

903



VOL 16



HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER
SEPT-OCT 2020



Help us
Help
you
before it
gets **worse**

MINUTE CONSULT
小急症
Act fast before it too late!

MEDICATION SAFETY • OUR PRIORITY 药安全 在大专

Demonstrated to
reduce the pain of
injection¹



BD Ultra-Fine™ 4mm Pen Needles
combine two technologies for a better injection experience.^{2,3}



EasyFlow™

Extra thin wall needle for
easier and quicker injections.^{2§}



PentaPoint™

5-bevel needle tip for
more comfort.^{3‡}



Product Catalogue: 320477



Fits all brands
of insulin pens*
(ISO 11608 Compliant)

§ Compared to standard BD thin wall pen needles.

‡ Compared to standard BD 3-bevel pen needles.

References: 1. Hirsch LJ, et al. Journal of Diabetes Science and Technology 2012;6(2):328-35. 2. Aronson R, et al. Effects of extra thin-wall needle technology on preference, confidence, and other patient ratings. Clinical Therapeutics. 2013; 35(7)b: 923-933. 3. Hirsch LJ, et al. Impact of a Modified Needle Tip Geometry on Penetration Force as well as Acceptability, Preference, and Perceived Pain in Subjects with Diabetes. J Diabetes Science & Technology 2012;6(2):328-335.

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BD

Advancing the
world of health

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Winnie Hsiung Szu Yuan

Branding, Promotion & Trade
Marketing Manager

Alpro Pharmacy

FROM THE EDITOR

For the past few months, the COVID-19 pandemic has created a truly unprecedented situation that affects all of us. As healthcare professional, we take every precautionary measure seriously, to make sure everyone 'STAY SAFE IN ALPRO'. We manage to identify the difficulties faced by our community and help them to tackle these issues.

Firstly, we noticed that some of patients afraid to go to hospital during pandemic or worry about the expenses on medication and to cause delay on the diagnostics. Which is why, we are now providing **Minute Consult**, an affordable, fast and safe service by a group of certified pharmacists with minor illnesses and wound care.

In this time of unprecedented change and uncertainty, as an essential service provider, I realize that we must also continue to be there to help keep our customers connected. I am pleased to let you know that we have just launched an updated version of online store

Alpro OneClick (<https://www.alpropharmacy.com/oneclick/>)

to help you stay up to date with latest healthcare products and browse for more promotions.

On behalf of all Alproeans,

Moments like this remind us that we have to be our best selves with patience, understanding and compassion. Although all of us face many difficulties, I want to assure you once again that Alpro Pharmacy will continue to do its best to service you during this difficult time and wish you all the best.

Let us hold our hands together and to move towards a

Healthy And Vibrant World

STAY SAFE AND HEALTHY

Terima Kasih, Xie Xie Ni

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Bertindak Sebelum Terlambat Kongsi Pengalaman **MINUTE CONSULT**

Kajian Kesihatan & Morbiditi Nasional (NHMS) melaporkan bahawa di Malaysia, pada setiap 2 minggu, terdapat 20% yang akan jatuh sakit tetapi 42.5% pesakit yang tidak mendapat rawatan oleh kerana bimbang akan kos, keselamatan atau tidak tahu apa yang perlu dilakukan.

Di Alpro, terdapat 180 ahli farmasi profesional yang telah diberi kepercayaan oleh komuniti selama lebih dari 18 tahun dalam mengendalikan penyakit ringan bagi menghasilkan ubat yang 100% tulen dengan harga serendah RM4.99.



Setiap hari di farmasi ada yang mencari ubat tahan sakit. Ramai juga yang menggunakan ubat tahan sakit yang sama untuk setiap jenis tahan sakit yang berbeza. Ada juga yang menggunakan ubat tahan sakit orang lain untuk diri sendiri. Ini antara fenomena yang di panggil 'self treatment'.

Pada suatu hari, ada seorang Pakcik datang ke farmasi dan meminta ubat 'combo' tahan sakit. Selepas soal selidik, antara combo tersebut adalah corticosteroid. Pakcik tersebut telah menggunakan combo tersebut untuk sekian lamanya. Sebagai ahli farmasi yang bertugas, saya memberikan 'free glucose check' kepada pakcik berkenaan. Amat mengejutkan saya apabila bacaan pakcik tersebut adalah 13mmol/L. Bacaan tersebut sangat tinggi dan pakcik tersebut tidak pernah mengambil bacaan gulanya sebelum ini. Risiko kencing manis juga boleh jadi penyebab kepada pakcik berikut.

Seterusnya, saya memberikan servis 'free bone scan' kepada pakcik

tersebut untuk melihat adakah penggunaan corticosteroid beliau yang sekian lama telah memberikan kesan kepada ketumpatan tulangnya.

"Bone scan" juga adalah benda yang baru untuk pakcik tersebut. Beliau terkejut bacaan tulangnya menunjukkan bacaan T-score kurang dari - 2.5. ia menunjukkan tanda osteoporosis.

Setelah memberikan kaunselling minute consult pak cik tersebut berpuas hati dengan servis minute consult dan menerima nasihat yang sepatutnya. Beliau berterima kasih kepada Farmasi Alpro kerana memberikan khidmat kesihatan yang baik dan cakra kepada kesihatan penduduk Tumpat.

Muhammad Firdaus, Ahli Farmasi
Tumpat, Kelantan



Setiap hari saya berhadapan dengan pelbagai lapisan masyarakat. Tetapi yang amat memberi kesan kepada saya apabila masih ada warga emas dan kanak-kanak yang terbiar tanpa

“SAYA CUMA ADA **RM10**

cukup tak untuk
rawatan anak saya?

keluarga disisi. Dalam keadaan yang tidak sihat terpaksa gagahkan diri mereka untuk membeli ubat. Antara contoh yang masih segar dalam ingatan saya apabila seorang pakcik, datang ke farmasi dalam keadaan basah lencun bertanya kan ubat demam dan selesema hanya dimuka pintu farmasi. Staff yang bertugas bawa pakcik masuk ke kaunter ubat. "Ubat ini untuk cucu saya, anak ini OKU, berumur 6 tahun. Agak-agak berapa harga ubat nya? Saya tanya harga dulu boleh? Pakcik tak mampu bayar yang mahal-mahal" tanya pakcik kepada saya. Pada saat ini saya tahu saya perlu cadangkan pakcik ubat dengan harga yang mampu milik sahaja tetapi tetap berkesan. Tanpa berlengah terus saya bawa ke kaunter "Minute Consult Service" untuk membantu pakcik itu. Pilihan regimen ubat yang berpatutan dan bersesuaian dengan keadaan pesakit saya berikan. Pakcik bersetuju memandangkan harga ubat tak lah semahal yang disangka. Saat ini saya dapat menarik nafas lega kerana Farmasi Alpro ada menyediakan regimen ubat yang berpatutan untuk golongan orang yang kurang berkemampuan. Semenjak daripada itu pakcik selalu datang untuk mendapatkan pandangan dan nasihat kesihatan, lebih-lebih lagi untuk cucu yang terlantar dan tidak boleh berjalan. Bagi saya, sebagai seorang ahli farmasi, inilah kepuasan bekerja saya iaitu dapat membantu semua golongan tanpa mengira umur, darjat dan pangkat. Lebih-lebih lagi apabila mereka datang kembali dan memberi khabar berita yang baik tentang keadaan kesihatan pesakit.

- Jah Hanini Bt Johar, Ahli Farmasi
Ampangan, Negeri Sembilan

“I ONLY HAVE RM10 WITH ME...

Do you think it is enough to treat my son?

Help us Help you before it gets worse!

Share your MINUTE CONSULT moment

The National Health & Morbidity Survey (NHMS) reported that in Malaysia every 2 weeks, 20% fell sick, but 42.5% of patients do not receive treatment. Due to worry on cost, worry on safety, or not knowing what to do. In Alpro, 180 professional pharmacists, trusted by community for more than 18 years in minor illness to review and dispense 100% genuine medicine just as low as RM4.99*

| FAST | AFFORDABLE | SAFE | PRIVATE |



Every individual in a community is a small circle. Always we have a very nice uncle that will “bungkus” breakfast for the whole team no matter how many times we tell him not to. Why? It happened because the uncle was getting healthier after I advised him to stop using the cream that he used which is not suitable for him based on his DM history. The new cream I introduced is very effective and improved his situation. Even though the service was just a 2 minutes consultation, it's a starting point that we built a platform for discussion, to opt for better health. That's the starting point when our circle meets, and together we make a stronger circle.

- Puvaneswari Tambiraja, Pharmacist
Bukit Mertajam, Penang

One of my friends was hospitalized due to serious gastric pain and was eventually diagnosed with peptic ulcer. When asked he said “I skip meals” and “I don't always have the time to eat”. Working adults tend to neglect their health and would not seek professional help until their condition gets worse. It could be financial issue or simply just time constraint, self medicate is always the forest choice for something that may at the time seem small. Quick and easy, though not always right and safe. As a community pharmacist, I feel that I could play a role in educating the public by giving proper advice and the right medication for minor illnesses and detect any red flag signs for a more serious disease to allow patients to seek medical help immediately. Seeking professional help should not be a burden. Whether you're a working adult or unemployed, a housewife, a student or a foreign worker, nothing should stop you from looking after your health. Being healthy is not a luxury, it is a necessity.

- Brenda Ng Jin, Pharmacist
Batu Pahat, Johor



It is very heartbreaking, when we hear stories about abandoned elderly, especially when they are ill, no one there to take care of them, to bring them to clinic or hospital to get treatment. I encountered a similar situation whereby a tired old man approached me for help during my duty. I remembered he said: “Please help me! I had diarrhea and vomiting for the past 2 days.” He claimed that he felt weak and had no energy to walk. “Staying alone at home, no one is there to take care of, and financially underprivileged as well”, when he asked for affordable treatment. I am glad that time I was on duty at Minute Consult Counter that I could help him with the quality treatment.

After two-days, the poor old man returned and thanked me for his treatment. He said that, “I will definitely come back to Alpro if I'm sick” since he was treated with quality & affordable service that he has never met before. He made my day. Good health is life's greatest blessing, and everyone deserves to be healthy!

- Renuka Paneerselvam, Pharmacist
Seremban 2, Negeri Sembilan

“我只有10块钱给孩子看病，你看，够吗？”

马来西亚NHMS报告指出，每14天都会有20%的人患小病，但是42.5%的患小病者没有得到治疗。其中原因是担心开销，担心安全以及没有正规的治疗方法。MINUTE CONSULT不仅是一个概念。在Alpro，有180名专业药剂师，拥有超过18年信誉，可为大众提供小病药医服务和配置100%的正品药方，价格最低为RM4.99*



“我是看到之前那位 ah ngia, 听完你这么仔细的解说，一包药才不过十块钱，baru 敢请问你的。kam sia kam sia”。

原来，这位七十几岁的伯伯肩膀疼痛多时，却因担心口袋不够钱，忍着疼痛不敢就医。标准的 Penang 福建话，回荡在我心中，许久。别小看小病，先不论小病不医，大病难治；小病带来的不适，足以影响我们的生活素质。病痛面前，人人平等。

看似奢侈，遥不可及是吗但我始终相信，千里之行，始于足下。我足下的第一步，是以自己专业的知识帮助你；而你呢，是小病要医哦。

- 高惜凤，社区药剂师 - 檳城



晚上9点50分，距离药剂行结束营业只剩10分钟。跟往常一样，我们正准备着关店前的例行行事。跟往常不一样，此时的天空正下着滔滔大雨。当我们以为再也不会会有客人光临之时，一辆轿车驶进了药剂行前的停车位。过了不久，一位年纪刚过20的女性下了车，冒着大雨向药剂行走来。“欢迎光临...”我还没来得及说完“请问还能买药吗？”只见她神色紧张“可以啊，有什么我可以帮到你的吗？”我试图安抚她紧张的情绪“我的儿子今天下午开始发烧，鉴于疫情的关系加上他还小所以我不放心带他到诊所或医院。还以为会没事的，怎知刚刚大约9点30分的时候他就开始哭个不停。我放心不下就马上拿了车钥匙急匆匆地赶了出来，来的路上很多商店都关门了，幸好你们还有开！”她连珠炮似地诉说事情的来龙去脉“对啊，我们10点才关店。”我试着以轻松的语气答道“可是...因为我赶着出门的关系...结果连手机和钱包都忘了带...下车前才想起...在车里能找到的也只有这些了”她顿时变得结结巴巴，缓缓地摊开紧握着的右拳，手心里躺着几张湿漉漉的纸币和几枚硬币。她算了算，大约有20零吉左右。“这些...够吗？”她心虚地问道。“够的，不用担心！”我一边走向置放药物的橱柜一边问道“你儿子几岁呀？体重多少呢？”。她说“他刚满周岁，几天前才长了第一颗牙。体重大约10公斤。”确认了宝宝没有危险信号的症状后，我把一瓶退烧药水和一包退烧贴交给了她。叮嘱了退烧药的剂量还有需要每4-6小时监督宝宝的体温，而且也特别交代了如果3天之内，烧还不退又或者升到40度以上的话就要马上带他去看医生。“请问总共多少钱？”她支支吾吾“总共是11零吉95仙”她听到我这样说，原本僵着的脸顿时变得豁然开朗。结了帐，我们互相道谢。她左手提着装了药的袋子，右拳紧握着剩下的零钱，满足地离去。

- SHERMAINE黄诗韵，社区药剂师 - 森美兰



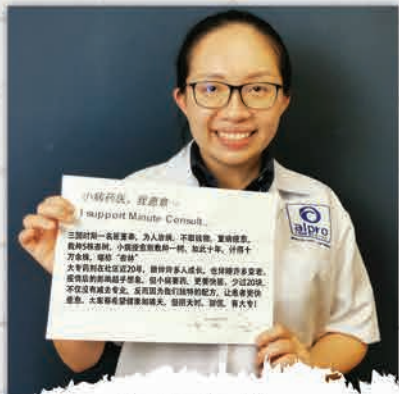
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Pharmacist cum Corporate Client Manager



Ph. Tan Chan Wei
Pharmacist / Minute Consult Initiator



Ph. Vincent Lee
Pharmacist cum Manager - Kajang, S'gor.



Ph. Bryan Ong
Pharmacist / Minute Consult Initiator

We are all aware of the significant global challenges presented by COVID-19. We, as a certified Minor Illness Service(MIS) pharmacists, have the duty to care for our community.

Minute Consult uniqueness "Fast, Affordable, Safe & Private" again highlight what we have always been approaching, "Medication Safety, Our Priority" We as a community pharmacist, hope we can be our communities first choice when they encounter any common minor illnesses.



WORLD PHARMACIST DAY
25 September 2020

Share your

MINUTE CONSULT 小病药医

Moment

To share is
precious,
PURE and FAIR.

I shall maintain my
**PROFESSIONAL
KNOWLEDGE &
COMPETENCE** throughout
my career to ensure
**MEDICATION
SAFETY**
for the patients I serve.

Alpro Events 2020



MINUTE CONSULT

Having financial stress? Is okay. We can help. Our trained Minor Illness Service (MIS) Pharmacists can go through medication review with you as fast as **2 minutes**. **Managing minor illness** with evidence based clinical intervention is important to patients and the health care system.

NEW OUTLET OPENING

Alpro Pharmacy continues our journey in serving more people to create a healthy and vibrant world. **You can find us now at Tumpat, Kelantan and Jengka, Pahang.**

See you there!



ALPRO ONECLICK LAUNCHING

Alpro Pharmacy e-store has a new look! It is also an online platform that allows you to register as Alpro members to check and get rewards from your member points.

Now, visit Alpro One Click
www.alpropharmacy.com/oneclick
to find more products and promotions!

ALPRO WAREHOUSE SALES

The long waited **Alpro Pharmacy Warehouse Sales** is coming soon again on **1-4 October**. This time we will make it differently, not just in Seremban or in Kuantan, we will reach out to **nationwide!**

Stay tuned with us on updates of the event!

Scan & Shop now...



Journey towards a healthy and vibrant world,
to be continued...

COMMON COLD? FLU? COUGH?

NATURAL REMEDIES THAT WORK

Respiratory tract infections are one of the most common diagnosis in the Western world, and more than 90% of cases are caused by viruses. Depending on the virus, the harmless initial symptoms may develop into illnesses such as common cold, sinusitis and acute bronchitis.

Common cold and flu are viral infections affecting the nose, sinuses, throat and airways. Cold and flu spread when the infected droplets pass from person-to-person by touching, coughing and sneezing. They spread easily, especially between children who spend a lot of time together (e.g. at childcare or school).

Most people recover within about 7 to 10 days. However, the flu can have very serious associated complications and those with higher risk includes elderly, children and those with weakened immunity.

Common cold and flu are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, flu is worse than common cold, and symptoms are more intense. Sore throat and runny nose are usually the first signs of a cold, followed by coughing and sneezing.

Although the vast majority of respiratory tract infections are caused by viruses, antibiotics are probably prescribed more often than anything else to treat them. Antibiotics fight against bacterial infections, not viruses, and are therefore generally not effective. Unnecessary use of antibiotics also increase the risk of bacterial resistance and they also cause side effects.

As antibiotic resistance increases, it is more and more important that we use alternative medicines to treat cold and flu. There is a few natural remedies that has proven to be effective and safe in treating the accompanied symptoms as well as tackling the root cause of the viral infections.

Plant-based cold and cough remedies made from pelargonium root and ivy leaf can be recommended in place of antibiotics to relieve the cold and flu symptoms. These natural remedies are popularly prescribed by doctors in Germany and various European countries for cold and cough.

Unlike other herbs, pelargonium root tackles the root cause of the infection (or infection causing pathogens) and may deter the development of an acute respiratory tract infections. It has 3-fold actions that include antibacterial, antiviral and immune-modulatory activities. This may help to protect the body against infections by inhibiting the activity of harmful bacteria and virus and increasing the body's immune response to infection.

