

EXCLUSIVELY FOR ALPRO VIP MEMBER | DEC.2020-JAN. 2021

VOL 17



To care for those who once cared for us is one of the highest HONOR.

Yes, we do at Alpro... How about you?



THE WONDERWALL TIMES

The wall of Community Happiness from Alpro Foundation.

THE FIRST

This is the 1st issue of The Wonderwall Times. We are really excited to feature stories of Alpro Foundation, with voices from the beneficiaries in community and those warriors who volunteered their time and effort to benefit the community they live in.

THE START OF alpro four

Alpro Foundation was first established in December 2014, to help and support the community young and old by raising funds from selling Charity Water in all Alpro Pharmacy outlets. Fast forward to now, for every bottle of charity water sold, 50 cents will be donated to Alpro Foundation to fund its main project:

The Growing Stars Project.



THE **GROWING** STARS **PROJECT**

In Malaysia, one of the factors for school drop out rate is due to poverty. With The Growing Stars Project, these students are sponsored RM100 every month during their school term to help cover their schooling expenses. (They can use it for recess money, stationeries, school uniforms, shoes, books, transportation etc.) With this support, we can help and assist their education journey towards a better future as there is this saying:

"Education is the key out of poverty."

As of today, we are supporting 55 students Nationwide irregardless of Race, Language or Religion.



REAL LIFE UNTOLD STORY:

Tan Qi Ling (Not Real Name) one of The Growing Stars recipients.

Qi Ling lost her father from a traffic accident years ago and her mother is working as an odd job worker with irregular income to sustain a family



of 4. Qi Ling has a dream of fulfilling her mum's dream, to study and graduate from university. Qi Ling felt that she does not have the confidence to do so, but she's not giving up and made it to Matrikulasi a year ago. During MCO things are being shifted forward, and she stayed on and finally got a placement to study in USM. She is on her way to become a Microbiologist,

NORTHERN

During the olden days, the North Star is the star where sailors refer to when they are lost, and it is a point of reference.

This award is for recognizing awardees who have displayed outstanding examples which many of us can learn from their commitment towards the betterment

of the community. Some of the awardees helped sell more than 300 bottles of Charity Water, some have displayed outstanding commitment with the Metabolic Basic Sponsorship Program.

SOME OF THE AWARDEES:









-Ph. Jia Jun, TIPH

- Norfazilah, BANS

- Amalina, SFNS

- Joyce, SPPG

METABOLIC BASIC

In Alpro Foundation, we believe in

Bringing Hope, Changing Lives, and it's not just changing the lives of the patients but also the lives of those around them. From our experience, hardships are not just physical, but can be in financial terms of

formulas to sustain their loved ones on tube feeding, they resort to using cheaper alternatives without understanding the nutritional value, they may have savings but are depleting, they have an income, but

it's too high of a burden. The solution?

Metabolic Basic Sponsorship Program.

this sponsorship program, not only do the patients get the proper nutrients they need, and at the same time the financial burden is relieved. At the moment, we are supporting 43 patients nationwide.





Artist Wan Jamila and Wet Thisne Design One of the children from NASOM centre

SUPPORTING PEOPLE WITH

Alpro Foundation, together with ArtJamila Gallery joined hands to craft a project to raise funds for The National Autism Society of Malaysia (NASOM) through a limited edition wet wipes:

THE CHARITY WIPES.

There are 3 different designs contributed from Art Jamila in each bundle selling at RM4.90 with RM0.60 contributing to raise funds for NASOM.

THE DIETITIAN SAYS



Metabolic basic sponsorship program is a complete oral nutrition support with a balanced ratio of carbohydrate, protein and fat content. In certain cases, it is sad that patients are being underfed due to financial issues and resort to using alternatives

without if it is sufficient for the patient. This could delay the recovery process and cause malnutrition.

Continuous milk supplementation can cost hundreds and up to thousands of ringgit every month which not every family can sustain in the long run, most especially during such economic downturn from Covid-19.

Thus, with the Metabolic Basic Sponsorship Program from Alpro Foundation, we can help a lot more patients and families on oral nutrition support. This way we can also help change the situation for the patient, and the financial situation of their family members.

Flip to page 32-33. For more information on Metabolic Basic!

WHO CAN APPLY:

- · Household income less than RM3000
- Patient on tube feeding
- NGOs

HOW TO APPLY:

· Approach any Alpro Pharmacy outlets nation wide



Patients receiving Metabolic Basis

· You can email alprofoundation1@ gmail.com or contact us @ 019-3881923





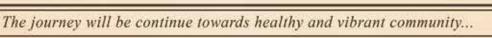
DISINFECTANTS FOR A SAFER SCHOOL

Alpro Foundation together with Offen distributed 1,000 bottles of 5 Litre disinfectants to schools Nationwide covering both East and West Malaysia.

Both Offen Malaysia and Alpro Foundation believed that providing a safer environment for school children in such pandemic times is vital to ensure a peace of mind to parents.

With Thanks to Offen Malaysia for support within the span of 3 months, we helped distributed 1,000 bottles of 5 Litre disinfectants to 1,000 schools (Including Primary schools and Tadika/ Taskas)

And also with many Thanks to all Alproeans in the outlets to help in the distribution process, together we helped to provide a safer place for the young ones.







Winnie Hsiung Szu Yuan

Branding, Promotion & Trade Marketing Manager

Alpro Pharmacy

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Website: www.alpropharmacy.com Facebook: www.fb.com/alpropharmacy

EDITOR

Welcome to the 17th edition of Alpro Pharmacy Health Matters, the December edition for the year of 2020

This year, the world is experiencing a once-in-a-lifetime pandemic, it has brought hard times for many of us. As an essential service provider, Alpro Pharmacy remained open to provide care and services. We are grateful and manage to achieve a significant milestone in contributing to the community.

We realized that some parents were afraid to take their children to go to the clinics or hospital during MCO (Movement Control Order) and worry about the medication expenses which causes delay on the treatment. Our Minute Consult is ready to provide an affordable, fast and safe service by a group of certified pharmacists with minor illnesses, you can always seek for help on your health issue in just a ew minutes.

We also notice that elderly people need care and comfort to lead a healthy life without any worry and anxiety. This is why, we set up a dedicated team with a specialized One-Stop Medical Supplies for elderly & bedridden care, to leverage the burden of both elderly and carer on the journey of recovery. Besides being able to access rehab products at an affordable price, we offer a special privilege for 60 years and above on every 18th of the month. So please do not hesitate to reach us.

Moving forward, we are building online communities in pivoting towards a 'new normal', it helps you stay up to date with latest genuine healthcare products and browse for more promotions at our online store Alpro OneClick (https://www.alpropharmacy.com/oneclick/). You can also acquire online consultation services with Doctors, Pharmacists, Dietitians and Physiotherapists at different platforms.

On behalf of all Alproeans,

During these heightened times, we are truly grateful to have customers like you who help us grow and who continue to support our mission. We are privileged to serve you and the community, and we are looking forward to seeing you soon.

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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The wall of Community Happiness from

alpro foundation

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SILVER CARE



One stop Solution for **Elderly Care and** Post-Discharge Care

from the aspects of medication, nutritions, physiotherapy, rehabilitation equipment and many innovative services.

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Are you ready to take care of a BEDRIDDEN PERSON?

Bedsores can be prevented!

How to ensure effective oxygen therapy

Incontinence

I'm using WHEELCHAIR so what should I know?

Hidup dengan TIUB PEMAKANAN

走路无力?膝盖疼痛? 不再是老年人的"专利"!

HOME PHYSIOTHERAPY

ONLINE PHYSIO consultation is now available

Joint Supplement

PROMOTION

HEALTH

AWAS! Gula yang tersembunyi dalam makanan.

COMING SOON.

What can be easier than the easy-easy plate!

DIABETES



Small changes Big results...

MEDICAL AIDS

40

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WHAT IS THE STORY BEHIND

Silvercare?

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

Upon reaching the hospital, it broke my heart seeing how traumatized they were. My dad had to live on a respirator, and my mother couldn't evev recognize me due to the internal bleeding in her brain. Fortunately, my mum finally remembered who was it 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 were many problems that I needed 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 with questions that if you have no medical background, how in the world are you going to know what to prepare, where 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 the Silvercare Division in Alpro Pharmacy all arround Malaysia with the aim to help more people like me. 99



"What is the specialty of Alpro Silvercare?"

Post-Discharge Care from the aspects

"What is Filial Piety?"



ism means a virtue of respect, love, parents and elders. In general, I good care of our parents and elders. just like they took good care of us when we were small.

Our vision is:

To minimize any suffering experienced by elderly or post-discharged patient

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.



HARMACIST CHAN CHEW YING







STEP 1

Become our SilverCare Member (If you or your family are 60 Years old & Above)

