FREE with our trade
in program!



Learning that diabetes management can be about choices, not just constraints. That's illuminating.

The easy to use CONTOUR®PLUS ONE smart meter provides remarkably accurate blood glucose readings that are complemented by its unique smartLIGHT™ feature, letting you know if you are above, below or in your target range^{1,2}. You also have the option to seamlessly connect your CONTOUR®PLUS ONE meter with brand new features of the CONTOUR™DIABETES app to help manage your diabetes, smarter.



- Remarkably accurate testing
- The smartLIGHT™ feature
- Second-Chance[®] sampling



With purchase of 1 unit of contour plus GET 1 FREE of Bestmade Alcohol Swab

Your diabetes, illuminated

Contour plus ONE



Discover more about the CONTOUR®PLUS ONE system and the CONTOUR™DIABETES app at: www.contourplusone.my

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Rafaelonka 1. CONTOUR®PLUS ONE Use guide 2. Bestly T8. JD doctor Sci-Tech Inc. 2017 July 9:739-745. Ascensia Diabetes Care Malaysia Sdn Bhd, Jalan Mawana Lot 2-2, Level 2, Tower B, The Troika 18, Persiaran KLCC, 50450 Kuala Lumpur, Malaysia. T: +603 2170 5102 F: +603 2170 3001. diabetes@ascensia.com. H-AK-12-12-10-0810-032-1875, adapted from ISL-10-06-2017-5-023, prepared March 2018.





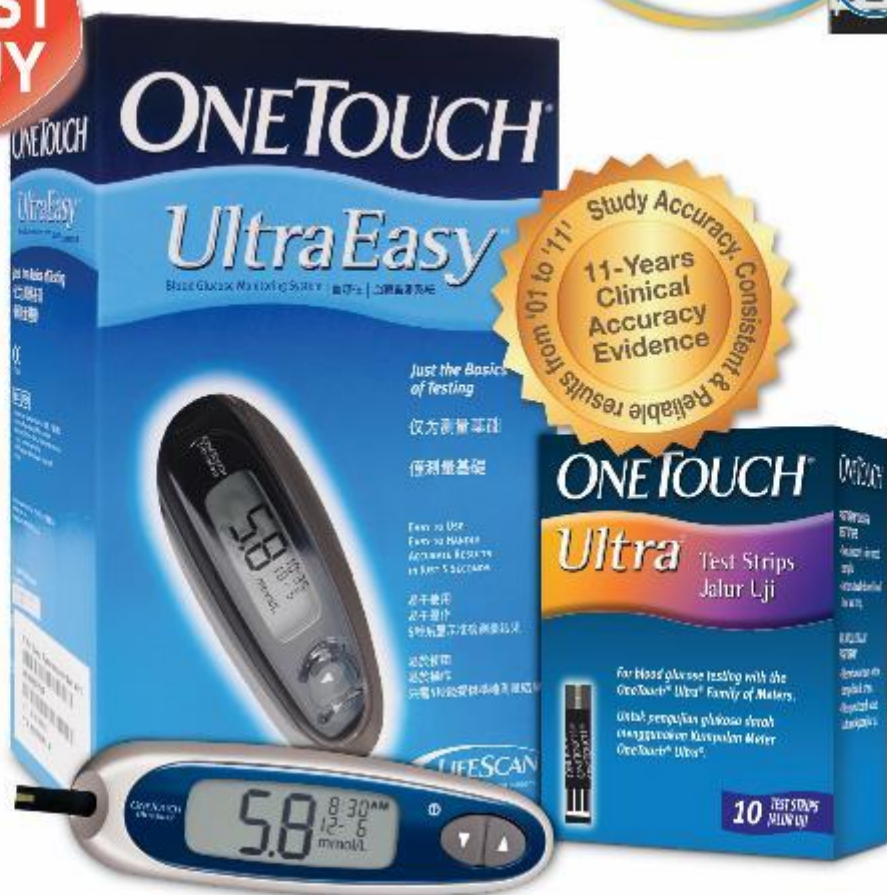
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electrodes**



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Reference:
1. DeLorenzo (The Assessment of OneTouch® Ultra Clinical Performance G12000 - GH 2010) Wiley&Sons, Inc. © 2010 GSK
2. AWA 060-270
Miles: For in cost replacement services and/or as a subject to formal and control only. Please consult your local health providers for information on results.
For more information on OneTouch® products, please contact our toll-free OneTouch® Customer Care Line 1-800-882-2222.
Available Monday to Friday 9:00 a.m. to 5:00 p.m. (except Public Holidays).
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Designed for a **Better** testing **Experience**

FREE

**1 Box Freestyle
Lancets 100's**

RSP: RM56.00



NOW !!
RM 67⁹²



FreeStyle Freedom Lite Starter Kit

*1 FreeStyle Freedom Lite Meter,
10's Lancets,
10's Test Strips,
1 Lancing Device,
1 Carrying Case*

 Patented ZipWik Strip Design

 Easier & Faster* Blood Application

 Tiny Sample Size - Only 0.3µL

*Data on file, Abbott Diabetes Care Inc.