Ivy leaf is used for the treatment of cough, particularly when associated with lots of viscous mucus as well as adjuvant treatment of inflammatory bronchial conditions such as bronchitis and asthma.

The combination of pelargonium root and ivy leaf help to speed up the recovery and also shorten the duration of the illness. For best results, start taking these natural remedies as early as possible, immediately after the first signs of symptoms. This combination is a safe and effective alternative for the whole family.

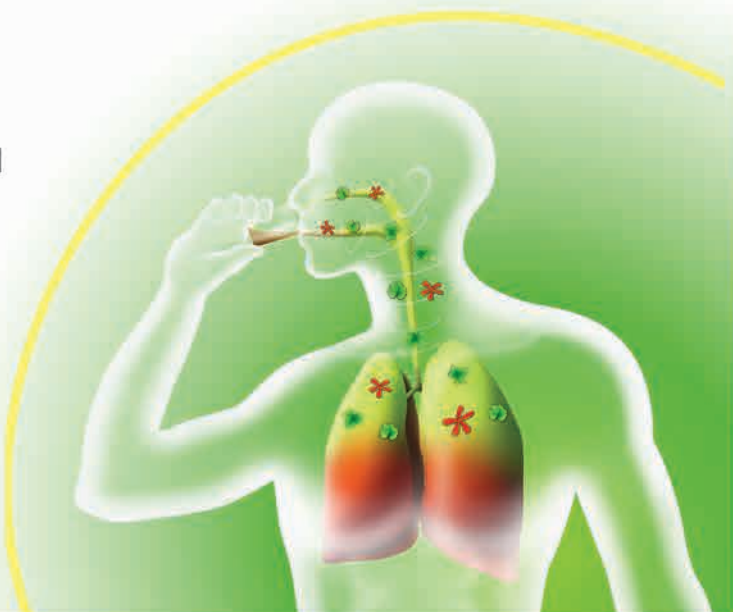
Benefits of Combination Formula

- Shortens duration of cold
- Reduces severity of sore throat and nasal congestion
- Reduces frequency and severity of cough
- Relieves irritating cough
- Loosens thick phlegm
- Eases breathing

IvyLeaf
EFLA® 151

Pelargonium
EFLA® 956

EFLA® 151 and EFLA® 956 are the registered trademark of Frutarom Switzerland Ltd.



This article is brought to you by Winwa Medical Sdn. Bhd. For further information, please contact us: Tel: 04-5079784 Email: info@winwamedical.com

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DifflamAB™

**DON'T LET A SORE THROAT
SPOIL YOUR DAY**

✓ **Helps kill bacteria**

✓ **Soothes and relieves sore throat**



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MAL18126012X



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NEW



MAL18126010X



MAL18126012X



MAL18126011X

Number Surutindakan: KKL/01/2020/2020
Tarikh terbit: 20/05/2020

RM **6.80**
each

DifflamAB
Sore Throat Lozenges
(Assorted)
NP: RM8.60

#1 selling brand for Pharyngeal Preparation Category in Malaysia, based on IQVIA Malaysia National Sales Audit, MAT Q1'20.
This is a medicine product advertisement.
For more information, please refer to the product label. If symptoms persist, please consult your healthcare professional.

inova
pharmaceuticals

Number Surutindakan: KKL/01/2020/2020
Tarikh terbit: 20/05/2020
W1/2020-05/2020



Hisamitsu Bye Bye Fever
For Babies (12s)

RM28.90 ~~RM39.85~~



Hisamitsu Bye Bye Fever
For Children (6s)

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Hisamitsu Bye Bye Fever
For Adults (6s)

RM15.69 ~~RM21.20~~



Hisamitsu Bye Bye Fever
Super Cool For Adults (6s)

RM15.69 ~~RM21.20~~

Hisamitsu

GAVISCON **DOUBLE ACTION**



Gaviscon
Double Action Sachet
10ml x 5's

Best Buy!
RM 14⁴⁸ EACH



Gaviscon
Double Action Liquid
150ml

Best Buy!
RM 23⁹⁹ EACH



Gaviscon
Double Action Liquid
300ml

Best Buy!
RM 38⁶⁸ EACH

PHM

Live, lactic acid bacteria from a
Multi-year fermentation in Japan.

Best Deal!
RM 178²⁰ EACH



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KKLIU 0124/2019

PRO HEALTH MEDICS SDN. BHD. 1681876-T1 MAL18036726NR

SPECIALLY FORMULATED PROBIOTICS FOR LOCAL DIETS

ADVANCED FORMULATION

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NO REFRIGERATION REQUIRED



Best Deal!
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LACTO-5[®]
Locally Derived Probiotics
90s x 2 + 30s

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KKLIJ 1417/2018 / MAL 09072807XC



We know
how it feels
when it gets
STUCK

Don't wait, talk to us now!



SCAN TO SHOP

Best Deal!
RM 75 EACH



Kesihatan BAIK bermula dari USUS

Apakah PROBIOTIK?

Probiotik digelar bakteria 'baik' kerana ia memberi faedah kesihatan yang positif apabila diambil dalam jumlah yang mencukupi. Probiotik memainkan pelbagai peranan dalam badan kita seperti:

- membantu penghadaman
- meningkatkan metabolisme badan
- menghasilkan vitamin B
- menyingkirkan toksin
- meningkatkan imuniti
- membantu mengekalkan kesihatan usus kita
- Badan kita mempunyai 10 kali lebih banyak mikro organisma daripada sel-sel manusia!
- Lebih daripada 70% mikroorganisma ini terdapat dalam usus kita
- Probiotik juga terdapat di kulit dan bahagian intim
- Hampir 70% sistem imun terletak dalam usus

Terdapat banyak jenis strain probiotik dan strain probiotik tertentu membantu dalam keadaan yang berbeza. Secara umum, contoh strain probiotik dan tindakan mereka dalam aspek tersebut:

PENGHADAMAN DAN KESIHATAN USUS	
STRAIN PROBIOTIK	TINDAKAN
1. <i>Lactobacillus rhamnosus</i>	<ul style="list-style-type: none"> • Memulihkan keseimbangan sistem bakteria usus
2. <i>Bifidobacterium longum</i>	
3. <i>Bifidobacterium animalis</i>	<ul style="list-style-type: none"> • Menambahbalik bakteria baik yang telah dibunuh lepas rawatan antibiotik
4. <i>Lactobacillus acidophilus</i>	
5. <i>Lactobacillus casei</i>	

IMUNITI BADAN	
IMUNITI	TINDAKAN
1. <i>Lactobacillus helveticus</i>	<ul style="list-style-type: none"> • Melepaskan bahan antibakteria untuk membunuh bakteria buruk
2. <i>Lactobacillus fermentum</i>	
3. <i>Streptococcus thermophilus</i>	<ul style="list-style-type: none"> • Menghasilkan "KEY SIGNAL" untuk aktifkan sistem imun menjadi lebih kuat.
4. <i>Lactobacillus paracasei</i>	
5. <i>Lactobacillus plantarum</i>	

KENAPA SAYA PERLUKAN PROBIOTIK?

Jenis bakteria yang tinggal dalam usus dan integriti perut usus sangat mempengaruhi kesihatan seseorang¹. Gaya hidup dan diet yang tidak sihat boleh menjejaskan keseimbangan mikrobiota usus dan seterusnya kesihatan anda.

Adakah anda:

- Banyak makan "fast food" dan "processed food" (sosej, burger, MCD, KFC)
- Kurang makan sayur-sayuran dan buah-buahan (serat rendah)
- Diet yang tinggi lemak (kari, makanan goreng, kek, krim)
- Diet yang sangat tinggi protein dari sumber haiwan terutamanya daging merah
- Kurang atau tiada bersenam langsung

GEJALA-GEJALA YANG MENUNJUKKAN ANDA PERLUKAN PROBIOTIK

- Masalah kulit (eczema, psoriasis, pimples)
- Selalu berasa kembung, senak
- Sembelit, kekerasan najis, cirit-birit
- Jangkitan saluran kencing dan bahagian intim
- Senang jatuh sakit

BANYAK PRODUK PROBIOTIK? MANA NAK PILIH?

Pasaran probiotik telah berkembang pesat, baik untuk makanan dan makanan tambahan yang bertujuan untuk meningkatkan kesihatan individu, dan untuk menguruskan penyakit tertentu dari segi pemakanan. Proses, syarat dan ramuan pembuatan adalah penentu penting ciri-ciri produk dan perubahan dalam aspek tersebut mungkin menghasilkan produk yang tidak sama dengan "asal" dari segi keberkesanan dan keselamatan jika tindakan dan kawalan yang betul tidak diambil.

Kriteria-kriteria penting dalam memilih probiotik:

1. Tahan apabila terdedah dengan asid dan hempedu
2. Mampu menduplikasi dan berkembang di usus
3. Stabil dan kekal "hidup" sepanjang tempoh penyimpanan Probiotik?

Pastilah "one of your supplement list!"

KOMEN DARI "NUTRITIONIST"

Baik memilih formula yang mengandungi probiotik dan prebiotik. Prebiotik merupakan makanan untuk probiotik, bila makan bersama, prebiotik membantu perkembangan probiotik dalam usus. Probiotik diibaratkan sebagai bibit tanaman, maka prebiotik merupakan tanah yang gembur agar bibit dapat tumbuh subur.

全面“益”生活



健康每
小小益天。
包包, 大大益处

好好吃!

活性益生菌

即食粉末颗粒装



GKB PROBIO+

五大益菌 三大益处



扫一扫, 进店逛逛

富含益生菌与益生元

衡 维持肠菌平衡
强 强化健康体魄

助 助力好菌生长

每日只需
RM 1.99
一小包

独家



Shopee



Lazada

By: GKB Bio International Sdn Bhd. Distributed by: APD Pharma Sdn Bhd
止为解此品广告 No. Rujukan KKUIJ: 1072/2020





Strengthen Your Child's Body Immune System

There is mounting concern for the well-being of children during the coronavirus outbreak. Let's understand further on how to protect your children from this outbreak and strengthen their immunity.

It is normal for your child to fall sick sometimes during the development of a more mature immune system. Child's natural defense gets more powerful along with this ongoing battle against the disease-causing germs. However, some children with the weaker immune system are more vulnerable to illnesses, typically cold and flu. Take smart steps to give your child's immune system some extra support!

Prebiotics & Probiotics

A healthy gut is the key to healthy growth



- Most of the immune system lies in the gut; therefore, maintaining good intestinal bacteria provides a protective shield against harmful germs, and reduce the number of sick days and incident of sickness.

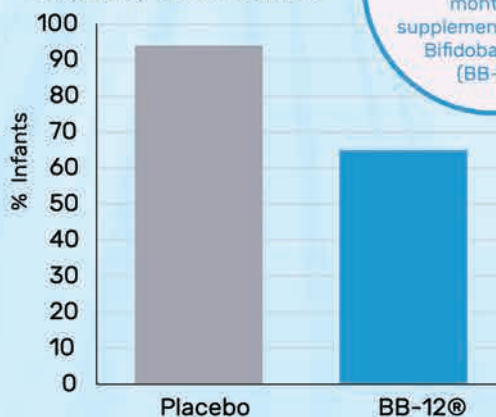
- Taking prebiotics (food for good bacteria) together with probiotics give synergistic health benefits to your child. A healthy gut is the key to healthy growth, and it also strengthen the immune system.

Combination of probiotics ***Lactobacillus acidophilus* LA-5** and ***Bifidobacterium lactis* BB-12** with prebiotics (inulin) support both intestinal and immune health.



Clinical Evidence

Respiratory tract discomfort



31% fewer children experienced respiratory tract discomfort after 6 months of supplementation with Bifidobacterium (BB-12®)

1 Taipaleet al, Br J Nutr, 2011; 105:409-41 | 2 Taipaleet al, PediatricResearch, 2016; 79:65-69

For more information on natural healthcare and therapies, please call Bio-LIFE Customer Care (Mon-Fri: 8am-5pm) at 03-7499 7999 health@biolife.com.my Copyright © 2020 BIO-LIFE Marketing Sdn Bhd (167808 - V)

We Care for Human Wellness

Scan to know more



Mummy,
what's wrong
with my tummy?

BIOGROW[®]
Probiotics
KIDS
Powder

**Poor gut health?
Poor digestion & appetite?
Fall sick easily?**

Best Deal!
RM59⁹⁰
EACH

Healthy Guts for Stronger Kids!



ONE sachet daily to
restore the balance of
kid's gut microbiota

6 Billion
CFU

6 Billion CFU per
sachet (1 g) formulated
specially for growing kids



3 clinically proven
probiotics strains



Contains 500mg of
inulin (prebiotic)



No refrigeration
is required



MAL18026040NCR



Orange
Flavour



MADE IN
DENMARK



Benefits of taking Biogrow Probiotics KIDS Powder



Promote growth of beneficial
gut bacteria



Improve bowel function



Support child growth and
development

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Infoline: 03-7956 2220 (Mon - Fri: 9am - 5pm)
Email: info@biogrow.com.my
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This is a supplementary product advertisement. KKL11/2619/2018



Apogen®



增強免疫力 對抗病毒

Maintain A Healthy Immune System
All Year Long With Apogen



Linda Majid

Apogen memang terbaik.terbaik untuk anak saya.sofia sangat suka dengan rasanya.Apogen tak boleh lawan dengan vitamin lain.sofia lebih sihat dan kuat.demam,batuk dan selsema dapat dilawan dengan adanya Apogen.kini Apogen pilihan utama vitamin untuk anak saya.



Jiamin Ong

我的女儿每天都会寄放在幼儿中心，接触许多小朋友。一次，中心的小朋友得了手足口症，我女儿开始发烧，出现红点，我马上到药剂行询问买药。店员把Apogen介绍给我，说能对抗手足口症，真的，我女儿很快便痊愈了，并没有真正爆发手足口症。现在，我每天都给她吃Apogen，真的很棒😊



王振成

My grandchild always fall sick and easily get infected from other small kids who are in sick. I introduced by my relative about Apogen. I give my grandchild one day one Apogen and I found that she's getting healthier and healthier. I am really satisfied with this product. Thank you Apogen.



Free Saucepan with Detachable Handle

with purchase of
6 Tins x Morinaga Chil-kid 900g or
8 Boxes x Morinaga Chil-kid 700g



Cast Aluminium
Cookware with
Ecolon Coating

16cm Diameter Saucepan

NEOFLAM



AA
+
DHA

GOS

Nucleotides



Promotion period from September 2020 onwards.
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NO.1 FORMULA
in France*

*Within constipation segment
in French pharmacies

constipation no more!



Novamil KID IT 800g

NOW: RM **74.90**

How does SmartGut360° work for constipation? SmartGut360°是如何帮助改善便秘的问题呢?

Milk Carbohydrate

牛奶碳水化合物

With bifidogenic effect
to promote gut health^[1]

具有增殖双歧杆菌的作用，
促进肠道健康^[1]

2:1 ratio of Ca:P

钙与磷的比例为2:1

Balanced ratio for better calcium
absorption to reduce formation
of fecal calcium soaps that leads
to hard stool^[2]

优良的钙与磷比例能够促进更好的钙
质吸收，减少粪便钙皂的形成，从而
降低粪便硬化的机率^[2]

60:40 ratio

Whey:Casein

乳清:酪蛋白比例为60:40

Ideal blend of protein for faster
digestion rate^[3] to optimize stool
formation frequency to 1-2 times daily

理想的蛋白质混合比例，能够帮助提高
消化速度^[3]，改善粪便形成的次数至
每日1-2次

High Magnesium Content

高含量的镁

Stimulate stretching and contraction of
the gut muscle^[4]
刺激肠道的蠕动^[4]

Attract water into the intestine forming
softer stool^[4]

有助于增加肠道中的水份含量进而软化粪便^[4]

4-fold action

4重肠道运作



Novamil

[1]: Parhe, S., Belut, M., Rezzonico, E., Jacobs, D., Arigoni, F., Thiemeyer, F. & Jirakovic, I. (2006). Lactose-over-glucose preference in Bifidobacterium longum NCC3705: glcP encoding a glucose transporter, is subject to lactose repression. Journal of bacteriology, 188(4), 1290-1295. [2]: Bannet, S. M., Bohe, L., Storsrud, S., Lefebvre, T., Collin, L., Lindfors, P., & Simren, M. (2019). Multivariate modelling of faecal bacterial profiles of patients with IBS predicts responsiveness to a diet low in FODMAPs. Gut, 67(5), 872-881. [3]: Imperforate anus: long- and short-term outcome. R.J. Rintala, M.P. Pekariinen. Semin Pediatr Surg. 17 2008; pp. 79-89. [4]: Koppen IJN, Lammers LA, Benninga MA, et al. Management of functional constipation in children: therapy in practice. Paediatr Drugs 2015; 17:349-360.

CHAMPS

VITAMINS



Champs
M Lysine
60s x 2
Percuma Lampu Malam

Best Deal!
RM36⁸⁰ EACH



Champs
M Strawberry
100s x 2
Percuma Lampu Malam

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LAMPU MALAM
SEKARANG!



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MIWAKO A⁺

**NEW
ARRIVAL**

MIWAKO



Best Deal!
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Plant Based Formula Milk
1-6 years old



Functional Plant Milk
1 years old +

Best Deal!
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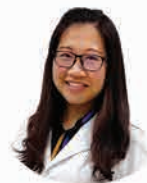
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你真的要 同肝共苦吗?