STEP 2

Every 18th of the Month Stay tune on our SilverCare FB pages

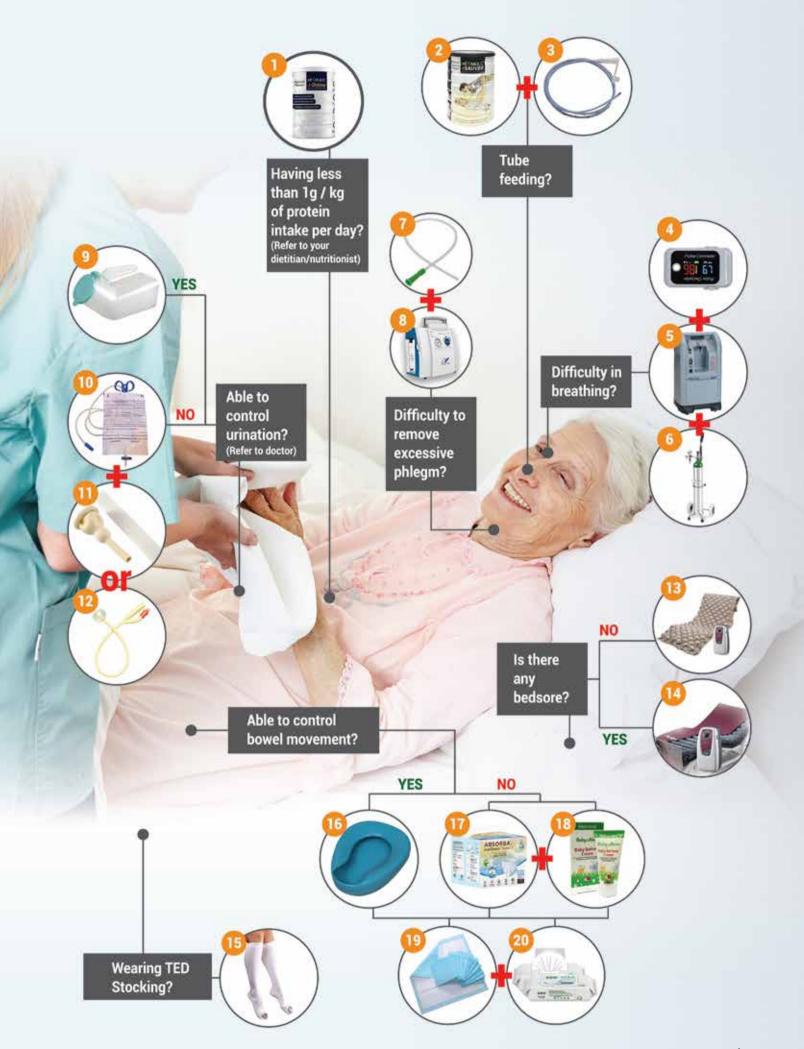






ARE YOU READY TO RIDDEN **ERSON?**

- Metabolic Oteine As an add-on for normal meal for sufficient protein intake.
- Metabolic Sauver Provide nutrients and calorie needed for patient.
- Silicone Ryles Tube For tube feeding 1-3 months usage.
- Oximeter To check the oxygen saturation level.
- Oxygen Concentrator To deliver the oxygen for 24 hours (max 5L/min).
- Oxygen Tank Must keep in case of emergency (max 15L/min). eg. Blackout, .5L/min, Oxygen concentrator breakdown, etc.
- Suction Catheter Connect the suction pump with the airway of patient.
- 8 Suction Pump - To suck the phleam.
- Urinal Collector of urine for those who have difficulty walking to toilet.
- 10 Urine Bag - Collector of urine connected to external catheter / Foley catheter.
- External Catheter For male usage and beware of leakage.
- Foley Catheter For female usage and beware of leakage.
- 13 Basic Rippled Mattress - Prevention and treatment for stage 1 Bedsore. < 100 kg.
- Tubular Rippled Mattress Prevention and treatment for ≥ Stage 2 Bedsore, > 100 kg.
- TED Stocking To improve the blood circulation of the bedridden patient to reduce the risk of embolism formation.
- Bedpan Collector of faeces for those who can control bowel movement voluntarily.
- Diapers To collect faeces/urine for bedridden or unable to control urination/bowel movement volutarily.
- 18 Barrier Cream - To protect the skin from nappy rash due to long term contact with urine and faeces.
- 19 Underpad - To protect the bedsheet from any urine or faeces leakage.
- Wet Wipes For hygiene purpose after urination/bowel movement.



BEDSORES

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:





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.



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.

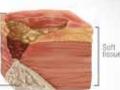


The bed sores present with full-thickness skin loss involving damage or necrosis of subcutaneous tissue that may extend down to but not through underlying fascia. It has a crater like appearance.



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.







indescribable and how we happening.

by: Ph.Ng Wen Bin

Sin HOW 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:

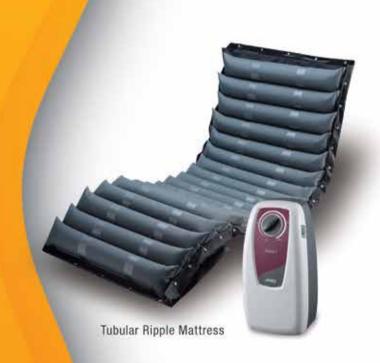
Providing good skin care by keeping the skin clean and limit skin's exposure to excessive moisture, urine and stool.

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 depends on patient's weight and movement.







Perfecto2 V

Oxygen Concentrator

This 5 Litre concentrator is small quiet, lightweight and very cost effective. It incorporates SensO2 oxygen sensor technology





maintenance for 3 vears.



the front within easy reach of the user.



Compatible with HomeFill - the cylinder refilling system.



available 50 to 750cc stand alone device.

Tech Specs



30.5cm





Unit weight 18.2kg



Oxygen output 87 - 96%

2 Years Warranty

Propad **Overlay**

The Propad Overlay is designed to sit on top of an existing mattress, providing a high level of patient comfort with excellent pressure redistribution abilities.

The Propad Overlay is lightweight and available in different sizes.







Length 1875 mm¹







85 mm



weight 108kg



temperature 80° 2 Years Warranty

For more information, please contact: Insan Bakti Sdn Bhd

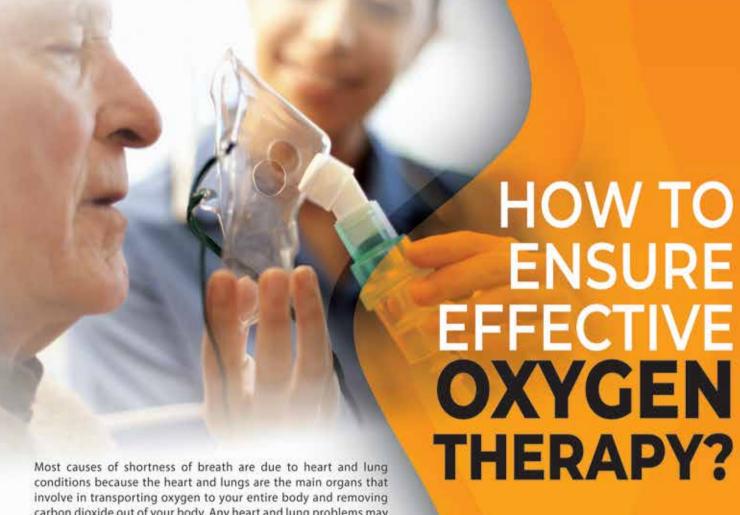
No.2 SS19/1D 47500 Subang Jaya Selangor. Contact: 03 5633 2010 ext: Home Care Department



Making Life's **Experiences Possible**

1. Single 2. Double 3. King Size





carbon dioxide out of your body. Any heart and lung problems may affect your breathing or the ability to gain sufficient oxygen for your body to function properly.

OXYGEN CONCENTRATOR

A type of electronical medical device that takes in air from the 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 is 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.





Improves the quality of everyday life



For more information:

1-800-88-9988

f TENA.Malaysia

www.TENA.com.my





"Source: Euromonitor International Limited." Retail Adult Inconfinence, all channels, RSP value sales, Tissue & Hygiene, 2000 edition.

9 QUESTIONS TO ASK BEFORE CHOOSING YOUR

DIAPER ?



Is the user bedridden or still mobile?





2. Circumference size of the waist & hip?



3. Does it label fast rate of absorbency to prevent the accumulation of the urine that may irritate the skin?



4. Is it able to prevent the backflow of the urine after absorption & maintain dryness of the pad?



5. Does it have leak guard to prevent leakage of urine on the side of the diaper?



6. Does it consist of 3 lines of wetness indicator so that we can measure the level of wetness regardless of the sleeping position of the user?



7. Does it consist of side lines that enable proper central positioning of the diaper upon wearing?



8. Is it made of usable breathable material that allows the skin to breathe?



9. Does it consist of Aloe Vera to help manage the odour and skin health?

EXTRA TIPS ABOUT DIAPER

Normally we advice to choose:

One Daytime Diaper nateen soft

Night time Diaper nateen maxi plus

Is cheaper, hence suitable to handle poops. Enables a longer rest time for caregiver before changing the diapers.

WHEN SHOULD YOU CHANGE THE DIAPER?

Change the diaper when the 3 lines of wet indicator disappear.





HOW TO CHANGE A DIAPER?





SCAN & LEARN

UNBEATABLE PROTECTION





TURBO MED

For more information, please contact us or visit our website: www.turbo-med.com

Available now at



WOUND CARE MIST



All natural ingredients



Reduce inflammation

ABC

Easy to Use



For minor cuts, burns & bruises

ULCER 63 years old, male *1 month



ULCER

68 years old, female



PUNCTURE WOUND

60 years old, male



7, Villaraya Industrial Park 3, Jalan Sungai Lalang, Semenyih, 43500 Selangor D. E. Malaysia +60 3 8724 3279 / 80 sales@furleybio.com



MAL 16090005T KKLIU 2055/2019 *This is a traditional product advertisement

100g e 3.4 ft. oz

Wound Care Mist











Anti-Slip Anti-Rust

BR9888 [72472] | Anti-rust | Non-slip design | Durable |

NYLON STAINLESS STEEL









Extra Fall Support Prevention



Pre-Order

SHOWER CHAIR BA8098 [71027] | 2 in 1 function : shower chair & toilet seat riser | Anti-rust | Non-slip design |

























Reli-able Grab Bar is perfect to use in the bathroom and other potentially slippery areas by offering support and stability for your loved ones.



ANTI-SLIP DESIGN

3.5MM Thickness Nylon outer surface is easy to hold and ensure maximum friction when grip it, not slippery when wet.



HIGH LOAD BEARING

Load Bearing Design which can support up to 150kg weight



SWING UP DESIGN

Able to fold down to assist the user or swing up to store in the limited space.