FreeStyle

Freedom Lite

Blood Glucose Monitoring System

 **Abbott**

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HEALTH AND WELL-BEING

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FT90

Non-contact clinical thermometer

- Contactless infrared clinical thermometer
- Forehead, object and room temperature in seconds
- Temperature alarm
- 60 memory spaces



BM45

Blood Pressure Monitor

- Fully automatic blood pressure
- Average measurements morning and evening for the last 7 days
- Irregular Heart Beat detection
- 2 x 60 memory spaces with date & time
- Cuff circumferences 22 - 36 cm



EXTREME™

FEEL THE COOL, FULFILL THE GOAL.

LP SUPPORT

LP Extreme is a series made of CoolPrene™ to provide Dynamic Protection during exercise, for maximum comfort, excellent recovery & best protection.

NOW !!
RM 99.90 each

LP Extreme
Knee Support
Coolprene
788CA



788CA



563CA

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LP Extreme
Wrist/Thumb Support
Coolprene 563CA



CoolPrene
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Breathable CoolPrene™ and COOLMAX™ can keep skin dry and comfortable. The unique construction of CoolPrene™ helps relieve pain, swelling and stiffness, and helps injuries recover faster. Hook and loop closure design fits most knee size. Relieves knee pain, swelling and injury.

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Tennis Elbow Support
Coolprene 751CA



751CA



757CA

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BackJoy

SitSmart™ Posture Core

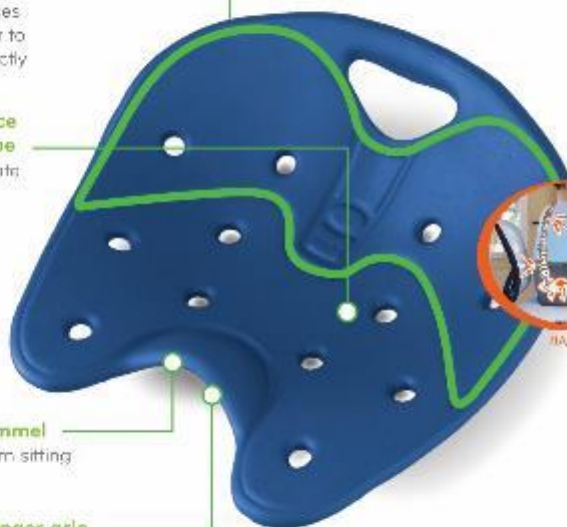
The SitSmart™ Posture Core offers the same unique and patented design as the original SitSmart™. Our latest design helps cup and activate the gluteal muscles; the most important muscles for stabilizing and initiating movement.

sit zones
visual indicators makes it intuitive for the user to know how to sit correctly

wider seating surface & deeper bowl-shape
helps to cup and activate the gluteal muscles

sculpted front pommel
prevents the user from sitting too far forward

in-built finger grip
for easy seat adjustments



SitzRight™ Seat Cushion

The SitzRight™ seat was designed and engineered to help you sit more comfortably with better posture alleviating fatigue and discomfort.

Weight distribution
comfortable EVA material and design eliminates peak pressure on your sitz bones to make sitting more comfortable

Tailbone relief
cutout alleviates tailbone (coccyx) pressure while sitting.

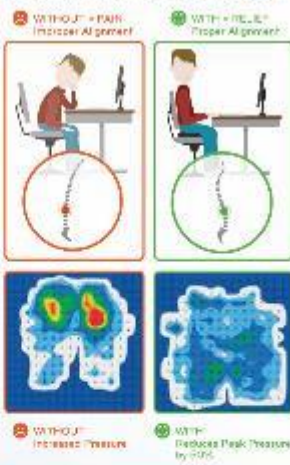
Correct posture
contoured design encourages proper sitting posture

Waterproof
closed-cell EVA is completely waterproof for easy cleaning

Airflow
port and pillar design provides continuous airflow to reduce seat surface temperature and moisture for extra comfort



Evenly Distributes Weight





R&R

DURA SOFT
COLD/HOT PACK
As Recommended By Physicians Worldwide

R&R Cold/Hot Pack

Specification:

Outer Material : NYLON + PVC
 Contents: Gel
 Size: 10cm x 15cm (S size)
 31cm x 17cm (L size)
 Colour: Blue

Features:

- Suitable for both cold and hot therapy
- (Temperature: -20 to 80 degrees Celsius)
- Retains heat or coolness for a minimum of 30minutes
- For use with common aches, pains, swelling and bruising

Lifeplus

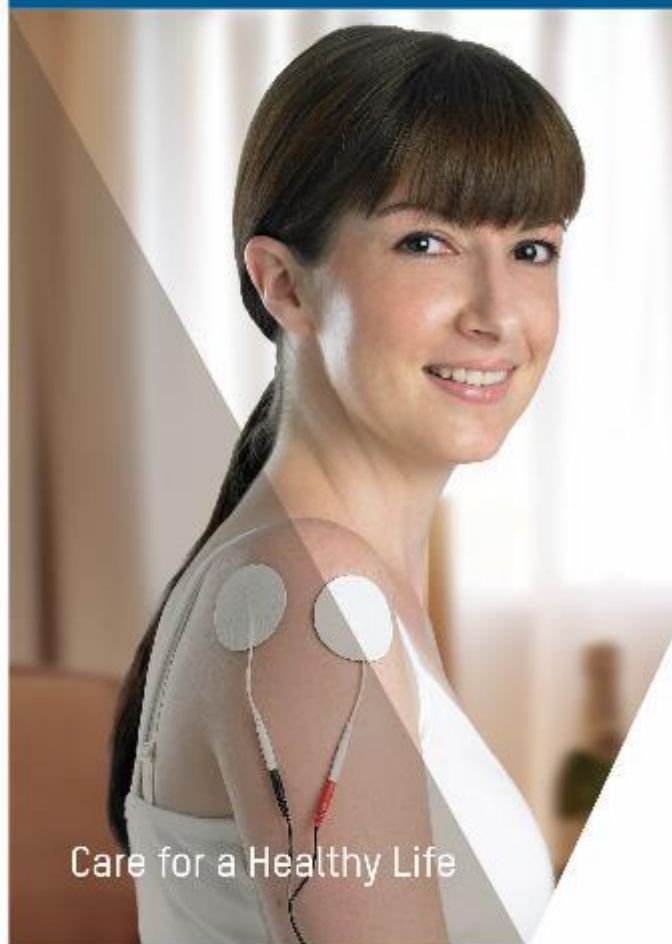


Specification:

Outer Material : 100% Heavy Duty Polypropylene
 Weight: 1 kg
 Size: (L)33cm x (H)29cm x (W)8cm

Features:

- Stretches and relieves tight muscles in the buttocks, hamstrings and calves
- Special spots to stimulate acupoints
- Holds up to 130 kgs



APEX

COM-TENS III

The COM-TENS III unit is one of our most popular units, affording customers a low-cost solution that provides reliable, effective treatment. It is used for alleviating chronic and acute pain and is designed for rehabilitation/physical therapy.

The COM-TENS III comes complete with a carrying case, 9-volt battery, 2 lead wires, 1 package of 4 pre-gelled electrodes and an operating manual.

Features:

- Dual isolated channels
- Adjustable pulse amplitude and frequency
- Plastic clip design
- Pocket sized
- Easy operations





**SUPPORT YOUR
HEALTHY LIFESTYLE**

OPPO 2862 T.E.D.TM ANTI-EMBOLESM STOCKINGS

Indication:

- Prevent venous stasis
- Suitable for post-surgical or bedridden patients
- Reduce the formation of thrombosis or embolism

Size: I-VII

Color:



Anti-embolism Series



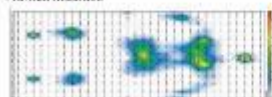
Features:

- Comfortable wide band to prevent slipping and binding
- Colored marker identifying the correct heel and foot area to provide constant compression
- Opening in the ball-of-foot for easier monitoring of circulation without removing the stockings

RIPPLE MATTRESS DOMUS SERIES

DOMUS is a series of therapeutic support surfaces designed for a wide range of conditions from prevention to serious pressure ulcer. With evidence-based development, each model in DOMUS series is verified by Dynamic Pressure Mapping Test to trace real-time internal pressure between the mattress and body to ensure the effectiveness of pressure redistribution to offload the pressure occurring in the deep tissue.

Normal Mattress



DOMUS



DOMUS 1

DOMUS 1 is ideal for prevention and treatment of patients at low risk of pressure ulcers. This light weight and compact alternating pressure pad is composed of 25" high bubble cells, and it is used as an alternative to heavier products such as gel overlay mattresses. The system is great for short-term usage and easy to install. With a pressure adjustable pump and extension flaps on top and bottom sides of the bubble pad to prevent the pad from sliding, DOMUS 1 is designed to be a great transition mattress for homecare.



