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30 June 2017

VOL. 10



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The Right Medication Prepared Just For You



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HealthCare As Nature Intended

MEDICATION SAFETY • OUR PRIORITY
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Alpro: Health Matters

Vol 10:

Valid until
30 June 2017

PANEL OF EXPERTS

Compounding

The Right Medication Prepared Just For You
Ph. Lim En Ni
Chief Pharmacist of
Alpro Pharmacy Sdn. Bhd.

婴儿肥? 还是胖?

邓雪盈 / 韩婉倩
社区营养师 / 饮食治疗师

Alpro Pharmacy Bentong

文冬区大专药剂@小城故事
Ph. Zeff Tan
Pharmacist of
Alpro Pharmacy, Bentong

Myths of St. John's Wort

Ph. Ong Shi Ying
Pharmacist of
Alpro Pharmacy, K. Terengganu

Low Back Pain

Sara Premkumar
Founder of Ropheka Physiotherapy

Ubat Titis Mata?

Jah Haninni / Nur Azwanie Arifin
PRP of Alpro Pharmacy

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COMPOUNDING

The Right Medication Prepared Just For You

Ever wonder why pharmacy is always linked with the symbol of a “mortar and pestle”, like those “lesung batu” our moms used to prepare delicious sambal?



Compounding Is The Art And Science Of Creating Personalized Medicine

Historically, compounding has been an integral part of the pharmaceutical process. In the early 1900s, most medicines are still being compounded. However, as the machines and technology progressed in the 20th century, advent of mass drug manufacturing has diminished the needs for compounding.

Compounding is NOT about MIXING Multiple Creams into A Jar

Today, compounding pharmacy is recognized globally to improve lives with customized medications and quality care. During the four years study in a pharmacy degree, a pharmacist student is trained and educated on the different natures of the chemical compound.

Not only that a pharmacist need to understand the basic chemical features of that compound, a pharmacist is also required to learn about the suitability of multiple ingredients when adding together.

Rises Of The Needs For Compounding Medications

Prescription compounding can alter a medication to fit the unique needs of individual patient. This customization process makes taking medication easier and safer. There are times that drug manufacturers do not always meet the distinct requirements of patient.





Who can benefit from compounding?

- Patients whom are reluctant to take the medication due to its taste
- Patients who have difficulty swallowing pills
- Patients who have allergy to certain preservative or dyes
- When there is no ready mix preparation for the prescribed medication
- The dose of medications has frequent changes or not available in the market
- The formulation is not available in the market

Example of a compounding formulation: Niacinamide 4% Acne Gel

There are patients whom might be allergic to certain antibiotic, or resistant to antibiotics. Niacinamide (Vitamin B3) 4% is found to be effective and safe in alleviating symptoms of mild to moderate acne, with earlier improvement in pustules. This product is difficult to find in the market, but can be compounded.



Making A Serious Decision - Alpro's Specialty Pharmacy For Compounding

As pharmacists we have always been compounding occasionally for medications such as acyclovir syrup. But it is not until that this young 5 years old boy has got us to make this serious decision in getting a specialty pharmacy done.

This young boy needs a regular medicine. He always showed his tongue whenever he sees person with "white coat" like me. At times, he threw my pens and calculator on the floor and the mummy always apologize profusely for his son's "naughtiness" until we knew the real reason. He didn't like the taste of medicines, and threw tantrum every single day. Since the mummy bought medicine

from us, he "hates" us. And so, I did a few trials to make it into a nice fruity flavor that didn't alter the efficiency of medicines and now, he is a happy and healthy boy!

A New Era in Community Pharmacy's Compounding - "Electro Mortar and Pestle"

It is like baking a cake. Two persons might have the same recipe. Both have the right amount and types of ingredients. But the taste and texture can be so different, because of the skills.

UNGUATOR Technology

In Alpro Pharmacy, we stand firm on putting medication safety as our priority. Hence, we think of ways to optimize our compounding quality to benefit all patients, physicians and also pharmacists. In the end, Alpro invested on new buddies – the UNGUATOR, direct from GAKO Germany.

The **UNGUATOR technology** is an advanced technology to facilitate the preparation of pharmaceutical formulations, in a fraction of time with greater consistency. We apply fine raw material from Australia in producing the final products. Not only that the UNGUATOR increases production efficiency in preparation, it limits risk of contamination during the compounding process.

Compounding has brought many job satisfactions to the pharmacists and most importantly, it gives so much warmth to the community. Furthermore, it brings relationship between health care professionals and the patient to a closer step.

Unguator,
Gako Germany



Medication making just for you,
that is very cool, isn't it?



“Genuine Warmth”

“Monster Spray” compounded
for the little ones whom are
afraid of monsters.



Ph. Lim En Ni
Chief Pharmacist of
Alpro Pharmacy Sdn. Bhd.

Compounding Medications

The Right Medication Prepared Just For You

Compounding has been an integral part of the pharmaceutical process. Prescription compounding can alter a medication to fit the unique needs of individual patient. This customization process makes taking medication easier and safer.

For more information, Please visit your nearest Alpro Pharmacy branch.



Theracurmin®

an easy way to reap the many health benefits of turmeric

Modern medicine still has its limitations when it comes to non-communicable diseases (NCDs) such as cardiovascular diseases, metabolic diseases, cancer, and neurological diseases.

A report by WHO in 2014 revealed that 73% of death cases in Malaysia were caused by NCDs - with cardiovascular disease topping the list at 37%, followed by cancer at 15%. These numbers are increasing yearly and the age group of patients are getting younger, despite efforts from the Ministry of Health encouraging people to reduce overeating, sugar intake, and smoking, as well as to adopt a healthy and active lifestyle.

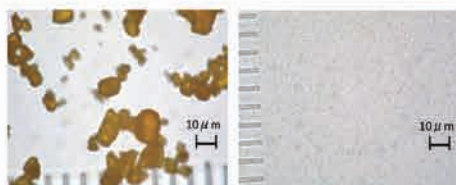
Curcumin - The Therapeutic Active Ingredient of Turmeric

Spices have long been valued for their ability to add flavor to food, as well as for their antioxidant and anti-inflammatory properties. In particular curcumin, found abundantly in turmeric, has a strong anti-inflammatory function, and is also an antioxidant. It has been used for thousands of years as a spice and herbal medicine in traditional Indian cuisines.

A study revealed an interesting health fact showing Indians in India having a lower incidence of cancer as compared to other countries. This is due to the high amount of turmeric (about 2-4 teaspoons) in their daily cuisines.

Evidence has shown that curcumin works as a master switch for multiple inflammation mechanisms in the body, through the activation of an inflammatory factor called NF-kB (Nuclear Factor-kappa B), which minimizes damage on the cells, tissues and organs.

Many human clinical studies have used an extremely high dose of curcumin - as high as 100 teaspoons a day of pure turmeric powder to treat different ailments. This is because curcumin has a poor body absorption rate, hence a higher dose is needed to see results.



Regular Curcumin

Theracurmin®



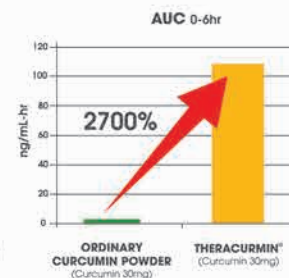
Theracurmin® - 2700% More Absorption of Curcumin

A much simpler alternative would be Theracurmin®, an innovative curcumin formulation that is able to enhance the absorption of curcumin by as much as 2700%.