吴彩湘 (营养师)



肝脏是人体最大的内脏器官，尤其重要的是肝脏执行超过500多项不同的功能，以维持身体正常运作。它扮演着无可取代的角色，在身体里起着去氧化、储存肝糖、分泌蛋白质的合成等作用，同时也制造消化系统中的胆汁。然而，我们的生活习惯一次次地挑战肝脏的极限！

“沉默杀手”

最令人担心的是你可能不知道，肝脏健康欠佳或负荷过重！肝脏的耐受力较强，发病初期几乎没有症状，患者也很少会感到疼痛，也许只是容易疲倦、消化不良、腹胀或肠胃胀风、皮肤暗淡等，往往不会让人联想到肝脏的损伤。然而，通过血液检查能反映肝脏功能的基本状况，以下就列出几项有关的指标：

i. 反映肝细胞损伤的指标

最常被检验的包括谷丙转氨酶(ALT)和谷草转氨酶(AST)，数值高于正常值时说明肝细胞已经损伤。

ii. 反映胆红素代谢及胆汁淤积的指标

主要包括总胆红素 (total bilirubin)，当肝细胞变性坏死，胆红素代谢障碍或者肝内胆汁淤积时，会出现升高的数值。

iii. 反映肝脏合成功能的指标

主要包括白蛋白(albumin)，当正常的肝细胞逐渐减少，肝细胞合成蛋白也会随着降低。

护肝四部曲

当肝脏反复或持续受损，肝脏会试图修复或取代受损的肝细胞，这将形成异常的大量疤痕，造成肝脏纤维化。在初期，肝脏纤维化本身不会引起症状，但持续受到伤害就可能导致肝硬化，甚至提高罹患肝癌的风险，所以保肝要趁早！

第一，定期做身体检查，可以尽早发现问题并接受治疗。

高风险人士包括40岁以上、肥胖者、长期服药、酗酒、抽烟、曾感染病毒性肝炎者、有肝癌家族史的人，一定要每年检查肝功能。

第二，确保充足的睡眠，避免熬夜。

“夜猫族”应尽量调整作息，最好每晚11时前入睡，并维持每天6至8小时的睡眠时间，以便让肝脏有效排毒，照顾身心健康。

第三，注重饮食均衡，避免暴饮暴食。

为了减轻胃肠负担和降低脂肪肝的风险，应减少高油脂及加工食品，同时摄取多元维生素，如蔬果类、谷物、豆类、鱼、乳制品等。

第四，护肝保健品，包括奶蓟草及樟芝。

奶蓟草(milk thistle)是一种草药，含有类黄酮水飞蓟素(silymarin)；而樟芝属于菌菇类，富含多糖体(polysaccharides)及樟芝素(antrostrol)，有助于维持和修复肝细胞的正常功能。



樟芝 (Antrodia) 的崛起

樟芝(*Antrodia cinnamomea*)是台湾的国宝级的特有菌菇类，有着“**台湾红宝石**”的美誉。古人早就以樟芝作为保肝补品，尤其是针对酗酒及药物中毒所导致的肝脏损伤。因此，樟芝的产品在台湾已有几十年的销量纪录，拥有健康食品的认证，而且在功效与食用安全性的研究不乏。

现代人的日常作息不规律，再加上饮食不均衡、肥胖等因素，导致血脂及内脏脂肪过高，而增加了非酒精性脂肪肝病(NAFLD)的风险。研究显示，樟芝素能帮助降低内脏脂肪和改善血脂，包括降低总胆固醇、低密度脂蛋白胆固醇、三酸甘油酯和提升高密度脂蛋白胆固醇的效果。此外，樟芝素也能够改善因酒精而导致的急性肝损伤，降低ALT和AST指数以改善肝细胞损伤。樟芝的多醣体属于抗氧化物质，能够清除自由基，帮助调节人体的免疫系统，提高人体对疾病的抵抗能力，是一种不可或缺的菌菇类营养。

葡萄王生技 的液态发酵技术

随着樟芝护肝的益处广为人知，人们对它的需求有增无减。樟芝的生产过程分为子实体和菌丝体，子实体是类似植物的果实，而菌丝体就是其根部。大致上，要培植子实体的时间会耗上几年甚至几十年，所幸樟芝菌丝体在液态发酵技术下能应付庞大的需求。不过，菌丝体的生产技术需要非常成熟才能生产功效良好的樟芝，所以在产品选购方面需要多加留意樟芝产品的厂商是否有先进的生物科技及研发专利。

对此，最受瞩目的莫过于葡萄王生技公司，作为全球首创以液态发酵生产樟芝，其成熟的技术仅需14天就可以生产高达50吨的樟芝菌丝体。除此之外，葡萄王生技公司的研发技术也获得外界的肯定，不仅有樟芝萃取的特殊技术专利，还在不少的国际发明展获得金牌奖。



葡萄王生技公司的液态发酵技术成熟，拥有优良产品生产保证。



Is poor blood circulation slowing you down? 血液循环不良会减慢您吗?



Numbness and tingling in the hands and feet
手脚麻痹和出现刺痛感



Swelling in the feet, ankles and legs
足部、脚踝和腿部肿胀



Cold hands and feet
手脚冰冷



Fatigue (tiredness)
疲劳(倦怠)



Vertigo (dizziness)
眩晕(头晕)

Tanakan® with EGb 761® 40mg has been clinically tested to increase micro blood circulation. Tanakan® 和 EGb 761® 40mg 已通过医学测试,可增加微循环。



Tanakan® is manufactured in France and sold in Malaysia since 1996'.
Tanakan®在法国制造,从1996年开始在马来西亚销售'.

Find out more from your pharmacist today!
立即从您的药剂师那里了解更多信息!

Reference: 1. IQVIA data



tanakan.com.my

tanakan®
STANDARDIZED GINKGO BILoba EXTRACT (EGb 761® - 40mg)

Best Deal!
RM 114.98
EACH

MAL 19973563T

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ep+ INTRINSIC CARE

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Nabila Razali

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Inspirasi Kejelitaanmu dengan
✦ VITAMIN C ✦ VITAMIN E ✦ GLUTATHIONE

Best Deal!
RM 48
EACH

Flavettes Effervescent Glow 30s

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Multi-functional Turmeric



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PROTECTION



JOINT
HEALTH



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INFLAMMATORY



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FREE Stack N Lock Food Container
**While stocks last*

When you spend a minimum of any RM150 on any VitaHealth products in a single receipt.

Flex & Move Freely

- Enhances joint flexibility
- Extends joint mobility
- Eases joint discomfort



Best Deal!
RM 169⁹⁸ EACH



Move freely and get back enjoying the activities you love with VitaHealth Flexiplex HA + MSM. It is a joint-relief formula comprising hyaluronic acid (HA) and methylsulfonylmethane (MSM) to lubricate and soothe the joints. The non-animal sourced HA has a suitable molecular weight which is more readily absorbed into the joints for enhanced protection.

MAL15060003NCR

KKLIU1287/2019

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Promotion valid at all **Alpro Pharmacy outlets** while stocks last.

Himalaya
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NOW
RM **1X**⁵⁹

Blackmores
Glucosamine
1500mg
3x30's



NOW
RM **1XX**⁵⁹

Blackmores
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360's



NOW
RM **1X**⁵⁹

Blackmores
Executive B
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NOW
RM **X0**⁵⁹

Blackmores
Multivitamin +
Mineral 120's
With 30's



BLACKMORES
AUSTRALIA • SINCE 1932

Smart Heart, Strong Heart.

High cholesterol and high blood sugar will increase your risk of getting heart diseases. Keep your heart strong and healthy with Blackmores **SMARTHEART™**. Made from Oatwell™ oat bran, Blackmores **SMARTHEART™** provides 4 times more beta glucan than normal oats and is clinically proven to reduce cholesterol and regulate blood sugar.

4X
BETA GLUCAN



Begin
Better
Every
:Day

#SmartHeartStrongHeart

Best Deal!
RM 169²⁰
EACH



Blackmores (M) Sdn Bhd (201549-U)



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Regulates blood sugar



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OLIVENOL[®] is a patented formula of freeze dried olive juice. Hydroxytyrosol and other polyphenols found in olives have been tested to provide many health benefits.

 **Protects from Free Radicals⁽²⁾**

 **Regulates Skin Health⁽³⁾**

 **Improves Vitality⁽⁴⁾**

 **Improves General Health⁽⁵⁾**



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how technology is stressing YOUR EYES

Technology is a wonderful thing. It develops rapidly to accommodate our ever - changing needs, it helps us connect to others, and it makes our lives easier and more convenient. But as the saying goes, too much of a good thing can be bad – especially for our eyes.

Digital eyestrain is common in today's visually demanding world. A typical college schedule or office workday involves long hours staring at a computer or other 3C products. According to the Digital Nations 2016 Malaysia online survey, Malaysian are spending an average of almost 14 hours a day on digital devices with 87 per cent of them on the Internet.

vision problem Look out for warning signs

- Sore or tired eyes
- Itching or burning sensations in the eyes
- Sensitivity to light
- Dry or watery eyes
- Headaches
- Difficulty focusing

Normally, the human eye under normal conditions blinks 12-15 times a minute. However, when your brain focuses on a screen, it can make you forget to blink, and the count can go down to a mere 7-8 blinks a minute. Every time you blink, you spread a layer of tears over your eyes, so less blinking means your eyes get less lubrication which leads to dry and sore eyes.

Together with a reduction in blinking, a 2011 study also found that nearly all subjects placed their phones 12.5-14 inches from their eyes to read mobile text while the average distance for printed text is nearly 16 inches. This means that your eyes are forced to work harder to focus at closer range.

nutrients to preserve eye health

Researchers have linked eye-friendly nutrients, such as Omega-3, astaxanthin, lutein and zeaxanthin, vitamin E, zinc and copper, to help preserving eye health.

► omega 3

Several studies suggest omega-3 fatty acids may help protect adult eyes from macular degeneration and dry eye syndrome. Essential fatty acids also may help proper drainage of intraocular fluid from the eye, decreasing the risk of high eye pressure and glaucoma.

► astaxanthin

Astaxanthin is the most powerful carotenoid antioxidant: 65 times of vitamin C, 54 times of beta-carotene, and 14 times of vitamin E. Astaxanthin provides superior protection against oxidation of your retinal tissues caused by light, supports your eyes' energy levels and visual acuity.

► copper

Copper helps improving eye health and inhibit the progression of advanced age-related macular degeneration. Copper, acting as an antioxidant, encourages the development of flexible connective tissue for proper eye structure.

► Lutein & zeaxanthin

Lutein & Zeaxanthin are found in high concentrations in the macula lutea and believed to serve two primary roles: to absorb excess photon energy, and to quench free radicals before they damage the lipid membranes. They protect your central vision for blue light absorption.

► vitamin E

Vitamin E is the body's most important fat-soluble antioxidant. Researchers suggested that optimal levels of vitamin E may prevent or slow cataract formation. Researchers in the Age-Related Eye Disease Study (AREDS) trial also suggested that people at high risk of developing advanced stages of age-related macular degeneration (AMD) lowered their risk by about 25% with vitamin E.

► zinc

Zinc is found in high concentrations in the eye. In the AREDS trial, researchers discovered that taking zinc, along with various other antioxidants, could lower the risk of developing advanced age-related macular degeneration by about 25%.

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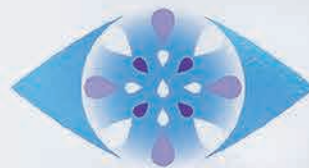
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HOW DO WE CHOOSE A GOOD TOOTHBRUSH? ARE THE BRISTLES IMPORTANT?

Soft/Ultra Soft bristles toothbrush is recommended by dentists especially for people with hypersensitive teeth or gum problems.

Hard bristles toothbrush will cause harm to the surface of teeth.

Medium bristles toothbrush is as effective as the soft one, but it will increase the risk of getting teeth surface wear off and thus hypersensitivity.

Also, a **toothbrush with smaller head** will make brushing more effortless as it can reach deeper into the wisdom tooth area and be maneuvered easier within that small space.



WHAT ARE THE STEPS THAT MUST BE TAKEN FOR PROPER ORAL CARE?

Dentists recommend brushing **twice per day** and **at least 2 minutes each time** with proper brushing techniques (Bass, Stillman or Charter).

Fluoride toothpaste can help to prevent cavities and strengthen weak spots of the teeth. Children toothpaste with lower concentration of fluoride is recommended for children under the age of 6 and their tooth brushing should be monitor by parents to prevent ingestion of toothpaste.

Flossing (recommended for teeth with small or no gap) or using interdental toothbrushes (recommended for teeth with small gaps) will help to clean the space in between the teeth that is hard to reach for normal toothbrushes.

Mouthwash is recommended for people with gum disease or using prosthesis inside the mouth (crown and bridge) as it can clean deeper into those hard to reach places. Not forgetting tongue brushing to eliminate one of the sources of bad breath!



ELECTRIC TOOTHBRUSH VS NORMAL TOOTHBRUSH.

Electric toothbrush is designed to help to improve brushing efficiency. It will remove more plaques and food debris as compared to manual brushing especially for people with reduced brushing dexterity (elderly, handicapped etc.)



HOW TO CHOOSE FLOSS AND HOW TO PROPERLY FLOSS YOUR TEETH?

Wax coated floss is better as it can glide through tight contact points between teeth to reach the gingival. Flossing gently cleans the area in between the teeth as the movement includes placing the floss at those areas and using back and forth movement to loosen the plaque or food debris.



Article by:

Dr. Samuel Goh
Dentist,
Dental Clinic Sg Siput



IS TONGUE CLEANER IMPORTANT TO MAINTAIN GOOD ORAL HEALTH?

Tongue cleaner is not a must because the tongue cleaning can be achieved by using toothbrush. Brushing the tongue can help to maintain good oral hygiene as the tongue surface harbor bacteria that can cause bad breath.



HOW TO CHOOSE MOUTHWASH?

Mouthwash is divided into prescription mouthwash and commercial mouthwash. Chlorhexidine mouthwash is usually prescribed by dentists for patient with severe gingivitis, post oral surgery and pericoronitis (inflammation of tissue surrounding wisdom tooth). Using chlorhexidine mouthwash for long periods of time will have side effects like staining of teeth & tongue, altered taste, dry mouth and irritation of oral tissue. Unless it is prescribed by dentist, we should use normal mouthwash that has approval of Malaysian Dental Association (MDA) for daily oral care instead of using Chlorhexidine or other types of prescription mouthwash.



Bad breath, also known as halitosis is an oral health condition characterized by odorous breath emitting from a person's mouth persistently. It can cause personal discomfort, social embarrassment and even anxiety if left untreated. Various studies and surveys have shown that approximately 50% of the adult population have this problem. Chewing gums, sugar free mints and breath freshener sprays in the market can only provide temporary measures if the root cause of the bad breath is not treated.

The most common cause of bad breath is poor oral hygiene due to improper oral care. Other causes of bad breath includes consuming food which are odorous in nature, using tobacco products, treatments with medications or having conditions that cause dry mouth, infections inside the mouth or even chronic reflux of stomach acids.

HOW DOES IMPROPER ORAL CARE LEAD TO BAD BREATH?



The answer is food debris. Food debris is particles of food which remain in the mouth after consumption that will usually stick on the surfaces between the teeth and also the spaces near the gums. The breakdown of food debris by bacteria inside the mouth will produce volatile sulphur compounds (odorous gas) that contribute to bad breath.

Accumulation of food debris inside the mouth for long periods of time can cause adverse effects on teeth and gum and further enhance the severity of bad breath. A colorless and sticky film of bacteria known as dental plaque will adhere on uncleaned tooth surface and cause inflammation to the gum. As a result, proteins from

dead cells, blood cell debris and dental plaque will be broken down by a group of aggressive bacteria causing more odorous gas to be released. In the long run, dental plaque will harden and form hard deposits on the tooth surface known as calculus which will trap more food debris and bacteria.



The tongue is also part of our mouth, but its hygiene is often neglected by most of us. Irregular surfaces of our tongues can retain large amounts of food debris, dead cells and bacteria especially at the back regions. Tongue coating or white tongue can sometimes be seen in people with poor oral hygiene and it is usually accompanied with bad breath. By incorporating tongue cleaning in our everyday oral hygiene routine, fresher breath can be achieved.



Foreign bodies that are placed in the mouth such as dentures and dental prosthesis are places that food debris can easily accumulate. Dental plaque loaded with bacteria will also adhere on the denture surfaces. The combination of food debris and bacteria will indefinitely produce an unpleasant smell, thus leading to halitosis.



Regular dental check-ups are important to rule out dental caries, defective dental filling or infections inside the mouth which could be other sources of bad breath. Scaling and prophylaxis treatment performed by dentists can remove dental plaque and calculus deep inside the gum which can be difficult to remove via normal oral hygiene routine.

In conclusion, bad breath might seem insignificant for some people, but getting it treated will definitely improve quality of life and reduce the risk of other oral diseases.

" HOW
IMPROPER
ORAL CARE
LEADS TO
BAD BREATH "

Say...

AHH!

take care of your oral health
to protect your genuine

SMILE



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Nabilah, Alpro Genuine SMILE Award Winner

Hi everyone,
My name is
Nabilah Binti Yahya,
a dietitian based in
Matang Jaya,
Sarawak.

