



HEALTH MATTERS

EXCLUSIVELY FOR ALPRO VIP MEMBER | MAY - JUNE 2021

VOL 18

“ When you have children yourself,
you begin to understand what you owe your parents.
Love your **parents** and **treat** them with **loving care**...



THE WONDERWALL TIMES

The wall of Community Happiness from Alpro Foundation.

Welcome to the 2nd issue of The Wonderwall Times. It has been quite an adventurous 4 months since the 1st issue and this time we will be sharing about a recce trip to the depths of the jungle to visit an Orang Asli settlement, the launch of our Limited edition "Dream and Shine Bright" T-shirts.

THE FIRST RECCE TRIP TO "KAMPUNG ORANG ASLI":

It was an early Saturday morning where we set out from Petaling Jaya with Volunteers from The Centre for Orang Asli Concerns (COAC) together with Dr Colin (Founder of COAC) and Chang from Vitapak Team to visit an Orang Asli settlement located in Perak, South of Gerik.



- a picture with the residents



- the journey

It has always been one of the goals of Alpro Foundation to visit an Orang Asli settlement and bring vitamins and gifts to the children.

The whole journey from PJ to the entry point of the jungle track took 5 hours, at first we thought it would be an easy ride, but somehow things took a turn when the ride

became a bumpy one that threw us off our expectations. The journey off road was bumpy, rocky and muddy, we even got stuck in a deep pothole by the slope. Luckily we have a Landrover along the journey to save the day.

Upon reaching there, it was a different experience where children ran after our vehicles and welcomed us with flowers and fruits as welcome gifts. They sang us songs and greeted us with smiles and happiness, something that is hard to find these days.

We stayed for 2 days with them and distributed vitamins, gummies, and water bottles to the children. (Thank you Champs and M-zole for the Sponsorship of the Vitamins and Deworm) It was a very short trip and most of the time was spent on travelling, we will be going for another trip sometime in September this year, provided that the covid situation improves further.



- The children from Orang Asli Kampung in Gerik

METABOLIC BASIC SPONSORSHIP PROGRAM



- Metabolic Basic

As of today there are 79 patients taken care of under this program. Right now, we are supporting these families and accumulated an estimated savings of RM110,600 every month.

An average patient on tube feeding may incur monthly expenses of up to RM1500 - RM2000, for a regular income family, not everyone can sustain their loved ones. Many families resorted to using other alternatives and yet affordable milk formulas but are not meant for sustaining an adult. In the end, most tube-feeding patients end up having severe weight loss due to under nourishment from the alternative products they have purchased.

If you happen to know anyone or person in need of such assistance with household income of less than RM3000, please come forward to any Alpro Pharmacy outlets and approach our friendly staff who will help you apply.



- Metabolic Basic - M-Pharmacist (PK, Bawit)

alpro foundation
Bringing Hope, Changing Lives

THE NORTHERN STARS GOLD Award

This award is given to members of the public and Alproeans who have gone the distance to help and serve the community.

The Northern Stars Recipients:



~Auntie Chooi Li

Who have volunteered to deliver Metabolic Basic supplies to patients on behalf of Alpro Foundation throughout the past 1 year. She is a very committed lady who has been showering the community with care and love.



~Mr. James Lau

A very sincere gentleman who has been going to schools and identifying students in need of financial support, he helped to enrol students into The Growing Stars Project ever since he knew Alpro Foundation, he is also a huge supporter of our Charity Water.



~Ng Jing Si, Health Advisor

A very passionate and driven lady from Alpro Pharmacy Pesta, Muar Johor for selling more than 300 bottles of Charity Water!

80 HOUSES WERE SUCCESSFULLY DISINFECTED



~ Joe Ann wearing in a child living in the Batu 3 mansion

~ Helle - Fogging one of the houses



~ En W - Helle at Batu 3 Mansion

~ Batu 3 Mansion Committee Members

In November 2020, Seremban was hit with flash floods, resulting in numerous housing areas affected. Alpro Foundation with volunteers formed a team and went to Kampung Batu 3 Mambau to provide 2 - in 1 (Disinfectant + Anti Mosquito) fogging services for the residents. Working together with the local community, Village Adam and his fellow committee members guided the team around and helped coordinate the effort, within a span of 3 hours, 80 houses were successfully disinfected.

DREAM & SHINE BRIGHT T-SHIRTS

This year, Alpro Foundation aims to sponsor 100 students and to do so, an estimated RM120,000 is needed to do so. Fortunately with the commitment and dedication from a group of Intern students from IMU & INTI, they have helped make it possible!

The Dream & Shine Bright T-shirt concept is the brainchild of these 4 interns, Lynette Liew, Kelly Chin, Adrian Lai, and Phyllis Sum, and together with the support from the staffs of Alpro Pharmacy, 8000 T-shirts were successfully sold and more than RM80,000 was raised to fund The Growing Stars Project. Each T-shirt is selling at RM29.90.

From sourcing to logistical arrangements and creating videos for the campaign, these 4 interns took up the challenge and did it anyway. Thank you interns, now we can really support 100 students this year!

"Education is not the filling of a pail, but the lighting of a fire."

~ William Butler Yeats



~ Ph Thin Posing for movies

~ The Interns

~ Adrian - Phyllis Posing as models for the T-shirt

~ Ph En Chen - Ph Thin in front Seremban selling the T-shirts

The journey will be continue towards healthy and vibrant community...



Winnie Hsiung Szu Yuan

Branding, Promotion & Trade
Marketing Manager

Alpro Pharmacy

FROM THE EDITOR

Welcome to the 18th edition of Alpro Pharmacy Health Matters, the May edition for the year of 2021.

Welcome to a new year, one that is filled with hope and new beginnings! At Alpro Pharmacy, I am glad that we had the opportunity to creatively transform and expand our community service that have overcome many challenges presented in 2020 and have shown resilience and dedication to helping our customers.

I realize the number of underprivileged student case is increasing, their parents' financing problem is the biggest factors especially after the pandemic in year 2020. In Alpro, we strongly believe that EVERY child has the right to further basic education. This February, we have successfully raised a fund by selling over 8,000 "Dream & Shine Bright T-shirt" to support over 100 students in their studies.

I also notice that some of our customers with long-term (*chronic*) diseases such as heart disease and diabetes has been encouraged to use "Easy-Peasy Plate" in their daily eating diet. The concept was adopted by suku-suku-separuh, is a good way to practise healthy eating habits, to ensure a balanced variety in food items

Moving forward, Parents' Day is around the corner, it is a great opportunity to look after parents' physical activity and mental health. Sometime, taking care of a loved one with health condition can be challenging. In Alpro Pharmacy, we provide a specialized prepacked medication **PILCube**, multi-dose dispensing pack that enable to remind elderly take medication properly. Always contact us and don't forget our special privilege for 60 years and above on every **18th of the month!**

On behalf of all Alproeans,

I hope you enjoy our first issue of 2021 and would love to hear from you about topics you'd like to see us cover in future issues. Please do follow our Facebook Page @alpropharmacy and visit alprooneclick.com for more information update. We look forward to being on this journey with you.

Let us hold our hands together and to move towards a

Healthy And Vibrant World

STAY SAFE AND HEALTHY

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Empowering Women. Changing Lives.

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One stop Solution for
Elderly Care and
Post-Discharge Care

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

HEALTH

I am Stronger!

Rest Well, for better RECOVERY!

CICADA: The new REVOLUTION
for eye care supplement

Ladies' monthly issues:
Struggling with PREMENSTRUAL
SYNDROME (PMS) everytime!

Caffeine & Sugar NO LONGER the
CHOICE for BOOSTING ENERGY
throughout your day!

ADAPTOGENS: Caffeine alternatives
for natural energy

Feeling TIRED ? NUMBNESS in hands and feet?
Could it be VITAMIN B12 deficiency?

PROMOTION

HEALTH

3 Ways to RELIEVE PAIN without taking
PAINKILLERS

MEDICAL AIDS

Hearing Loss?

PHYSIOTHERAPY

The Healthiest MATERNITY Fashion

DIABETES

How Gestational Diabetes affects mom baby?

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where the girls connect



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I'll take care of you.

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Even when you behave as a child,
I'll respect you.

Even when you can't mobilise,
I'll provide comfort to you.

Without you, I'm not here.
I'll thank and love
you forever...