Theracurmin® is made using an ultra-fine granulation and suspension technology that converts turmeric powder into sub-micron particles called nano-molecular curcumin. It can be rapidly absorbed within an hour, and retained for as long as 24 hours in the body, allowing the body to obtain fast and longer protection against inflammation, hence, reducing the risk of NCDs. A low dose of 600mg of Theracurmin® is able to provide more curcumin than 100 teaspoons of turmeric powder - making it the most convenient way to consume on a daily basis.

Theracurmin® is one of the most comprehensive clinically researched curcumin powder in the market. It is now available in capsules of 100mg for easy consumption. It is scientifically proven for preventing and treating diseases involving heart, liver, lungs, muscles, skin and even cancers.

Developed by Theravalues Corporation, Japan, this innovative formulation offers full medical benefits of turmeric with ease and convenience for the modern people, helping to keep diseases at bay and to live life at optimal health!



This health information is brought to you by panel pharmacists of Cambert (M) Sdn.Bhd. For further clarification, call 03-56383600 (Monday to Friday 9am to 5pm), or email enquiry @cambert.com.my.

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PRODUCT

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- Improve digestion
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PHM

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Why is it important to ferment for such a long period?

The longer the fermentation, the more viable the lactic acid bacteria will become. This process allow the weaker bacteria to die off and the stronger bacteria to become even stronger. Through natural selection, the bacteria gain strength with each generation through each season. Only time can provide this benefit.

✓ **All Natural
Ingredients**

✓ **Natural
Fermentation
Process**

✓ **Chemicals &
Pesticide Free**



MAL09062172X KKLIIU: 1059/2016 PHM Pro Health Medics Sdn Bhd Tel: 03-80233770 This is a supplement product advertisement.



Natto

Natto is a traditional Japanese dish made from soybeans fermented with *Bacillus subtilis*. The key element in natto is the fermentation of the soybeans, which make them easier to digest while increasing your body's ability to absorb nutrients.

Fermented natto, is good for the Body Ecology Diet because they are a great source of **probiotics**.

Taking **Monatto** regularly can help to enhance your general health, and energetics.



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Abbott

Bone and Joint Health

Without strong bones and joints, your body's "superstructure" will be weak and you will likely suffer pain and discomfort. As we age, the risk of fractures and osteoporosis increases as well due to loss of bone density. Increasing age, injury, or even sitting the wrong way can wear down your cartilage (which cushions the joints so bones do not rub together) leading to damaged joints and Arthritis.

The best way to care for your joints is to keep them and your muscles, ligaments, and bones strong and stable. Here are some tips for good bone and joint health.

Watch Your Weight

Your knees, hips, and back have to support most of your body weight. Losing weight reduces pressure on joints and helps prevent injury.

Exercise

Research suggests that aerobic exercises can reduce joint swelling. Opt for low-impact exercises such as swimming or bicycling if your bones and joints can't take more intensive activities.

Get Up And Move

Spending long hours on a chair creates high risk of joint pain and stiffness, so get up and get moving. Change positions frequently, stretch, or go for a short walk. If you can't leave your desk, try taking phone calls while standing.

Eat Right & Take Supplements

Omega-3 and Vitamin D help to keep your bones and joints healthy. Many scientific studies conclude that foods high in omega-3 fatty acids, especially omega-3 in fish oil (EPA and DHA) helps relieve the painful symptoms of arthritis. For healthy bones, ensure you get enough calcium daily from foods such as milk, broccoli, kale, figs, and soy milk or get calcium supplementation in liquid form. Protein contributes to muscle development and good sources include lean meats, seafood, beans, soy products, and nuts. Consult your HCP today!

References: 1. <http://www.webmd.com/arthritis/caring-your-joints#3> 2. <http://blog.arthritis.org/living-with-arthritis/omega-3-fatty-acids-arthritis/> 3. <http://www.livestrong.com/article/425472-15-omega-3-good-for-the-joints/>

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For more information, please call
1-800-88-0709
(Mon to Fri, 9.00am to 5.00pm)

BLACKMORES

HERITAGE OF QUALITY

NO. 1
IN
HEALTH
SUPPLEMENT

Protect your hair before it's too late.

About your hair

Hair may be simple in structure, but it is in fact made of a tough protein called keratin. A hair follicle anchors each hair into the skin and a hair bulb forms the base of the hair follicle. Blood vessels nourish the cells in the hair bulb, and deliver hormones that modify hair growth and structure at different times of life.

What causes hair loss?

Hair loss can be influenced by environmental effects, aging, stress, excessive smoking, nutritional deficiencies, hormonal imbalance, genetic factors, scalp infections, use of wrong or chemically enriched hair products, certain medicines and medical conditions like thyroid disorder, autoimmune diseases, polycystic ovary syndrome (PCOS), iron-deficiency anemia, and chronic illnesses.

There are about 100,000 strands of hair on your scalp and it is considered normal to lose 50 to 100 strands a day. But when you start losing more than that, it's time for you to take action. Many readily available ingredients can be used to treat hair loss at home.

For the first time in Malaysia:

Blackmores introduces Vital Shine which provides a combination of carefully selected nourishing ingredients - He Shou Wu (Fo-Ti), bamboo shoot extract, millet seed extract, white tea extract and sea buckthorn for maintaining healthy hair.

- He Shou Wu (Fo-Ti) used in traditional Chinese herbal medicine to improve liver-kidney yin depletion that causes premature greying of the hair.
- Bamboo shoots extracts contains silica. Silica helps facilitate the formation of collagen within the body, and can help support hair and nail health.
- Millet contains important hair nutrients and trace elements, in addition to silica. All these compounds help to support the growth and maintenance of healthy hair.
- White tea and sea buckthorn contains antioxidants properties for hair health.

This new great tasting mixed fruit drink with botanical extract comes in small bottles of 50 ml each, with the recommended intake being one bottle daily. It tastes great when chilled. It helps to:

--	--	--	--	--

**Results may vary and often induced by environmental factors and daily lifestyle. It is recommended to start early once you have symptoms as described above for a better result.*

To prevent hair loss, you may start with 1 bottle daily for at least 12-16 weeks and maintain with 1 bottle every alternate day for the following months once you see initial results.

Its use in arresting premature greying may take a longer time of about 3-6 months. You may opt to take 1 bottle daily for the first 12-16 weeks and 1 bottle every alternate day for the following months.

He Shou Wu (Fo-Ti)	Bamboo shoots extracts	Millet	White tea	Sea buckthorn

***This product is not recommended for pregnant & breastfeeding women. If you have any enquiry on Blackmores products, please call our health advisory line 03-7955 0993 (*Mon-Fri, 9 am to 5 pm) or email us at healthadvisory@blackmores.com.my.**



Blackmores (M) Sdn Bhd (201549-U)

Top Five Home Remedies for Hair Loss

Here are the top 5 home remedies for hair loss.

1. Hair Oil Massage

The first step that you can take is to massage your scalp with appropriate hair oil. Proper hair and scalp massage will increase blood flow to the hair follicles, condition the scalp, and enhance the strength of your hair's roots. It will also promote relaxation and reduce feelings of stress.