Pressure Control System
To adjust the pressure
according to setting.



Medical Grade PVC Pad
To provide a soft
cushion.



Adjustable Valve
To adjust the pressure
according to setting.



Extension Flaps
To prevent the pad from
sliding.

DOMUS 2

DOMUS 2 is a valuable overlay system designed for prevention and treatment of patients at low-medium risk of pressure ulcers. By having a series of individual cells inflate and deflate alternately over a ten-minute cycle, the pressure is periodically redistributed by inflating and deflating cells in order to mimic natural sleep movement patterns and avoid long-term pressurization of tissue.



Pressure Control System
To adjust the pressure
according to setting.



Adjustable Valve
To adjust the pressure
according to setting.



Medical Grade PVC Pad
To provide a soft
cushion.



Extension Flaps
To prevent the pad from
sliding.



APEX
Care for a Healthy Life



ABSORBA™ nateen®



NOW !!
RM 30¹⁹

ABSORBA
NATEEN SUPER
ADULT PANTS
M



**VALUE
PACK**
* WHILE STOCKS LAST



ABSORBA™ nateen® SUPER



ABSORBA
NATEEN SUPER
ADULT PANTS
L

PRODUCT RANGE	
ABSORBA™ Nateen® SUPER	
CONCEPT	
Adult Pant	
ABSORBENCY	
3700ml - 4000ml 	4000ml - 4400ml 
SIZE / WAIST	
M / 60 - 120 cm	L / 80- 160 cm



Wetness
Indicator



Waterproof
Leak Guards



Ultra Dry
Top Layer



Odour
Control



Belgian
Quality

Manufactured for / Distributed by:



For more information,
please contact us or visit our website:

www.turbo-med.com



Adakah wanita tahu tentang penjagaan kesihatan ?



Nurul Atifah Binti Abdullah
Dietitian, Customer Executive

Wanita inginkan kecantikan dan kesihatan bukan sahaja dari segi luaran, tetapi dari segi dalaman. Masalah di Kawasan kesulitan amat sukar diterus terang. Salah satu masalah kesihatan wanita adalah vaginitis. Vaginitis adalah keradangan ataupun infeksi pada vagina. Berikut adalah tips dan panduan dalam penjagaan kesihatan vagina.

Masalah “keputihan”?

“Vaginal Fungal Infection” ataupun lebih dikenali sebagai “keputihan”, adalah masalah jangkitan kulat vagina oleh sejenis kulat dikenali sebagai “Candida Albicans”. Apabila dijangkiti masalah “keputihan”, wanita mungkin berasa gatal, hangat, sakit semasa hubungan seksual, tidak selesa, sakit semasa kencing, bengkak, dan lelehan keputihan.

Rawatan antibiotik, mengandung, diabetes mellitus yang tidak terkawal, obesiti, penggunaan dos steroid yang tinggi merupakan faktor-faktor yang boleh menyebabkan masalah keputihan.

Elakan “Douching (Meruang)” yang berlebihan

Vaginal Douching adalah amalan pencucian farah dengan air ataupun cecair lain. Bahan ini mungkin mengandungi wangian yang boleh menyebabkan kulit sensitif. Ia juga akan menyingkirkan bakteria baik seperti lactobacillus dari vagina. Bakteria baik ini sangat penting untuk dipelihara kerana ia akan menghasilkan asid laktik bagi mengelakkan jangkitan pada vagina. Vagina perlu mengekalkan keseimbangan pH secara semula jadi untuk mengurangkan masalah jangkitan.



JADI, Bagaimana Menjaga Kebersihan Vagina Yang Betul?

1 Sayuran, Probiotik & Air

Pengambilan sayuran, probiotik dan air yang mencukupi turut adalah amalan yang baik dalam penjagaan kesihatan vagina. Ahli dietitik menasihati wanita yang selalu mengalami masalah "keputihan" untuk mengurangkan makanan yang mempunyai kandungan gula tinggi khususnya bagi pesakit diabetes. Tahap glukosa yang tidak terkawal boleh menyebabkan pembiakan yis berlebihan di Kawasan vagina.



2 100% Cotton

Dari segi pemakaian, pilihlah jenis kain "100% cotton" bagi seluar dalam dan elakkan pemakaian pakaian yang terlalu ketat. Ini akan menyebabkan iritasi di bahagian vagina.



3 Bebas pewangi

Wanita juga digalakkan untuk memilih panty liner yang bebas daripada sebarang pewangi kerana kandungan bahan kimia boleh menyebabkan iritasi pada kawasan vagina.