304 STAINLESS STEEL

1.2MM Thickness stainless steel tube provides better durability and excellent resistance to corrosion and rust

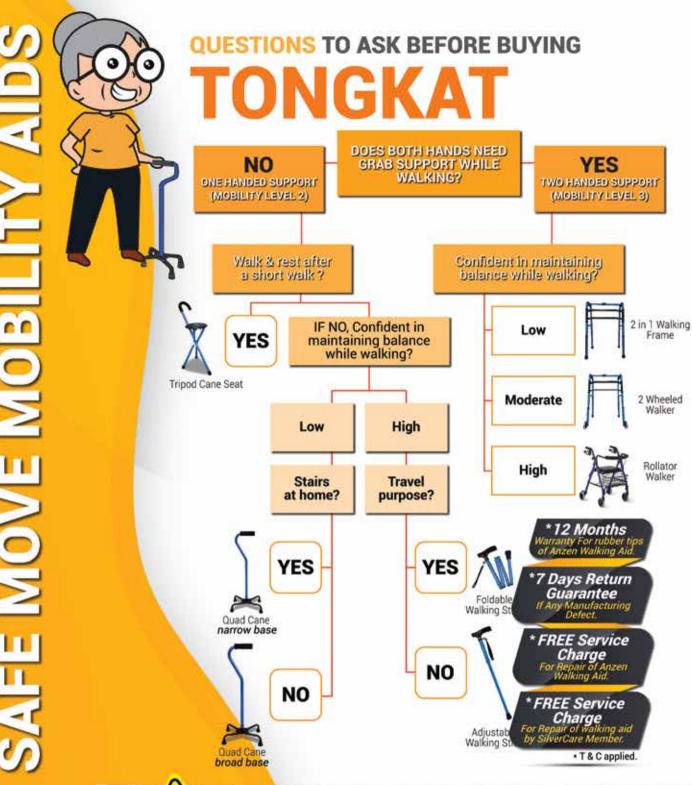


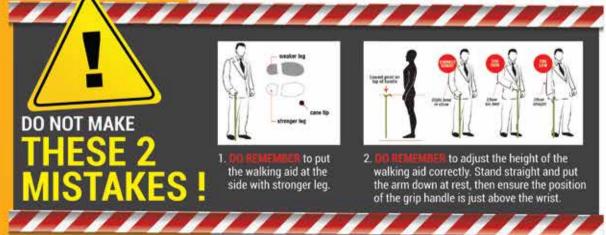
ANTIBACTERIAL NYLON

Nylon has antibiosis properties which prevent bacteria and mold growth, not easy to volatilize



FE MOVE MO







5 QUESTIONS TO ASK BEFORE BUYING A

WHEELCHAIR





Is the user's body weight

> 100kg?

YES - Heavyduty Wheelchair





Is the patient unable to maintain body balance while sitting still? (eg. Stroke, Parkinson, Paralysis, etc)

YES - Reclining Wheelchair

NO





Do you have difficulty transfering the user into and out of the Bed / Car?

YES - DAF Wheelchair

NO



Are you using for Travel purpose?

YES - Travel Wheelchair





Auto?

YES - Electric Wheelchair





MUST HAVE:

LIGHTWEIGHT Easy to carry.

3 FEATURES THAT A GOOD OUTDOOR WHEELCHAIR

FOLDABILITY

Easy to fit into car.

Avoid spoiling GOOD TYRE fast & comfort of user.



No Lightweight Wheelchair



7 MISTAKES

1. DO NOT grab the seat cushion by the side while opening the wheelchair as you may injure your fingers.

Place your palm parallelly inside the seat cushion while opening the wheelchair.





DO lock the brake when not moving /during transfer as it may lead to falling down when the wheelchair slips.

12 Months Warranty For Moven

7 Days Return

Guarantee

If Any Manufacturing Defect.

FREE Service

Charge For Repair of Moven

Wheelchair.

* FREE Service

Charge

DO fold the footplates before transferring to bed.









DO adjust the height of the footplate until the leg is rested more than 90 degree to avoid leg numbess due to poor circulation.

5. DO prepare a seat cushion to ease the back & hip pain due to prolonged hours of sitting.

BES+MADE BACK SUPPORT SEAT CUSHION



For Repair of Wheelchair by SilverCare Member.

With any wheelchair purchase.

* T & C applied.

6. Sterilize the seat from time to time to prevent bacterial growth.



DO NOT use the wheelchair for shower purpose or it will spoil easily.



-DISCHARGE CARE

FUNCTIONAL WHEELCHAIR

>100kg User

PROLIFE HEAVYDUTY

Flip up armrest I Detachable footrest | Max. capasity 125kg |





KARMA SEMI ACTIVE

| S-Ergo seating system | | Adjustable real wheel axle | I Quick release real wheel I



ONLY

₹5,397

Stroke | Paralysis | Fracture

PROLIFE RECLINING

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



REAR WHEEL

2650



CUSHION FOR YOUR com

ROHO® QUADTRO SELECT® HIGH PROFILE® Cushion

4" cell height ! Made of soft, flexible aircells I Quick and easy adjustments I



MOSAIC® Cushion with Cover

Shape adjustable | Easy to adjust | Cell height 7cm ([50440]



Galaxy Cushion

High grade pressure I Contouring design |



BESTMADE- Back Support Seat Cushion

| Pressure relief | Cooling Gel Pad | | Washable outer layer |

₹148004

With any wheelchair purchase.

₹88880

RANGE OF WHEELCHAIR

BMATE-CA902 STANDARD

| Fixed Backrest/Armrest/ Footrest | | Weight 20kg | Max. Capacity 100kg | | 169075





BRAKE ARMREST FOOTREST CASTOR

MOVEN 499 LIGHTWEIGHT

Flip back arm rest 1 Quick release rear wheel | Detachable swing-away foot rest |



weight



AHC WCB200 LIGHTWEIGHT

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



₹380



BMATE LIGHTWEIGHT



₹529



MCVEN Q05 LIGHTWEIGHT | Light weight aluminium alloy frame | 20° rear wheel | | Flip-up armrest and legrest |

AHC WCB220 LIGHTWEIGHT

Powder coated steel frame

Fixed arm & leg rest [

20" PU rear wheel I

[62222]

₹399

[63985]

9-12kg **₹805**

MOVEN QUILABJ TRANSPORT

| Titanium aluminium alloy frame | | Breathable & comfortable sest cushion | 12" castor wheel | [67046]



BAJ 769LFH-A | Light weight alum. frame | Flip up foot rest | Flip-up legrest |



Trade In **Program**

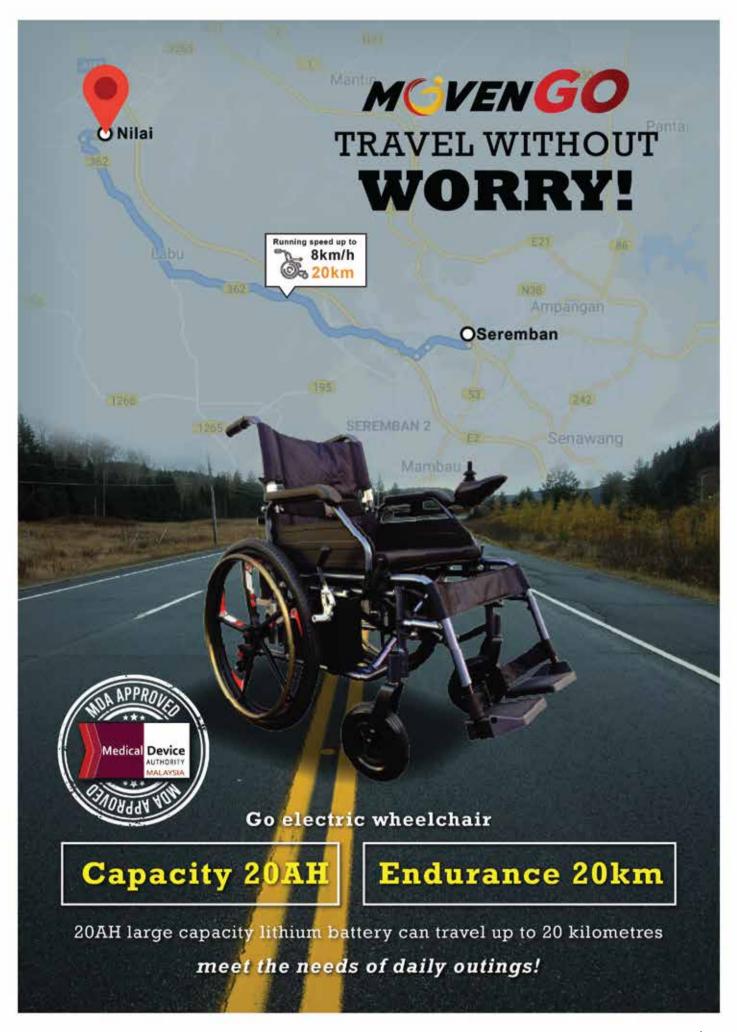


Bring your old wheelchair and get REBATE RM100-RM1500"

019-750 06

Price subject to change without prior notice.

•T & C applied





MANUAL TRIPLE CRANK HOSPITAL BED **RENTAL**







RM300 3 Inches **FOLDED MATTRESS** RM400 4 Inches **FOLDED MATTRESS**

f Silvercare – Alpro Pharmacy

Silvercare by Alpro Pharmacy

OXYGEN THERAPY RENTAL





Oxygen Concentrator 5LPM /month RSP ***3500

Oxygen Tank 10L /month Exclude Refill Fee ™50-™100 (depend on tank size) RSP 114950









RM1500 6 months

REE Rental Oximeter & SAVE Oxygen Tank









- *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.

MANUAL WHEELCHAIR RENTAL Q05 20 INCHES

RM50 /week

RM80 2 weeks



Returnable deposit RM300 will be collected.

CONTACT US For More Details **019-984 2923** Negeri Sembilan / KL / Selangor

013-288 1923 Johor

013-286 3923 Pahang / Kelantan / Terengganu

013-587 3923 Kuching

019-386 1923 Penang

019-323 1923 Melaka





Walking Support

FREE

RM 5/nce

(Except Quadcane Foam Handle RM 8.50/pcs.)



Oxygen Concentrator

Non-Member RM150 Alpro Member RM100

SilverCare Member FREE

ASK QUOTATION FROM ALPRO STAFF



Wheelchair

Non-Member RM35
Alpro Member RM25
SilverCare Member FREE

MGVEN FREE

ASK QUOTATION FROM ALPRO STAFF



Glucose Meter

Non-Member RM15 Alpro Member RM 5

SilverCare Member FREE

TRADE IN PROGRAM

(Require to buy 50 strips of glucose strips.)



Blood Pressure Machine

Non-Member RM15
Alpro Member FREE

SilverCare Member FREE

ASK QUOTATION FROM ALPRO STAFF

TOTAL PAYMENT = SERVICE CHARGE + SPARE PART CHARGE * T&C applied.