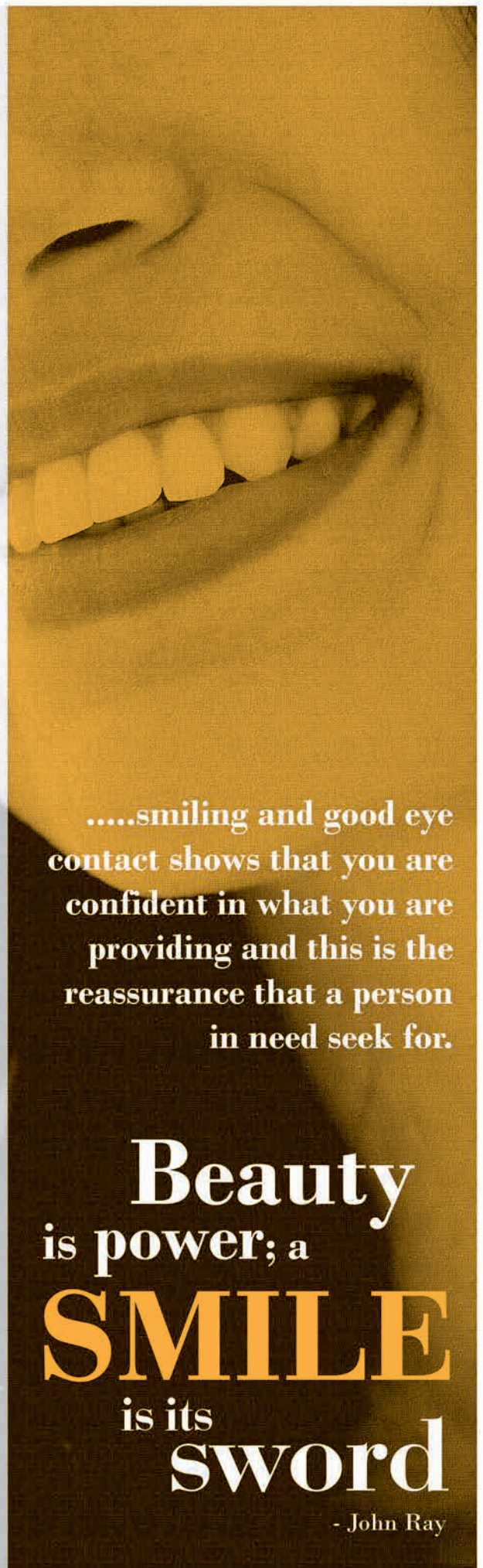


Thank you so much for honouring me with this award. Truly, I appreciate it with all my heart. To be honest, I am still clueless of how it is even possible to happen. Indeed, everyone wore their best and sweetest smile, we are our own smiling champion nevertheless!

No doubt, no recognition needed ;)

I would like to take this opportunity to express my never ending love and my utmost gratitude to my Matang Jaya, Sarawak team, to be the reason behind my happy and cheerful self, the reason my working days are full of laughter and excitement. Being able to work with them is truly a blessing for me. I am proud to say we are more than just working colleagues; we are one family; we stayed strong during our difficult times and grew together towards the better. Ph. Sherwin, Ph. Azlan, Kak Tirah, Angella, Candu and Syaiff, I love you guys too much! Not to forget my ever supportive and most excited big bosses, Ph. Kiing and Ph. Wong! Words indeed are incapable to describe how grateful and how valuable you guys are to me.

Second to none, that is what you guys are to me :)



.....smiling and good eye
contact shows that you are
confident in what you are
providing and this is the
reassurance that a person
in need seek for.

Beauty
is power; a
SMILE
is its
sword

- John Ray

A warm **SMILE** is the universal language of kindness

- William Arthur Ward

How smiling is important in retail setting?

It is crucial to give a good first impression, regardless in any scenarios, be it during an interview, your first business meeting, even the first time meeting the love of your life. It's the first few crucial seconds that you could not reverse back to. It determines the outcome and the direction of the process, whether it is a positive one or vice versa. Thus it is crucial to make it right at first time.

How? By looking and smiling our best the moment a customer walks in. Smiling and good eye contact shows that you are confident in what you are providing and this is the reassurance that a person in need seek for. The confidence they have in you to meet their needs and expectations. Smiling indicates you are happy and pleased to have the conversation with them, it is soothing and comforting to the heart. It truly is very uplifting as not only smiling and giving your best customer service makes you feel really good, it captivates the customer's heart. As a result, they will keep coming back to you.

Thoughts about 3 meter smile and 1 meter greet practice?

As mentioned earlier, you will never get second chance to redo the first impression. It is a-now-or-never, ride-or-die moment. Thus, smiling to incoming customers even before they enter the shop gives a really good, mood uplifting, first impression. It is more than just welcoming but it makes a person feel their presence is appreciated and acknowledged. Subsequently upon entering the front door, the person is greeted, welcomed and assisted to their needs. This gives an overwhelming warm, and positive retail experience. Dearest Alproeans, let us put ourselves in our customers' shoes. I truly believe how we wanted ourselves and our loved ones to be treated are exactly how we should be treating others. So let us practice showing off our 3 metre happy smiley faces!

Story related to smile

Smiles makes you look younger! Coming to one year of experience working in retail setting, I have met a lot of people from different backgrounds and personalities. It is hard not to notice that those happy and cheerful individuals look a lot younger than their actual age. These are the people with very strong and positive mind set, and they even instil positivity into you. Not to mention how they glow when they talk. I always had good recharge of positivity afterwards. Isn't it inspiring? To be young and beautiful inside out. Of course, there are people having bad days and tough times where high chances you might also be affected by them but no worries, shake those negativities off and keep smiling!

Last but not least, life is short, so make it a sweet and meaningful one. The more you give, the more you get back. Spread love and kindness in every possible way, make the world a better place. Even small effort counts. Start now, by wearing your big smile anywhere you go and to anyone you see. You'll learn smiling really is contagious and uplifting. Lend your helping hand to those in need. You would never know how a simple gesture and act of kindness can really make someone's day a better one. I would like to end my sharing here with one saying I live by

"Whenever you are in the position to help others, do it with your heart and be glad as God is answering their prayers through you".

Have faith that God too, will answer your prayers through other people. Take care everyone and stay safe!





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KKLU 1066/2018

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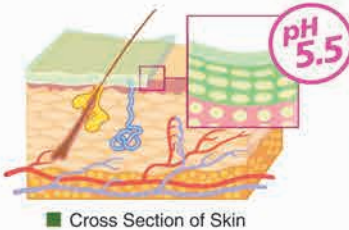
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WHAT IS ACID MANTLE & WHY IS IT SO IMPORTANT ?

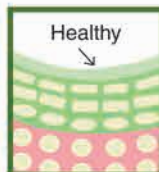
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There is a very thin film on top of the skin's surface called the acid mantle. It is slightly acidic – averagely at the pH value of 5.5. Acid mantle is the skin's natural defense system. This slightly acidic pH value of the surface of the skin ensures:

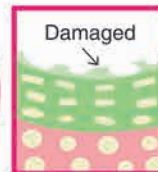
- Harmful bacteria and fungi do not stay on the skin and are displaced by good micro-flora
- Prevents water loss from skin to environment
- Prevents penetration of pollutants or irritants into the skin

IS YOUR ACID MANTLE DAMAGED ?



Healthy acid mantle

- Skin is comfortable and moisturized after cleansing



Damaged acid mantle

- Skin feels tight, itchy and reddish after cleansing

HOW TO ACHIEVE HEALTHY SKIN ?

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+

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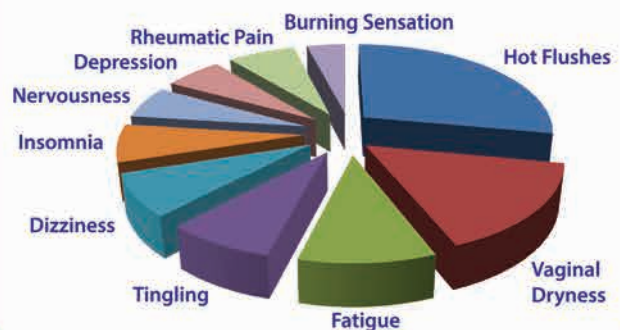


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*Open label clinical study by Kim Jung Moon Aloe for 4 weeks.

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✓	✗
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Dynas Mokhtar

Dynas Mokhtar,
Actress, Mother of three kids.



Before



After



Dynas Mokhtar
Actress, Mother of three kids.

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LOCK-IN
HYDRATION

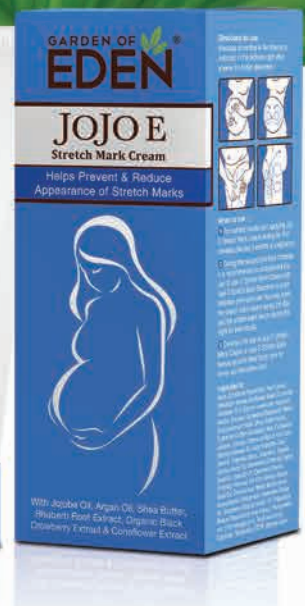
Best Deal!
RM55⁶⁰
EACH

How to use?

For best results, apply JOJO E Stretch Mark Serum followed by JOJO E Stretch Mark Cream!



1st Trimester 2-3 months	2nd Trimester 4-6 months	3rd Trimester 7-9 months	After Delivery
 AM Apply JOJO E Cream	 AM Step 1: Apply JOJO E Serum Step 2: Apply JOJO E Cream	 AM Step 1: Apply JOJO E Serum Step 2: Apply JOJO E Cream	 AM Apply JOJO E Cream
 PM Apply JOJO E Cream	 PM Step 1: Apply JOJO E Serum Step 2: Apply JOJO E Cream	 PM Step 1: Apply JOJO E Serum Step 2: Apply JOJO E Cream	 PM Apply JOJO E Cream





T3
Purple Solution

CLEAR, STOPS & PREVENTS BODY ACNE.

360° COMPLETE BODY ACNE SOLUTION
No. 1 IN MALAYSIA*

T3
T3 Acne Body Wash 200ml / Acne Body Spray 75ml

VALUE BUY!

*Source: NPD Asia for Special Anti-Acne Preparations (Wash, Wash and Body Spray) 2017-2020
T3 Acne Body Wash & Acne Body Spray are registered under trademark company
T3 Acne Body Wash 200ml/200ml/200ml, T3 Acne Body Spray 75ml/75ml/75ml



Ezerra™

Relieve Itchiness And Dryness With Intensive Moisturising Effect

Made with natural active ingredients

Best Deal!
RM41.90 EACH

Saccharide Isomerate

Stimutex AS

Ezerra Cream (50g)

More Than Moisturise!

THIS IS A MEDICINE PRODUCT ADVERTISEMENT

Are you suffering from these symptoms?



Thickened and discoloured

Ingrown Nail

Yellowish and brittle

White Patches

candazole LOTION

EFFECTIVE TREATMENT for NAIL FUNGAL INFECTIONS



Contains **1% MICRONIZED CLOTRIMAZOLE**

FAST PENETRATION

IMPROVES NAIL CONDITIONS

KKLIJ: 0905/2020 TARIKH TAMAT TEMPOH: 31 DESEMBER 2022

Fight Phlegmy Cough Without Dozing Off!

NO. 1 BRAND IN JAPAN*
日本トップブランド



PABRON
パブロン

Pabron™ Cough Carbocisteine Range helps relieve phlegmy cough so you and your family can live life to the fullest!



Non-irritant Sugar-free Alcohol-free Non-toxic Non-addictive

*Source: INTAGE Inc. SDI, Consumer Cold Remedies, Apr 2009 - Apr 2016 Sales Value
This is a medicine product advertisement
KKLIJ: 1219/2020 Advertisement Expiry on 31 December 2022



SKIN BEAUTY ♥ CONFIDENCE



10th Anniversary

Memorable Decade of Beautiful Skin

*ONLY AT SELECTED OUTLETS





BEST BUY

RM58.65

Hada Labo
Hydrating Lotion 170ml
Free Refill (Promo Pack)



RM29.90-RM55.90

Hada Labo
Premium Whitening Range
NP: RM9.00 - RM73.20 each



RM54.90-RM55.90

Hada Labo
Premium Hydrating Range
NP: RM69.00 - RM78.00 each

OXY



OXY YOUR DAILY MAGIC PATCH

NIGHT

- ✓ 0.03cm
- ✓ Absorbs pus & oil
- ✓ Promotes healthy healing overnight



RM13.20

OXY
Anti Bacterial Acne Patch 26pcs
0.03cm
NP: RM16.10

ROHTO[®] EYE DROPS

DRY EYES NO MORE!





- Oil layer**
Prevent evaporation of tears
- Water layer**
Provides moisturization
- Mucin layer**
Enables tears to stay on the surface of the eyes

RM17.90

Rohto Eye Care
Dry Aid Eyedrops 13ml
NP: RM23.49 each



NEW



Onzen

ラズベリー
RASPBERRY

桃
PEACH

アロエベラ
ALOE VERA

アボカド
AVOCADO

シアバター
SHEA BUTTER

はちみつ
HONEY



Best Deal!
RM 21.90 EACH

DETTOL Onzen
Body Wash
950g*



Best Deal!
RM 8.90 EACH

DETTOL Onzen
Body Wash
500g*




*Available in assorted variants




BE OUR **TOP FAN** TO WIN
1,000 Points

Comment regularly! React more! Share our posts!

"Rate us to serve you better !"
Review us on





5.0 ★★★★★

BEST!

STEP 1 Google search Alpro Pharmacy.

STEP 2 Click review and start rating.



Filial Piety
您养我小，我养您老。

REDEEM your *exclusive* **ANZEN HOME FITNESS SET**
for **FREE** with 120 redemption stickers



worth
RM **399.90**



Stamp issuance period :
15 Jun - 15 Dec 2020

Redemption period :
15 Aug - 31 Dec 2020

step 1: SHOP

Shop at any Alpro Pharmacy store and get 1 redemption sticker with every purchase of RM30 in a single receipt.

step 2: COLLECT

Collect 120 redemption stickers.

step 3: REDEEM

Redeem 1 Anzen Home Fitness Set (Foldable Digital Mini Gym Bike + Genki Fitness Mat) for **FREE**.

*T&C apply * While stocks last * Pictures shown are for illustration purpose only

Exclusively for Alpro VIP Members



MEDICATION SAFETY
OUR PRIORITY
药安全 在大专



ALPRO LOCAL MERCHANT PARTNER PROGRAMME

A unique way to
celebrate our friendship

#jiranalpro #kitajagakita

Contact us if you wish to be one of
our merchant partner:

017-325 3942 (Ms. Joan)

012-784 0717 (Ms. Leong)

or email us at engagement@alpropharmacy.com

Everyone can be our
merchant partner.

Hurray!
GOOD NEWS
to Alpro VIP
members



Just **Present**
your **Alpro**
Membership Card
& **Enjoy** the
complimentary
rewards at our
Merchant Partner
Store



"What is Alpro to you?"

WRITING CONTEST

"I mean, what's so different about a pharmacy, right? So, I thought."

Congratulations

BEST STORY WRITER
goes to...

Yvonne Lee

Having just relocated back to Malaysia in 2018, I have not heard of Alpro Pharmacy before. I've seen a few new Alpro stores popping up around Kuching, but I've never had a reason to stroll into one. I mean, what's so different about a pharmacy, right? So, I thought.

It was only during the terrible haze period in September 2019 that I had to walk into an Alpro store to get N95 masks because my supply was running out. I was 4 months pregnant and it wasn't safe to be out with the hazardous air quality. Yes, the API was so bad that apparently, Kuching was the most polluted city one of the days.

When I walked into the store, I was greeted well (better than many pharmacies in a neighbour country where I was previously based) and was assisted by the staff who helped to show the different masks in stock. I was glad that there were still N95s available. While making payment, I was also amused at the questions different customers had and how the staff would still respond professionally.

Fast forward to 2020, I gave birth to my firstborn in late January and haven't been out much because of the confinement period as well as for

precaution due to Covid-19. My baby had some issues with her skin and our paediatrician recommended to use Ezerra extra gentle cleanser. Before our small sample bottle ran out, I was happy to find it being sold on Alpro Pharmacy Shopee Mall. Yes, I don't even have to go out and I can still get supplies for my baby! I was thrilled that it came with a pack of free learning cards. Also, at that time, Ezerra was running a promotion where if we made any purchases for their products at any pharmacy, online or offline, we'd qualify to redeem their premiums. I sent a snapshot of my purchase from Alpro Pharmacy Shopee Mall and qualified for their redemption!

So, I'm thankful to Alpro Pharmacy for journeying with me through difficult seasons- during the hazardous haze, as well as during the Covid-19 MCO period where it wasn't easy to get out to buy supplies. Be it online or offline, I have benefitted much from Alpro Pharmacy's ability to deliver on your promise. Any other business can exceed expectations just for 1 moment, but it's not just about 1 single WOW moment, it's about continually keeping your customer engaged. So, I wish you all the best and thank you for your great work!

Tahniah

PENULIS TERBAIK adalah...

Mohd Shahrul Ridzwan
Bin Muhamad

Apakah Alpro pada saya?

Pada saya Alpro adalah seperti sebiji PINGGAN. Kenapa?..

Kerana semua orang PERLUKAN pinggan untuk "MAKAN". Begitu juga dengan Alpro, orang ramai datang bukan hanya sekadar ingin membeli ubat. Tetapi semua orang tanpa mengira perbezaan bangsa, agama, warna kulit, dan sebagainya PERLUKAN Alpro untuk ubati mereka, bantu mereka, mendengar keluhan dan kerisauan mereka, menjadi kawan mereka, dan sebagai tempat untuk kongsi suka dan duka mereka. Semuanya ini adalah demi mencapai KESIHATAN, KEBAHAGIAAN, dan juga KEPUASAN iaitu "MAKAN".

Alpro bukan sahaja diPERLUKAN oleh masyarakat, tetapi staff-staff (Alproean) juga PERLUKAN Alpro untuk memperoleh Ilmu, Kemudahan, Rakan, Keluarga, dan Kehidupan yang lebih baik. Saya menyatakan perkataan "PERLUKAN" ini adalah kerana, saya berpeluang menjadi salah seorang yang diPERLUKAN oleh masyarakat di Alpro Dungun untuk membantu mereka. Dengan segala ilmu dan kemudahan yang Pinggan (Alpro) berikan, dapat saya sediakan hidangan (keperluan) yg lazat dan ikhlas kepada pelanggan (masyarakat) untuk mereka "MAKAN". Oleh demikian itu, mereka akan sentiasa kembali mencari saya.