2. Indian Gooseberry

For natural and fast hair growth, you can use Indian gooseberry, also known as amla. Indian gooseberry is rich in vitamin C, of which a deficiency in the body can cause hair loss.

3. Fenugreek

Fenugreek, also known as methi, is highly effective in treating hair loss. Fenugreek seeds contain hormone antecedents that enhance hair growth and help rebuild hair follicles. They also contain proteins and nicotinic acid that stimulate hair growth.

4. Onion Juice

Onion juice helps treat hair loss due to its high sulfur content, which helps improve blood circulation.

5. Coconut Milk

Coconut milk is rich in protein and essential fats that promote hair growth and prevent hair loss. When applied to the hair, coconut milk provides quick results.

Hair health: What to look out for? Is it too late?

Are you experiencing any of the signs below?

- Premature greying
- Brittle hair
- Dry hair
- Hair loss



Now!
RM 118⁰⁰

Blackmores Vital Shine
12 x 50ml

Reduce Premature Greying

Convenient and Great Tasting

Build stronger hair from the roots



MAL13085024NCR

Now!
RM 75⁹⁰

Blackmores Multivitamins + Minerals
120s + 60s + 30s



MAL19991178XCR

Now!
RM 69⁹⁰

Blackmores Executive B
2 x 60s

FOC
30s

This is a medicine product advertisement

MAL 06071088X



World's No. 1*
LIVER SUPPLEMENT

Essentiale® Forte N



is clinically tested effective in the management of Fatty Liver.¹



Contains highly purified essential phospholipids (EPL), helps repair liver cells, restore the liver's vital functions and protect the cells from further damage.^{2, #}

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

KKLJU 1527/2016
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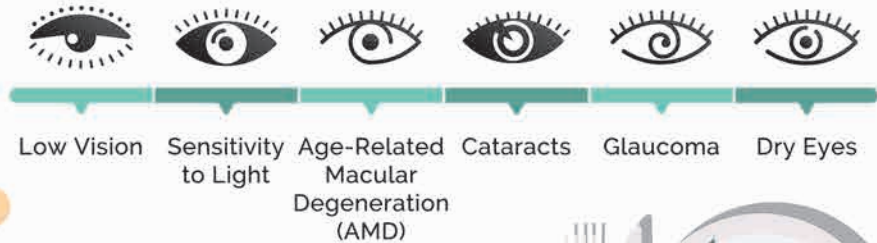


WHAT AGEING DOES

TO YOUR EYES ?



Common Age-related Eye & Vision Problems



Better Nutrition For Your Eyes

Proper nutrition is critical in the maintenance of healthy vision. You can lower your risk of developing eye disease by eating these foods regularly.



Blackcurrant

Contains 4x more time anthocyanins than blueberry, scientist has found that blackcurrant can stimulated regeneration of eye cell to improve vision.



Marigold

Natural source of lutein and zeaxanthin, which helps to filter blue light and further protects your eye from digital screen



Bilberry

Rich in flavonoids and anthocyanins that give you a high antioxidant level that can protect your eyes from free radical damage.



Eyebright

A European herb traditionally used to support eye health, relieve dry eye and maintain bright vision.



BLACKCURRANT
eye nourishing drink **WITH STEVIA**
No Added Sugar

Whole Food eye supplement that is formulated, with blackcurrant, bilberry, marigold and eyebright to help you to easily replenish the vital nutrients to maintain healthy eyes and vision.

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Love

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Supercharged Mass Food.**

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- Boosted up with Creatine to maximise power & strength gains in the gym.
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Mangosteen Whole Fruit

FREE

NO Colouring

High Fibre

Water Based

30ml
Just 30ml a Day

Natural Sweetness

All Natural

NO Alcohol





文冬区大专药剂 @

小城故事

Alpro Pharmacy Bentong



陈泽铨 药剂师
Ph. Zeff Tan
Pharmacist



Bentong town is located 80km north-east of Kuala Lumpur, with current population of approximately 120,000 citizens.

Most people see this town as a safe house for post-retirement life due to geographical factor which is favourable for a slower pace and relax lifestyle.

ALPRO PHARMACY has made its debut in the town of Bentong around 2 years ago, March of 2015, with the mission to deliver better public health services to the local community. In line with our vision to build a healthy and vibrant world, we've grown into one of the most well-known pharmacies in town, again, thanks to the continuous support of our customers.

文冬四面环山，山明水秀，其中当地人的朴素及友善好客，是繁忙一族最向往的地方。

2015年3月，抱着打造健康与充满活力的使命，有着顾客的全力支持，大专药剂决定在文冬开设新的分行。就如文冬的姜，我们希望大专药剂亦是文冬的一个特点，惠及社区的每一位。大专药剂上上下下背负着同一个使命 - 即打造一个健康与充满活力的世界。

WHAT WE DO

In Alpro, we focus on delivering PERSONALIZED healthcare services, apart from advocating the concept of MEDICATION SAFETY.

To us, education given to the public is the utmost priority before we make any recommendation or transaction with our customers. Thus, we make sure our customers understand what is the current situation and hence what he or she is going to do with the products being purchased.



药剂行 – 就只是卖药？

药剂行给予社会的刻板印象就是琳琅满目的药品以及保健品。其实，药剂师对于社区最大的贡献就是捍卫该区的药物安全，全权对抗假药。也正因为这样，我毅然从檳城迁至文冬，坚守药剂师对于健康的绝对要求。药剂师最欣慰的不是高薪，而是顾客健康改善后的喜悦。

OUR TEAM

In Alpro Bentong, my team and I share the same spirit. There are times we even travelled more than an hour, in the middle of night, to send an oxygen concentrator to the terminally-ill patient. To us, it might be just an equipment, but to the patient, it means every single breath.



我的团队 · 我的骄傲

我的团队，是最好的团队，我们在这两年内一起经历种种考验，共同奋斗。有好些深夜，我驱车近1小时到一个连通讯也无法接收的地方递送氧气筒。对于我们来说，这只不过是四方筒。但对于患者，这是让他活着的每一口氧气。药剂师不是英雄，我们用心皆因我们在乎。

SPECIALTY PHARMACY

Centuries ago, before the age of Industrial Revolution, the pharmacists were doing jobs such as compounding medicines. In modern era, the job has been replaced with readily-made commercial products. In ALPRO, we're proud to bring you back the traditional culture of pharmacists, in which we have the UNGUATOR as our machine to make compounding pharmaceutical products such as gel, creams or even syrups. We believe through this action we are able to move up the value chain of every customer who has entrusted your health to us.

As some of the excellent formulations can't be produced under mass production due to the nature of short shelf life, these GREAT formulations were buried deep inside the pharmacopoeia. Our mission is to bring them alive, and bring more effective treatments and benefits to the public who needs them and hence enhancing their quality of life.