**HAPPY
PARENT'S
DAY**



* My grandpa is 89 years old,
but I am the **Alpro Silvercare member**. *

* I am 60 years old,
and I am an **Alpro Silvercare member**. *

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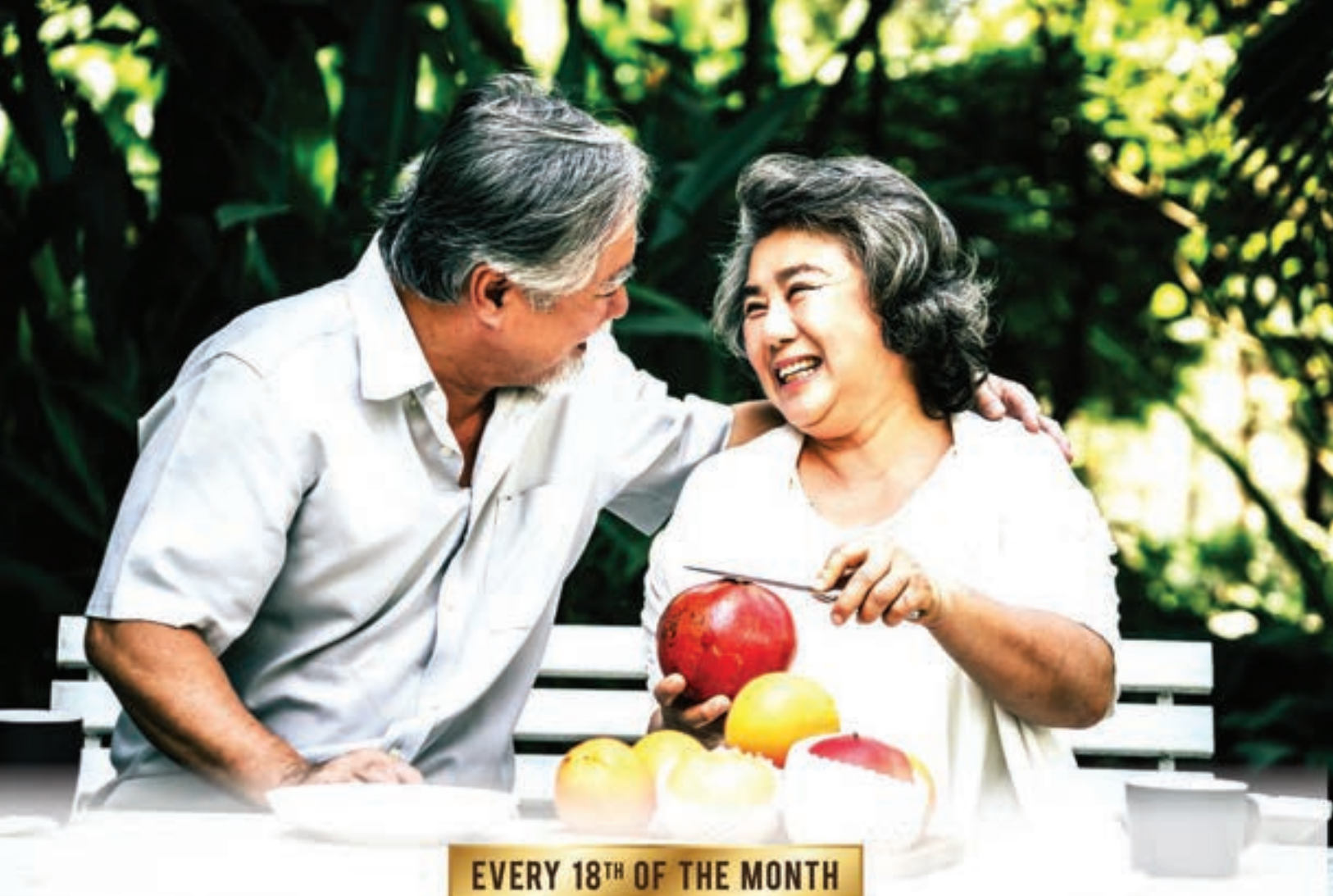
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RM 20 *

[69123]

(WHOLE MALAYSIA)

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I am Stronger



By : Kelly Gan Wei Xin, Dietitian

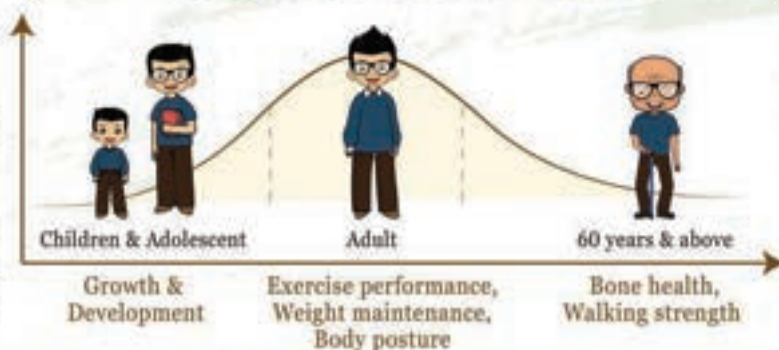


In the midst of COVID-19 invasion worldwide, not only that we need to keep our immunity strong, "Muscle Health" is equally important in supporting overall health and wellness, especially into old age.

Based on research, **adults lose up to 33% of muscle mass** between age 40 to 70. This affects physical strength, balance, and recovery from illness.

Lower muscle strength can also put us at **higher risk of breaking a bone**. Thus, a good muscle health is especially crucial to keep us strong during the pandemic time.

MUSCLE ROLE vs LIFE STAGES



HOW CAN I IMPROVE MUSCLE HEALTH?

Move it 3 mini home or office bound exercises



Sitting Leg Lift

Train the quadriceps muscle in front leg, by sitting on a chair, stick up your knee and hold on straight for 5 seconds. Repeat each leg for 10 times.



Hand Lifting

Stick out both hands straight at the front parallel to your shoulder, then lift it up and over your head. Repeat for 10 rounds. Suggest to gradually increase strength by holding some weights like water bottle.



Biceps curl

Curly up and down both hands for 10 rounds. Also, can increase strength by holding up some weights like water bottle.

Eat it 3 eating tips



Take adequate amount of protein daily: 1.0-1.2g/kg of individual weight e.g. if a person weighs 50kg, her/his daily protein requirement is 50-60g. e.g. 1 egg is = 7g of protein



Adequate vitamin D intake:

Through daily sun exposure for 15-30 mins or consume vitamin D rich food sources.



Recommended 3g HMB daily intake (a little compound broken down from amino acid leucine) naturally found in very small amounts in foods



IMPROVES STRENGTH & FLEXIBILITY

PROVIDE

1.5g HMB

=



50 eggs

OR



6 steaks (8oz)

For more information, please visit www.aboutmetabolic.com/metabolic-energold



SCAN TO SHOP



"Rest Well" for better **RECOVERY!**



Written by :
Han Wan Chien,
Dietitian

When comes to recovery, we often focus on things like nutrition and rehabilitation, however, many fail to consider another vital component that speeds up recovery - quality rest!

Pushing yourself too hard during recovery can cause immediate or long-term physical complications. It's common for patients undergo recovery to feel mentally and emotionally vulnerable, hence, quality rest during recovery state is very important because your body is going to do a lot of healing when your body is at rest or sleep.

Sleep is an essential biological function, and sleep deprivation can lead to a variety of physiologic and psychological dysfunctions.

Disrupted sleep can result from numerous and diverse causes, including primary sleep disorders, medical conditions, environmental factors and psychological factors like stress and anxiety and eventually leads to poor recovery and lengthens hospital stays.

Converging evidence from different research paradigms suggest that psychological stress and disrupted sleep can affect the rate of recovery. A meta-analytic study using diverse wound healing models and outcomes found that across studies there was an average correlation of 0.42 between psychological stress and wound healing.

Here are a few ways in which poor rest quality negatively affects the recovery process:

1. It directly impacts your immune system
2. It slows down tissue growth
3. It can compromise healthy eating habits

ACTIVE RECOVERY
=
Nutrition
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Rehabilitation
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to **Aid Stress** and
Improve
Sleep
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Lactium® is a hydrolyzed milk protein (*alpha-s1 casein hydrolysate*) and is hypoallergenic, an ideal companion to help you gently manage your emotional state. Lactium® acts effectively and naturally on the central nervous system without giving any toxic effect on the body, even at high doses. It is completely natural, and therefore totally harmless.