Salah satu daripada pengalaman itu adalah ketika seorang pelanggan ini datang kepada saya dan ingin membuat pemeriksaan darah tinggi dan kencing

manis beliau. Setelah selesai, saya mendapati bacaan darah tinggi beliau sangat tinggi. Saya segera bertanya beliau sekiranya beliau pernah mengambil ubat untuk darah tinggi daripada doktor, dan beliau terus ceritakan yang beliau sudah mengambil ubat tersebut daripada doktor dan hampir 3 bulan sudah memakannya. Namun beliau merasakan tiada perubahan yang berlaku. Beliau juga menyatakan bahawa beliau mengalami masalah cepat penat dan pening kepala. Saya dengan segera memaklumkan kepada beliau bahawa beliau perlu terus merujuk kembali dengan doktor supaya doktor dapat membantu masalah darah tinggi beliau. Saya juga memberi nasihat supaya beliau mengambil supplement dan mengamalkan senaman untuk membantu masalah cepat penat dan pening kepala beliau. Setelah membuat pembayaran, beliau berterima kasih kepada saya dan menyatakan kepada saya bahawa beliau ingin membuat pemeriksaan kesihatan lagi dengan saya.

Saya rasa bersyukur kerana dapat menjadi seorang Alproean. Kerana di dalam Alpro saya dapat merasakan kelazatan serta kepuasan kejayaan, kemanisan perhubungan, kepahitan kedukaan, keharuman perpaduan, kepedasan kerjasama, dan masam masin kehilangan.

Itulah dia Alpro pada saya iaitu sebiji PINGGAN. Terima kasih, xie xie ni.

恭喜

最佳写作奖

Angel Leng

“ALPRO就如生活里值得信任的邻居，随时提供药物专业知识，让我们选对吃对药，给了我们最珍贵的礼物——家人和自己的健康！”

父亲很爱家也很爱我们，但说到他自己的健康父亲很是固执。他从不相信西药，认为西药治标不治本。7年前有次父亲不舒服人有点晕，我们带他去看医生。医生验到他有轻微的高血压要他服药，对着医生父亲就“好好答应会听话吃药”，回到家就坚持不吃，说吃了会一世只靠药物控制血压！他坚持不吃，说早上靠慢跑可以控制血压！让我们很担心。幸好妈妈有到 ALPRO PHARMACY的习惯，去买一些放在家应急用的药品如头痛，发烧药。刚好遇到ALPRO药剂师，妈妈提起父亲

的情况，药师就让妈妈带爸爸到ALPRO去见他。药剂师用心良苦，先解开父亲对西药的误解，再解释不按时吃药，血压飙升所引发的并发症不只是中风，也包括心血管疾病、肾脏病、视网膜疾病等。父亲听后才察觉药剂师有说对父亲曾发生的一些并发症，开始信任药剂师，去看医生开始按时吃药！还在家每天自己量血压保持健康的血压指数！谢谢ALPRO的帮助，您的专业带给我和家人的安心。感恩超过5年多直到现在父亲每天都有按时吃药，保持血压和身体健康，身心愉快过每一天。ALPRO就如生活里值得信任的邻居，随时提供药物专业知识，让我们选对吃对药，给了我们最珍贵的礼物——家人和自己的健康！

SEPT - OCT 2020

PROMOTION

SHOP NOW!



When it's gone, it's gone...
Limited time offer – Hurry up!



RM 10⁹⁹ each

Garnier Men Acno Fight Anti Acne Foam / Men Turbolight Oil Control Scrub 150ml



RM 12⁸⁸ each

Dettol Antibacterial Bodywash Cool/ Original 900ml



RM 38 each

Cetaphil Gentle Skin Cleanser 500ml



RM 27⁹⁹ each

Bio-Oil 60ml



Eye GLO Relief 10ml

RM 5⁷⁰ each



RM 20⁶⁰ each

HS Hair & Scalp Solution 2 in 1 2 x 50ml
FREE Metal Comb

Hygiene X Instant Hand Sanitizer 80ml

RM 7⁹⁰ each



Buy 2 Free 1

Hygiene X Instant Hand Sanitizer 80ml

Polident Fresh Mint Denture Adhesive Cream 60g

RM 18⁸⁹ each



Sensodyne Fresh Mint Toothpaste 100g x 2's

RM 16⁹⁹ each



RM 18⁵⁰ each

Dr. Morita Hyaluronic Acid Long Lasting Facial Mask 5s



RM 26⁵⁰ each

Dr. Mist Promo Pack 75ml x 3's

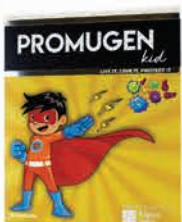


RM 19⁹⁰ each

Ethychloride Spray 100ml

Promugen Kid 2g x 30's

RM 9³⁴⁰ each



Buy 2 Free 1

Against 24 Disinfection 100ml

Bio-Life A.B Junior Pre & Pro 2.3 g 2 x 50's

RM 129⁹⁹ each



RM 36⁹⁰ each

Nature's Way Kids A+ Omega 3 Trio 60's

Berocca
Effervescent
Orange 30s

RM **45⁹⁰**
each



RM **40⁹⁰**
each



Redoxon
Effervescent
Orange 30s

Pristin
Omega-3 Fish
Oil 1200mg
2 x 150's + 30's

RM **249**
each



Thomson
Activated
Ginkgo Extract
40mg
500's + 30's

RM **449**
each



Kordel's
Glucosamine +
Chondroitin
500/400
90's x 2

RM **152**
each



RM **520**
each

Takabb
Cough Pill 80's

**Buy 2
FREE 1**



RM **990**
each

VitaHerb
Ivy Leaf
35mg / 5ml
Syrup
100ml

Viartril-S
1500mg Sachets
30's + 2's

RM **109⁹⁰**
each



RM **35**
each

Mapleland
Vitamin C 500mg
Blueberry Flavour 60's

**Buy 2
Free 1**



Handguard
Hand Sanitizer Gel
with Aloe Vera
60ml

Brand's Essence of
Chicken 70g x 15's

RM **69⁹⁰**
each



RM **51⁸⁸**
each

Biogrow
Oat BG22
480g



RM **55⁹⁰**
each

Good
Morning
V Grain
1kg



Buy 2 @

RM **139**
/set

Nestle Nutren
Optimum
Vanilla
2 x 800g



Buy 2 @

RM **171**
/set

Nestle Nutren
Diabetic
Vanilla
2 x 800g



RM **799**
each

3 Leg
Cooling Water
200ml x 6's

RM **85**
each

Actishake
Premium Rich
Chocolate /
Delicious Vanilla
450g

Actilite BBR
60s



**Buy
any 2
Free 1**



Actishake
Delicious Vanilla 450g



Best Deal!

RM **63⁷⁰**
each



COVIDIEN
Product Range



All prices are verified correct at the time of printing but are subject to change without prior notice. While every care has been taken in production, any inaccuracy is unintentional and regretted. We reserve the right not to sell our merchandise to trade personnel at our discretion. All prices are quoted in Ringgit Malaysia and inclusive of GST. All pictures shown are for illustration purpose only. All prices are only valid for purchase more than RM20.



食物， 是一份填饱肚子的营养， 也是一份拉近感情的桥梁。

吃是一件很重要的事。吃是人生必需品，也是一种享受和回忆。记得小时候每天上学前，吃妈妈准备的早餐是我印象最深刻的。但是长大后我发现，现代的妈妈们都过着忙碌的生活而和孩子们相处的时间变短了。我做了个小调查，访问了身边的妈妈们（平均年龄36岁），都是在职场上打拼的妈妈，育有1到2位小孩（年龄层介于幼儿园至小学）。

早上您有准备早餐给小孩吗？

您有和孩子们一起吃早餐的习惯吗？



没时间，
都是买点巧克力面包
或打包给他们

他起来后都没胃口，
所以没有吃早餐的习惯。

很难，我要赶着送
他们上学然后上班

对于她们的回答，我感到无奈，更加怜惜孩子们错过那份与妈妈在餐桌上一起用餐的时光。近年一份本地研究报告 (E.S. Tee, 2018) 显示，年龄介于6-17岁的学生中，4位学生里就有1位学生是没有吃早餐或不定时吃早餐的习惯。这是相当惊人的数据！而不吃早餐带给孩子们的后果不单减低他们上课时的专注力，学习能力，反应能力，也可导致营养不足影响发育时期。

身为饮食治疗师的我，对食物情有独钟，更加坚信食物的重要性：给予营养以外，也促进人与人之间的距离。如果你是位妈妈，或爸爸，也刚好划过这一页，请继续读完再翻走吧。

孩子们的饮食习惯是可以被培养的。那应该从几岁开始灌输他们正确的饮食概念呢？答案是：越小开始越好，儿科专家建议5岁前为黄金时段。良好的饮食习惯最为基础的是：三餐定时，均衡主食，与父母在餐桌上一同共食。但切记，身为父母的你也必须把时间与专注力放在孩子与家人上，而不是手机。

妈妈爱问我，那孩子的健康餐盘该如何拼凑呢？其实很简单，你吃什么孩子就吃什么，健康饮食本来就是一家人的事。大马人的饮食多数以精致淀粉为主，你一天三餐主食都有以下食物对吗？《白米饭，白面包，饼干，黄面，粿条，米粉，面粉糕，糕点》。这些属于精致淀粉 (Simple Carbs) 它们不但低纤维，不耐饱也很快被消化成糖再被吸收，长期过量进食容易导致发胖及胰岛敏感度下降而造成慢性疾病。没错，淀粉是主食但是我们该精明的选着好的淀粉——抗性淀粉 (Complex Carbs)。抗性淀粉结构不易被消化，纤维较高，吃下有饱足感。我建议你和家人摄取以下8种抗性淀粉糙米，燕麦，藜麦，苡苳，地瓜，芋头，玉米，豆类。均衡饮食除了淀粉，也要配上的蛋白质如《鸡肉，鱼肉，猪肉，牛肉，鸡蛋，豆腐》以及蔬果。简单来说，一个碟子上规划1/2为蔬菜，1/4为淀粉，1/4为蛋白质称之为均衡。有时忙碌时，也可以选择冲泡一杯均衡营养谷粮。

读懂了，就要行动了！是时候做出改变吧，那就从早餐开始。和家人，孩子一同享受美味健康的一餐，温馨的时光可以很简单。

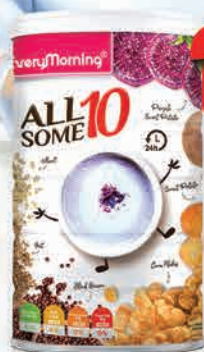
EveryMorning®

溫馨の早晨

从一杯

Every Morning

开始



Best Deal!
RM42⁹⁰
EACH



Best Deal!
RM39⁹⁰
EACH

100%
全天然

全谷类

0%
防腐剂

0%
基因改造

0%
色素

EveryMorning® 是妈妈和宝贝们首选的营养全谷类饮料，我们用心挑选及采用100%的原食材，无防腐剂，无色素，无基因改造成分。我们深信健康可以很简单，一起享受这幸福的滋味吧 ♥

Shop Online

Allsome 10



Kidzsential





关理均 饮食治疗师

给40岁的自己： 存钱更需存肌肉！

3招教你如何在40岁后 维持良好的肌力和关节灵活能力！

随着年龄的增长，你是否渐渐察觉，走路的速度大不如前，爬几阶楼梯就气喘吁吁，拧干湿毛巾也格外费力。从座椅起身必须要握着扶手或其他支撑物才能站起，膝盖的关节也发出“咔咔”的警告声。这些看似简单的生活技能，由于体力不支，肌肉流失，关节退化等问题而变的吃力。

从40岁开始，我们的肌肉和关节逐年衰退。肌肉越少，人越衰弱。维持肌肉力量和关节灵活度对于年长者是非常重要的。足够的肌肉力量可带来三大好处：

一：减低跌伤的风险。

根据世界卫生组织的报道，跌伤是世界各地意外或非故意伤害死亡的第二大原因。全世界每年估计有64.6万人因跌伤而死亡，在致命的跌伤中，65岁以上成人所占比例最大。

二：肌肉量好；平衡感好。

步伐稳定让活动更灵敏，助于维持我们的自理能力，改善生活质量。

三：强健的肌肉有利于预防骨质疏松症。

适当的运动能增强肌力同时也促进骨骼密度而降低骨折的风险。

第一招：不出门，也能动起来！

推荐使用运动弹力带，在家也能做肌肉强化运动。

弹力操是一种抗阻运动，它的锻炼原理很简单就是通过对抗阻力的方式来提升力量训练。操作方便、简单且安全。物理治疗师建议怕跌倒的年长者可选择使用弹力带坐着运动，让自己在不易跌倒的环境下认真锻炼肌肉。

第二招：吃对营养，建肌没烦恼！

摄取足够的优质蛋白质是建肌的首要条件。

建议老年人每天每公斤体重需要摄取1-1.2克的蛋白质，而优质蛋白需占据50%。优质蛋白包括鸡蛋，鸡肉，瘦肉，鱼类，牛奶及乳制品等。

简单来说，一日三餐，餐盘上的四分之一必须有优质蛋白。若胃口欠佳，或有咀嚼的困难，建议饮用均衡营养配方奶粉以补助能量，优质蛋白以及其他维生素。

第三招：晒晒太阳，补充维生素D！

维生素D可增强肌肉质量，骨骼密度和预防关节炎。

获取维生素D最简单的方法就是晒太阳。但这可是有小诀窍的，根据研究显示，必须于上午10点至下午3点阳光普照的时段，在未涂抹任何防晒剂下日晒10至15分钟，每周3至4次，既能摄取足够的维生素D。一般年长者不容易每天摄取，建议也能透过保健营养品来补充所需。

早晚一杯 健肌活节 每一天

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+Energold**
ADVANCE NUTRITION



含有
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28种
维生素及
矿物质



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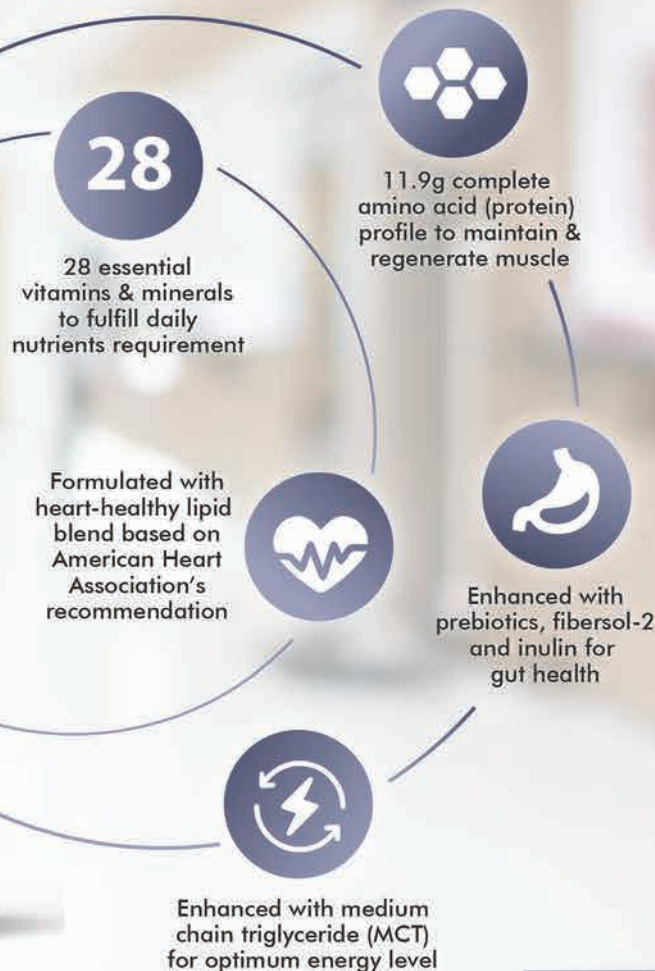
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+BASIC**
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+Otéine
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WOUND HEALS IN NO TIME



6g

High quality protein



With 1g L-glutamine



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蛋白质



VITAMIN
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D3, B2, B5



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ZINC
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emergencies

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have inside here:

38°C
FEVER
Demam 发烧

or

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Kesakitan Ringan
轻度疼痛

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PARACETAMOL (For Children)
120MG

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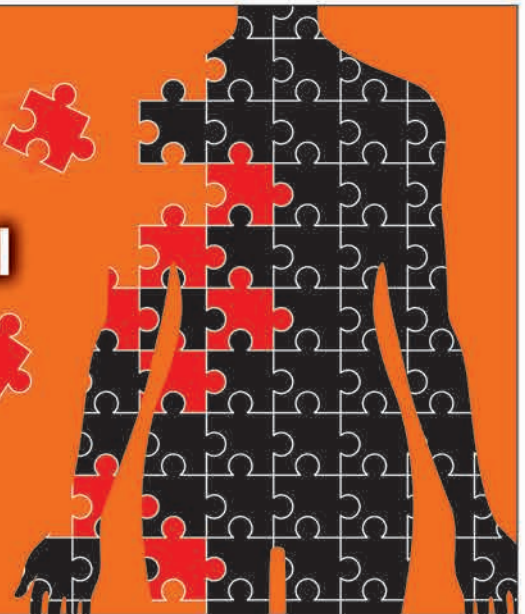
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Nutrition to Aid Wound Heal

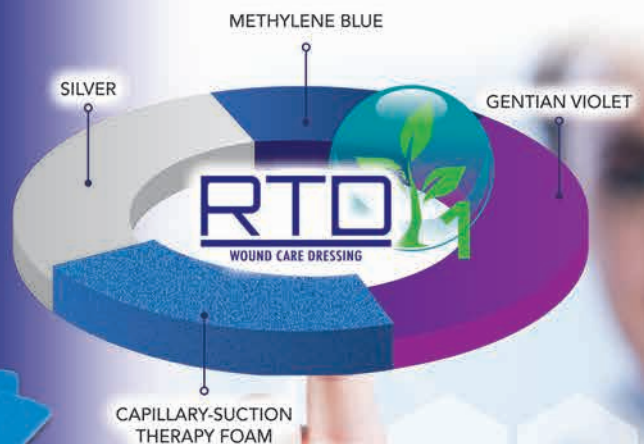


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HOW GOOD NUTRITIONAL CARE SPEED UP Wound Recovery?