文冬区大专药剂行特点 @ 配制药剂

现代的机器可以让药品大幅度生产，但是有些药品（比如说有效期特短/低需求）不能被大量复制。因此，大专决定引进德国先进的机器，有效率且安全地配制一些特别的配制药剂。

每一个顾客都是独特的，因此每个人的状况都不一样，大专希望我们能给予您最适合的药品，改善健康的毛病。就如其它的分行，我们文冬区大专药剂行会竭尽所有，照顾您与家人的健康和药物安全。



This disease awareness campaign is supported by Merck 此疾病醒觉运动是由Merck公司所支持

BREAK FREE 摆脱 From Hypothyroidism 甲状腺功能减退症困扰



Can't tolerate cold¹ 畏寒¹

Poor memory¹ 记忆力差¹

Fatigue¹ 疲劳¹

Depression¹ 抑郁症¹

Weight gain¹ 体重增加¹

Joint pain² 关节疼痛²

Muscle ache¹ 肌肉酸痛¹

Hypothyroidism is a thyroid disorder that is more common among women.²
Don't suffer unknowingly. Talk to your doctor to check for hypothyroidism.

甲状腺减退症是一种甲状腺疾病，比较常见发生于妇女中。²
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婴儿月巴？ 还是月胖？

调查发现，马来西亚每四个学童就有一个有体重问题。随着社会经济的快速发展，儿童肥胖有逐年上升的趋势。整体来说，小学六年级到初中三的学童中大约有20%是过胖的。

小孩子，胖才可爱？

多数觉得孩子正在发育时就应该吃多一点，圆嘟嘟的很可爱，可是这个观念其实需要更正。小时候如果热量一直摄取太多的话，孩子的脂肪细胞会长大，数目增加，体积自然变大。即使长大后控制饮食，体重很难控制，就是大家所说的“呼吸都会胖”类型。切记，过胖的儿童跟健康体重的儿童相比，在长大后更容易患上心脏疾病及糖尿病。此外，肥胖也可能加速女孩的青春期，而延迟男孩的青春期。

预防儿童肥胖的口诀【5210】



• 5：每天5份蔬菜水果（3份蔬菜，2份水果）

水果和蔬菜中的维生素，矿物质和纤维对孩子的健康很重要。这些营养素帮助孩子成长，保持健康的体重和增强免疫系统。

• 2：每天少于2小时的屏幕时间

孩子每天都耗上很多时间观看电视，划手机及平板电脑，久坐缺乏活动。同时也可能边观看屏幕便吃零嘴，增加能量摄入而造成体重上升。美国儿科学会（AAP）建议2岁以下的孩子不要看电视，太多的屏幕时间直接影响孩子阅读能力和注意力。

• 1：每天运动1小时

运动对孩子的健康非常重要，运动可以助于增强肌肉，强健骨骼，管理体重及降低疾病风险。

• 0：0%含糖饮料

过去20年来，含糖饮料的摄取量大幅增加；大量摄入糖分的孩子，会导致体重上升，肥胖及蛀牙。隐形糖尤其让人担忧，比如说一般上认为健康的果汁，尤其是包装的果汁含糖量可能不少于汽水哦！

儿童健康取决于饮食

1. 母乳喂养有效预防儿童肥胖。研究显示，非母乳喂养的婴儿出现肥胖的比例是24.6%。因为配方奶，除了可能出现过度喂养的情况，隐形糖也是其中的担忧。
2. 减少加工食品，响应干净饮食。料理的酱料与加工食品，比起纯食物，拥有更多的热量。油炸及淀粉类食物更是让儿童体重指数直至上升。

食物“交通灯”

● “红灯”食物	高糖类食物：糖果，巧克力，炼乳，甜点心，蛋糕 高脂肪类：油炸食品，牛油，饼干
● “黄灯”食物	必须控制摄入量 淀粉类食物：米饭，面包，面条 肉类：牛肉，鸡肉，鱼肉等等
● “绿灯”食物	鼓励大量进食 蔬菜类：尝试各种不一样颜色的蔬菜

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让孩子决定自己的食物，往往比限制孩子食物的选择更为有效。孩子长大的过程，自主权利的意识也会随之增加。大专药剂的营养师及饮食治疗师合力教导孩子如何解读食物标签。2017年，大专特工队入驻多间大小型小学，以主题“健康饮食，快乐成长”让孩子在年幼时就开始懂得健康饮食意识。

若想参与此健康饮食讲座会的学校，可以联络大专药剂的特工队了解详情，06-6621923。



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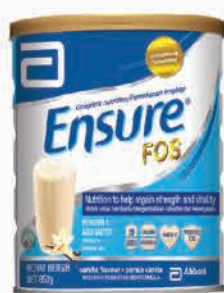
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Alpro Pharmacy, K.Terengganu

Myths of St. John's Wort

With the increase of public health awareness regarding supplements, the use of herbs in treating or maintaining health becomes popular. In fact, it is a common question that I face in my daily work when my customers or patients are confused over the use of herbs in preventing or treating certain conditions.

Recently, one of the most commonly asked herbs is St. John's Wort, a.k.a. *Hypericum perforatum*. St. John's Wort has been widely used as a herbal medicine since the era of ancient Greek and ancient China. Traditionally, it has been used to treat various illnesses in ancient Europe such as wound healing, fever and depression. However, many are concerned on the safety of taking St. John's Wort especially when taking together with other medications or supplements. Hence, I would like to share something about St. John's wort and clear the myths.

St. John's wort is a plant with yellow, star-shaped and five petals flower. Its name comes from the fact that the plant flowers during the summer season or around the St. John's day. St. John's wort has become extremely popular and are sold commercially in Europe. It is one of the most established and well researched herbs. St. John's wort contains more than 25 bio-active compounds, where the

major ones include hyperforin, pseudohypericin, hypericin and flavonoid.

What Is The Uses Of St. John's Wort

- Treatment in mild and moderate depression
- Anti-inflammatory and wound-healing properties



Having Trouble In Sleeping?

With all kind of hassles and bustles in life, trouble in sleeping, stress and depression are becoming more common affecting about 121 million people worldwide and the number of women who experience depression is two times higher than in man.



Insomnia And Depression

Insomnia and depression tend to go hand in hand, and it can be difficult to figure out which came first. In fact, research suggests that people with insomnia have 10 times the risk of developing depression as people who sleep well. This problem can become chronic and lead to substantial impairments in individual's ability on daily responsibilities, suppression of the immune system and render the body more susceptible to infection and illness. At its worst, stress and depression can lead to suicide.

St. John's Wort and Depression

There are good evidences that St. John's Wort may reduce symptoms in people with mild-to-moderate, but not severe (or major) depression. It has been used for centuries to counteract mild to moderate stress and depression by relaxing our body and boosting energy. Studies have suggested that St. John's Wort acts via inhibition of the re-uptake of serotonin, dopamine, and noradrenaline, which helps to improve mood.

St. John's Wort and Wound-Healing Properties

Applying an ointment containing St. John's wort three times daily for 16 days seems to improve wound healing and reduce scar formation after a Cesarean section (C-section). Furthermore, St. John's Wort has also been used as herbal remedy for its anti-inflammatory properties as well as for the treatment of back pain.

Recommended dosage for St. John's Wort

So, how much of St. John's Wort that you need to take if you would like to use it to relax your mind and body? There is no definite answer for that, but the common dosage for St. John's Wort is 600mg-1200mg a day. If you experience some side effects such as dry mouth, dizziness, constipation, you should consult your doctors or pharmacists to decide whether to adjust your dosage or to determine whether the side effects are from St. John's Wort

Precautions

- St. John's wort has been reported to interact with numerous drugs. Patients should consult with their health care provided before taking St. John's wort.
- If you are pregnant or a lactating mother, we do not advise you to consume St. John's Wort.