How does Lactium® work? By means of a selective affinity for certain receptors in the central nervous system, called GABA receptors, Lactium® increases the activity of gamma Aminobutyric acid (*GABA*), a neurotransmitter well known for its inhibitory action on anxiety and its relaxing properties.

Published studies reveal that Lactium® promote restful sleep and support relief from stress. Supplementing with Lactium® was found to support stress coping and promote healthy mood in stress-prone individuals participating in a placebo-controlled trial. In another study, a group of 63 women reporting a variety of stress-related difficulties experienced an change of over 20% in emotional response with just 150 mg per day.

A clinical study done on Lactium proves that those who consume 150mg of Lactium per day showed significant improvement in:



Quality
of rest



Daytime
function



Reducing
disturbance
during rest

Reference: (1) Randall S. Friese, MD, Sleep and recovery from critical illness and injury: A review of theory, current practice, and future directions*, Critical Care Medicine, 2008, Vol.36: No. 3. (2) Walburn J., Vedhara K., Henkins M, et al. Psychological stress and wound healing in humans: a systematic review and meta-analysis. J Psychosom Res. 2009;67(3):253-71. (3)Gosline J.P., Glasera J.K. The Impact of Psychological Stress on Wound Healing: Methods and Mechanisms. Immunol Allergy Clin North Am. 2011 Feb; 31(1): 81-93.



IMPROVE RECOVERY IN 30 DAYS*



*The CRSSA study shown that patients who consumed 150mg of Lactium per day, which is equivalent to 2 servings of Metabolic + Recovery for 30 days experienced significant improvement in sleep quality.



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formula
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Where to apply:



Under
Arm



Feet



Neck



Behind
Knee



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60g



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IN MALAYSIA¹



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of dark spots

GentleBright Technology
With Natural White Sea
Daffodil & Niacinamide

Niacinamide (Vitamin B3)
Lightens & evens out skin tone



NEW

References: 1. IMS data on Emollients and Protective, MAT Q2 2018¹ 2. Galderma data on file 203150, 3. Galderma data on file 203141, 4. Galderma data on file RD.27.SPR.203148



RM 53⁹⁰
/unit

BEST DEAL!



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87% OF MALAYSIAN
PARENTS
agree that the
Cetaphil PRO AD Derma
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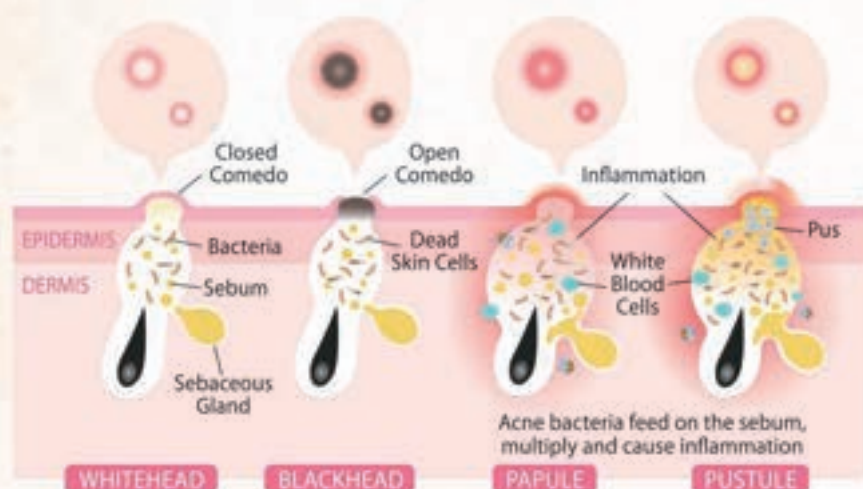
RM 83⁹⁰
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BEST DEAL!

*Survey done on caregivers of 55 children (3-36 months old) with a history of atopic dermatitis on a 28-day skincare regimen with Cetaphil PRO AD Derma Wash and Moisturizer.

The Truth About Acne...Hello Clear Complexion

it's hard to pinpoint the cause of acne but understanding your skin is the first essential step to clearing oily and acne prone skin



TYPES OF ACNE PIMPLES

Like most people with acne skin you're probably sick of not getting results. You've probably tried every product out there and nothing has worked. Well that stops here! Below is the information you need to arm yourself with, so you can stop making mistakes and start seeing results.

3 Factors That Cause Acne and Pimples to Develop

1. Over-active Sebaceous (oil) Glands – Typically in acne skin the sebaceous gland is over-active resulting in an excess of sebum (oil) being secreted onto the surface of the skin.

2. Excess Dead Skin Cells – Acne-prone skin sheds up to 5x more layers of dead skin cells per day, the excess dead skin cells and excess sebum mix together and become trapped in the pore of the skin which leads to the pore becoming blocked.

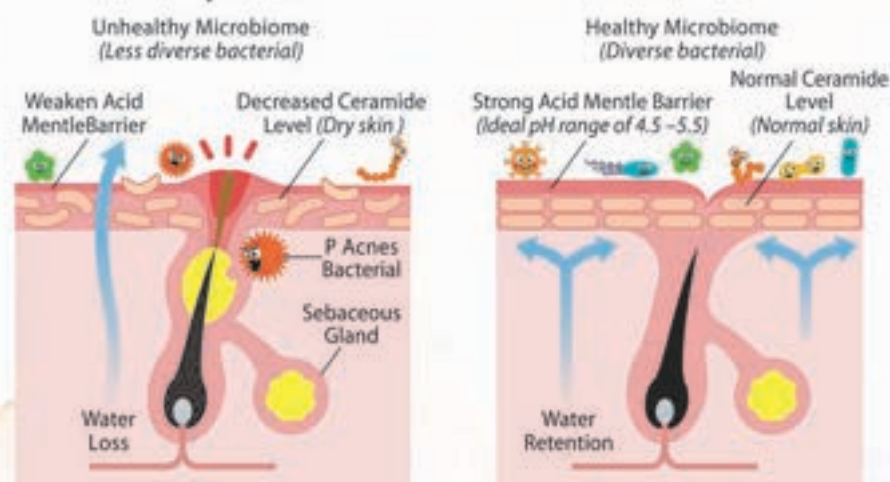
3. Inflammation – There is a particular bacteria called the Propionibacterium bacteria (P acnes) that lives in the pore of the skin and feeds on sebum. A blocked pore makes the perfect environment for the P acnes bacteria to breed, which leads to swelling, inflammation and further breakouts.

Know How Your Skin's Protective Barrier Works

Your skin has a unique protective system called the 'Acid Mantle Barrier'. This barrier is made up of oils, fatty acids (especially Linoleic acid, the essential building block for ceramides, one of skin's main moisturizing elements), lactic acid, amino acids and your skin's own natural moisturising factor, which creates a protective barrier on your skin. This

seals in moisture and protects your skin against acne causing bacteria and infection.

And much like your gut, your skin has good and bad bacteria. Thus it is important to keep the good bacteria strong and healthy – as they play an active roll in making sure the acne causing bacteria doesn't take over and cause pimples.



RELATIONSHIP BETWEEN ACID MANTLE & ACNE



Why a Quick Acne Fix is Not a Real Fix

Your acid mantle, being slightly acidic as the name suggests, is easily upset or stripped away and can take anywhere from 15 mins to 14 hours to restore itself.



So when you treat your skin with harsh products (that contain chemicals like benzoyl peroxide or salicylic acid), and getting that squeaky clean feeling, please don't be happy because you're actually destroying your skin's protective barrier and stripping away your skin's natural oils. This gives acne causing bacteria a chance to take over. It also tells the oil gland that it's not doing its job (protecting the skin) well enough – as a result, the oil gland is sent into overdrive to compensate. In other words, although you are trying to fix your skin, you're actually making it worse; one step forward, 3 steps back.

How Garden of Eden's Plant-based Rosa T Acne TRIO Clear Your Acne Safely and Effectively

Designed to work together, Rosa T 3-Step Routine includes the mild cleanser, acne gel and a clinically proven serum to help prevent and fight acne. Rosa T's unique botanical formulas are gentle yet effective. Rosa T products can be used by itself but when used together give better oil control and anti-acne results.

STEP 1 DEEP CLEANSING

Rosa T Mild Cleanser is formulated to deeply cleanse away dirt and oil build-up leaving your skin feeling soft, clean and hydrated. It is great for acne-prone and sensitive skin.