4 Keseimbangan pH

Apabila memilih pencuci vagina harian, adalah digalakkan untuk mendapatkan produk yang mempunyai pH 4.5 untuk kesihatan vagina. Produk yang dipilih haruslah tidak mengandungi paraben, pewarna dan pewangi.



Sewaktu berlakunya jangkitan vagina yang menyebabkan masalah seperti kegatalan ataupun "keputihan", pilihlah produk yang mempunyai pH 3.5.

Natural Herbs Quercus Infectoria dalam penjagaan kesihatan vagina

Quercus Infectoria ataupun lebih dikenali sebagai "Manjakani" adalah bahan aktif dalam produk pembersihan vagina yang memberi kesan baik dalam penjagaan kesihatan vagina. Ia turut digunakan dalam menghilangkan bau di Kawasan sensitif.



References:

- ¹ Borges, S., Silva, J., & Teixeira, P. 2013. The role of lactobacilli and probiotics in maintaining vaginal health. Archives of Gynecology and Obstetrics, 289(3), 478-489.
- ² Cornell Health. (2007). Maintaining Vaginal Health. health.cornell.edu
- ³ Nor Ashikin Ahmad Makhtar. 2014. September. Kestahar Wanita, Jangkitan Vagina: Kenal Jenis dan Cara Hawatannya.
- ⁴ Veterans Health Organization. (2012). Woman's Health: A Guide to Preventing Infections.

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What is Hyperpigmentation

Hyperpigmentation is uneven and discoloured skin tone with early age lines. Often caused by long-term sun exposure resulting in uneven deposits of melanin on the skin, it can also be triggered by pregnancy-related hormonal changes or taking birth control pills. Hyperpigmentation while not health threatening, can affect wellbeing and confidence of individuals as the skin appears blemished.

Sun Protection – Key to Minimising Pigmentation & Delaying Skin Aging

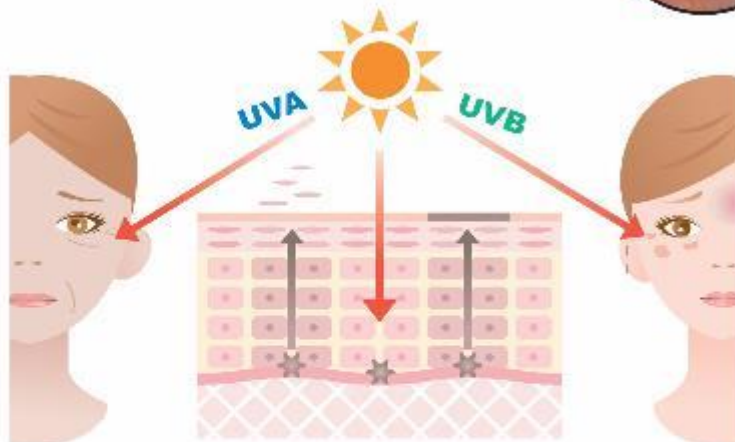
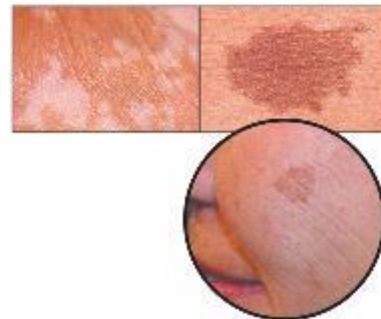
Avoiding direct sunlight or using good sun protection is the best solution to hyperpigmentation and premature skin aging. Direct exposure to the sun's UV rays damage the skin's melanocyte cells, causing overproduction of melanin. Melanin deposits occur in our thirties or earlier when the rate of skin regeneration slows down, causing melanin deposits to accumulate. A tiny dark spot may become a darker and thicker patch on the skin. UV rays damage melanocytes and trigger-off free radicals that attack skin collagen, causing the skin to lose its firmness and elasticity.

Nature's Clinically Proven Hyperpigmentation & Skin Brightening Solution!

Uniquely formulated from 100% plant ingredients, Garden of Eden's **Rosa E Pigmentation Serum** is a clinically proven solution for effective reduction of pigmentation and increased skin brightness. Rosa E is designed to address pigmentation, improve skin tone and texture as well as reduce wrinkles.

In a 12-week clinical trial conducted by a U.S. FDA approved trial center on 18 subjects with moderate to severe pigmentation, 100% of subjects reported visible improvements with 83% achieving good to excellent results. Test results also indicated significant decrease in pigmentation with improved skin firmness and brightness.*

The Malaysian Rosa E Challenge Contest for the best skin improvement of pigmentation, skin tone and firming after three months of regular Rosa E use achieved similar results with the US clinical trial. The results mirrored that of the clinical trial with many participants claiming significant visible improvements within 6 weeks of regular use and better results after 12 weeks of application.