Conclusion

St. John's wort is a commonly-taken and well-supported treatment for mild to moderate depression. Supplementary use with antidepressants requires caution and strict coordination with the prescribing physicians. Before you start to take St. John's Wort, come and pay us a visit so that we will be able to give you a better consultation and advice to you.





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Patient photographs provided by the Italian Acne Board

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Pain: Being in control

What are the differences between acute pain and chronic pain?

Acute pain

- Pain that lasts for less than 3 months and is associated with tissue injury.¹
- The onset is sudden and it resolves when tissues heal.¹

Chronic pain

- Pain that lasts for over 3 months or pain that persists after a tissue injury has healed.¹
- May begin with acute pain, eg, after a surgery. It can also begin insidiously without obvious precipitating events, eg, chronic back pain.¹

How is pain measured?

- Pain is very subjective, and only the person who is experiencing it can describe it properly.¹
- Your doctor might ask you to indicate a number on a numerical rating scale of zero to ten to assess the severity of your pain – zero indicates no pain and ten indicates the worst possible pain.¹

Numerical Rating Scale



Good pain management is important

Pain can affect quality of life and can be associated with anxiety, depression, anger, fear and social withdrawal.²

Established and severe pain is difficult to control, and unrelieved severe acute pain might lead to chronic pain. Hence pain has to be treated early and continuously.¹

How can pain be managed?

The management of pain consists of non-pharmacological and pharmacological therapies^{1,2}:

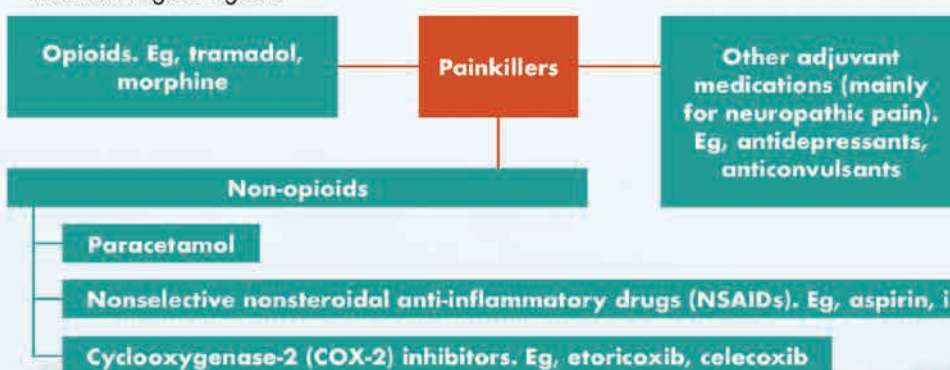


- Physical therapy
 - Using hot or cold packs
 - Stretching/strengthening exercises



- Psychological approaches
 - Getting explanations and reassurance about the cause of pain
 - Relaxation techniques
 - Distraction techniques (eg, listening to music)

• Pharmacological agents²



If you are managing chronic pain, remember that self-management, ie, what you can do for yourself and achieving long-term changes (eg from exercise) should be emphasized rather than short-term gains from short-acting painkillers.¹

What are the similarities and differences between nonselective NSAIDs and COX-2 inhibitors?

- Nonselective NSAIDs and COX-2 inhibitors²:
 - Relief pain (they have the same pain-relieving efficacy)
 - Reduce inflammation
 - Reduce fever
 - Antiplatelet effects
- Both can cause²
 - Gastric irritation/ulceration (COX-2 inhibitors have a lower incidence of gastrointestinal side effects)
 - Allergic reactions
 - Antiplatelet effects which can lead to bleeding (lower risk with COX-2 inhibitors)

NSAIDs: Shortest period, lowest effective dose

- Long term use of NSAIDs can lead to renal failure.¹
- NSAIDs are also associated with an increased cardiovascular risk, eg, stroke and heart attack. However, the greatest risk may be in those receiving high doses long term.¹
- Since the risk of side effects of NSAIDs increases with the duration of use and dose, they should usually be used for the shortest period and at the lowest effective dose. If you feel that you need to take them for a long time, you should review this with your doctor regularly.^{1,3}

Key messages

- Acute pain is pain that lasts for less than 3 months and is associated with tissue injury.¹
- Chronic pain is pain that lasts for over 3 months, or pain that persists after a tissue injury has healed.¹
- Pain can affect quality of life and can be associated with anxiety, depression, anger, fear and social withdrawal.²
- Unrelieved severe acute pain might lead to chronic pain, hence pain should be treated early and continuously.¹
- The management of pain consists of non-pharmacological (eg, physical and psychological therapies) and pharmacological therapies.^{1,2}
- Medications to treat pain include paracetamol, NSAIDs and opioids. COX-2 inhibitors are a type of NSAID, and are associated with lower risk of gastrointestinal side effects and bleeding compared with nonselective NSAIDs.²
- NSAIDs should usually be used for the shortest period and at the lowest effective dose.¹

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Sara Premkumar
Physiotherapist
Founder of Ropheka Physiotherapy

Low Back Pain

Why Is Your Lower Back So Prone To Injury?

The lumbar spine has 5 motion segments although the majority of the motion takes place in the lowest two segments called L4-L5 and L5-S1. The structures in these two lowest segments are the most likely to wear down over time or be easily injured.

5 Tips To Protect Your Lower Back

Tip 1: Visit your Physiotherapist

Consult your Physiotherapist when you start having a low back pain. Prevention is better than cure. Do not wait until it is worsen. A simple back pain can be treated with strengthening exercises and modifying the ergonomics in the office setup. Often, patients chose to wait



thinking that it is just a mild pain but gradually the pain intensity increases and becomes chronic. The rule of thumb is, seek for the advice and help from physiotherapist. Massage is contraindicated when we didn't even know the root cause of our back pain.

Tip 2: Exercise your core

Strong core muscles are important to provide support for the lower back and avoid injury.



Low impact cardiovascular exercises such as walking, cycling, swimming can increase the blood flow to the spine which supplies

nutrients and hydration to the structures in your lower back.

Tip 3: Keep yourself fit!



spine will begin to wear out.

It is important to know that overweight and obesity contributes to low back pain. While the spine is designed to carry and distribute the body's weight, excessive weight can strain the spine. Eventually the

Tip 4: Take care of your posture



way to avoid straining your spine.

Poor posture places pressure on your back and causes degenerated discs to become more painful. Good posture which involves standing, and sitting in a balanced and neutral position is the best

Tip 5: Select a good mattress



refreshing.

A good mattress allows you to maintain the same natural spinal alignment that you have when standing. When your body is allowed to rest in its natural position, muscles are relaxed and sleep is more

Keeping your back healthy will go a long way to keeping you in good shape.

For any back pain problem, kindly visit / contact Ropheka Physiotherapy:
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Ubat Titis Mata?

Mata merupakan salah satu organ yang terpenting pada badan kita. Kita melihat dengan mata, membaca dengan mata dan menghayati dunia ini melalui mata. Akan tetapi, kita sentiasa mengabaikan penjagaan mata dan membebaskan mata kami dengan melihat skrin komputer serta telefon bimbit dalam masa yang panjang.