Although a proper external care with sufficient rest can alleviate pain and various symptoms during wound injury, it is not sufficient enough to accelerate wound healing. The speed of recovery, stability of the new tissue formed and ability of the body to fight infection are highly related to the nutritional quality taken by the body during the recovery period. A poor quality diet may even worsen a normal wound into a chronic wound!

How much nutrients do you require for wound healing? The key lies in the adequate intake of protein with sufficient calorie! In addition, omega-3 fatty acid, zinc, vitamin A & C also affect the degree and speed of wound healing.

Examples of food & nutrients to be taken during wound recovery:



Protein (egg, chicken, fish)

Promote wound healing and reduce the chance of infection. A normal healthy person is recommended to take 0.7 – 1.0 g/kg/day. For example, if you are 60kg, you can take up to 60g protein/day. For those with severe wound can even take up to 1.4g/kg/day.

Omega-3 (salmon, Flax seeds, walnuts)

A higher intake of omega 3 can reduce inflammation & swelling of the wound, hence reducing wound pain and speed up recovery.

Zinc (oysters, nuts, chicken)

Zinc helps the body to use ingested fats and proteins to promote the growth & healing of wound tissue. In addition, zinc also strengthen immunity to help fight infections & viruses.

Vitamin C (oranges, kiwi, broccoli)

Vitamin C helps to make new protein for recovery of skin and scars. It also plays a role as an antioxidant to reduce the damage of the free radical to the tissues.

Vitamin A (sunflower seeds, carrots, sweet potatoes, spinach)

Vitamin A can promote the production of white blood cells which are responsible for fighting infections & viruses.



During wound recovery period a high-protein based diet is very important.

For those with chronic wound, their protein intake should be 1.2 - 1.5 times higher than normal people. It is best to consult a professional pharmacist and nutritionist on the intake of protein and nutrients required for every meal so that the wound heals faster. A professional nutritionist can also help you to calculate the calories, vitamins and minerals required for each meal.



HOME CARE
居家照护区



KWAN LEE KUAN
DIETITIAN

IMPORTANT REMINDER

Please be reminded that people with wound tend to have a weaker immunity, hence it is best for them to take cooked food instead of raw one (eg. sashimi, undercooked steaks, lettuce salad)



WOUND CARE STEPS

1

WASH

STERILIZE YOURSELF BY WASHING HAND AND WEARING GLOVES & MASK

CLEANSING
GOODS

+

MASK

GLOVES

OPTIONAL

2

OBSERVE

OBSERVE THE CONDITION OF THE WOUND



3

CLEAN

CLEAN THE WOUND WITH NORMAL SALINE/HYDROCYN

NORMAL SALINE

HYDROCYN

4

APPLY

APPLY CREAM AND DRESSING

CREAM

or

IODINE

or

GEL

TO ENABLE OPTIMAL RECOVERY
ENVIRONMENT

FOLLOW PHARMACIST INSTRUCTIONS

5

COVER

COVER THE WOUND WITH GAUZE SWAB/GAMZEE

AFFORDABLE

GAUZE
(STERILIZE)

or

NON-STICK WOUND

NON-WOVEN
OR
SILVER GAUZE
(STERILIZE)

or

CAN EFFECTIVELY ABSORB
WOUND EXUDATE

COTTON PAD
(STERILIZE)

(ANTI-BACTERIAL INFECTION)

FOR DRESSINGS, PLEASE ASK OUR STAFF FOR ASSISTANCE

FIX

COMPLETE THE STEP BY FIXING THEM IN PLACE WITH TAPE/BANDAGE

GOOD STICKINESS

NORMAL
TAPE

SPLASH-PROOF

WATERPROOF
PLASTIC TAPE

HYPOALLERGENIC

SOFT CLOTH
MEDICAL TAPE

GOOD FIXABILITY

ELASTIC
BANDAGE



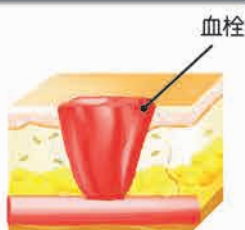


是不是每次如果有伤口都会有这个疑问？担心伤口太痛或持续太久而影响到自己的日常作息呢？会不会恨不得想从哆啦A梦的百宝袋中找寻可以让伤口马上好的万能药呢？

这次，就让我们来看一看伤口需要多久时间才能愈合吧！

伤口愈合的过程

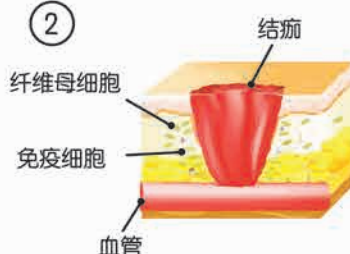
①



止血期 Hemostasis

当皮肤受伤后，第一个会看到的就是血。这时皮肤就会启动紧急自我修复的机制让血液凝结，身体会调动血小板到伤口的位置，让它们和激活胶原蛋白产生粘性形成血栓，柱塞在伤口的范围而达到屏障的效果，让血液止住。除此之外，我们的血管也会在这个时候收缩，帮助止血。一般上，如果发现伤口在30分钟后都无法止血，请务必马上就医。

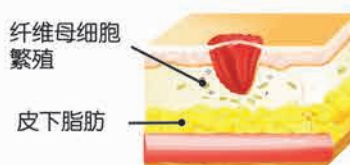
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发炎期 Inflammation

当血液成功被止住时，伤口就会进入发炎期。与止血期不同，在这个阶段，我们的血管会扩张。这是为了要让大量的白血球涌入到伤口的位置，以消灭在伤口形成时（24至48小时）侵入进来的细菌或外来物。这也是为什么在我们有伤口形成后的第一到第二天，我们的伤口会看起来特别肿。在正常的情况底下，在第三天这些看起来很肿的伤口就会慢慢消退。但如果伤口一直越来越肿，甚至会发热，发臭时，这就表示伤口已经收到细菌感染，我们身体中的白血球打败仗了。请别漠视这些现象，星星之火，可以燎原，千万不要等到病情急剧恶化后才开始寻求医生的协助。

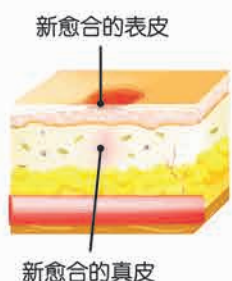
③



增生期 Proliferative

这个阶段的目的是要让我们的伤口充分愈合，通常这会发生伤口形成后的第四或第五天。这时，微血管会慢慢地滋生，提供养分帮助新细胞的增生。因此，你会发现在这个时期，伤口会变得特别红润，但血液却不会流出来，这就是新生的细胞。保持伤口干净及利用“湿润疗创”的伤口护理原则就可以让伤口快速的愈合。“湿润疗创”是让伤口保持湿润的环境促使伤口可以自然的愈合。伤口愈合的模式是会由内往外进行，加上伤口边缘的萎缩，让伤口封闭起来。这个过程通常是需两到四个星期。

④



成熟期 Maturation

当伤口被新生的皮肤覆盖后，那些为了伤口而增生的微血管会被退化，胶原蛋白也会进行重组。这是因为在增长期的胶原蛋白排列是不规则的，所以刚长出来的皮肤会和周围的皮肤看起来不一样。疤痕也因此变得平淡，新生的皮肤也会渐渐的恢复弹性。可是如果这时候受到外在干预（比如环境干燥，紫外线伤害，或抓痒导致的伤害），都会使伤口留疤。这一个阶段会发生在伤口形成后的第二或第三个星期，并持续两年之久，让伤口渐渐地恢复皮肤原来的结构及功能。

以上所述，就是基本的伤口愈合所产生的化学反应及需要的时间。

一般上，只要不是伤到真皮层和没有内在以及外在因素影响之下，比如一般的割伤，针刺或擦伤，伤口愈合的时间会在一至两周内。反观，当真皮层受损时，比如切伤或外科切口，则需要二至六周的时间来痊愈。

万一伤口没有在上述预测的期限内康复，请赶快寻求医生的协助吧！

影响伤口愈合速度的内在以及外在因素

内在因素

伤口的大小

越大的伤口就越难好，因为它需要更多的细胞增生才可以达到伤口完全地愈合。

伤口的状况

如果伤口太湿会使得伤口容易受到细菌感染；
伤口太干则会影响到伤口边缘的停止萎缩而使得伤口无法愈合。

外在因素

年纪

越是年轻的人，伤口恢复就越快。这是因为年轻皮肤的新陈代谢会比上了年纪的人来的快，皮肤的弹性比较好，胶原蛋白也比较多。

饮食

高蛋白：它是我们身体建造新组织或修补旧组织所需要的“材料”
维他命C：它是在胶原蛋白合成所需要“材料”，胶原蛋白就是在增生期大量产生的一个物质。

身体的
健康状况

糖尿病：血糖高会使得免疫系统欠佳，导致伤口容易处在发炎期，甚至提高伤口受到细菌感染的风险。除此之外，血糖高也会容易导致血管堵塞，而使得血液循环较弱。血是输送白血球，氧气及伤口愈合所需要的物质的唯一管道。

伤口 需要多久来愈合？



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ULCER

63 years old, male
*1 month



Before



After

ULCER

68 years old, female
*3 months



Before



After

PUNCTURE WOUND

60 years old, male
* 3 months



Before



After



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By:
Chua Kai Jia
Dietitian

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- Noriza Abdul Aziz

“ So far it is very convenient to me.
- Noriza Abdul Aziz

Convenient for me.
- Mohd Isa bin Ibrahim Mohd Isa

“ Bermanfaat....
- Johar Bin Hj Jonid

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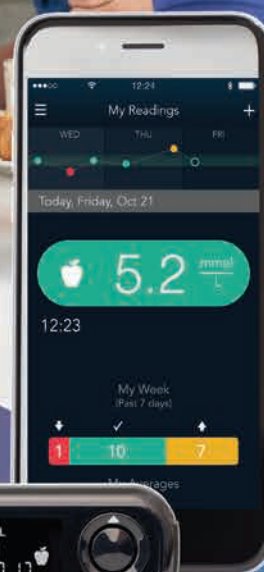
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*Please consult your doctor for the interpretation of result and diagnosis

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1. Bailey TS. J Diabetes Sci Technol. 2017 Jul;11(4):736-743 (Full paper). 2. Katz LB et al. Expert review of medical devices 2016;13(7):619. 3. Harrison B and Brown D. Laboratory and Clinical Sample Reapplications Studies: Performance and Accuracy Capability of a New, Wireless-enabled Blood Glucose Monitoring System That Links to a Smart Mobile Device. Poster presented at the 10th International Conference on Advanced Technologies & Treatments for Diabetes (ATTD); February 15-18, 2017; Paris, France. 4. Caswell M et al. Accuracy and user performance evaluation of a blood glucose monitoring system. Diabetes Technol Ther. 2015 mar;17(3):152-8. 5. Wu H-P et al. Performance of a New Algorithm for Sample Re-application During Blood Glucose Test Strip Underfill Conditions. Poster presented at the 15th Annual Canadian Diabetes Association, October 10-13, 2012, Vancouver, British Columbia, Canada. Ascensia, the Ascensia Diabetes Care logo, CONTOUR®, Second-Chance are trademarks of Ascensia Diabetes Care Holdings AG. © 2019 Ascensia Diabetes Care Holdings AG. All rights reserved. Ascensia Diabetes Care Malaysia Sdn Bhd (Co No.: 1160689 D) Lot 2-2, Level 2, Tower B, The Troika 19 Persiaran KLOK, 50450 Kuala Lumpur, Malaysia. T: +603 2178 6162 F: +603 2178 6001 www.diabetes.ascensia.com ADC.MY.CP/CPO.20191020



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- Log, view and share blood glucose results without ever writing in a paper log book

* Does not include cost of data for downloading the app. Available for selected mobile devices.

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FREE FreeStyle Optium Neo 25's Strips for every purchase of FreeStyle Optium Neo Starter Kit



-  Accurate blood glucose & blood ketone testing^{1,2}
-  Clear, sharp screen is icon driven & easy to read¹
-  Trend indicators alert hypo- or hyperglycaemic events & patterns

References:

1. Evaluation of the FreeStyle Optium Neo Blood Glucose and Ketone Monitoring System, sponsored by Abbott Diabetes Care, 2013. Data on file.
2. Clinical Evaluation of a Faster, Smaller Sample Volume Blood B-Ketone Test Strip, sponsored by Abbott Diabetes Care, 2006. Data on file.

*Please consult your doctor for the interpretation of result and diagnosis



ADC-24846 v1.0

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- ▶ *Less Pain*
- ▶ *Free Diabetes Monitoring by Pharmacist*



International Accuracy

ISO Certified Accuracy (World Wide Recognition)



Latest Precision Technology

Glucose Results Are Not Interfered By Other Sugars



Easy Before/After Food Result Mark

Dedicated Button Is Available



Minimal Blood Sample Required

Less blood, less pain

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RM 68 EACH

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The OneTouch SelectSimple® meter and OneTouch Select® test strips work together to help patients with diabetes keep testing simple.

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Limited units

Make it easier to know when to take action

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2-step testing
Simple as always

Easier to understand
your blood glucose
results with
ColourSure™
TECHNOLOGY

Higher
accuracy



Best Value!



*Please consult your doctor for the interpretation of result and diagnosis

† OneTouch Ultra Plus Flex™ meter is certified with EN ISO 15197:2013

‡ 325779 OneTouch Element / OneTouch Reveal Mobile App Market Research Study RPT – Hired Study Questions #3 and #4 page 2

Please consult your doctor for the interpretation of result and diagnosis

For more information on OneTouch products, please contact our toll-free OneTouch Customer Care at 1-800-845-2346. Available Monday to Friday 9am to 5pm except Public Holidays: 100M11111111, 100C11111111 and 111C11111111



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*Please consult your doctor for the interpretation of result and diagnosis

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

Best Deal!
RM269 EACH

FREE
Adapter
(worth RM80)



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HIPERTENSI/ TEKANAN DARAH TINGGI

Hipertensi atau tekanan darah tinggi terkenal sebagai pembunuh senyap kerana lazimnya tidak menunjukkan gejala yang jelas. Jika masalah ini dibiarkan ia boleh membawa kepada banyak penyakit kardiovaskular seperti strok, serangan jantung, kegagalan buah pinggang malah ia adalah penyakit yang paling berisiko tinggi menyebabkan kematian mengejut.

Satu-satunya cara untuk mengetahui sama ada anda menghidap tekanan darah tinggi adalah dengan mengukur tekanan darah. Anda boleh melakukannya dengan Alat Pemantauan Tekanan Darah.



WEN BIN

ALPRO PHARMACIST
© PARIT RAJA, JOHOR

Berikut adalah beberapa garis panduan umum untuk postur anda semasa menggunakan pemantau tekanan darah :



1 / Duduk dengan selesa, tenang dan santai selama sekurang-kurangnya 5 minit dengan meletakkan kedua kaki di atas lantai. Cuba jangan bergerak atau bercakap semasa anda mengukur tekanan darah anda.



2 / Lengan anda dibengkokkan sedikit dan letakkan dengan selesa di atas meja supaya lengan atas anda berada pada aras yang sama dengan jantung anda.



3 / Pasangkan kaf tekanan darah pada kulit lengan atas anda. Balut kaf tekanan darah dengan rapat (lekap) di sekitar lengan atas anda supaya sisi bawah kaf berada sekitar 1 inci (2.5 cm) di atas bengkok siku anda.



4 / Bacaan keputusan mesti segera direkod di dalam buku log khusus atau disimpan dalam memori peranti.



Faktor Risiko Hipertensi/ Tekanan Darah Tinggi



Cara hidup tidak aktif



Paras kolesterol tinggi



Kegemukan



Sejarah keluarga



Merokok



Pengambilan garam yang tinggi



komplikasi (kesan buruk akibat penyakit) Hipertensi/ Tekanan Darah Tinggi?



Serangan Stroke



kerosakan mata



Penyakit jantung



Kegagalan fungsi buah pinggang



Kehilangan satu/ lebih denyut nadi

BERAPAKAH TENSI ANDA?



Cara untuk mengawal tekanan darah tinggi adalah:

Bacaan Tekanan Darah

Umur	Rendah	Ideal	Tinggi
14-19 tahun	105/73	117/77	120/81
20-24 tahun	108/75	120/79	132/83
25-29 tahun	109/76	121/81	133/84
30-34 tahun	110/77	122/81	134/85
35-39 tahun	111/78	123/82	135/86
40-44 tahun	112/79	125/83	137/87
45-49 tahun	115/80	127/84	139/88
50-54 tahun	116/81	129/85	142/89
55-59 tahun	118/82	131/86	144/90
60-69 tahun	121/83	134/87	147/91

- Mengamalkan cara hidup yang sihat seperti bersenam secara berkala.
- Amalkan permakanan sihat dan seimbang.
- Kurangkan pengambilan makanan yang mengandungi garam dan kolesterol berlebihan.
- Kekalkan jisim berat badan unggul (BMI <23).
- Pengurusan stress secara berkesan.
- Berhenti merokok.
- Mengamalkan cara hidup aktif.
- Menjalankan pemeriksaan tekanan darah secara berkala.

Selain dari langkah-langkah di atas, pesakit yang menghidap penyakit tekanan darah tinggi hendaklah patuh kepada rawatan ubat-ubatan yang diberi oleh Doktor.