UVB causes sunburn and UVA causes wrinkles and fine lines. Both cause pigmentation



The grand final of Rosa E Challenge was successfully held on 9/16/2017 at Paradigm Mall, Petaling Jaya

* Reference: Saurabh Shah. Efficacy and safety of topical depigmentation agent in monthly Asian and skin female volunteers. A stage III study in Journal of Cosmetic Dermatology, Sept. 2017, pp 1-10



"During my late 30s, a prominent patch of pigmentation appeared on my right cheek and shortly after that, small dark spots developed. I tried many other products but none worked until a promoter introduced Rosa E serum to me. Pigmentation and dark spots were visibly lightened after consistent use. I'm amazed by its efficacy so much that I just have to recommend it to everyone."

Helen Binson 43, Entrepreneur
(Age Spots, Uneven Skin Tone)
Koro Kinabalu, Sabah
The Rosa E Challenge Participant

Rosa E – Pigmentation Serum with Distinct Effectiveness

Rose E Pigmentation Serum contains highly concentrated ingredients of freshly extracted Rosehip Seed Oil (*Rosa Aff. Rubiginosa*) and Grape Seed Oil (*Vitis Vinifera*), highly rich in two essential fatty acids nutrients. Linoleic and Linolenic fatty acids are incorporated in a proprietary fast-absorption formula to deliver the active ingredients to dermal layers of the skin to promote faster skin regeneration and brightening. Faster skin regeneration increases shedding of dead skin cells and melanin deposits thereby reducing pigmentation, increasing skin brightness and texture naturally. Another vital ingredient in Rosa E Pigmentation Serum is a form of Vitamin A in Rosehip seed Oil which brightens the skin and lightens dark spots. Also present is Natural Vitamin E, an excellent antioxidant that provides a de-pigmentation effect by preventing lipid peroxidation of melanocyte membranes thus minimising over-production of melanin on the skin while increasing skin clarity and translucence.

Combining Garden of Eden Products for Better Skin Protection and Skin Brightening

Garden of Eden provides multi skincare strategies tailored specifically to customers' needs. They are designed to manage pigmentation problems while simultaneously delaying the aging process naturally and safely.

Grape E – Deep Penetrating Natural Anti-aging Serum



Garden of Eden 100% plant-based **Grape E Anti-aging Serum** provides intensive antioxidant protection and hydration to the deeper layers of the skin. This means a more effective and longer lasting anti-aging effect. Grape E Anti-aging Serum with its quick penetration and absorption formula delivers concentrated antioxidants of d-alpha tocopherol (Natural Vitamin-E) and proanthocyanidins from Grape Seed Oil deep into the skin. These powerful antioxidants help prevent and reduce free radicals from damaging the skin's melanocyte cells, thus minimising hyperpigmentation and uneven skin tone.



Pigmentation Therapy Pack (Day & Night pack)
A winning combination of Grape E Anti-Aging Serum and Rosa E Pigmentation Serum to harness the protective and regenerative properties of Grape E Serum and Rosa E Serum for greater efficacy.



Bright 'n' Glow Pack
Skin brightening is enhanced by pairing the clinically proven Rosa E Pigmentation Serum with the radiance boosting Primrose E to further increase the glow in aging skin.

Primrose E – Bringing Radiance Back to the Skin



A radiance boosting serum, Garden of Eden **Primrose E Radiant Skin Serum** contains a 'power house' of essential fatty acids, vitamins and antioxidants to improve tired and dull-looking skin. Combining the natural goodness of Evening Primrose Oil, Grape Seed Oil, Natural Vitamin E and Jojoba Oil, Primrose E is ideal for all ages but especially effective for dry, mature and under-nourished skin.

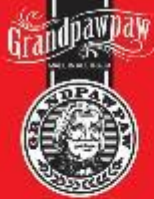
Satin White – Double Benefit Day Cream



A good protective sunscreen is a must to prevent pigmentation and sun-induced skin aging. Garden of Eden **Satin White Day Cream SPF 30** provides broad spectrum sun protection – blocking out up to 97% of harmful UVA and UVB rays. Performing above and beyond sun protection, Satin White Day Cream SPF 30 also functions as a day moisturiser with built-in skin hydration from Primrose Oil, Vitamin-E Oil and Rosehip Seed Oil. Enriched with Vitamin-C Ester, Ginkgo Biloba and Grape Seed extracts, Satin White also provides excellent antioxidant protection against free radical damage thus promoting healthier and brighter skin.