SilverCare Interaction Day

Do you know? You can stay healthy and strong as you age! In order to convey this concept, SilverCare-Alpro Pharmacy decided to host SilverCare Interaction Day on the 18th of every month, sharing health information with the SilverCare members and teaching them how to take good care of themselves. At the same time, you can also make new friends who are close to your age!

If you wish to join our big family, don't miss out the SilverCare Interaction Day on the 18th of every month! Talk to our staff to register now!













Every Month 18th

Selected Alpro **Pharmacy Outlets**

REGISTER NOW! TALK TO ALPRO STAFF







Suitable for Children & Adults ·适合大人和小孩











https://www.facebook.com/bonlifemalaysia/

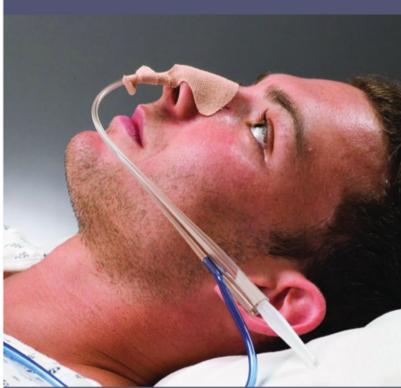
Pemakanan melalui tiub bermaksud nutrisi diambil melalui tiub yang dimasukkan secara terus ke dalam perut atau usus kecil. Seseorang yang hidup dengan tiub pemakanan biasanya mengalami keadaan atau kecederaan yang menghalang pengambilan makanan secara normal melalui mulut. Pemakanan melalui tiub boleh dilakukan atas pelbagai sebab, baik untuk jangka pendek disebabkan pembedahan atau jangka panjang disebabkan penyakit seperti Parkinson, strok atau penyakit kritikal lain yang menghalang pengambilan makanan melalui mulut.

Apabila doktor memberitahu anda bahawa anda perlu hidup dengan tiub pemakanan, ia pasti menjadi peristiwa yang akan mengubah keseluruhan cara hidup anda. Kehidupan dengan tiub pemakanan bukan sahaja beban untuk pesakit tetapi tekanan emosi yang dialami oleh penjaga juga harus diambil kira.



Penjagaan untuk pesakit yang memerlukan pemakaian tiub pemakanan menanggung beban fizikal dan ekonomi yang besar. Rejim pemberian makanan biasanya ditetapkan setiap empat jam, setara dengan enam kali makan dalam setiap 24 jam. Tiub pemakanan perlu diganti sekurang-kurangnya setiap enam minggu tidak termasuk penggantian tambahan sekiranya berlaku penanggalan.

Kos purata perbelanjaan susu pemakanan enteral dianggarkan bernilai RM1100 - RM1300 sebulan, tidak termasuk kos rawatan atau perbelanjaan perubatan. Dalam situasi yang mencabar ini, tidak menghairankan jika pesakit yang menggunakan tiub pemakanan dalam jangka panjang mempunyai status nutrisi rendah disebabkan rejim pemberian makanan yang tidak mencukupi atau penggunaan susu komersial dan diet yang dikisar bagi mengurangkan perbelanjaan.



HIDUP dengan TIUB PEMAKANAN



Disediakan oleh: Han Wan Chien, Dietitian

Sebagai profesional penjagaan kesihatan, kami sering menumpukan perhatian kepada khidmat pemulihan yang ideal sehingga terlepas pandang kesulitan dari segi kewangan dan kesukaran proses penjagaan harian. Oleh sebab itu, saya sebagai seorang pakar diet, amat bersyukur dan berterima kasih kerana Alpro Foundation telah mengambil langkah proaktif dengan memberikan subsidi susu pemakanan enteral kepada keluarga yang memerlukan dalam proses penjagaan ahli keluarga yang tersayang.

 Untuk maklumat lanjut, sila imbas dan layari





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许多人认为这些症状只发生在年长者的身上, 其实很多年轻人 都有肌肉与关节的问题,尤其是现代人的生活方式以 "坐"为主:上班长时间坐在办公椅,外出坐在车上,回到家 休息也是坐.膝盖长时间曲着,再加上缺乏运动, 使肌肉紧绷、减少柔韧性,还加重膝盖压力,大大破坏了生活

蛋白质是组成肌肉重要的营养素,它也影响我们的骨骼、代谢 功能与免疫系统的运作。若在饮食上缺乏蛋白质,不只是增加 肌肉质量的流失,还提高了骨质疏松与跌伤的风险. 由此可见, 肌肉、关节与骨骼是息息相关的.

留住『肌』本的蛋白质和HMB

有些人怕长胖,减少碳水化合物和脂肪的摄入,但饮食中绝不 能少了蛋白质。如果我们没有摄取足够的蛋白质,身体只好分 解肌肉以满足需求,这会导致肌肉松弛。当肌肉质量长期处于 不足的情况下,身体在受伤后需要更长的时间才能恢复,甚至 加剧关节的疼痛.

普遍上,减少肌肉流失的策略包括运动训练、营养补品和激素 替代. 其中,营养补充是一种有效且安全的方法. 相信不少人都 听过蛋白质界里的"一哥"——HMB, 科学名称为β-羟基 -β-甲基丁酸 (β-hydroxy β-methylbutyrate),属于人体 内天然产物. HMB拥有改善肌肉质量的潜能, 调节肌肉消耗和 生长的作用, 因此在全面营养辅助品中不难发现它的踪影.

久坐也伤膝盖?

长期保持久坐不动的静态姿势,会导致关节滑液的新陈代 谢迟缓,而无法提供营养给关节软骨,进而加剧软骨的磨 损使其功能的衰退. 如果再加上长时间不运动, 人的肌肉 力量和身体协调性就会更差,那么关节炎症很快就来了.





强健的骨骼、结实的肌肉和灵活的关节 将帮助我们享受行动上的独立性, 自由 进行日常活动.

1. 肌肉

根据统计,成年人在20至80岁之间可能流失大约30%的肌肉质量,甚 至会造成肌肉萎缩综合症, 导致活动力受损而使日常活动, 如走路、 跑步、坐、和站立都受影响. 值得庆幸的是我们能够通过运动和摄取高 品质蛋白质,尤其是HMB来维持肌肉质量、减缓肌肉质量的流失.

维持肌肉质量的建议

- · 饮食中高蛋白质的食物,与高钙食物相似,还包括新鲜肉类,避免 加工食品
- ·高蛋白与HMB的搭配能够在全面营养辅助品中摄取



随着年龄增长,关节软骨会面临受损,若不及时修复,就会导致关节 炎,从而影响我们活动的灵活性、研究指出,有规律的运动,如长时间 跑步的人, 他们的身体协调性比久坐不动的人要好. 经常运动能让关节 软骨常受到适当的刺激, 加快关节滑液的新陈代谢, 使营养充分在关 节内流动,起到润滑的作用.

修复关节软骨建议

- 可适量摄取鸡爪,还有高抗氧化食物以缓解疼痛,包括莓果类、
- ─ 保健品:第II型胶原蛋白(UC-II)、蛋壳膜(eggshell membrane)、 口服玻尿酸(hyaluronic acid)、葡萄糖胺 (glucosamine)等.



在我们的成长过程中骨骼不断更新与重塑,旧的骨骼将被移除,而新 的骨骼进行替代.当骨骼被移除的速快过更新的替代, 骨质慢慢流失就会变得不平衡, 而导致骨质疏松症. 如果没有适当的照 顾骨骼健康,就会增加骨折的风险,健康的骨骼需要多种维生素和矿物 质来建造,如钙质、维生素D3、维生素K2、镁、锰、锌等.

补充骨骼的高钙建议

- · 乳类及乳制品: 牛奶、羊奶及其奶粉、芝士、酸奶、全面营养辅助
- · 豆类及豆制品: 黄豆、毛豆、豆腐、豆腐干等.



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28 VITAMINS & MINERALS COMPLETE NUTRITION



WITH PREBIOTIC IMPROVE DIGESTION









PHY510

CONSULTATION IS NOW AVAILABLE!



By: Sara Cardoso Physiotherapist, Alpro Physio

Given the concerns around the outbreak of Covid-19 this year, Alpro Physio have been working in effort to make our services accessible while strictly adhering to the Standard Operation Procedures. In light of that, Alpro Physio team have launched physiotherapy E- Consultation for the public.

Through E- consultation, we aim to improve the access of clients without the need for a face-to-face visit, simply through an electronic device. It is greatly beneficial to those staying in a remote area while also complying to social distancing of this new normal.

Alpro Physio E- consultation is carried out by qualified physiotherapist via online video chat or phone calls from the confines of your own home. This allows the client to obtain a professional and reliable source of advice which is specific to his/her health-related issue. In examples that the client has an enquiry about a musculoskeletal issue who finds going for a clinical visit unnecessary, he/she can opt for E- consultation right away. Our physiotherapist s are experts in fields of muscle and skeletal pain and injury hence are able to advise on the correct next step to take.

During the consultation, a set of guestions will be directed to the client in order to understand the problem. Next, the physiotherapist in charge will go through a brief set of physical movements to further find out the possible contributing factor to the complaint. Then, client will be educated on the severity, cause and the preventive measures for his/her issue. Varying from case to case, examples of self-treatment can be taught too. Shall the condition be too complicated to be handled virtually, our team will refer the client to the nearest physiotherapy outlet for a detailed examination in order to plan for a personalised physiotherapy treatment.





大专 物理治疗 线上咨询 开跑啦!