Ubat penggunaan luar yang selalu digunakan untuk penjagaan mata serta rawatan penyakit mata boleh dibahagikan kepada ubat titis mata serta salap mata. Ubat-ubatan ini perlu diguna dan disimpan dengan cara yang khas. Ia juga perlu digunakan dengan teknik-teknik tertentu. Biarlah kami belajar dengan lebih mendalam mengenai ubat mata!

Ubat Titis Mata (Eye Drop) & Salap Mata (Eye Ointment)

Kepedihan, iritasi dan mata merah boleh disebabkan oleh beberapa faktor seperti habuk, asap, alahan, bekerja di hadapan komputer terlalu lama, jangkitan bakteria dan mata kering. Terdapat juga masalah mata seperti glaukoma, katarak dan macular degenerasi yang memerlukan pemerhatian daripada doktor dan pakar mata. Bagi penyakit yang melibatkan mata, terdapat banyak jenis ubat titis mata yang boleh didapati samada sebagai ubat titis mata OTC (over-the-counter) atau yang memerlukan preskripsi. Contoh ubat titis mata yang terdapat di farmasi adalah seperti ubat titis mata yang berfungsi sebagai pelincir (lubricating eye drops), antihistamin, dan dekongestan.



1) Ubat titis pelincir (lubricating eye drops)

Jika anda menghadapi masalah mata kering akibat daripada penggunaan komputer yang berpanjangan atau kerana membaca terlalu lama, ubat titis pelincir boleh digunakan untuk melegakan masalah ini. Di pasaran, ia juga dikenali sebagai air mata palsu (artificial tears).

Terdapat beberapa produk di pasaran yang mengandungi bahan pengawet dan tanpa bahan pengawet. Beritahu pada ahli farmasi jika anda ada alahan pada bahan pengawet yang terdapat dalam ubat titis mata sebelum membeli ubat titis mata. Jika anda adalah pengguna kanta lekap (Contact Lens), anda perlu menggunakan ubat titis pelincir yang tidak mengandungi bahan pengawet.

2) Ubat titis antihistamin dan pengecut salur darah

Ubat titis antihistamin selalunya digunakan bagi masalah kegatalan mata dan berair yang disebabkan oleh alahan. Pengecut salur darah pula digunakan bagi masalah kemerahan mata. Terdapat juga beberapa produk yang mempunyai kombinasi antihistamin dan pengecut salur darah. Bagi ubat titis mata yang mengandungi pengecut salur darah, ianya hanya boleh digunakan selama 5 hari sahaja kerana penggunaan yang lebih lama akan menyebabkan simptom menjadi lebih teruk. Ubat titis mata dekongestan tidak boleh digunakan bagi pesakit yang menghidap glaukoma.



Eye Drop VS Eye ointment

Terdapat beberapa perbezaan antara ubat titis mata (eye drop) dan ubat salap mata (eye ointment).

- Kebanyakan ubat titis mata adalah dalam bentuk cecair manakala ubat salap mata adalah dalam separa pepejal.
- Dos ubat titis mata jenis cecair adalah lebih konsisten untuk disukat dengan mengira bilangan titisan (cth: 1-2 titis) berbeza dengan jenis salap yang sukar untuk disukat.
- Ubat jenis salap adalah lebih pekat dan mengakibatkan penglihatan menjadi kabur. Waktu yang paling sesuai untuk menggunakan salap mata adalah sebelum tidur.
- Namun begitu, kepekatan ubat jenis salap boleh bertahan lebih lama pada mata.

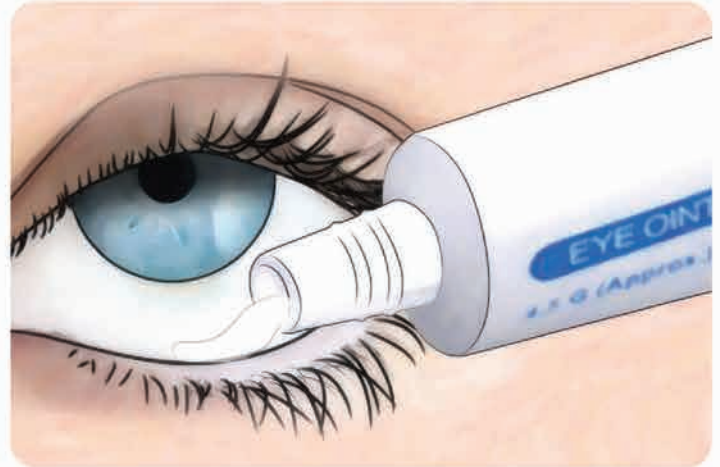
Cara-cara menggunakan **UBAT TITIS MATA:**

- 1 **Basuh tangan** dan pastikan anda tidak memakai kanta lekap ketika menggunakan ubat titis mata. Duduk atau berdiri di hadapan cermin.
- 2 **Dongakkan kepala sedikit ke belakang** dan pastikan mata memandang ke siling.
- 3 Dengan membuka mata, **tarik kelopak mata bahagian bawah secara lembut** untuk membentuk karung di bahagian bawah kelopak mata.
- 4 **Titiskan ke dalam mata** dari tepi mata dan picit satu titis ke dalam karung yang dibentuk tersebut. Jangan biarkan tip atau tiub ubat titis mata tersebut menyentuh bahagian mata, alis mata atau permukaan lain pada mata.
- 5 **Lepaskan kelopak mata** yang ditarik sebentar tadi dan tutup mata sebentar.
- 6 **Tekan secara lembut pada tepi kelopak mata** (berebelahan hidung) untuk beberapa ketika bagi mengelakkan ubat titis mata masuk ke dalam hidung/tekak.
- 7 Untuk titisan mata kedua, **tunggu selama beberapa minit** selepas titisan yang pertama.
- 8 Jika anda menggunakan lebih dariada 2 jenis ubat mata (seperti untuk glaukoma), pastikan anda **menunggu selama 5 minit** sebelum menggunakan ubat mata yang kedua.

Nota : Untuk kanak-kanak, tutup mata dengan lembut, titiskan sedikit ubat pada belah dalam mata berdekatan dengan hidung. Maklumkan pada kanak-kanak tersebut untuk membuka mata sambil menyetekkan kepala ke tepi.

Cara-cara menggunakan **UBAT SALAP MATA:**

- 1 **Basuh tangan** dan pastikan anda tidak memakai kanta lekap ketika menggunakan ubat titis mata. Duduk atau berdiri di hadapan cermin.
- 2 **Dongakkan kepala sedikit ke belakang** dan pastikan mata memandang ke siling.
- 3 Dengan membuka mata, **tarik kelopak mata bahagian bawah** secara lembut untuk membentuk karung di bahagian bawah kelopak mata.
- 4 **Picitkan sedikit salap mata** tersebut (anggaran : 1 cm) ke dalam karung yang dibentuk tadi.
- 5 **Kerdipkan mata** untuk beberapa ketika untuk meratakan ubat salap mata.
- 6 Sekiranya anda turut menggunakan ubat titis mata pada masa yang sama, **sapukan ubat salap mata** ini kemudian.



TIPS PENTING:

Terdapat beberapa tips keselamatan yang penting dalam penggunaan ubat mata namun masih ramai yang tidak mengetahuinya. Antara perkara yang perlu dilakukan ketika menggunakan ubat mata adalah:



A Pastikan muncung bekas ubat titis mata anda tidak menyentuh mana mana bahagian mata anda. Ini bagi mengelakkan jangkitan bakteria merebak dengan lebih senang.