Apply Satin White Day Cream over Grape E Anti-aging Serum for enhanced sun protection, or use with Garden of Eden Primrose E Radiant Serum along with Rosa E Pigmentation Serum for enhanced natural radiance.

This article is brought to you by Maxwell Pharma. Kindly contact us at Tel: 603 7887 8223 or email: hello@goeskin.com



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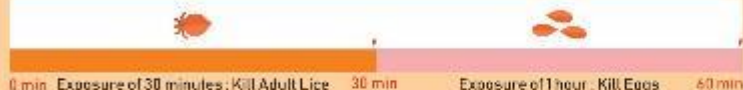
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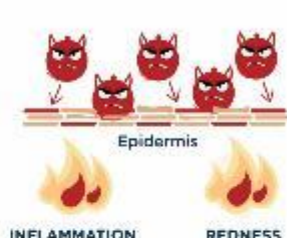
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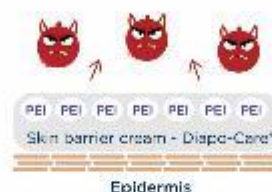
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UNDERSTANDING HbA1c AND WHY IT MATTERS TO PATIENTS WITH DIABETES



Diabetes is a condition where a person's blood glucose is too high because the body cannot use glucose properly¹. This occurs when the pancreas does not produce any insulin in patients with type 1 diabetes whereas in patients with type 2 diabetes, the pancreas does not produce enough insulin or the insulin does not work properly¹. Insulin is a hormone that allows glucose to enter the body's cells to be used as fuel for energy in daily life¹.

What is HbA1c?

One of the ways to determine blood glucose level is HbA1c level testing¹. HbA1c refers to glycated haemoglobin (A1c). It develops when haemoglobin (a protein within red blood cell which carries oxygen throughout the body), combines with glucose in the blood, becoming glycated². HbA1c measurement shows average blood glucose levels over a period of weeks or even months².

Since red blood cells in the human body can survive between 8 to 12 weeks, measuring HbA1c can be used to reflect the average blood glucose over that period².

HbA1c range

HbA1c level is very important to people with diabetes because the higher the HbA1c reading, the greater the risk of developing diabetes-related complications¹. The table shows the HbA1c range for people without diabetes, with prediabetes or with diabetes.

Normal	Prediabetes	Diabetes
Below 6% (Below 42 mmol/mol)	6.0-6.4% (42-47 mmol/mol)	Above 6.5% (Above 48 mmol/mol)

The general HbA1c target for people with diabetes is 6.5% (48 mmol/mol)¹. However, they should consult a medical professional for an individualised HbA1c target based on their lifestyle, comorbidities and risk of having regular or severe hypoglycaemia (low blood sugar level)².

It is important to manage HbA1c levels to target goal. The United Kingdom Prospective Diabetes Study (UKPDS) and the Diabetes Control and Complications Trial showed that improving HbA1c by 1 percent in people with type 2 diabetes

reduced their risk of microvascular complications by 37 percent¹. People with diabetes are at risk of developing microvascular complications, including retinopathy (eye disease), neuropathy (nerve damage), and nephropathy (kidney disease)².

The same UKPDS also showed that 1 percent reduction in HbA1c reduced the risk of cataract by 19 percent, the risk of heart failure by 16 percent, and the risk of amputation or death due to peripheral vascular disease by 43 percent³.

How can you manage HbA1c ?

Adjustment in lifestyle such as diet and exercise is important in the management of HbA1c⁴. Do away with a sedentary lifestyle and start being physically active. As part of HbA1c management, it is important to focus on eating a balanced diet as per your medical expert's advice.

Low GI (Glycaemic Index) foods are suitable for people with diabetes if portion control is also applied to those foods with higher carbohydrate content⁵. Glycaemic index ranks food depending on the rate at which the body breaks it down to form glucose⁶. It is important to note that food that is slowly absorbed by the body (such as oats) has a low GI rating while food that is quickly absorbed by the body (such as white bread) has a higher GI rating⁷.

Another way to lower HbA1c is through keeping a strict and regular exercise regime⁸. In addition, regular exercise also helps in promoting weight loss and lowering of blood pressure as well as cholesterol; increases energy for daily activities; strengthens the heart, muscles and bones⁹.

Most importantly, take your medications as prescribed by your doctor. People with type 1 diabetes will need insulin but some people with type 2 diabetes can manage their diabetes through healthy eating and exercise¹⁰. Oral medications and/or insulin may still be prescribed to people with type 2 diabetes to help them achieve the target blood glucose level¹¹.