大专物理治疗中心在冠状病毒疫情爆发开始至今都有严 格遵守国家卫生局所规定的标准操作。我们在严峻的疫 情下坚持为所需要的大众提供物理治疗服务。为此,大 专物理治疗推出了线上咨询服务。

在马来西亚, 很遗憾的物理治疗并不似诊所或药剂行那 么随手可得。一些偏远地区的民众,为了获得物理治疗 需要花上1-2小时的路程。线上咨询让大众只需通过电话 或电脑就能轻松在家得到物理治疗服务。在这疫情肆虐 的时期, 也能让一些高风险族群如老人, 小孩或孕妇, 在不需要出门的情况下接受物理治疗服务,大大减少染 疫的机率。

我们的线上咨询是由专业的物理治疗师通过视频通话或 语音通话来执行。举个例子, 如果您有背痛问题却不知 该寻找什么样的治疗,我们的线上咨询服务就能替您解 答。 物理治疗师在评估您的情况后会给与您专业的意见 与治疗建议。

在线上咨询时, 物理治疗师将通过一系列的问题和动作 检查来评估可能导致您疼痛的原因。在那之后、物理治 疗师将为您讲解导致您问题的原因,情况的严重性和治 疗建议。根据情况而定,物理治疗师也会在线上为您提 供简单的物理治疗。如果您的情况需要面对面的物理治 疗,物理治疗师也将转介您到最邻近的物理治疗中心。

如果想要得到更多关于大众物理治疗线上咨询服务,可 在脸书搜索 "Alpro Physio 大专物理治疗" 或游 览我们的官方网站

https://www.alprophysio.com

除此之外, 您也能通过以下电话联络我们:

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By: Kwan Lee Kuan, Dietitian

Talking about supplement for joints health, many of us must be familiar with glucosamine and chondroitin as these 2 supplements were widely known in the market and they seem to have modest effect on joint health. However, a large scale 6 months study has shown that glucosamine and chondroitin did not reduce pain effectively in the overall group of patients with osteoarthritis of the knee.2

Meanwhile, there's emerging showing the effectiveness of several joint - targeted active ingredients that give promising benefits to joint's pain.



Pain in the joint during activity after long activity or at the end of the day



Joint stiffness in the morning or after resting



Clicking or cracking sound when a joint bends



Swelling around a joint



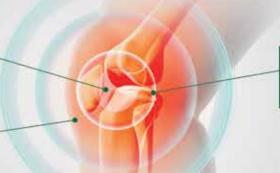
Join stiffness usually goes off after some movement

Synovial Fluid Regeneration:

· Hyaluronic Acid (from Yeast Fermentation Extract/ Rooster Comb Extract)

Reduce Inflammation:

- Boswellia
- MSM
- · Bromelain



Cartilage Repair.

- · Eggshell Membrane
- Undenatured Type II Collagen

- reference.

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	WHAT IS IT AND HOW IT WORKS	PROS	CONS
Eggshell membrane	Eggshell membrane (ESM) is the thin layer found between the eggshell and the egg white in chicken eggs. It is primarily composed of fibrous proteins such as collagen Type I and glycosaminoglycans (ie: dermatan sulfate, chondroitin sulfate, hyaluronic acid, etc). 500 mg taken once daily, significantly reduced both joint pain and stiffness as fast as 10 days.	Fast acting Good safety profile and well tolerated	Not vegan friendly Allergen: Egg protein
Boswellia	Boswellia comes from the Boswellia serrata tree, the raisin contains this active substance - boswellic acid, appear to have a potent anti-inflammatory effect especially for joint pain. Modern medicine and pharmacology strongly point out to its use as an analgesic (pain-reliever) agent. 5	Effective pain reliever	May trigger gastric reflux for those with sensitive guts. Not for warfarin user.
MSM	Methylsulfonylmethane (MSM) is a naturally occurring compound in foods provides a source of natural sulphur, which plays a role in many of the body's processes. MSM supplement effectively relieve joints pain due to its anti-inflammatory property, antioxidant effect and immune modulatory effects.	Effective pain reliever Increase levels of glutathione	Need large doses 3-6g a day. May causes stomach upset or diarrhea.
Hyaluronic Acid	 Hyaluronic Acid (HA) is found in the joint fluid as lubricant to prevent grinding between bones. HA is derived from either rooster comb or yeast fermentation, meanwhile the formal has concern over the use of animal-derived components in biomedical and pharmaceutical applications.⁷ Oral supplement dose as low as 80mg daily has been shown to significantly reduce knee pain in people with osteoarthritis. 	Low dose Clinically effective at 80mg	Large molecular weight HA (>10,000 Dal) is rarely absorbed by the body Not vegan friendly if source from rooster comb
Undenatured Type II Collagen	Undenatured Type II Collagen is derived from chicken sternum cartilage, it works by reducing joint inflammation and promotes cartilage (cushion between the joint) repair. Study reported that it is more effective than the glucosamine and chondroitin sulfate supplements.	Low dose Clinically effective at 40mg (UC-II) Good safety profile and well tolerated	Not vegan friendly Allergen: Chicken protein
Bromelain	Bromelain, an extract from the pineapple plant provides an alternative treatment to NSAIDs for patients with osteoarthritis. 9 It works by reduce swelling and pain of the soft tissues of joints.	Good safety profile and well tolerated	Not for warfarin user Allergen: pineapple





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Like all vitamins, vitamin K must be obtained from the diet to enable our bodies to function as it should. Our diets today mostly feed us with vitamin K1 but do not provide us with enough vitamin K2. Vitamin K1 involved in the regulation of blood coagulation meanwhile vitamin K2 involved in the metabolism and regulation of bone and soft tissue calcification.

To get sufficient daily recommended vitamin K2 intake, you need to consume:



of Cheese x 56 slices



palm size of 20 chicken meat



x 25 eaas

Unlike vitamin K1, K2 does not participate under coagulation normal circumstances and instead activates several extra hepatic proteins that channel calcium into the bones and away from soft tissues. For this reason, vitamin K2 gains its reputation in the recent decades. It plays a crucial role in building bone density and reducing arterial calcifications and cardiovascular mortality1 - major health concerns for the CKD patients. The risk of bone fracture and cardiovascular mortality among CKD patients are several times higher than general population; it is the first cause of death in this group of people.

Vitamin K2, a fat-soluble vitamin that always being overlooked holds great potential for treating and preventing these conditions. Furthermore, evidence demonstrates that CKD patients suffer from subclinical vitamin K deficiency 2, suggesting that this population is at risk and vulnerable to those conditions due to poor vitamin K status. This deficiency might be caused by exhaustion of vitamin K due to its high requirement by vitamin K dependent proteins to inhibit calcification.

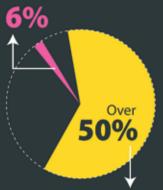
However, dietary recommendations for CKD patients are usually referred to diets:

- 1. Low in potassium: limit the intake of leafy green vegetables which are rich in K1
- 2. Low in phosphate: limit the intake of meat and dairy products which are rich in K2.

These diet recommendations could often promote vitamin K deficiency.

In a study of 172 stage 3-5 CKD patients 3. it showed that: Vitamin K status

Vitamin K-insufficient according to (<0.4 ng/mL)

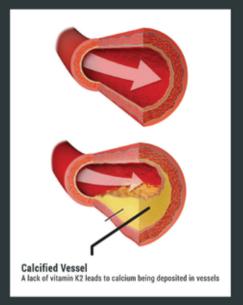


Consumed less than the recommended adequate intake for vitamin K

Vitamin D status

- · 58.3% are 25(OH)D insufficiency
- 8.6% are 25(OH)D deficiency

Vitamin K2 for Haemodialysis Patients -Prevent Arterial Calcification



A recent clinical trial demonstrated that an 8 weeks supplementation with vitamin K2 in haemodialysis patients reduced markers of calcification in a linear and dose dependent fashion, with the greatest benefits being seen of vitamin K2 in MK-7 form daily 4.

Meanwhile, osteoporosis is another major comorbidity in the CKD community. Patients with CKD that required dialysis have a 4-fold increased risk of hip fracture compared with the general population 5. Vitamin K2 regulates body calcium level by bringing it into the right place, which is our bones. To date, there are two clinical trials have shown high dose of vitamin K2 possessed a positive impact on markers of bone health in CKD patients 6.

Vitamin K2 and D3 A Winning Combination For CKD Patients

Since vitamin D deficiency is exceptionally common among CKD patients, vitamin D supplements are routinely prescribed to CKD patients to reduce the rate of bone loss. Vitamin D stimulates calcium absorption in the intestine, but without the help of vitamin K2, it may do harm more than good. Thus, vitamin K2 and D3 is the winning combination for both heart and bone health to CKD patients.

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By: Ng Siew Li, Nutritionist



Living with COPD in 2020

Chronic obstructive pulmonary disease (COPD) is a condition that almost exclusively affects adults who are either smokers or ex-smokers. It is characterised by damage to the lungs (called emphysema) that leads to gradual deterioration of lung function and symptoms that usually include coughing, phlegm/sputum production and breathlessness.

Up to 10% of adults worldwide are believed to be affected by COPD. It is the third major cause of morbidity and fifth leading cause of mortality worldwide. In Malaysia, approximately 448,000 cases were reported in 2010 with an estimated economic burden of almost RM3 billion. These figures are likely to be higher now, given the ongoing smoking prevalence in Malaysia.

Many patients with COPD, alongside those with other respiratory diseases, have been more anxious during the current COVID-19 pandemic. There is fear that they may be at a higher risk of contracting the virus. However, early reports of patients with COVID-19 show an unexpectedly low prevalence of chronic respiratory diseases amongst those admitted to hospital.

The most important factor is ensuring that the condition is well-controlled.

For patients with COPD, the first step is to quit smoking if that has not been done already. This not only reduces disease progression, but improves short and long-term quality of life and health outcomes. There are many ways of doing this (see https://www.jomquit.com/), including the use of nicotine replacement gum and patches.

Patients may also benefit from the use of certain types of inhalers, including those containing long-acting muscarinic antagonist and long-acting beta-agonist. However, these should only be used following review and prescription by a doctor, as these may not be suitable for all patients.

Many COPD patients have concurrent heart disease. It therefore makes sense for them to undergo cardiac screening to rule out any underlying problems such as blocks to their coronary arteries.

Those with COPD should also take preventative measures such as being up to date with influenza and pneumococcal vaccinations. These vaccines are easily available at most GP clinics. The evidence of their benefit is very strong - as patients with COPD are at higher risk of contracting these conditions, the vaccines have been shown to reduce the risk of not only falling sick from these microorganisms, but of less severe disease and better outcomes for those with COPD.

An oft-forgotten aspect of managing COPD is looking after one's mental health. Being diagnosed with a chronic lung disease can be psychologically debilitating - some suffer from fear, anxiety and depression. These are not uncommon, and are worth addressing proactively.