B Jangan kongsi ubat titis mata anda dengan pengguna lain.



C Catatlah tarikh anda membuka ubat titis mata pada botol dan buang ubat titis mata anda selepas 30 hari dibuka. Jika belum dibuka, tarikh luput adalah seperti yang tertera pada kotak.



D Sekiranya mata anda mempunyai jangkitan kuman, elakan memakai kanta lekap.



E Gunakan ubat titis mata anda seperti yang diarahkan mengikut jangka masa dan bilangan titisan yang disarankan oleh doktor. Penggunaan melebihi had masa yang disarankan mungkin akan merosakkan mata anda.

Adalah amat penting untuk anda mendapatkan nasihat daripada doktor atau ahli farmasi mengenai penggunaan ubat mata yang sesuai dan berapa lama ia patut digunakan. Penggunaan ubat mata yang bersesuaian dengan teknik yang betul akan mampu merawat masalah mata anda dan mengelakkan kesan sampingan akibat penggunaan ubat mata yang tidak bersesuaian.

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TIPS TO INCREASE BREASTMILK SUPPLY USING A BREASTPUMP

Do you face challenge in increasing breast milk supply? Or worry that you would not be able to express sufficient breast milk when returning to work?

With the increasing awareness of benefits to breastfeed baby, it can be quite confusing for mother to determine which device to choose. Mothers also wonder for how long and how frequent they should pump when using breast pump.

All these are common thoughts that goes through the mind of breastfeeding mothers. Worry not Mummies, here are some tips to increase your milk supply and ease your breastfeeding journey.

A quality breastpump is able to remove on average 99.4% of available breastmilk from breast within 5 minutes of commencing pumping. After 15 minutes of pumping, only minimal volumes will be removed after that time period. So, the recommended time to pump (per breast) is only 10 to 15 minutes. Good news, isn't that a short period? Mummies are recommended to pump according to baby's normal feeding schedule at home (especially if baby is below 6 months old). Meaning, if baby usually feeds every 3 hours or so, try to mimic that timing while you are away and pump every 3 hours or so.



Choices of global-standard breastpumps by Eve Love

Choosing a breastpump suitable for Mummy is based on individual preferences and various factors like lifestyle, priorities and budget. However, a double electric breastpump (pumping both breasts at the same time) is highly recommended and worth investing on as it saves the mother's time and has been shown to result in higher breastmilk output than when using a single pump (pumping each breast separately).

A breastpump which is lightweight, portable and comes with a handsfree kit will ease mothers to pump. When mothers feel at ease to pump, most likely mothers will continue to pump consistently. Consistency of breastmilk removal is very important because the more milk is removed from the breast, the more milk will be produced!

Tips: Choose suitable breastpump for a successful breastfeeding journey

Other than just pumping, massaging breasts using hands before and while pumping is also helpful. After finishing pumping session using an electric breastpump, do spend 1 minute or so to express breastmilk using your hands (the marmet technique). Studies have shown that the average breastmilk production increases by 48% when combining breast massage and hand expression during pumping sessions.

Mothers should also try looking at baby's photos or sniffing baby's clothes while pumping. This can increase oxytocin hormone (one of the main hormones in breastfeeding) and result in better milk output. Having some nutritious and delicious snacks or a comforting warm drink during pumping might also help mothers energize & relax, hence helps to increase oxytocin hormone flow & results in better breastmilk output.

Good Luck with your Breastfeeding Journey dear Mothers.



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Clear Face Teenage
Cleansing Bar
100gm Free Cleansing Bar 20g

RM29.80

sebumed CLEAR FACE
TEENAGE CLEANSING LIQUID

Clear Face Teenage
Teenage Cleansing Liquid
150ml Free Toner 20ml

RM26.60

sebumed CLEAR FACE
TEENAGE CLEANSING LIQUID

Clear Face Teenage
Teenage Cleansing Liquid
150ml Free Toner 20ml

sebumed CLEAR FACE
TEENAGE APT GEL

Clear Face Teenage
APT Gel 10ml

sebumed CLEAR FACE
TEENAGE CARE GEL

Clear Face Teenage
Care Gel 50ml

sebumed CLEAR FACE
TEENAGE CLEANSING BAR

Clear Face Teenage
Cleansing Bar 100gm

sebumed CLEAR FACE
TEENAGE CLEANSING LIQUID

Clear Face Teenage
Cleansing Liquid 150ml

sebumed CLEAR FACE
TEENAGE APT GEL

Clear Face Teenage
APT Gel 10ml

sebumed CLEAR FACE
TEENAGE CARE GEL

Clear Face Teenage
Care Gel 50ml

sebumed CLEAR FACE
TEENAGE CLEANSING BAR

Clear Face Teenage
Cleansing Bar 100gm

sebumed CLEAR FACE
TEENAGE CLEANSING LIQUID

Clear Face Teenage
Cleansing Liquid 150ml

sebumed CLEAR FACE
TEENAGE APT GEL

Clear Face Teenage
APT Gel 10ml

sebumed CLEAR FACE
TEENAGE CARE GEL

Clear Face Teenage
Care Gel 50ml

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every touch is a step forward™

Mother's Day Promotion

Now!
RM120⁰⁰

OneTouch® SelectSimple™ Blood Glucose
Monitoring System + Select® Strips 25's x 2 +
UltraSoft™ Lancets 100's (On-Pack)

Simplicity You Can Trust

- Simple to teach, learn or use
- No coding, no button & no set up required
- High-low alarm indicators



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FAMILY OF COMPANIES IN MALAYSIA

Please consult your doctor for the interpretation
of the blood glucose reading.
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HEALTH AND WELL-BEING



Now!
RM 299⁰⁰

BM45

Blood Pressure Monitor

- Fully automatic blood pressure monitor
- 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



beurer

HEALTH AND WELL-BEING



Now!
RM 279⁰⁰

FT90

Non-contact clinical thermometer

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

FORA[®]



IR18

Professional Ear Thermometer

- Quick, easy to operate
- 1 Second Measurement Time
 - 10 Memory Capacity
 - LCD Backlight
 - Fever Indicator
 - Probe Cover 20's
 - Power On Self Test (POST)

Now!
RM 130⁰⁰



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Kinsmedic My

Designed for a **Better** testing **Experience**

FreeStyle Freedom Lite Starter Kit

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

FREE



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RM 9900

FreeStyle Lite
Strips 50's



Patented ZipWik Test Strip Design¹

- Fast & Easier* to use



Coulometry Technology

- Excellent accuracy & performance¹

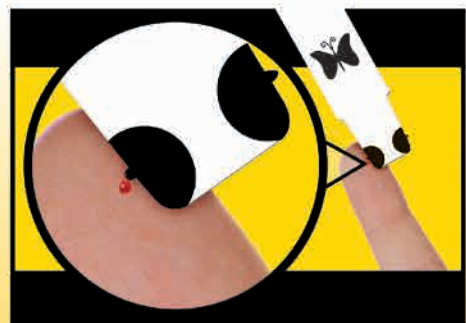


Tiny Sample Size (0.3ul)

- Less Blood, Less Pain[#]



ZipWik™ tabs



⁺Drop sizes shown above are for illustrative purpose only and do not indicate actual drops sizes

Reference:

1. Lock JP et al. Diabetes Technol Ther 2011;13:1-10.

*Versus original FreeStyle Lite Test Strips. Study conducted in August 2009. Data on file, Abbott Diabetes Care Inc.