- Free of SLS (Sodium Laureth Sulfate)
- Free of Parabens
- Free of Colourants
- Aloe Vera : Soothes the skin
- Witch Hazel : Mild anti-bacterial effect and refines pores



STEP 2 INTENSIVE ACNE AND OIL CONTROL

Rosa T Triple Action Acne Serum is clinically proven to reduce excessive sebum (oil) secretion, acne and lightening acne scars, this potent 100% natural serum works its magic effectively yet gently with the following three actions:

1. Oil Control
2. Anti-Bacterial
3. Scar Reduction



Fast-absorbing, non-sticky and non-greasy formula

- Rosehip Seed Oil and Grape Seed Oil : Essential fatty acids (Linoleic acid)
- Australia Tea Tree Oil : Antibacterial
- Natural Vitamin E : Antioxidant effect

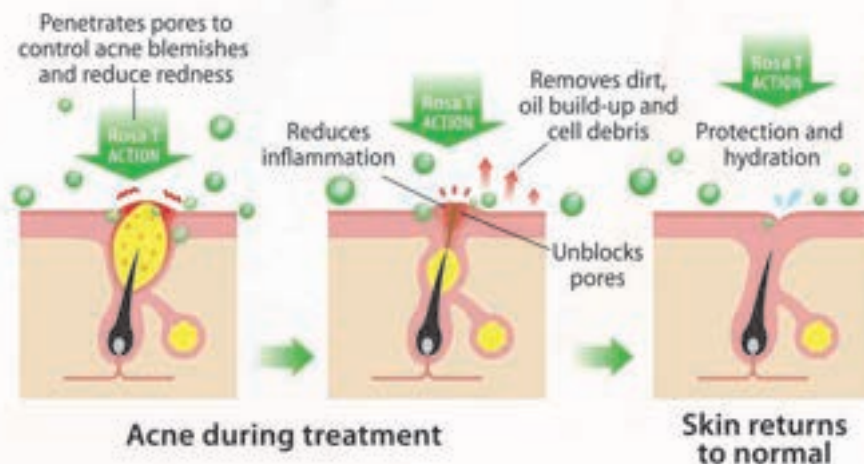


STEP 3 DAILY ACNE SPOT CONTROL

Rosa T Acne Gel is water-based and non-greasy. This targeted spot acne gel is infused with powerful oil-balancing natural extracts to control inflammation, and fight acne bacteria and oil-targeting blemishes where they start. It penetrates deep to bring you day-long skin protection and hydration.



- Free of Parabens
- Free of Fragrance
- Free of Colourants
- Tea Tree Oil : Antibacterial
- Lotus Flower Extracts : Oil control
- Natural Vitamin E : Hydrates and anti-blemish



ROSA T TRIO IN ACTION

This article is brought to you by Maxwell Pharma. Kindly contact us at Tel: 603-7887 8222 or email: hello@goeskinicare.com

WHAT YOU NEED TO KNOW ABOUT ACNE-PRONE SKIN



Oily / Acne-Prone Skin :

Acne affects people of all ages. Acne affects your self-confidence and may leave your skin with permanent scars. That is why it is very important to start treating your skin right to prevent acne or reduce existing acne.



Main Causes :



| Genetics | p.Acne Bacteria | Hormones | Cosmetics | Skincare |
|---|---|--|--|--|
| Some individuals may have hereditary reasons for over-production of sebum | These bacteria thrive & grow rapidly on oily skin surfaces & under high pH conditions | Androgens, which are present in both men & women increase sebum production | Use of comedogenic products clog up skin pores | Products with a high pH formulation / contains soap & alkali destroy the skin's natural protective barrier |

Skin Care Goals for Acne-Prone Skin :

- ✓ Normalization of sebum production
- ✓ Reducing overgrowth of p.Acne bacteria
- ✓ Skincare products formulated at the ideal pH5.5
- ✓ Soothes inflammation and irritation
- ✓ Removes excess dead skin cells

4 Steps to Reduce Acne in 4 Weeks*

Cleanse

Step 1 : Cleansing



Care

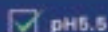
Step 2 : Toning



Step 3 : Moisturizing



Step 4 : Spot Treatment



*Kell D, Jung EG, Bayre C, 2002. Effects of a mild detergent syndet cleanser for mild acne on skin barrier function. Ann Derm Venereol 129: 5-377



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MOISTURISES
with 5 key ingredients

WATER-RETAINING
for soft & supple skin



STEP
2

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itch in minutes

MOISTURISES
with 5 types of ceramides

NON-STICKY
for frequent use

From **RM50.85 - RM89.90**

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patients will lead
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left untreated

GLAUCOMA
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2nd most common
cause of blindness worldwide

Source: Information is from the WHO and the World Glaucoma Association, 2016

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Why is it happening?
How can I **prevent** it become worsening?

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Do you know?

Common GLAUCOMA treatment

Common treatment options for glaucoma include:

- medications
- surgery
- laser therapy.

However, most clinical drugs have potential side effects, and now natural plant extracts could be come into place to provide alternative sources of medicine.

There are a few studies that published recently has raised up some excited news in glaucoma prevention or worsening conditons. Cordyceps cicadae which has long been used as a Chinese herbal medicine since 1600 years ago, proven to be highly possible effectively lower or maintain the IOP at the normal IOP range. It is possibly due to its ability to increase the outflow of aquoues humour and hence IOP reduce. Besides that, its high anti-inflammation and antioxidant property results in a marked reduction of the effect of oxidative stress and hence believe to be able to have impact on the below eye disease apart from glaucoma:

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- Cataract
- Infected eyes

What is Cordyceps Cicadae?



C. cicadae belongs to the Clavicipitaceae family, and is also known as cicadae flower or Chan-hua(蝉花). It parasitizes the larvae or nymphs of cicadas (*Cicada flammate*) and forms a biological complex of larva and fungus. The Compendium of Materia Medica notes that C. cicadae is a valuable traditional Chinese herbal medicine for the treatment of eye diseases, vision improvements.

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Ladies' monthly issues:

Struggling with Premenstrual Syndrome (PMS) *everytime!*

Written by:
Ng Siew Li,
Nutritionist



PMS is a combination of physical and emotional symptoms that many women in reproductive age would experience before the start of their menstrual period. PMS symptoms can begin from 7 days before menstruation and go away within a few days after a woman's period starts as hormone levels begin rising again. Up to date, the exact causes of PMS remained unknown. It is most likely due to the changes in hormone levels and brain chemicals (for example, serotonin) throughout the menstrual cycle.

Some women get their periods without any signs of PMS or only very mild symptoms. For others, PMS symptoms may be so severe that it makes it hard to do everyday activities like go to work or school. According to different investigations on the prevalence of PMS, altogether the results show that up to 90% of women of reproductive age experience several premenstrual symptoms varying from mild to severe; around 20–40% of them experience PMS, and 2–8% suffer from severe PMS, called premenstrual dysphoric disorder (PMDD)¹.

PMS Symptoms Checklist



Bloating



Breast
Tenderness



Headaches



Backaches



Appetite Changes
/ Food Cravings



Mood swing



Fatigue



Period Pain



Nausea /
Vomiting



Constipation
/ Diarrhea

What can a lady do to ease PMS?

Ladies should be very familiar to hear that, "Drink some warm water to help you feel better." Oh my! This is so old-fashioned, and it doesn't work for most of the time! Let's check out some other better tips!

The DOs

- Regular exercise
- Choose healthy foods most of the time
- Get enough sleep
- Find ways to cope with stress
- Keep track on the symptoms

The DON'Ts

- Smoke
- Drink too much alcohol
- Intense exercise prior period
- Salty and high sugar foods prior period
- Excessive caffeine prior period

What's the other complementary or natural remedies to help with PMS?

Herbal and natural plant extracts supplements seem to be a good approach to ease PMS when compare to medications like painkillers, hormonal medicines as they do not usually come with side effects and are relatively safe. There are few herbal and plant extracts that are backed by science, showing to ease PMS symptoms, let's check them out:



Chasteberry Fruit
(*Vitex Agnus-castus*)

Chasteberry is the longest used and best investigated phytotherapeutics for PMS and irregular menstruation. Chasteberry fruit extract works by reinstate normal balance between estrogen and progesterone during the luteal phase of the menstrual cycle² – thus reducing PMS symptoms. Interestingly, chasteberry has no direct hormonal activity, it is proven to be a safe, well tolerated and effective alternative of the treatment for patients with the moderate to severe premenstrual syndrome, the effects being confirmed by physicians and patients alike³.