Although COPD has no cure, it is very manageable with the right approach and treatment. Patients should not despair, and should instead focus on addressing the issues that can be improved upon in order to obtain the best quality of life.

Dr. Helmy Haja Mydin is a respiratory physician at Pantai Hospital Kuala Lumpur.

PC-MY-101284 Oct 2020

This patient educational material is supported by





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MENGALAMI KETIDAKSELESAAN

Anda mungkin ingin memeriksa jika anda mengalami IBS

IBS (Irritable Bowel Syndrome) atau Sindrom Usus Rengsa

adalah salah satu diagnosis yang paling kerap dalam sistem pencernaan manusia. Ia menjejaskan 10-15 individu dalam setiap 100 orang. IBS mempengaruhi gerakan usus (motility) dan menyebabkan usus menjadi lebih sensitif terhadap rasa kesakitan (hypersensitivity). Mereka yang terjejas sering mengalami gejala-gejala seperti:







- Lendir pada najis · Buang air besar
- Kembung · Sakit perut
- Sembelit · Cirit-birit



Probiotik untuk IBS

Terdapat beberapa bukti menunjukkan bahawa probiotik tertentu dapat membantu dalam IBS. Pilihlah jenis probiotik yang betul dengan dos yang tepat untuk manfaat kesihatan, Contohnya, menurut Garis Panduan Organisasi Gastroenterologi Dunia, gabungan

- Pediococcus acidilactici CECT7483
- Lactobacillus plantarum CECT7484
- Lactobacillus plantarum CECT7485

pada dos 3-6 Bilion CFUs/Kapsul, sekali sehari dicadangkan untuk IBS.1

Bagaimanakah probiotik bermanfaat?

Probiotik dapat membantu dalam IBS melalui beberapa tindakan. Mereka boleh mengurangkan keradangan dan keadaan usus yang sensitif, mengatasi cirit-birit atau sembelit dan memodulasi pergerakan usus.

Sebagai contoh, Pediococcus acidilactici CECT7483 menghasilkan berbagai jenis postbiotik yang membawa manfaat kesihatan untuk pengguna. Ini termasuk:2

Postbiotik	Manfaat	
Asid butyric	Melegakan sakit perut dengan mengurang- kan keradangan dan kepekaan usus. ³ Menindas pertumbuhan bakteria jahat dan membantu mengekalkan flora usus yang sihat. ³ Membantu mengatasi cirit-birit dengan merangsang penyerapan air di usus besar. ³ Ia juga membantu memodulasi pergerakan usus. ³	
Poly- Poly- Poly- Poly- Phosphate Oksidatif dan memperbaik kecederaan epitelium yang disebabkan oleh keradan gan. Berpotensi membantu dalam cirit-birit kerana meningkatkan fungsi penghalang usus.		

Pilihlah probiotik yang terbukti untuk meningkatkan kualiti hidup anda yang terjejas akibat masalah IBS.

Rujukan: 1. Suarmer F. et al. WSO Global Suidelines on Probiotics and Prebiotics, WSO, 2017. 7. Jordi EM. Inventor: A8-BIOTICS S.A. assignee Probletic composition for use in the treatment of bowel inflammation. WIPO patent W02011/092261A1, 2011 Aug 4, 3, Zaleski A, et al. Butyric acid in Irritable bowel syndrome. Prz Gastroenterol. 2912.8(6):350-353. 4, Segawa S, et al. Probletic-Derived Polyphosphate Enhances the Epitheliel Barrier Function and Maintains Intestinal Nomeostasis through Integrin-p38 MAPK Pathway, PLoS One. 2011; 6(8): e23278.

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BAIK UNTUK KESIHATAN USUS ANDA

KESAN PROBIO i3.1

Menghasilkan Postbiotik Bermanfaat
Strain dalam formula PROBIO i3,1 mampu
memfermentasi serat yang biasanya terdapat dalam
makanan untuk menghasilkan sejumlah besar asid
lemak rantai pendek, terutamanya asid butyric yang
memodulasi pergerakan usus.



APAKAH PROBIO i3.1?

PROBIO i3.1 mengandungi 3 jenis asid laktik probiotik strains yang dikenal pasti secara genetik

KUALITI DAN KESELAMATAN

- √ Cadangan strain daripada Garis Panduan²
- √ Tiada gen ketahanan antibiotik^{3,4,5}

Ambil 1 kapsul sehari6

Buatan Sepanyol

MAI YOUTKOOKN

Used as a Health Supplement Net weight: 13,07g

Rujukan 1. Jordi EM, inventor: AB-BIOTICS S.A., assignee. Probiotic composition for use in the treatment of bowel inflammation. WIPO patent W020II/072261AL 20II Aug 4.2 Guarner F. et al. W00 Global Guidelines on Probiotics and Probiotics: W00, 2017. 3. Mira A. Antibiotic Resistance Genes in the problotic strain Pediotocycus acidilactici CECT 7484 deposited by AB Biotics. Spain: FISABIO Foundation. 2019 Apr. 4. Mira A. Antibiotic Resistance Genes in the problotic strain Lactobacillus plantarum CECT 7484 deposited by AB Biotics. Spain: FISABIO Foundation. 2019 Apr. 5. Mira A. Antibiotic Resistance Genes in the problotic strain Lactobacillus plantarum CECT 7485 deposited by AB Biotics. Spain: FISABIO Foundation. 2019 Apr. 6. Problo i3.1 Product Packaging.







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TAKE CONTROL OF

URIC AS

Hypertension



Uric acid is a waste product from the breakdown of purine which is found naturally in both our body and diet. The purine-rich foods that we love to eat such as beef, duck, anchovies, prawn, scallop, mushroom, cauliflower and spinach will

increase the uric acid level in the blood.1 Hyperuricemia or high uric acid level is defined as a serum uric acid level >6.8mg/dL and is the most important risk factor for developing gout.2

Hyperuricemia can caused by consuming foods Diabetes and drinks that are high in purine content, overproduction of uric acid in the body or by far the more commonly due to inefficient excretion of uric acid by our kidneys. Inefficient excretion of uric acid by our kidneys is the cause for more than 90% of hyperuricemia.1 When the uric acid becomes concentrated in the urine, it can settle and form kidney stones by itself or along with calcium.3

Gout is a form of painful arthritis which mainly caused by high uric acid level in the blood. A gout

attack is caused by abnormal uric acid metabolism and precipitation of urate crystals in extracellular space that irritate the joints. 60% of gout patients have a second attack within a year of diagnosis. Gout is associated with a

number of health issues including metabolic syndrome, diabetes, obesity, hypertension and kidney diseases.

According to American College of Rheumatology (ACR) gout treatment guidelines, the new "Treat-to-Target" approach is to bring down the uric acid level of less than 6mg/dL in order to reduce the risk of incident gout.⁴ People with high uric acid may take urinary alkalinizer as an alternative therapy or in combination with gout treatment prescribed by the doctor to reduce the uric acid level. Both sodium bicarbonate and sodium

citrate increase the urinary pH in patients with normal renal function. By maintaining alkaline urine, it increases the solubility of uric acid and promotes the elimination of uric acid, thus reducing the uric acid level in the blood. 5.6

3 Simple Steps to Prevent High Uric Acid

Gout

Step 1: Take control of uric acid



Take urinary alkalinizer to reduce uric acid level5,6



Drink at least 8 cups of water everyday3

Step 2: Reduce purine-rich foods



Cut down purine-rich red meat and seafood4

High Cholesterol

Cardiovascular

Disease



Reduce alcohol consumption4

Step 3: Maintain a healthy lifestyle



Eat healthy meals including fresh fruits, vegetables and arains2



Exercise regularly and stay

References: (1) Luk AJ et al. (2005) Epidemiology of Hyperuricemia and Gout. The American Journal of Managed Care (2005) Vol 11: S435-S442 (2) Khanna D et al. (2012) American College of Rheumatology Guidelines for Management of Gout. Part 1: Systemic Nonpharmacologic and Pharmacologic Therapeutic Approaches to Hyperuricemia. Arthritis Care & Research (2012) Vol 64: 1431-1446 (3) National Kidney Foundation. (2014). Gout and Uric Acid Tracker. www.kidney.org/atoz/pdf/11-10-4832_EBC_Gout_Checklist.pdf (4) FitzGerald JD et al. (2020) 2020 American College of Rheumatology Guideline for the Management of Gout. American College of Rheumatology. 2020; 1-17 (5) Saito J et al. (2010) The Alkalizer Reduces Serum Uric Acid Levels and Improves Renal Function in Hyperuricemic Patients Treated with the Xanthine Oxidase Inhibitor Allopurinol. Endocrine Research. 2010; 35(4): 145-154 (6) Bjornstad P et al. (2018) Role of Bicarbonate Supplementation on Urine Uric Acid Crystals and Diabetic Tubulopathy in Adults with Type 1 Diabetes: A Brief Report. Diabetes, Obesity and Metabolism. 2018 Jul: 20(7): 1776-1780.

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AWAS!! TIDAK MANIS # TIADA GULA

Saya kerap terima pertanyaan tentang karbohidrat dan gula, ramai yang "confuse" tentang kedua-dua ini. Marilah kita memahami apa tu karbohidrat dan gula.

Gula merupakan salah satu jenis karbohidrat, iaitu karbohidrat ringkas.

Kita memerlukan gula. Badan kita dapat menyerap gula dengan cepat dan menjadikannya sumber tenaga untuk kita. Kita juga perlu mengenali jenis-jenis gula yang berlainan iaitu;

a) Gula biasa - sukrosa

(yang sering dijumpai di pasaran) b) Gula dalam malt

- maltosa

c) Gula dalam susu

- laktosa

d) Gula dalam buah-buahan

- fruktosa

Gula boleh didapati secara semulajadi dalam makanan yang mengandungi karbohidrat seperti nasi, mi, roti, pasta dan ubi-ubian. Selain daripada yang semulajadi, gula juga ditambah semasa penyediaan makanan dan minuman ataupun ketika proses pembuatan makanan. Fungsi gula tambahan ini adalah sebagai 'penambah rasa' dan meningkatkan kelazatan. Malah, gula juga digunakan sebagai pengawet makanan.