AUTOMATIC BLOOD PRESSURE MONITOR MODEL X1

(MMD Reg. No. GB39668337717)



Real Fuzzy
Technology



Cuff
Detection



Movement
Detection



Blood Pressure
Level Indication



Irregular Heartbeat
Detection (IHB)

Real Fuzzy Technology determines ideal cuff pressure based on one's systolic blood pressure and arm size. The technology eliminates arm discomfort through unnecessary high inflation settings and also prevents inaccurate readings caused by erroneous cuff inflation levels.

How Accurate Is Your Blood Pressure Monitor

According to **British Hypertension Society (BHS)**:

It is important to have the blood pressure monitor serviced and calibrated according to the manufacturer's guidelines. We recommend you to send your blood pressure monitor for calibration every 2 years.

*Please consult your doctor for the interpretation of result and diagnosis



FORA®

P30 Plus BT

ACTIVE WIRELESS Plus P30 (Bluetooth)
MULTI-MODE BLOOD PRESURE MONITORING SYSTEM



Irregular Rapid Beat
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Detection



Supports Oscillometric
and Auscultatory
Measurement



200 Memory with
date and time



Universal cuff
(24 - 43 cm)



Advanced AVG
Technology



Detection Morning
& Evening
hypertension



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health and well-being



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brand
award
19
winner

100
beurer
1919 - 2019



GB563871159118

BM45 Blood Pressure Monitor

- Arrhythmia detection / Irregular Heart Beat detection
- Average measurements morning and evening for the last 7 days
- Risk indicator - Classification of measurements with coloured scale
- 2 x 60 memory spaces with date & time

Best Deal!
RM199 EACH

Please consult your doctor for interpretation of results

MEDISANA®

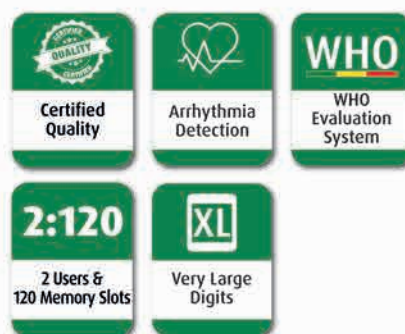


360° Personal Health Care Solutions



GB31983217017

BU 530 Upper arm blood pressure monitor



*Please consult your doctor for the interpretation of result and diagnosis



Medisana Malaysia

Authorized Distributor in Malaysia:





FIRST TIME BUYER GUIDE FOR T.E.D STOCKINGS

FOR WHAT?

- To improve blood flow by helping blood vessels work better.

HOW?

- The arteries that carry oxygen - rich blood to your muscles can relax through compression so blood flows freely.
- The veins get a boost pushing blood back to your heart.

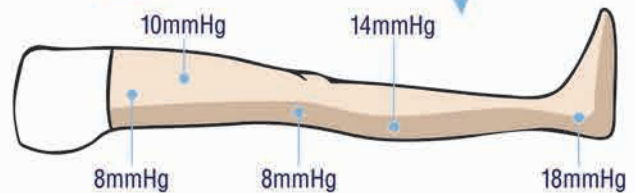
WHY?

- This can lessen pain and swelling in patient's legs and also lower chances of getting deep vein thrombosis (DVT), a kind of blood clot.

FOR HOW LONG?

- T.E.D Stockings are made to last approximately three (3) weeks until patients can mobilize again after surgery or have another preventive measure in place for blood clots.
- Compression Stockings last approximately six (6) months or more if cared for as directed.

PRESSURE PATTERN



T.E.D stockings or anti-embolism stockings are designed for after surgery and when you need to stay in bed.

It is clinically proven to reduce the incidence of DVT of up to 50% and to promote blood flow velocity in the legs 138% from baseline by compression of the deep venous system.

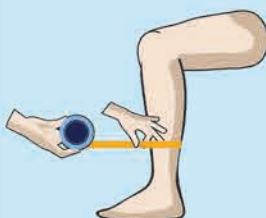
	KNEE LENGTH 26"	THIGH LENGTH 36"
Defined heel pocket to ensure correct placement	✓	✓
Toe opening allows easy inspection of the skin & pedal pulse	✓	✓
Graduated pressure up to thigh	✗	✓
More protection to prevent damaging effects of venous distension during surgery & hospitalization	✗	✓

GET THE RIGHT SIZE

THIGH LENGTH

KNEE LENGTH

1 MEASURE AROUND ANKLE



Place the measuring tape at the narrowest part of the ankle, above the ankle bone.

2 MEASURE THE CALF



Find the widest part of your calf. Measure the circumference of your calf.

3 MEASURE THE THIGH

Find the widest part of your thigh, right under your buttocks, measure the circumference of this part of your thigh.



4 MEASURE THE LENGTH

Measure the distance from the bottom of your buttocks to the floor.



3 MEASURE THE LENGTH

Sit on a chair with your legs at a 90-degree angle. Measure the distance from the bend in your knee to the floor.





Article Written by,
Chua Ee Lin
Physiotherapist,
Alpro Physio

Do not let the **PAIN** stop you

WHAT IS KNEE SUPPORT?

- A knee support is the tool which helps to manage discomfort and reduce pain from knee injury or knee osteoarthritis. It functions as a stabilizer by reducing the weight load off the most damaged part of your knee.
- Knee support **SHOULD NOT** be used for long term daily wear as it will weaken the muscles of the knee, making one very dependent on the support.
- The best way to manage your knee discomfort is to see your doctor for proper diagnosis and physio therapist for prescribed exercises.

HOW TO CHOOSE THE RIGHT KNEE SUPPORT?

To make a choice for the appropriate knee support, you should depend on 2 major factors:

- Type of knee condition (*Knee injury/knee osteoarthritis/prevent from injury*)
- Activities that you usually do daily.

HERE IS A SIMPLE GUIDE TO THE MOST COMMON 5 TYPES OF KNEE SUPPORTS:

CLOSED PATELLAR KNEE SUPPORT



- Help to control slight pain or swelling of the knee.
- It can be used during jogging or long-distance walking
- NOT SUITABLE FOR DAILY USE.

OPEN PATELLAR KNEE SUPPORT



- This has the similar indication to the closed patellar knee support, but can be used for daily as it doesn't compress your knee cap.
- Recommended for people who have pain behind their kneecap with difficulty climbing stairs or squatting.

HINGED KNEE BRACE



- This is generally prescribed by orthopedic surgeons or sport physicians for athletes with ligament injury to increase stability and to protect the ligament.
- It should be worn every waking hour until advised to remove
- This support however is not allowed for most sports due to the metal parts of the support.

ADJUSTABLE STABILIZING KNEE SUPPORT (KNEE STRAP)



- This is similar with the hinged knee support, but it would be suitable for sports activity as there is no rigid metal support, some design does come with aluminum stays for good support yet provide flexibility.
- Normally recommended for athletes who have recovered from ligament injuries and are just starting back to sport.

PATELLAR TENDON SUPPORT



- Commonly this is for people who complain of pain over the patellar tendon (pain below knee joint) on running or jumping.
- It helps to compress the patellar tendon to dissipate the strain across the whole tendon and thus decreases pain.
- Recommended for runner or jumper.

WHAT CONDITION HAS TO USE KNEE SUPPORT?

When choosing a knee support, we need to look for the level of the protection of the knee support according to the seriousness of the knee condition.

LEVEL 1 BRACE

- It offers the least amount of support, but is the most flexible, such as the open or closed patellar knee support.
- It is usually used for Grade 1 and Grade 2 knee osteoarthritis patient.
- It can also be used for person who has mild knee pain or knee instability in order to prevent knee injury or becoming knee osteoarthritis.

LEVEL 2 BRACE

- It offers more protection and support than Level 1, but less flexible. Knee strap is the good example for this.
- It is usually used for person with knee pain who performing high level sport to manage the pain and improve the knee stability.
- It can be used for person who has grade 3 or grade 4 knee osteoarthritis to stabilize the joint but, in a way, also providing active movement to avoid knee stiffness.

LEVEL 3 BRACE

- This brace offers the most support but limited movement, such as hinged knee support.
- It is usually used for following ligament injury and as a rehabilitation to help improving the recovery of the injury.
- It needs to be worn all the time during wake time until advised to remove by doctor or physiotherapist.

DIFFERENCE BETWEEN FUNCTIONAL KNEE SUPPORT AND REHABILITATIVE KNEE SUPPORT

FUNCTIONAL BRACES

- It provides more benefits on functional activities, such as long-distance walking, climbing stairs, and sports activities.
- It can help to stabilize the knee motion during aggressive activities **BUT CANNOT BE WORN ALL THE TIME** as it will cause weakness of the knee muscles and become more dependent.

- It is used for a period of weeks right after an injury or surgery. They keep the knee stable but still allow limited movement while it is healing.
- Normally this knee support must be worn all the time except sleeping in order to support the knee during upright position and prevent from further injury.

If you are unsure which type of knee braces you should be choosing, welcome to speak to us at

Alpro Physio or
you can reach us here at:



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FIX YOUR KNEE PAIN

we provide the best support for your knee

Ugoku

MOVE FREELY. STAY ACTIVE

ELASTIC AND BREATHABLE MATERIAL

PROTECTIVE GEL PAD

TWO SPRING SUPPORT BARS



alprophysio

Get Better • Stay Better

Home Physiotherapy

Why are we providing home physiotherapy?

Alpro Physio has been providing services to public since 2017, we are giving treatment to those who approach us with pain or with problems related to their daily tasks. We started with only centred based physiotherapy. But as we considered somehow deeper as well as looking at the number of requests we received from the public, we realized the immense need of also reaching out to those who cannot approach us for treatment due to inability to ambulate around in addition to cases where there is no transportation available

Targeted population

Most of the patients requested for home physiotherapy can be those bed ridden, attached to oxygen therapy or most commonly acute post stroke survivors. Besides, carers who have difficulty in transferring the patient out of bed or in and out of the car can also consider home physiotherapy.

What Services do we provide?

Qualified physiotherapist has sufficient knowledge and skills to assess, diagnose, plan and manage the care of patients across a broad range of areas such as musculoskeletal, neurological, paediatric, specific cardiovascular and woman health problems. Treatment plan ought to be designed personally to tailor individual condition, needs and expectations. It often involves manual techniques and therapeutic exercises. In some cases, some cognitive component training will also be incorporated in the treatment regime. Ultimately, we aim to see the patient as a whole. We target to improve the important functions of the individuals in daily life and most importantly enhancing both their sense of well-being and quality of life.

By: **Tan Chen Fung and Sara Cardoso**

Physiotherapist, Alpro Physio

.....we realized the
immense need of also
reaching out to those
who cannot approach us
for treatment due to
inability to ambulate
around in addition to
cases where there is no
transportation available.

Is home physio better than physio done in centre?

The advantage of on-site visit is that it allows observation of performance in the actual environment in which the activities must be accomplished. The on-site visit also provides an important opportunity for the therapist to identify safety hazards and make recommendation regarding altering, coping with, or adapting specific environmental barriers. Through these treatment session visits, the therapists can give the support network members adequate opportunity and time to learn safe methods for assisting with ambulation, transfers, exercise, and functional activities. In short, both home physiotherapy and centred based physiotherapy has equally important keys that does not outstand one another.

Where can you find us?

- Alpro Physiotherapy Centre @ Centrio, Seremban 2.

No. 69, Jalan S2 B21, Pusat Dagangan Seremban 2 (Centrio), 70300 Seremban, NS.

H/P : (013) 620 0688 TEL : (06) 601 3388

- Alpro Physiotherapy Centre @ Jalan Tun Ismail, Kuantan.

B24(Ground Floor), Lorong Pasar Baru 4, Jalan Tun Ismail, 25000 Kuantan, Pahang.

H/P : (019) 420 1923 TEL : (09) 513 1539

- Alpro Physiotherapy Centre @ Medan Ipoh Bistari, Ipoh.

2 & 4, Jalan Medan Ipoh 1E, Medan Ipoh Bistari, 31400 Ipoh, Perak.

H/P : (019) 476 3923 TEL : (05) 541 2133

- Alpro Physiotherapy Centre @ Taipan Senawang, Seremban.

No. 133 Grd Floor, Jalan Taman Komersial Senawang 1, Taman Komersial Senawang, 70450 Seremban, NS.

H/P : (019) 371 3923 TEL : (06) 677 2077

Our service is currently available in Seremban, Senawang, Kuantan and Ipoh. We are constantly looking forward to providing help to anyone who requires physiotherapy. We have come across many individuals being at the brink of breakdown and felt fortunate enough to find smiles on their faces as they determined to walk this journey together. We truly believe that physiotherapy can be the hope or even be the miracle of many people.

“ We have come across many individuals being at the brink of breakdown and felt fortunate enough to find smiles on their faces as they determined to walk this journey together.



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Anzen

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More Practical Than Expectation

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Comfort smooth PP seat



Slanting design provide
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YOUR TRUSTED REHABILITATION PRODUCT

NovoTMSCALE BODY COMPOSITION SCALE

CF372

FUNCTIONS



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ARRIVAL**

Best Deal!
RM 159 EACH



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SEWA



RENTAL MANUAL TRIPLE CRANK HOSPITAL BED



RSP
RM2800

RM200 /month

RM450 3 months
(RM150/month)

SAVE RM150

RM900 6 months

SAVE RM650

FREE 1 Ripple Mattress
Brand Apex Domus 1



STEP 1
Pick Your
Package

STEP 2

DELIVERY FEE
Depend on Address Area
(refer to next page for contact)



F8SCV20200435000

*Returnable deposit RM400 will be collected.



**FOR
SELL**

RM300 3 Inches
FOLDED MATTRESS

RM400 4 Inches
FOLDED MATTRESS

Silvercare - Alpro Pharmacy

Silvercare by Alpro Pharmacy

RENTAL OXYGEN THERAPY



Oxygen Concentrator 5LPM
RM320 /month
RSP RM3500



Oxygen Tank 10L
RM100 /month
Exclude Refill Fee
RM50-RM100 (depend on tank size)
RSP RM950



Oximeter
RM80 /month
RSP RM160

OXYGEN CONCENTRATOR RENTAL PACKAGE

RM600 2 months
FREE Rental Oximeter

SAVE **RM200**



F9SCV20200408000

RM1500 6 months
FREE Rental Oximeter &
Oxygen Tank

SAVE **RM1500**

RM700 2 months
FREE Rental Oximeter &
Oxygen Tank

SAVE **RM300**



F9SCV20200410000

F9SCV20200408000

*Returnable deposit RM 800 will be collected for any oxygen tank/
oxygen concentrator/package.

*Returnable deposit RM 80 will be collected if renting oximeter alone.



MOVEN

RSP
RM770

RENTAL MANUAL WHEELCHAIR Q05 20 INCHES

RM50 /week

RM80 2 weeks **SAVE RM20**

RM150 4 weeks **SAVE RM50**

*Returnable deposit RM300 will be collected.

CONTACT US
For More Details

019-984 2923
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013-288 1923
Johor

013-286 3923
Pahang / Kelantan / Terengganu
013-587 3923
Kuching

019-386 1923
Penang
019-323 1923
Melaka

WHAT IS THE STORY BEHIND

Silvercare ?

“ In February 2020, both of my parents had a car crash in Kuantan and were admitted to hospital in coma. When I received the call from hospital, i was totally stunned and don't know what to say, because at that very moment I knew I could have lost the two persons that I loved the most forever at the same time.

Upon reaching the hospital, it teared my heart seeing how traumatized they were. My dad had to live on a respirator, and my mother couldn't even recognize me due to the internal bleeding in her brain. Fortunately, my mum finally remembered who was I after 5 days when her condition got better. But trust me, being forgotten by your mother is really not the kind of experience that you would ever want to go through again.



In my parents' recovery journey, there are many problems that I need to solve in order to ensure their fast recovery, such as their medicines, walking support, hospital bed preparation, oxygen therapy, nutrition, diaper care, and bathing method etc. This leaves me a question that if you have no medical background, how in the world are you going to know what to prepare, where to get the equipments and how to take care of elderly or bedridden patients?

Hence, I decided to set up Silvercare Division in Alpro Pharmacy all around Malaysia with the aim to help more people like me. ”



"What is the specialty of Alpro Silvercare?"

One Stop Solution for Elderly Care & Post-Discharge Care from the aspects of medicines, nutritions, physiotherapy, rehabilitation equipments and many innovative services.

"What is Filial Piety?"

Filial PietyTM
您养我小，我养您老。

It is our slogan, which in Confucianism means a virtue of respect, love, support and to be good to one's parents and elders. In general, I hope to empower the idea of taking good care of our parents and elders, just like they take good care of us when we were small.

Our vision is :

To minimize any suffering experienced by elderly or post-discharged patient and maximize their sense of wellness.

I hope that they get to find all the helps they need for both elderly care and post-discharge care at one go in the same place.

PHARMACIST CHAN CHEW YING
SILVERCARE FOUNDER



KEPADA AHLI ALPRO PHARMACY YANG BERUMUR 60 TAHUN KE ATAS

SilverCare Day!

SETIAP
18 HARI
BULAN

7 TAWARAN
ISTIMEWA UNTUK
AHLI SILVERCARE



PAYUNG GOLD
SILVERCARE
30"



(KUCHING SAHAJA) (SEMUA MALAYSIA)



CARA UPGRADE

Pilih salah satu daripada cara berikut untuk upgrade sekarang!

1. Call kami dan bagi tahu Membercard ID anda ➔ 019-750 0612.
2. WhatsApp kami Membercard ID anda ➔ 0197500612.
3. Datang ke Farmasi Alpro dan terus upgrade.

*Tertaluk kepada tema dan syarat.