Ashwagandha
(*Withania Somnifera*)

Ashwagandha is the flagship herb of Ayurveda, the traditional system of medicine from India. Ashwagandha is an adaptogenic herb that promotes balance in the body, regulates anxiety and stress⁴ which makes it plays a major role in regulating mood. Ashwagandha also showed to improve sexual function and sexual satisfaction in women⁵.



Maca Root
(*Radix Lepidium Meyenii*)

Maca root is known as "Peruvian Ginseng", it is highly nutritious that packed with vitamins, minerals, and phytonutrients. It has been used for centuries in the Peruvian Andes to increase energy and fertility in both human and animals. Maca root has been shown to increase libido, improve mood and promote overall women's health. Apart from that, research finding also proved that maca root helps to balance hormones, which will then ease PMS symptoms⁶.

Conclusion

We can't cure PMS and PMS symptoms can recur, there are a lot of remedies out there to help us better cope with PMS. A healthy lifestyle and a comprehensive treatment plan can usually reduce or eliminate the symptoms for most women. Seek for professional help if your PMS is severely affecting your daily activities.

Anyway, **menstruation is a sign of good health, it shall be normalised and celebrated, ladies!**

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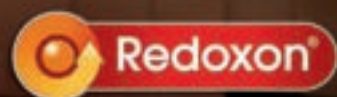
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ADAPTOGENS: Caffeine alternatives for natural energy

From the moment we get out of bed through our morning commutes until we are sitting at our desks, many of us remain in a zombie-like state. If your morning coffee ritual is starting to make you feel more sleepy than active, it is time to rethink your relationship with caffeine. It is true that caffeine can give you temporary physical and mental energy, but when the effects wear off, you feel more tired and want even more caffeine. Intriguingly, adaptogenic herbs or adaptogens have natural energy-boosting quality, that will give you that required morning jumpstart without feeling jittery.

What are adaptogens?

Adaptogens are non-toxic herbs, roots and fungi that work to increase or “adapt” the body’s ability to resist stressors and restore the body to its normal physiological function. The medicinal practice of using these herbs can be traced back to 3000 B.C. in ancient Chinese and Ayurvedic medicine, before the Russian scientist, Nikolai Lazarev, who first coined the term adaptogen when researching substances that produced a “state of nonspecific resistance” to adverse influences like stress on the performance of soldiers during World War II.

Caffeine & sugar NO LONGER the Choices for boosting energy



Written by :
Dr. Alicia Wong
PhD Biological Sciences
(Biochemistry & Immunology)

Adaptogens and Potential benefits

| | |
|---|--|
|  | ← Ginseng Boosts working memory, reaction time, immune system |
|  | Ashwagandha → Reduces stress and anxiety |
|  | ← Cordyceps Boosts stamina |
|  | Rhodiola rosea → Increase haemoglobin capacity to carry oxygen, staves off physical and mental fatigue |
|  | ← Mucuna pruriens Boosts Immunity |

Are these claims just a hype?

The World Health Organization (WHO) estimates that herbal medicines provide primary healthcare for approximately 3.5 to 4 billion people worldwide, with about 86% of traditional medicine involves the use of plant extracts, which is also

known as the modern herbal medicine.

Adaptogens are similar to catecholamines, neurotransmitters involved in stress situations. Examples of catecholamines includes adrenaline, epinephrine, dopamine and norepinephrine. Adaptogens help the body to adapt and control future severe and moderate stress situations.

How adaptogens work?

Our body releases the hormone cortisol when we experience stress, especially in a long-term basis, which can be potentially dangerous. High amount of cortisol does not only affect the endocrine and immune systems, but it also affects the brain, sex drive and skin elasticity.

Research has found that adaptogens work through two master control systems in the body, the HPA (hypothalamic / pituitary / adrenal axis), that controls endocrine function, as well as nervous system and immune function. The other system is sympatho-adrenal system, which is our fight or flight response. Adaptogens also work on a cellular level to prevent cortisol-induced mitochondrial dysfunction. Mitochondria are the powerhouse of our cells and when they are malfunctioning, this can contribute to conditions such as chronic fatigue syndrome and fibromyalgia.

Different adaptogens have their own unique properties, some are stimulating, some calming, some warming or cooling and some drying.

How it works on contrast to caffeine and other stimulants

Caffeine acts by triggering the release of stress hormones, like norepinephrine and cortisol, which increase alertness and energy in the short term, but with habitual use, stimulants can lead to burnout. Coffee drinkers keep needing to drink more and more, yet feel more exhausted than ever (Figure 1). On the other hand, adaptogens do not cause a rise and crash. Rather, adaptogens extend the phase of resistance, so that you can perform better for a longer period of time (Figure 2). Adaptogens also help to make our bodies less sensitive to stress by acting similar to a vaccine, mildly activate the stress system in order to help the body cope with more severe stress during the day. This would prevent over-release of stress hormones and eventual exhaustion.



-Figure 1



-Figure 2

Synergistic effects of adaptogens

Adaptogens have been causing a buzz in the wellness world and although they are totally safe, they are not one-size-fits-all. Some combinations of adaptogenic plants provide unique effects due to their synergistic interactions in organisms which are not obtainable by any ingredient independently, such as the expression of genes that requires the interaction of several ingredients in combination. The combination of Rhodiola and Cordyceps have been reported to improve endurance training in athletes.

Daily stress is a part of life, many lifestyle choices including food, sleep, meditation, yoga, deep breathing can improve stress management. There is science backing up the claims of adaptogens as promising adjunctive therapy for stress. Side effects are rare but individual's health status should be understood before recommendation on these botanicals.

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Feeling **Tired? Numbness** in hands and feet?

Could it be

VITAMIN B12 *deficiency?*



Written by :
Ph. Dhinishwary Thangarajah
Certified Minor Illness Service Pharmacist
Alpro Pharmacy Seremban Flagship

What is Vitamin B12?

Vitamin B12 is a water-soluble vitamin that is naturally synthesized by microorganisms and obtained through diet. Vitamin B12 is found in animal products such as fish, meat, poultry, eggs, milk, and dairy products.

Vitamin B12 does not present in plant foods generally but is added in breakfast cereals as a readily available source of Vitamin B12 for vegetarians.

Vitamin B12 exists in several forms,

methylcobalamin and 5-deoxyadenosylcobalamin are forms that are active in human metabolism. Vitamin B12 is present as cyanocobalamin in most dietary supplements, a form that the body readily converts to the active form methylcobalamin and 5-deoxyadenosylcobalamin.

Why Vitamin B12 is important for us?

Vitamin B12 is important in the formation of red blood cells, neurological functions, and DNA synthesis. Vitamin B12 also prevents a

type of anaemia called megaloblastic anaemia which can cause tiredness and weakness. Besides maintaining the normal nervous system function, Vitamin B12 is also a coenzyme crucial in folate metabolism and nucleotide biosynthesis, which is important in the metabolism of fatty acids and some amino acids.

Why some people have insufficient Vitamin B12?

Deficiency is normally caused by malabsorption of Vitamin B12 which is commonly found in some adults and the

elderly. This factor is affected by gastritis or inflammation of gastric mucous increases with the age, this results in a reduction of vitamin B12 absorption.

Besides that, the inadequacy of dietary intake of Vitamin B12 is commonly seen among vegans, ovo-lacto vegetarians, pregnant and breastfeeding mothers. The requirement of Vitamin B12 can be obtained by absorption of synthetic Vitamin B12 added to fortified foods and dietary supplements. Other factors that may contribute to a deficiency of Vitamin B12 is pernicious anaemia which results in loss of synthesis of Intrinsic factor affecting absorption of Vitamin B12.

Medications like Metformin, or Gastric Medication can contribute to Vitamin B12 deficiency.

Some medications may interfere with the absorption or metabolism of Vitamin B12 resulting in a deficiency. The medication includes proton pump inhibitor (PPI) eg. Omeprazol, Histamine 2 receptor antagonists, metformin, epileptic medication, colchicine, and chloramphenicol.

Medication like metformin requires long term and regular intake for optimal function, a medication used for the treatment of non-insulin-dependent

diabetes. Patients taking metformin can develop megaloblastic anaemia which is related to changes in intestinal motility, bacterial overgrowth competing for Vitamin B12, or alteration in calcium-dependent uptake of Vitamin B12.

What are the possible symptoms of Vitamin B12 deficiency?

Vitamin B12 deficiency is characterized by weakness, constipation, loss of appetite, weight loss, fatigue, and megaloblastic anaemia.