Gula tambahan sememangnya mudah dijumpai dalam banyak makanan dan minuman!!!

Saya mendapati ramai yang gemar gula fruktosa, dimana ramai salah sangka bahawa pengambilan gula semulajadi dalam buah-buahan ni sihat! Inilah yang menyebabkan ramai memilih makanan dan minuman yang mengandungi gula fruktosa. Terlebih makan gula fruktosa pula.

Kita perlu sering mengingatkan diri bahawa pengambilan fruktosa dalam kuantiti yang sedikit; seperti makan buah-buahan dan sayur-sayuran sebenarnya tidak merbahayakan.

Badan kita mengambil masa untuk menghadam fruktosa supaya ia dapat ditukarkan kepada tenaga. Tetapi, sistem penghadaman tidak sempat memproses fruktosa sekiranya kita mengambilnya dalam kuantiti yang tinggi secara berterusan setiap hari. Ini akan membebankan hati kita untuk memproses fruktosa. Jika ini berterusan, hati kita akan semakin "penat" memproses fruktosa dan menyebabkan hati berlemak.

Bagaimana kita dapat mengetahui makanan ataupun minuman itu mengandungi fruktosa? Marilah kita mengenali nama-nama samaran fruktosa,

Ng Siew Li, Nutritionist

Disediakan oleh:

· Sirup fruktosa (Fructose syrup)

· Sirap jagung (Corn syrup / maize syrup)

· Fruktosa buah

(Fruit fructose) · Pepejal sirap jagung (Corn syrup solids) RUKTOS

APAKAH KEBAHAYAAN FRUKTOSA?

Pengambilan fruktosa yang berlebihan adalah bersamaan dengan kesan pengambilan ARAK!!!

Gula ini perlu diproses dan dimetabolismakan oleh hati kita. Banyak kajian menunjukkan pengambilan fruktosa secara berlebihan boleh menyebabkan masalah kesihatan berikut:



Fruktosa ini biasanya diproses menjadi "sirap jagung tinggi fruktosa (high fructose corn syrup, HFCS)", sejenis gula sintetik yang asalnya daripada jagung.

INGIN BELAJAR CARA-CARA BAGI MENGESAN GULA?

Belajarlah bersama saya bagaimana untuk membaca label makanan agar kandungan gula dapat diketahui~

Contoh-contoh makanan dan minuman yang mengandungi gula fruktosa dan HFCS yang tinggi:

- · Minuman dalam tin dan kotak (soft drinks), termasuk jus buah-buahan
- · Bar granola dan sarapan bijirin (breakfast cereal)
- · Minuman 3 dalam 1
- · Gula-gula dan coklat
- · Buah-buahan dalam tin
- · Susu tepung

Sebenarnya, ramai orang sedar bahawa pengambilan gula tambahan yang berlebihan boleh menaikkan berat badan, menambahkan risiko diabetes dan memudaratkan kesihatan, tetapi ramai yang tidak tahu tentang bahaya fruktosa.

Pengambilan gula tambahan tidak diperlukan dalam diet harian kita! Kita boleh mendapatkan gula yang mencukupi dari makanan yang mengandungi karbohidrat.







Malaysia, is the heaven for good food.

As a dietitian, I always hear my clients or friends and family telling me how difficult it is to practice healthy eating or lifestyle. "I feel like I need to makan rumput to practice healthy diet" It was a joke, but it made me think, real hard, on how to make it easier.

Healthy Eating should be fun and easy to accomplish. And hence, we have this "Easy-Peasy Plate". Food Pyramid is the history, now is the era of "Suku-Suku Separuh"

When we launch this Easy-Peasy Plate, we believe that the most important part is to learn the healthy portion sizes.

You can eat All you have to do is divide your plate into THREE parts:

A. 1st Quarter-Carbohydrate

This will include bread, oat, rice, pea, corn, potatoes and etc. Fill half your grains whole to achieve better movement and overall health.

You need not escape all the carbohydrates to lose weight, they are equivalently important.

B. 2nd Quarter-Protein

Meat, chicken, fish, bean curd, egg or milk can be good sources of protein. However

always remember to keep your protein choices lean. Try to avoid or removes all the fats attached to the meat. Cooking method also matters. Go steam, bake, or soup instead of deep frying.

C. Half of the plate should be fruits and vegetables

Have a variety of fruits and vegetables in your plate every day. Try to achieve 7 colours in a day and make your plate a rainbow! Every different colour or types of fruits and vegetable provides different antioxidants, mineral and vitamins.

With that, your plate is ready to be served! Easily we can achieve balance, moderate and variety in a single plate. Just a simple act, and you can make a different to your LIFE

With the Easy-Peasy Plate, Eating is so Enjoying!

When you go to a Michelin Star restaurant, plating is crucial. It gives you the "mood" to eat! So, we design the plate to be stylish and elegant.

When you think on "portioning", people always relate it to the hospital-food. Not anymore with the Easy-Peasy Plate, design together with an Italian designer, you are definitely the trendiest person on a dining table.

Just 20 Stamps for a FREE Easy-Peasy plate

What could be better? You can get it for free! Start collecting the stamps for every RM30 you spent in Alpro Pharmacy and get this wonderful plate for yourself and your love ones! It is the perfect gift for someone you treasure in all festive including Chinese

Together with the launching of this plate, we will have an exciting cooking competition. We believe that having knowledge about healthy cooking is not just the privilege of nutritionist or dietitians. There is a lot of hidden talent among the public out there. They have passion in healthy cooking and would like to share their great recipe with others!

If you would like to take part in this competition, just click into this page to find out more:

https://www.alpropharmacy.com/health_ article/easy-peasy-plate-healthy-recipe/

Share Knowledge! Enjoy cooking! Win the Grand Prize!

Nothing can be easier than this ... Easy Peasy Plate! Let's do this together! Remember 3 C's of Life:

Choices, Chances and Changes. You must make a Choice to take a Chance as your Life will never Change

~ A warm Message from Alpro Dietitians and Nutritionist.



As a dietitian from SugO365, 1 would like to tell you that, having diabetes can enjoy life too!

Since SugO365 have started, we have helped thousands of Malaysians with diabetes regaining quality life through blood glucose self - monitoring with companion of dietitians nutritionists.

With SugO365, this journey of yours will not be lonely anymore. A dietitian or nutritionist will walk the path with you; whether it is in your decision making of what to eat, which supplement is suitable to you, to what kind of exercise is right to you?

Reimagine Possible!

A diagnosis does not and should not hold you back. There are still many ways to improve your medical condition, at the same time enjoy life! We have great testimonials to share with you.

Ivy is a mother and a young woman with diabetes. She commented that SugO365 changed her life! She was very reluctant to see a doctor, take medication or make changes to her lifestyle at first. However, with the companion of SugO365 and getting the right care, she managed to lose 9kg of weight and HbA1c from 10 .0% to 5.3%!

She is still with us today and she has successfully made healthy eating and lifestyle a part of her life. Now she can smile to us and say, "It is not that hard after all".

Kamal is another success story of SugO365. He got a shock when he went for a random blood test and realize that his glucose level was 21.1mmo/L. Immediately the doctor started him on insulin and suggested him to join SugO365.

Kamal was lost, not sure where to start and what is ahead of him. He followed the doctor suggestion and signed up SugO365. I gave him the confident, with time things will get better. Both of us worked together in controlling diet, exercising, monitoring blood glucose level and many more.

Having hypoglycaemia (low blood glucose) is as dangerous as having a high glucose level. He walked through the journey with professional as his companion. In just one month, his glucose reading stabilized to the range of 5 mmol/L to 8 mmol/L. His dosage of insulin is reduced, and doctor suggested him to change to oral medication if he achieves a stable reading continuously.

He is so happy about it!

Hassle free, in just 1

Before this, SugO365 provides glucose checking. Now, we are also offering a NEW ADD-ONS! For SugO365 users, other than monitoring glucose all the time, it is also important to monitor our blood pressure.

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monitoring on board. With just one click, everything is sync together in a same app. In one app, healthcare professional can monitor and help you to manage a better glucose and blood pressure readings.

Many believed that personalized care, professional advices, and close monitoring are the key success of SugO365 as the leading diabetes management platform. Deep in my heart, as the dietitian in SugO365, I truly understand that the key success sparks because of the trust and strong engagement between healthcare professional and our patients.

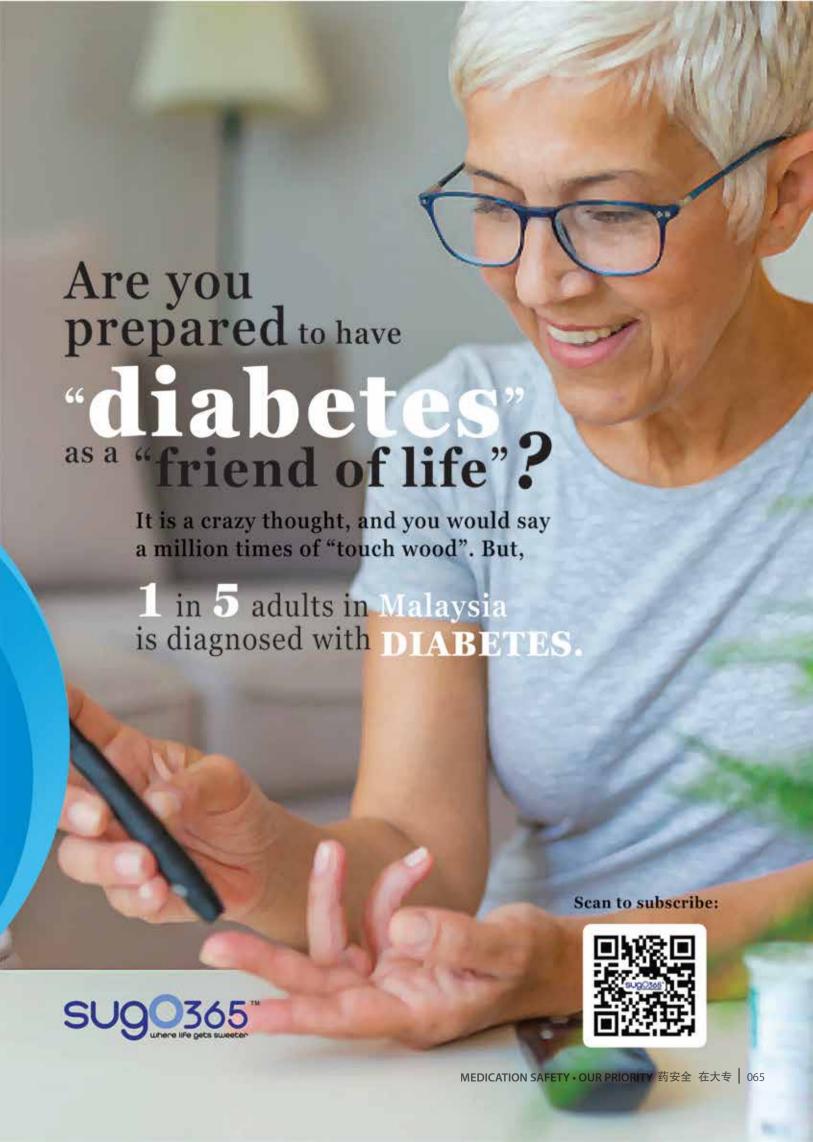
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What CAN you do to have NO limits?