老人家 不能忽视的 10个症状



“

根据世界卫生组织,世界各地人们的寿命有延长的趋势。数据显示人口老化的速度将比过去加快很多,2015-2050年期间,世界60岁以上人口的比例将从12%升至22%。

老年人随着年龄的增加,身体健康状况自然随之下降。因此,老年人常常会认为一些身体症状是老了的自然现象而忽视重要的健康警讯。提早正视身体症状可尽早对症下药,并避免不必要的严重疾病问题,比方说—

中风”



1. 便秘

缺乏运动,饮食中缺乏足够的纤维与水分容易导致老人家患有长期便秘问题。通常,在身体健康状况许可之下,增加老人家的活动量或在饮食中做出调整就可减轻便秘的问题。如果在生活与饮食的调整后,便秘的情况没有改善,老人家应尽早求医。长期便秘会导致粪便阻塞和大便失禁。严重的话,粪便阻塞会引起大肠溃疡,肠梗阻或肠穿孔。如果不尽早医治,这些并发症是可以危及生命的。有些药物,如维拉帕米(verapamil),可造成便秘。如果老人家在开始新的药物后才开始面对便秘的问题,有可能是新药物产生的副作用。

2. 头晕



头晕是个常见的脑部功能障碍,可由多种原因引起:贫血,心律不整,心律衰竭,血糖过低,中风的前兆,血压突然过高或过低,尿毒症,甚至肠胃胀气等等。

无论是什么原因,家里的老人家出现头晕时家人要特别注意他们的行动,尤其是当他们从坐姿或平躺站起来,以避免他们不慎跌倒造成骨折。同时,必须寻找出头晕的原因以便对症下药。

3. 皮肤瘙痒

年纪的增长造成肌肤的皮脂分泌减少和水分流失加快,导致我们常常听到老人家抱怨皮肤瘙痒。皮肤瘙痒除了因为皮肤干燥之外,也可能是其他严重疾病的征兆,如糖尿病不受控制,尿毒症和肝肾阴亏。皮肤瘙痒给老人的生活带来了很大的困扰,甚至造成睡眠问题以致血压上升,过分抓痒导致皮肤破损而受到感染等等,所以必须及时找出根源治疗。



4. 半边脸部突然歪斜

脸部突然歪斜很大可能是中风的前兆。其他的症状也包括了：一侧的手臂或腿部突然感觉麻痹或虚弱，头晕或感觉失去平衡，和突发性剧烈头痛。如果怀疑有人中风，请进行这几个测验：

- (a) 让脸部挺直，一侧的脸部下垂，严重时口角不觉有口水淌出
- (b) 要求患者举起双手，一只手臂呈现向下漂移
- (c) 让患者重复一段简单的句子，聆听语音如有含糊不清。

倘若出现上述任何现象，必须立即致电999，争取让患者尽快得到医护人员抢救的时间。中风时每一分每一秒都非常重要，在第一个症状出现时快速诊断并在黄金三小时内对症下药可决定患者的康复率。

5. 食欲忽然下降

随着年龄的增长，身体的各个功能也逐渐衰退，这包括了消化功能。很多老年人会出现消化不良，食欲不振，吃啥都没胃口的现象。肠胃占据了我们的免疫系统的60%，如果没有从食物中摄取足够的营养，老年人就会长期四肢无力，免疫下降且容易伤风感冒。这种情况通常可以使用益生菌和酵素来增强老人家的消化功能与食欲。家人们也可以向饮食治疗师质询，以老人家当时的健康状况调制最适合的饮食配套。

6. 体重大幅度下降

老年人突然出现原因不明的体重下降是需要被警惕的。造成老年人体重下降的原因有很多，比如血糖过高，消化吸收不良，慢性胃炎，甲状腺机能亢进，慢性肝病和癌症。如果老人家一个月内体重减轻2.5至5公斤，这是不正常且需要尽快找出原因的。

7. 视线模糊

年纪大了，视力下降似乎是很正常的，所以老人们不会刻意抱怨视线模糊。但是，当视力在短时间内明显下降以致视线模糊是不正常的—有可能是需要尽快求医的疾病：比如白内障，青光眼，糖尿病不受控制引发的并发症（糖尿病是全世界造成眼瞎的第一疾病）和老年性黄斑变性。

8. 记忆衰退

大脑功能随着年龄的增长慢慢退化，所以老年人常抱怨自己忘东忘西，家人们通常特别紧张，究竟家里的老年人是存粹健忘，还是得了失智症（dementia）。睡眠不足，情绪波动，平时缺乏锻炼思考都可导致老人们短暂性健忘。但失智症除了记忆衰退（老年人经常忘记刚刚发生的事情，但很久以前的记忆犹新）之外，认知，计算和学习方面也逐渐衰退。如果孩子怀疑父母不只是简单的健忘，就要尽早让父母得到医生的评估与诊断。现阶段的药物无法逆转失智症对脑部造成的伤害，但尽早就医是可以大大减缓病情恶化。

9. 干眼症

许多老人经常觉得眼睛干涩，容易疲倦，分泌物增加，感觉眼睛里有沙粒，和无故流眼泪—这是老年人常患有的干眼症。干眼症如果不及治理的话是会产生不必要的后遗症，比如眼睛红肿，加快青光眼/白内障病情退化，视力下降，和眼睛容易受细菌感染。

10. 手脚麻痹

糖尿病最常引发的病变就是周边神经血管病变，造成手指和脚趾出现麻木的症状。通常这也意识患者的血糖控制不佳造成的并发症。除此之外，老年人突然出现手脚麻痹的症状背后有可能隐藏其他严重疾病，如中风的先兆，神经根型颈椎病，颅内肿瘤和营养缺乏性周围神经病。所以，如果老年人有手脚麻痹的症状，千万不可掉以轻心。



TEOH SIN YEE

PHARMACIST

Trainer, Certified Minor Illness Service Pharmacist



HOW TO ENSURE EFFECTIVE OXYGEN THERAPY?

Most causes of shortness of breath are due to heart and lung conditions because the heart and lungs are the main organs that involve in transporting oxygen to your entire body and removing carbon dioxide out of your body. Any heart and lung problems may affect your breathing or ability to gain sufficient oxygen for your body to function properly.



OXYGEN CONCENTRATOR

A type of electronic medical device that takes air in from surrounding, then filters and removes nitrogen from the air and delivers purified oxygen through a mask or nasal cannula to a patient continuously for 24 hours every day. These devices also come with an electronic user interface so you can adjust the levels of oxygen concentration and delivery settings. You then inhale the oxygen through the nasal cannula or special mask.

+



OXIMETER

A noninvasive and painless test that measures your oxygen saturation level, or the oxygen levels in your blood. It can rapidly detect even small changes in how efficiently oxygen is being carried to the extremities furthest from the heart, including the legs and the arms.

+



OXYGEN TANK

A device providing oxygen straight from the tank itself instead of filtering the air from its environment, meaning that it does not require the usage of electric current. However, when the oxygen inside the tank empty, you need to refill the oxygen inside the tank in order to use it again. Normally, the tank can last for few hours depending on the size of the tank and rate that patient is using.



What are the equipment required during using oxygen concentrator / oxygen tank ?



= ?

answer : oximeter





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Newlife Elite OXYGEN CONCENTRATOR (5L/min) [32833]

Supply oxygen for 24 hours.



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IMPROVES SLEEP

Newlife Intensity OXYGEN CONCENTRATOR (10L/min) [71347]

Supply oxygen for 24 hours at higher intensity.



HumiOxy Portable OXYGEN CONCENTRATOR (5L/min) [71348]

Indoor & outdoor supply of oxygen.



EASY CARRY

OHO Aluminium OXYGEN TANK
4.6L [52086]
10L [61578]

Exist in difference sizes for emergency oxygen supply.



EMERGENCY USE

Rossmax PULSE OXIMETER SB100 [55961]

Detect blood oxygen content.



OXYGEN THERAPY MUST USE



BREATHING CARE

Yuwell SUCTION PUMP 7E-C (5L/min) [54836]

Helps to remove excessive mucus in airway.



Angelbliss PORTABLE SUCTION PUMP (25L/min) [70722]

Helps to remove excessive mucus in airway.



Rossmax SUCTION PUMP V3 (16L/min) [71349]

Helps to remove excessive mucus in airway.



Camfil AIR PURIFIER City Touch (Advance Grade) [71350]

Filters airborne bacteria & dusts for a cleaner air.



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NEBULIZER

Rossmax Compact NEBULIZER NB80 [63347]

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Uright Hybrid Compressor NEBULIZER RD7013 [71352]

Palm Size nebulizer for outdoor use. Suitable for frequent traveller.



EASY CARRY

Angelbliss Valve HOLDING CHAMBER INFANT CHILD ADULT [68079] [68080] [68081]

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FLEXI USE



ACCESSORIES

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To regulate delivery of oxygen from oxygen tank.



OXYGEN MASK
To ease the delivery of oxygen into lungs via nose and mouth.



NASAL CANNULA
To ease the delivery of oxygen into lungs via nose.



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Use together with suction pump to remove thick mucus.



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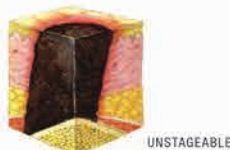
BEDSORES

can be Prevented!

It is heart-breaking when our loved ones suffer debilitating diseases. Very often, it results in immobility and they are prone to be bounded to the bed all day long. It is even more heart-wrenching when bedsores start to develop. I believe the pain of witnessing a big hole being developed on our loved ones' body is indescribable and how we wish we have the power to prevent it from happening. Hence, in order to prevent it, we need to know what the causes of bedsores are.

Bedsores or pressure ulcers are injuries to skin and underlying tissue resulting from prolonged pressure on the skin. When a person is bedridden or immobile, the pressure against the skin will cause the blood supply to the skin to be cut off. When there is no blood flow to the skin, the skin will lose its vigor and eventually die off. That is how bedsores developed and progressed. It usually starts off with a red and painful area. It always catches inexperienced caregivers off-guard and until it is noticed, painful sores would have been developed. The common areas where bedsores develop are head, ears, shoulders blades, hip, tailbone, heels and ankles.

Severity of the bedsores can be categorized into 4 stages:



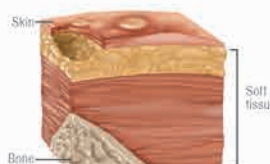
Stage 1

It is the mildest stage. It is an observable pressure related to alteration of intact skin. It looks red and feels warm when touch it.



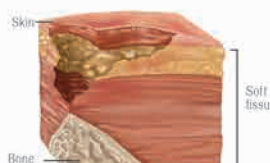
Stage 2

The area looks more damaged with open sore, blister or scrape. Patient may complain significant pain and the surrounding of the wound may look discolored.



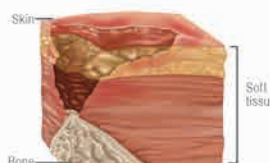
Stage 3

The bed sores present with full-thickness skin loss involving damage or necrosis of subcutaneous tissue that may extend down to but not through underlying fascia. It has a crater like appearance.



Stage 4

The bed sores present with full-thickness skin loss involving extensive damage of muscle, tendons, bones and joints. Infection is a significant risk at this stage.



I believe the pain of witnessing a big hole being developed on our loved ones' body is indescribable and how we wish we have the power to prevent it from happening.

by: Ph. Ng Wen Bin

TIPS to prevent BEDSORE...

HOW?

Step 1 :

We can monitor the skin for areas of redness every day especially bony areas.

Step 2 :

Turn and reposition patient every 2 hours or as frequent as possible to reduce pressure on the skin

(If the patient is sitting upright on a wheelchair, changing position every 15 minutes is helpful.)

Step 3 :

Providing good skin care by keeping the skin clean and limit skin's exposure to excessive moisture, urine and stool.

Get a Ripple Mattress

In addition, doctors will suggest using ripple mattress to help alleviate the pressure applied at the back of the patients to greatly reduce the risk of getting bedsores.

Ripple Mattress is like a cushion of air inflated tubes which pump air alternatively to different sections of the body, allowing better ventilation and air flow and relieving pressure. This pumping action is discrete and does not cause too much "stress" to the patient. Patients will feel that they are literally lying on a bed of air as micro air outlets allow cold air to escape from the tubes, enhancing ventilation and comfort level.

Two types of ripple mattresses are often recommended. The bubble and tubular ripple mattresses. It is dependent on patient's weight and movement.



Tubular Ripple Mattress



Bubble Ripple Mattress
(max weight capacity: < 100kg)

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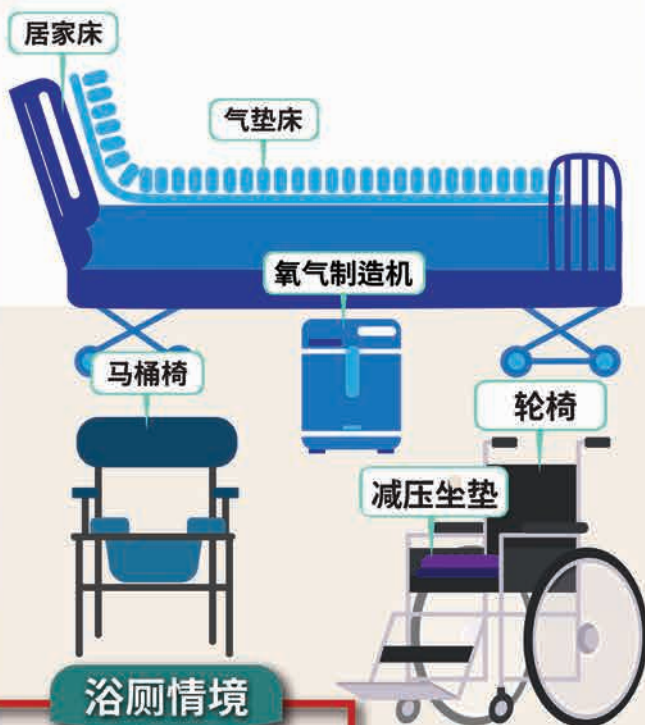


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alpro foundation

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Changing lives

and



As the Covid-19 pandemic slow down, the government gradually announce to reopen Malaysian schools in phases. However, this announcement causes teachers and parents to worry about children's safety and health.

Here comes the idea! Alpro Foundation and OFFEN Malaysia, with a joint effort, are working on a community project to **donate 1,000 of 5L disinfectant to preschools and primary schools for free before the reopening of schools.**

"Education is the main key. If we just give as a normal product, it doesn't serve any purpose to the community."

– Ostwin Paw, Alpro Foundation CEO.

As teachers stand a significant role in preventing Covid-19 during school reopens, Alpro Foundation decided to organize an online webinar to deliver helpful messages for prevention to the teachers beforehand.

In June and July 2020, 4 rounds of online webinars had been conducted in two different languages. 4 experienced pharmacists were involved to share on the knowledges to be highlighted in preventing Covid-19 during school reopening, addressing concerns and sharing of some solutions and knowledge like how to use the thermometer and wearing masks correctly for school going children.

This program was a huge success and had engaged with several hundreds of schools nationwide.



“ 300 teachers across 10 states in Malaysia had participated in our webinar.

We can't step out, but we still care for the community!!





“I’m using
WHEELCHAIR,
so **what** should I
know?”

4 HEALTH TIPS for Wheelchair User



Stretching

As a wheelchair user, you’re probably subjecting your body to hours upon hours of being fixed in a seated position, which is not good for you joints and muscles. This is especially bad for those who manually propel themselves, where constant strain on

their joints and muscles from pushing a wheelchair can lead to pain complications in their later life. Stretching out can often help to relieve some of the stresses and strains that you put your body under, especially if you’re unable to stand up independently.



Avoiding Pressure Sores

Long hours of sitting may lead to pressure sores, especially in elderly and chronically ill person. Pressure sore is extremely hard to recover even when proper care

is given, so it is best to prevent it before it occurs. One useful tip to move your seating position as often as possible. If you’re unable to move yourself in your wheelchair, then perhaps you can try to get a pressure relieving air cushion for your wheelchair, which is not only extremely comfortable, but can go a long way towards preventing those nasty sores!



Exercise

Exercise is not only great for your heart and your overall cardiovascular system, but it’s also amazing for your mental health and can help to combat the likes of depression and anxiety. Even if you cannot walk, you can still carry out simple exercises on the bed

under the advice of physiotherapist or with the help of sport equipment’s, such as stretch band, physio ball, or even dumbbell for advanced level.



Fluids

Finally, increasing your fluid intake can also help with brain function and overall health. Regularly topping up your fluid levels can also help during times

of ill health. If you’re unlucky enough to be suffering from some form of virus or infection, then ensuring you drink enough water can truly speed up your recovery process.

INFO

THINGS TO TAKE NOTE WHEN USING A WHEELCHAIR

- Adjust the footrest and do not step on the footplate when getting in or up from the chair.
- Check the tyre and castors on a weekly basis as they may get out of position after a long time of use. Replace them if needed.
- Always avoid rough, wet and muddy terrains to protect the tyre.
- Lock the brakes of the wheels always when not in use or getting off from the chair.
- Don’t position yourself too far away from the seat and buckle up the seat belt if available.



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[66997]



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Stroke

Paralysis

Fracture

PROLIFE RECLINING

- Reclining high backrest |
- Detachable armrest |
- Detachable elevating leg rest |

[70413]

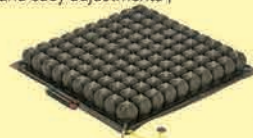


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weight
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[69836]



weight
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12
MONTHS
WARRANTY

AHC WCB200 LIGHTWEIGHT

- Powder coated steel frame |
- Fixed arm & leg rest |
- 16" PU rear wheel |

[67076]



AHC WCB220 LIGHTWEIGHT

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[62222]



MOVEN Q01LAB.J TRANSPORT

- Titanium aluminium alloy frame |
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[67046]



weight
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12
MONTHS
WARRANTY

BMATE LIGHTWEIGHT

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- Light weight alum. frame | Flip up foot rest |
- Flip-up legrest |

[69834]



MOVEN Q05 LIGHTWEIGHT

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[63985]



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