This may also lead to depression, confusion, dementia, poor memory, and difficulty maintaining balance.

The deficiency of Vitamin B12 may also cause damages to the myelin sheath which surrounds and protect our nerves. These damages will affect the proper function of the nerve and may result in peripheral neuropathy. Peripheral nerve damages are commonly associated with muscle weakness, numbness and tingling in feet or hands, and burning or shooting pain in affected areas. Therefore, Vitamin B12 is one of the suggested treatments for neuropathic pain as it helps to alleviate pain by promoting myelination, improving nerve regeneration, and reducing ectopic nerve firing.

The Recommended Dietary Allowance (RDAs) for Vitamin B12 in adults and

adolescents over the age of 14 years old is 2.4mcg, pregnancy 2.6 mcg, and breastfeeding mothers 2.8mcg. Vitamin B12 sources found in animal products can be inadequate in daily dietary intake. Therefore, it is recommended for the elderly or those at risk of Vitamin B12 deficiency to meet their RDA by additionally consuming Vitamin B12 fortified food, or by taking Vitamin B12 supplements.



You can always speak to any Alpro Pharmacist, Dietitian and Nutritionist to understand better about Vitamin B12.



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Non-member Price

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C/O ZUELLIG PHARMA SDN BHD
K.K.L.L.U.: 2264/2020 (exp: 31 December 2022) MAL215390 8 OCT 2020
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STAGES IN LIFE**

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Calcium
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intake (Dietary &
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1000mg



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BREAK IT!**

**STRONG BONES
SUPPORT YOU
THROUGH LIFE!**



¹Surbex® Calcium-D₃ capsules (1000mg) are recommended for women aged 18-50.
²US National Institutes of Health, National Osteoporosis Foundation (NOF) 2013, 2014

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KKLIU 0057/2020

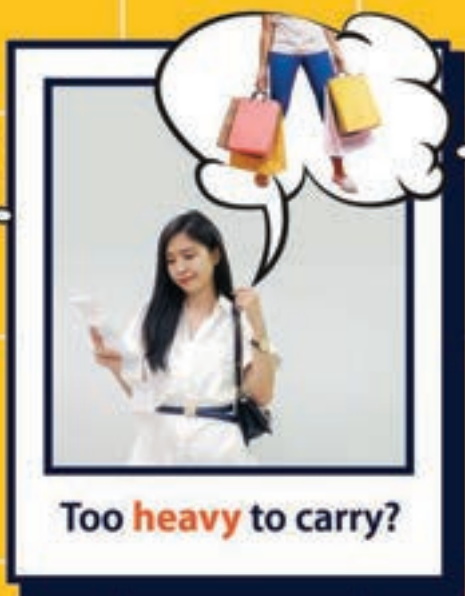
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Garden of Eden
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WRONG SUPPORT WON'T HELP!



As you grow up, it also implies that your parents are starting to grow old. Aging can be seen not only from their faces, but from the declining of their general health as well.

Parents will start feeling painful at certain parts of their bodies, especially the knees. The pain at the knees often resulted from knee joint wear and tear, kneecap pain, knee osteoarthritis, and other age-related knee problems.

When it happens, knee stability for your parents is very important. Using knee support is a good choice to boost the knee stability in them.

A knee support not only provides compression for weak or over-stressed knees but retain body heat to warm the knee joint and increase blood circulation. In addition, it has shock-absorbing function and helps recovery from knee injuries and relieves arthritis pain.

“However, with a wide range of knee supports to choose from, which one is most suitable?
Normally, knee support selection is based on the amount of stability and support needed.”

LEVEL

1

PREVENTION / MILD PAIN

- Suitable for home use without frequent stair climbing, squatting or activities that involve 45° knee bending.



Closed Patellar Knee Support

PREVENTION / MILD PAIN

- Suitable for frequent stair climbing, squatting or activities that involve 45° knee bending.
- The taping function allows simple and less strenuous exercises, such as jogging.



Closed Patellar Knee Support With Taping

PREVENTION / MILD PAIN

- Suitable for frequent stair climbing, squatting or activities that involve 45° knee bending.
- Extremely suitable for sport use and vigorous exercises, such as marathon and badminton.



Open Patellar Knee Support

LEVEL

2

TREATMENT FOR MODERATE PAIN

- The built-in stabilisers provide extra support for injuries such as ligament damage or weak knee.



Knee Support with Stabilizer & Silicone Pad

LEVEL

3

POST-SURGERY USE

- Generally prescribed by orthopedic surgeons or sports physicians for athletes with ligament damage that has been repaired. This is the ONLY type of support that should be worn every waking hour until advised to remove either by your surgeon or physiotherapist.



How tight should I wear my support?

The level of tightness should be comfortable and provide necessary level of support based on your parents individualized needs. Over tightness will cause discomfort and lose blood circulation. You should loosen the straps or choose a larger sized knee support for your parents.

How long at a time should I wear my support?

The length of time is a personal preference. A general recommendation would be that you wear a brace or support during activity and for an hour or two afterwards. If you feel better wearing it longer, that is fine as well. However, we would not recommend wearing any brace or support while you sleep unless specifically recommended for that use.

*Image For Illustration Purpose Only.

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MDA APPROVED
Medical Device
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Written By :
Pharmacist Chan Chiew Ying
Silvercare Founder



3 WAYS TO RELIEVE PAIN WITHOUT TAKING PAINKILLERS

If it is possible, we generally do not encourage people relying on medication to relieve the discomfort caused by muscle and joint pain. This is because using medication will only fix the symptoms in a short run but will not treat the root problem. In fact, it may cause side effects from long-term medication dependence. If it is absolutely needed, please do consult your doctor or pharmacist for permission first before using one.

In fact, physiotherapy is the best way to resolve muscle soreness or stiffness. And yes, if you were to compare it with the quick effect from using medication, it is going to take some time before you see the effect from physiotherapy. However, physiotherapy is still a better option because it can resolve the problem in a deeper level, once and for all. Besides, the chances of recurrence are definitely much lower than using medication!

LET'S USE KNEE PAIN AS AN EXAMPLE, A PHYSIOTHERAPIST CAN RESOLVE THE PROBLEM USING THE FOLLOWING METHODS:

(1) Hot Compression Therapy

Generally, hot towels, hot water bottles or warm packs can be used directly onto the targeted area for treatment. This helps to improve local blood circulation and promoting local metabolism, which eventually relax tense muscles, relieve pain, but also help to increase range of motion.



Cold/Hot Soft Pack

(2) Personalized workout and stretching exercises.

This will not only increase the flexibility of your muscles, but also help with muscle conditioning to restore the "imbalanced muscles" and improve endurance. At the same time, the joint exercises help to prevent joint stiffness by improving blood circulation as well as ensuring even distribution of synovial fluid around the joint.



Pedal Exerciser

(3) Transcutaneous Electrical Nerve Stimulation (TENS) Therapy

This therapy involves the use of low-voltage electric currents to treat painful skeletal nerves and muscles in an appropriate intensity. TENS therapy works in two theories. One by stimulating nerves cells that block the transmission of pain signals. Other way by nerve stimulation to raise the level of endorphins, in order to ease the pain while decreases your attention to the pain. It is safe and convenient, with very little side effects.



TENS Machine

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OTC topical analgesics in patch category*

*Source: Euromonitor International Limited; in terms of retail sales value in 2018, based on the custom research conducted in March-April 2019 in the countries that account for more than 70% share of the global topical analgesic/anesthetic market in 2018.

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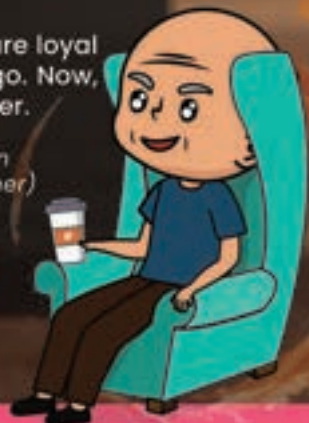
Since 2013, The Coffeeholic brews the best coffee to Seremban community.

Our customers visit us from various areas for the good reviews they get from friends and family. I always believed in quality coffee and genuine customer service.

We are honoured to join as Alpro Local Merchant Partner. Through this partnership, we provide special deals to Alpro VIP members as we understand Alpro loves their customers as much as we do.

Alpro to me, is more than partner, is a close buddy in health. My parents are loyal fans of Alpro, and Alpro takes care of my family health since decades ago. Now, with the Merchant Partner Programme, our relationship is stronger than ever.