[#] Less pain due to alternate testing site features. Disclaimer: If testing for hypoglycemia (low blood glucose) or if suffering from hypoglycemia unawareness, we recommend that you test on your fingers only.

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FreeStyle

Freedom Lite

Blood Glucose Monitoring System





Less
10%

Oral-B
Professional Care 1000
Electric Toothbrush
Removes 300% more plaque along the
gum line than a manual brush
RSP: RM 399.00

Oral-B
Vitality Precision Clean
Electric Toothbrush
For a deep and thorough clean
RSP: RM 149



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Regaining Life. That's what we are about.
To know you're in control, sets you free.



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TODAY!**

*Ask your pharmacist how
*Terms & Conditions Apply



Manage your diabetes today! Ask any Alpro Pharmacy about our "Trade-in your old meter" Program.

MEDISANA® *made for Life*

GERMANY

Established in Germany since 1982



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Deep TENS
4 in 1
Akupunktur
EMS**

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- * Natural alleviation of pain
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- * Choose from 100 preset programs
- * Two separately adjustable channels with four electrodes
- * Safety circuit for electrode control
- * Automatic switch-off at the end of the program

2
CHANNELS

+
MDD 93/42/EWG

3
YEARS
WARRANTY

Upper Arm Blood Pressure Monitor BU 530



Now!
RM 199⁰⁰

- * Accurate blood pressure measurement of the upper arm
- * Arrhythmia indicator
- * 120 memory slots for each of 2 users
- * Very large digits for easy reading
- * Display items: systolic, diastolic, pulse, date, time

**MDD
93/42**

Medical Device
(Certified according to EU product regulations)

+

Clinically Tested
(Certified according to EU product regulations)

WHO

Colour Coded
Scale

2x120

Memory
Slots

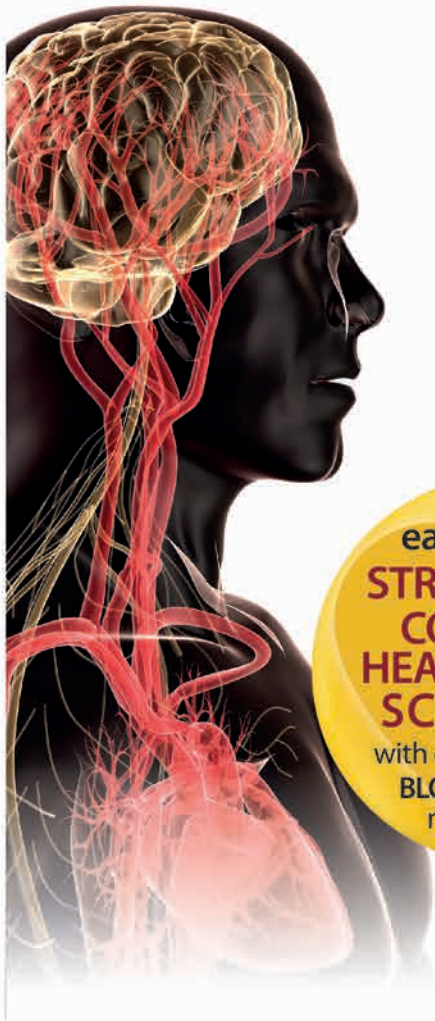
**XL
DISPLAY**

Large Display



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* Please consult doctor for interpretation of results
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SCREENING**
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BLOOD PRESSURE
measurement

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AFib
PC
ARR

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Atrial Fibrillation
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Premature Contraction
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Non Type - Specific Arrhythmia
- **THE FASTEST TECHNOLOGY**
42 seconds
- **MOST CONVENIENT**
Single measurement
- **HIGH SENSITIVITY**
74 - 100%
- **IMPECCABLE SPECIFICITY**
> 95 % for any find 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

Blood Pressure Monitor

Clinically accurate

Now!
RM **388⁰⁰**

ESH
European Society of Hypertension protocol

BHS
British Hypertension Society Listed

5
YEAR WARRANTY
LIFETIME CALIBRATION



Model: X5
with PARR Technology

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5
YEAR WARRANTY



Model: X1
without PARR Technology

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- ARR/PC
- Movement Detection
- Cuff Detection
- Universal Cone Cuff
- Irregular Heartbeat Detection (IHB)

- Movement Detection
- Cuff Detection
- Universal Cone Cuff
- Irregular Heartbeat Detection (IHB)

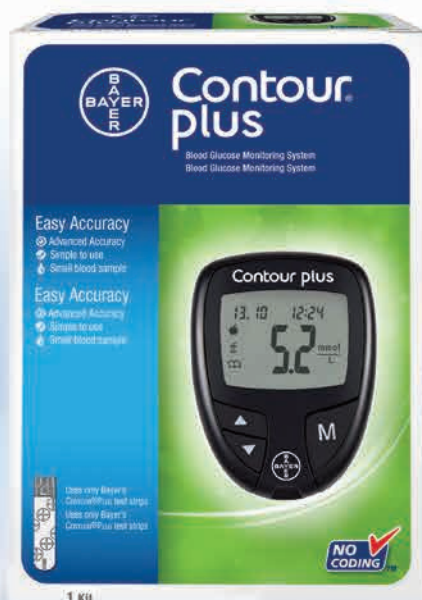
Cypress Medic Sdn Bhd MDA Lesen No. KP17911514

*Please consult doctor for interpretation of results

*Recommend to send for free accuracy check every 2 years for Rossmax products

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diabetes solutions

More accurate readings help you
**MAKE THE RIGHT DECISIONS
WHEN THEY MATTER MOST**



Contour Plus Starter Kit
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**PWP
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DISCOUNT**
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Contour Plus Test strip 2x25's



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Delivers closer to lab results,
so you can test with
confidence



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Ready to test right out
of the box



Second-Chance[™] sampling
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to the same test strip if the first
sample was not enough

Reference: 1. Goldy A, Warchal-Windham ME, Mocin R. Accuracy evaluation of the CONTOUR[™] 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.

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2016/17

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EVENTS



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World Antibiotic Awareness Week 2016 Comic Competition



Sunshine Camp Charity Eco Beach Walk SKM 2016
 26 Nov 2016
 Pantai PD Batu 3.5



1 Million Insured Launching
 3 Nov 2016
 Palm Mall Hotel



My Astro CNY Countdown Gala 2017
 27 Jan 2017
 S2 City Park



THE MALAYSIA BOOK OF RECORDS

Malaysia Book Of Record Day
 1st Dec 2016
 Alpro HQ

Most Number Of Well Wishes Greeting Cards With Finger Prints By Children (Total: 2877 Cards)



ANNIVERSARY



PD Anniversary Sale
 15-18 Dec 2016
 PD Oceanic Mall



ALPRO OPENING

Gemas
23 Nov 2016



Jasin, Melaka
31 July 2016



Bandar Sri Permaisuri
28 Dec 2016



Taman Maju, Batu Pahat
13 Mac 2017



Parit Raja, Batu Pahat
13 Mac 2017



Taman Flora, Batu Pahat
13 Mac 2017



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