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Chua Kai Jia Dietitian





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Reference: 1Brazg RL, et al., "New Generation Guide Blood Glucose Monitoring System Exceeds International Accuracy Standards:" J Diabetes Sci Technol. 2016; 10(6):1414-1415.

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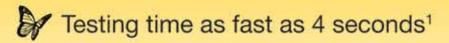
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WHAT IS HEART FAILURE

Heart failure means that your heart is failing to pump as efficiently as it should to supply the body with the oxygen and nutrients that it needs.

Symptoms of heart failure2



Shortness of breath



Sudden weight increase



Swelling in the ankles, legs and abdomen



Rapid heartbeat



Shortness of breath when lying down



Loss of appetite



Fatigue



Frequent urination

Causes of heart failure1























Diagnosis of heart failure¹

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- a cardiac biomarker test that can check on the severity of heart failure and adverse outcomes.



Blood tests

- to check whether there is anything in your blood that might indicate heart failure or another illness.



An electrocardiogram (ECG)

- this records the electrical activity of your heart to check for problems.



An echocardiogram - a type of ultrasound scan where sound waves are used to examine your heart.



A chest X-ray - to check whether your heart is bigger than it should be, whether there is fluid in your lungs (a sign of heart failure), or whether a lung condition could be causing your symptoms.

Early detection is half the battle won.

Please consult your Cardiologist to check on your heart condition.



www.KeepItPumping.com

Reference: 1. CPG Management of HF 2019 4th Edition 2. Ponikowski P et al. 2016 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure, European Heart Journal (2016) 37, 2129-2200. Digital Object Identifier: http://dx.doi.org/10.1093/eurheartj/ehw128 ehw128. First published online: 20 May 2016.



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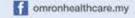




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Smoothes Skin

Gentle Exfoliating Facial Scrub smoothens skin by removing dead skin cells and deep impurities, while promoting new cell growth.

Jojoba Oil and Olive Oil help rehydrate skin and soften it while Geranium Essential Oil and Peppermint Essential Oil give a refreshing after-scrub feel.

Brightens Skin

Gentle Exfoliating Facial Scrub contains Pomegranate and Licorice root extracts to help lighten and brighten up dull looking skin.

Active Ingredients



Pomegranate Extract Moisturises. repairs and

protect the skin,





Licorice Root Extract Brightens the skin.



Rice Beads Exfoliates dead skin cells gently.



Oilve Oil Moisturises and conditions the skin.



Jojoba Oil Promotes skin health.



Peppermint **Essential Oil** Refreshes the skin.



Essential Oil Relaxes the skin.





















Get Brighter and Softer Skin with Gentle **Exfoliating Facial Scrub!**



Rice bead exfoliates dead skin cells and melanin deposits.

How to Use



After cleansing face, apply a generous amount. of Gentle Exfoliating Facial Scrub onto wet face.



Gently scrub face in a circular motion, avoiding eye area.



Rinse with water and pat dry



Your skin is soft, smooth and radiant!

NEW MANUKA 20+OINTMENT IN JAR









Same GOODNESS BIGGER Pack





- Carica Papaya, Manuka Honey 20+, Sunflower Seed Oil
- Care Solution For Sensitve Skin
- **Double Intense** Care Formula
- No Parabens, Colourants, Mineral Oil



Extensively Treat and Repair Chapped Lips, Cuticles & Dry Skin



Multipurpose, from Top to Toe



Quick Relief of Skin Irritations and Minor Cut



Rapid Absorption to Keep Your Skin Hydrated All Day Long









Tube visible & lighter with 4 Weeks.

A More Confident You







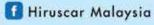
To use 2-3 times daily, at least up to 3 months to see improvement in scar appearance.

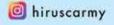


To protect against scar formation, it should be used once the wound has closed.



Silicone Pro













man ursen ursuk juatan unt dan niliti di 26 negara jitan Ordoxer 2016 hengga Ordoxer 2019, pangkulan nasa Nober





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- Support Healthy Circulation
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Simple

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RM 15.90



100% ALCOHOL FREE

Tone skin & tighten pores

Simple

Soothing Facial Toner 200ml NP: RM19.70

RM 13.88





Simple

Pure Soap Pack of 2 NP: RM9.90

RM 8.30

- √ Mild formula
- Does not irritate skin











NEWBORN SKINCARE: THINGS YOU NEED TO KNOW -

A baby's skin is fragile because it is up to 10 times thinner than adult skin. It is not fully developed yet therefore not having a functional protective skin barrier. Dermatologists therefore recommend choosing a gentle baby care product that is formulated at pH5.5 to help in developing their functional protective skin barrier which protects skin from dryness, irritants, allergens & pathogens.



Eczema

Commonly affects both adults and children. Often associated with allergies, asthma and dry, itchy skin. Likely to be triggered by contact with alkaline & soap-based skin cleansing products.

Recommended product: Baby Care Cream



Milk rash

Common among newborns during first few months of life. May appear as red facial rash or small, white pimple-like bumps. Could be triggered by drooling, frequent wiping of the face and mouth.

Recommended product: Protective Facial Cream



Heat rash

Also known as prickly heat. It commonly happens to newborns whereby sweat is trapped in the skin due to under developed sweat glands. Usually affects folds i.e. around the neck, groin, behind the elbows & knees.

Recommended product: Baby Cream Extra Soft



Nappy rash

Also known as diaper dermatitis. May happen due to contact with excrement and friction against diaper material.

Recommended product: Baby Diaper Cream



Cradle cap

Also known as seborrheic dermatitis. It appears like dandruff or thick, yellow layers of dead skin cells. This is a result of over production of sebum.

Recommended product : Children's Shampoo

Baby Sebamed - The best protection from the first day!

pH5.5

Dermatologically tested

High quality, effective ingredients

Calms skin and accelerates healing process

Promotes and strengthens protective skin barrier











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PENGELUAR PROBIOTIK 10 TERBAIK DI DUNIA

TAIWAN NO.1 GRAPE KING BIO









Ibu: Nurul Nazuah (Pulau Pinang)

Anak: Maryam Nur Alisha (2 tahun)

"Kawan saya yang syorkan untuk mencuba susu Morinaga Chil-kid. Risau juga saya jika beli nanti, Maryam tidak mahu minum susu formula, Nasib baiklah Morinaga Milk Malaysia ada menawarkan Pek Percubaan. Saya tidak sangka yang Maryam suka sangat dengan susu Morinaga Chil-kid yang berperisa vanila serta oishi!

Morinaga Chil-kid ini merupakan susu yang berformulasi Jepun serta 100% diimport dari Belanda, lanya juga mengandungi kandungan nutrisi penting seperti GOS, AA, DHA, Nukleotida serta banyak lagi yang membantu untuk sistem tumbesaran kanak-kanak Asia.

Sebab itulah saya akan terus memilih untuk berikan Maryam susu Morinaga Chil-kid ini sehingga hari ini!

Terima kasih Morinaga Milk Malaysia!!"



- √ 100% dihasilkan serta dibungkus di Belanda
- ✓ Formulasi Jepun dengan nutrien penting yang seimbang
- ✓ Standard keselamatan berganda untuk kualiti & jaminan keselamatan
- ✓ Nisbah seimbang AA dan DHA, sesuai untuk kanak-kanak Asia
- ✓ Rasa vanila yang ringan & mengurangkan rasa manis





Dapatkan Pek Percubaan Morinaga Chil-kid 700g berharga RM20 sahaja: oz-marketing.com/tpv/



MorinagaMilkMalaysia

www.morinagamilk.com.my

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Alpro 2020-2021 Events 2020-2021



1st Drive-thru **Online Warehouse**

The first Drive-Thru Online Warehouse Sale was held successfully in October 2020 to the whole nation. The event brought us a new shopping experience!

Monday Lab FB Live

It's free and informative! Now we provide a good place to timely discuss on health awareness issue as well as cooking demo on Alpro Pharmacy Facebook Page every Monday 8pm!







New Outlet Opening

Running out of medicine? Or think you need some? Don't worry! Now you can find more pharmacy branches at Petaling Jaya, Puchong, Selayang (Selangor), Kepong (Kuala Lumpur), Kota Bharu, Tumpat (Kelantan), Pekan (Pahang) and Kuala Terengganu.



To say thank you as we celebrate 18 wonderful years with all loyal members, you are invited to join this celebration at Pahang, Terengganu, Kelantan, Negeri Sembilan, Johor, Sarawak and more! Don't miss out the great deals and you can always shop online too!







Whoever you may be! This is a moment for all of us coming together in a collective effort to make each other kinder, stronger, and braver to face the days ahead. All of these better additions to our lifestyle will not only help us fight coronavirus, but many other communicable diseases as well. Hold on tight together... Fight AGAINST COVID-19.

Alproeans are here for you all the time!



NH JOINT-K

Sendi Sihat Hidup Lebih Aktif

"Rasa begitu selesa selepas mengamalkan teh ini setiap hari!"

Dato' Jalaluddin















- Ramuan semula jadi
- · Tanpa ubat
- · Tanpa gula



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

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