By Chen Shiann Min
(The Coffeeholic Owner)



MAKE OUR CUSTOMER YOURS

Let's Get Started!! Just 3 Simple Steps





HEARING *Loss?*

According to statistics revealed by WHO, it is concluded that 1 in every 10 persons might be suffering from hearing loss.

In the United States, about one-third of people between the age range of 65 and 75 have some degree of hearing loss. For those older than 75, that number is approximately 1 in 2. The number is significant, hearing loss had indeed impacted one's daily life.

Aging and chronic exposure to loud noises both contribute to hearing loss. Other factors, such as excessive earwax, can temporarily reduce how well your ears conduct sounds.

[We cannot reverse most types of hearing loss. However, you and your doctor or a hearing specialist can take steps to improve what you hear.]

HOW IS HEARING LOSS MEASURED?



Mild 30dB ~ 50dB

- May hear some speech sounds but will have difficulty.

Moderate 50dB ~ 70dB

- Struggle to hear / understand speech when someone is talking at a normal level.

Severe >70dB

- Will hear little-to-no speech when spoken at normal levels, and hear only loud sound.

SIGNS OF HEARING LOSS

- Frequently asking others to repeat themselves
- Turning the TV to a volume other find it loud
- Problems with clarity in noisy places
- Difficulty hearing women and children's voice
- Feeling like others are mumbling
- Trouble hearing on the phone
- Ringing in your ears
- Told by others that you have hearing loss

If you have >4 out of 8 signs, you might have hearing loss.

TYPES OF HEARING LOSS

Hearing loss comes in many forms. It range from a mild loss, in which a person misses certain high-pitched sounds, such as the voices of women and children, to a total loss of hearing.

There are three general categories of hearing loss:

Sensorineural Hearing Loss (SNHL)

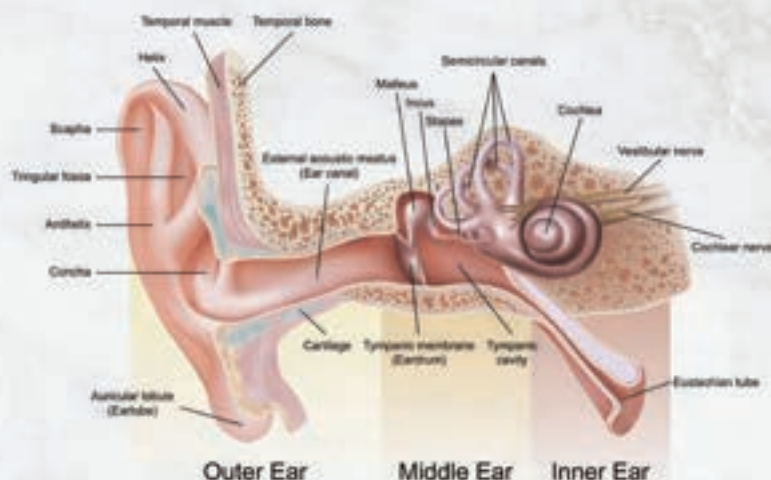
It occurs when the inner ear nerves and hair cells are damaged due to age, noise damage or something else. This impacts the pathways from your inner ear to your brain.

Conductive Hearing Loss (CHL)

Typical result of obstructions in the outer or middle ear due to fluid, tumours, earwax, or ear formations. This will prevent sound from getting to the inner ear.

Mixed Hearing Loss

Is caused by a combination of conductive damage in the outer or middle ear and sensorineural damage in the inner ear (cochlea) or hearing/auditory nerve.



HOW HEARING LOSS AFFECTING US?

Hearing Loss Association America (HLAA) revealed that those who suffer from mild to moderate hearing loss waited 7 years before they reach out for help. Can we imagine how it would be if happening on us? Unable to hear, unable to communicate as usual, stress, isolated, eventually leading to depression. Hearing loss is impacting one's life greatly.

1. Functional impact

One of the main impacts of hearing loss is on the individual's ability to communicate with others. Spoken language development is often delayed in children with unaddressed hearing loss.

Unaddressed hearing loss and ear diseases such as otitis media can have a significantly adverse effect on the academic performance of children. They often have increased rates of grade failure and greater need for education assistance. Access to suitable accommodations is important for optimal learning experiences but are not always available.

2. Social and emotional impact

Exclusion from communication can have a significant impact on everyday life, causing feelings of loneliness, isolation, and frustration, particularly among older people with hearing loss.

3. Economic impact

WHO estimates that unaddressed hearing loss poses an annual global cost of US\$ 750 billion. This includes health sector costs (excluding the cost of hearing devices), costs of educational support, loss of productivity, and societal costs.

In developing countries, children with hearing loss and deafness rarely receive any schooling. Adults with hearing loss also have a much higher unemployment rate. Among those who are employed, a higher percentage of people with hearing loss are in the lower grades of employment compared with the general workforce.

Improving access to education and vocational rehabilitation services and raising awareness especially among employers about the needs of people with hearing loss, will decrease unemployment rates for people with hearing loss.

Overall, it is suggested that half of all cases of hearing loss can be prevented through public health measures. Early detection and intervention are crucial to minimizing the impact of hearing loss on our lifestyle.

People with hearing loss can benefit from the use of hearing devices, such as hearing aids, cochlear implants, and other assistive devices. They may also benefit from speech therapy, aural rehabilitation and other related services. However, global production of hearing aids meets less than 10% of global need and less than 3% of developing countries' needs. The lack of availability of services for fitting and maintaining these devices, and the lack of batteries are also barriers in many low-income settings.

WHY?

Current market survey showed a pair of middle range hearing aid cost up to RM30,000 and it is not just a simple buying and selling transaction. Patients need to attend medical exam with ENT doctor to rule out medical problem that is causing the hearing loss, or they must sign a waiver opting out of the exam. Some can purchase hearing aids through an audiologist.

It is not an affordable gadget for general public, the costing to all involved parties exceeded the functional value of a pair of hearing aid, which exactly tell us why global production is low, why patients waited 7 years before asking for help, why hearing loss issue remaining increasing and yet to have any effective solution.

Mimitakara is founded with the vision to offer the best innovative products at affordable prices in order to contribute to the community.

Mimitakara works closely with partners from worldwide to move OTC hearing aid worldwide.

WHAT IS CLOUD BASED HEARING AID?

Cloud Based hearing aid as we called OTC (Over the counter) is the new experience for purchasing of hearing aid without needing user to go through hassle screening or examination that needed to be conducted in clinic, hospital, or audiology centre. User can conduct a self-fitting adjustment on their intended to purchase hearing aid and guided by team of audiologist by offering cloud-based service.

Cloud based hearing aids are too regulated as medical devices by the U.S. Food and Drug Administration (FDA) as it is now becoming a daily gadget needed by user. Mimitakara insisted on providing convenience and quality service all these years, benefitting more than 10,000 users worldwide.

LOVE is Being Able to Hear, Mimitakara hearing aid will break this wall between and committed to fight for a Healthy and Vibrant world.

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*Source: Euromonitor International Limited, Retail Adult Incontinence, all channels, RSP value sales, Tissue & Hygiene, 2020 edition.

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- ✓ Good for Pregnant Mothers & Nursing Mothers

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Written by:
Chua Ee Lin
Physiotherapist, Alpro Physio

Pregnancy might seem like the perfect time to sit back and relax. Pregnant ladies are likely to feel more tired than usual, and they might experience backache because of carrying extra weight.

But unless certain pregnant ladies are experiencing complications, otherwise sitting around won't be helpful. In fact, pregnancy can be a great time to get active, even for those that haven't exercise in a while. Numbers of research has been done and proved that exercise has big benefits for both pregnant lady and the baby!

Get an "Okay" to START!

Before we go into the benefits of exercise, let's start with a pre-exercise screening. Getting an "OK" from your health care providers (such as doctors or physiotherapists) is very important before you start to perform any exercise. They might advise you not to exercise or modify the intensity of your exercise if you are having:

- Some forms of cardio (heart) and lung disease
- High blood pressure that develops due to pregnancy
- Spine instability
- Persistent vaginal bleeding during second or third trimester
- Placenta problems
- Severe anemia

How can I benefit from exercise during pregnancy?

There are 7 major benefits if we exercise during pregnancy.

1. Reduce pregnancy and delivery complications

Pregnant ladies that participated in fitness program are less likely to develop gestational diabetes and unplanned cesarean sections if compared to those who didn't exercise. Exercise also helps them to have healthier weight babies, pregnant ladies that didn't exercise have higher chances to have heavier babies and this could cause complications during delivery.