Complications of diabetes

If a patient's HbA1c level is not under control, he/she is at increased risk of developing serious diseases that affect the heart, blood vessels, eyes, kidneys, nerves and teeth¹². Cardiovascular disease is the most common cause of death in people with diabetes¹³.

Damage to the small blood vessels in the kidney due to uncontrolled diabetes could result in inefficiency or failure of kidney in eliminating waste¹⁴. Along with blood glucose management, optimal blood pressure management will reduce the risk of kidney disease¹⁵.

Diabetic neuropathy is another facet of diabetes complication¹⁶. Uncontrolled blood glucose and blood pressure could cause damage to the nerve throughout the body¹⁷. This could lead to digestion problems, erectile dysfunction and affect other functions¹⁸. Extremities, especially the feet are the areas most commonly affected by neuropathy in people with diabetes¹⁹. Nerve damage in these areas is also known as peripheral neuropathy which could lead to pain, tingling and loss of feeling²⁰.

As a result, injuries can happen without notice leading to serious infection and possibly amputation²¹. People with diabetes have 25 times greater risk of amputation compared to people without diabetes²². It is very important for people with diabetes to regularly examine their feet for immediate and proper wound care²³.

If you do not feel well or have any query about your health condition, do remember to consult your medical practitioner. If you want to improve your lifestyle, do reach out to your dietitian and doctor for advice on diet and exercise.

This article is brought to you by



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EVENTS 2018

MAY - NOVEMBER

Our memories give us voice and bear witness to history, so that others might learn. So they might celebrate our triumphs and be warned of our failures.

May



16 May 18,

Ensure Gold Product Launching
@ Alpro Pharmacy Seremban Flagship
Seremban



21 May 18,

Grand Opening
Alpro Pharmacy Kubang Kurus,
Terengganu



25 May 18,

Alpro 1 Million Blood Donation
@ The Summit Batu Pahat,
Johor



25-27 May 18,

Alpro Pharmacy
Health & Beauty Warehouse Sales
@ The Summit Batu Pahat, Johor

June



9-10 June 18,

Little Pharmacist Camp
@ SJK(C) Sin Hua Seremban



6 July 18,

H.F.M.D. Talk
@ Sunshine Kids Teluk Kemang
Negeri Sembilan

July



7 July 18,

Alpro 1 Million Blood Donation
@ Regina Mall Port Dickson,
Negeri Sembilan



8 July 18,

Alpro 1 Million Blood Donation
@ Berjaya Megamall Kuantan,
Pahang



16 July 18,

Grand Opening
Alpro Pharmacy Batu Berendam,
Melaka



18 July 18,

School Talk
@ SJK (T) Ladang Surggala, Negeri Sembilan



21 July 18,

Grand Opening
Alpro Pharmacy Satok, Sarawak



22 July 18,

Grand Opening
Alpro Pharmacy Premier 101
Kuching, Sarawak



23 July 18,

School Talk
SJK (C) Chung Hua No. 3
Kuching, Sarawak



27 July 18,

H.F.M.D Talk
@ SJK(C) Labu Hillside,
Negeri Sembilan



27-29 July 18,

4th Anniversary of
Alpro Pharmacy Seremban Flagship,
Negeri Sembilan



27-29 July 18,

5th Anniversary of
Alpro Pharmacy Kuantan,
Pahang

August



28 July 18,

Alpro 1 Million Blood Donation
@ Aeon Bandaraya Melaka,
Melaka



11 August 18,

Alpro 1 Million Blood Donation
@ Mydin Senawang Mall,
Negeri Sembilan



13 August 18,

H.F.M.D Talk
Tadika-Tadika Swasta Seremban,
Negeri Sembilan



29 August 18,

Grand Opening
Alpro Pharmacy Subang Perdana,
Selangor

September



12 September 18,

Medicube Launching
@ D'Tempat Country Club,
Negeri Sembilan



28-30 September 18,

Alpro Pharmacy
Health & Beauty Warehouse Sales
@ S2 Club Seremban 2,
Negeri Sembilan



29 September 18,

Alpro 1 Million Blood Donation
@ S2 Club Seremban 2,
Negeri Sembilan

October



26 October 18,

Grand Opening
Alpro Pharmacy Tabuan Jaya,
Sarawak



26-28 October 18,

1st Anniversary of
Alpro Pharmacy Taman Maju,
Johor



29 October 18,

Grand Opening
Alpro Pharmacy Matang Jaya,
Sarawak

November



3 November 18,

Health Screening Day
Hotel Sri Malaysia, Kuala Terengganu,
Terengganu



4 November 18,

Health Screening Day
Alpro Pharmacy Kuantan,
Pahang

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