2. Speed post-delivery recovery

A higher fitness level pregnant lady tends to have higher recovery rate physically after childbirth.

3. Positive mood boosting effect

During pregnancy, women are more susceptible to depression, with an estimated 1 in 2 of all women reporting increase depression or anxiety due to many reasons. But research has found that exercise during pregnancy effectively reduces depression, releasing endorphins (a.k.a. the Happy Hormone) that help improve mood while diminishing stress and anxiety.

4. Ease back ache and pelvic pain

The growing baby bump on all mummies put extra pressure on their lower back, resulting in low back pain and achy pelvis. Exercise helps to strengthen low back, improve flexibility and at the same time let all mummies say bye-bye to these unwanted pains.

5. Fight and prevent fatigue

Have you ever heard your pregnant friend keep complaining about tiredness during pregnancy? Tiredness and fatigue strike every pregnant woman during first trimester, then again in third trimester. To be honest, sometimes getting TOO MUCH REST can make them feel more tired. Therefore, appropriate exercise, walking or simple stretch can make a big difference in their energy level.

6. Improve quality of sleep

Many pregnant women complained having difficult in sleep. They could be disturbed by low back pain, emotionally or other physical issue, this make them feel restless and very tired during the next day. Those who exercise consistently say the quality of their sleep is better and that they wake up feeling more rested!

7. Relieve constipation

Some pregnant women experiences constipation due to hormonal and

physiologic changes. An active body encourages active bowels, hence by exercise regularly, this issue can be settled easily.

What kind of exercise can I perform?

Exercise consisting aerobic and weight train are suitable for all pregnant ladies. But bear in mind that everyone is different in terms of pre-pregnancy and pregnancy fitness level, therefore physiotherapist will be helpful in advising the intensity and what types of exercise that suitable to perform after assessment.

What kind of exercise can I perform?

For most pregnant ladies, at least 30 minutes of moderate intensity exercise is recommended every day. If you can't exercise every day, then try to achieve for at least 3-4 days per week.

Remember to warm up, stretch and cool down. Stay hydrated, avoid overheating. During exercise we shouldn't push ourselves too much, we should be able to carry on a conversation while exercising.



Every
mummy
deserves the
healthiest
and most
comfortable
pregnancy!



How **GESTATIONAL DIABETES** affects **MOM & BABY?**



By:
Dr. Chooi Kheng Chiew
Consultant Endocrinologist,
Diabetologist and Physician
KPJ Ampang Puteri Specialist Hospital

Pregnancy is an exciting and overwhelming time in a woman's life. Learning that you have or may have gestational diabetes mellitus can really throw a wrench in an otherwise joyful experience. While developing gestational diabetes is certainly not ideal, but it is not also as scary as it seems. With timely testing and diligent health choices, gestational diabetes can be easily diagnosed and managed. Let's hear the answers those common questions many women have about gestational diabetes (or GDM):

Question: Hi, Dr. Chooi, we always hear mummies need to have a sugary drink and check their glucose when they are at the 6th month of pregnancy. Why is that?

Answer: This 'sugary drink' is also known as an Oral Glucose Tolerance Test (OGTT). This is a screening test that is used to check for gestational diabetes or diabetes in pregnancy. It measures a person's response to sugar, or glucose. Our Malaysian clinical practice guideline recommends that this screening test should be done at booking (when a pregnant lady makes the first visit to a clinic for antenatal care) if there are risk factors for GDM. If the test is negative, it should then be repeated at the 6th to 7th month of pregnancy. This is to enable early detection and management of this condition in women who are at risk. For women aged

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25 or older with no other risk factors, this OGTT can be done at the 6th to 7th month of pregnancy. This test is done after the lady has fasted overnight, for at least 8 hours. A blood test will be done in the morning. After that, the lady will be required to drink a sugary drink, which is actually 75 grams of glucose diluted in a glass of water. Another blood test will be done 2 hours after that. If the blood glucose levels at those time points exceed certain thresholds or levels, the woman would be diagnosed as having GDM.

Questions: Can we know what are the reasons or risk factors causing the mummies to have GDM?

Answer: When a woman is pregnant, there are various hormones produced by the placenta which can interfere with the action of insulin and this causes resistance to the effects of insulin. The pancreas (*an organ located behind the stomach*) then has to produce even more insulin to overcome this. If the body fails to compensate for this, the blood glucose levels will rise, resulting in gestational diabetes mellitus. Most of the time, the condition improves or goes away after the baby is delivered, but the woman is at higher risk for developing diabetes mellitus in later life. Hence, regular screening is required even after pregnancy to detect diabetes.

Risk factors that predispose a woman to (or increase her chances of) having gestational diabetes are:

- 1) being overweight or obese
- 2) If they have a close relative with diabetes mellitus,
- 3) If they have a previous history of GDM
- 4) If they have previously delivered a big baby weighing more than 4kg or with birth deformities
- 5) If they have had glucose detected in their urine on several occasions.
- 6) If they have other pregnancy issues like hypertension in pregnancy, or a history of stillbirth.

Questions: What will happen to the baby or mummy if the mummy is diagnosed with GDM? Is GDM dangerous?

Answer: If a lady is diagnosed with GDM, there are increased risks during the pregnancy to both the baby and mommy. There is a higher chance of the baby being too big, leading to difficulty in childbirth, as well as a higher risk of miscarriage, stillbirth and birth defects. There is also a higher risk of premature delivery as well as perinatal or postpartum depression. A baby born to a mother with GDM can have breathing problems after birth, and have a higher risk of developing obesity and diabetes later on in life. We have had patients who despite having being diagnosed with GDM, were not keen to start on the treatments that were recommended and continued to have high and worsening blood glucose levels. Some of them had miscarriages later on and regretted not taking better care of themselves. Therefore, to avoid these complications or problems in pregnancy, appropriate measures need to be taken to ensure blood glucose levels stay within the normal or accepted limits during pregnancy. It will be best for the lady to be taken care of by an endocrinologist or doctor who is trained to treat patients with this condition, together with the help of dietitians and diabetes educators to achieve the best outcome for the pregnancy.

Questions: What mommy need to do or things they need to pay extra attention to if they are diagnosed with GDM?

Answer: If a woman is diagnosed with gestational diabetes mellitus, she will need to take several steps to control her blood glucose levels. A nutritious and balanced diet is important throughout pregnancy. A dietitian can advise on the appropriate food choices and the total amount of calories to be taken in a day, and the distribution of meals

during the day. Generally speaking, patients should avoid food with high sugar content and instead take high fibre foods and complex carbohydrates like vegetables, fruits, wholemeal bread, nuts and legumes. A low fat diet should be adhered to, with avoidance of oily and deep fried food. Exercise is also important, as frequent physical activity helps to improve insulin sensitivity and results in better glucose control. If necessary, your doctor may recommend for you to start on medications or insulin injections to optimise your blood glucose levels.

Regular self-monitoring of blood glucose is essential as the results will help a patient to assess the effects of diet and exercise on blood glucose levels, as well as to determine if medications need to be initiated or the doses adjusted. Blood glucose measurements can be taken using a blood glucose monitoring device. It is easy to learn how to use the device, and patients can get advice from their doctors or pharmacists as well. The SugO365 programme conducted by Alpro Pharmacy and Ascensia Diabetes Care also allows patients to receive consultations with dietitians and nutritionists in addition to making blood glucose monitoring more affordable.

In the end, do not be discouraged or distressed if you are diagnosed with GDM. It is possible to be managed and your healthcare professionals will be guiding and helping you along the way. Remember to attend your clinic and hospital visits at the appointed dates and to stay positive while following the recommendations and advice given. Do continue to lead a healthy lifestyle even after your baby is delivered and attend for regular screening as women who have had GDM are more likely than other women to develop diabetes mellitus.

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For more information, please ask your healthcare provider or visit us at www.diabetes.ascensia.my

Please consult your healthcare professional for interpretation of result.

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1. Bailey TS. J Diabetes Sci Technol. 2017 Jul;11(4):736-743. Epub 2017 Jun 15. 2. Kaly LB et al. Open review of medical devices 2016-2017. 3. Pomeroy D and Brown D. Laboratory and Clinical Sample Replication 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. Gower M et al. Accuracy and user performance evaluation of a blood glucose monitoring system. Diabetes Technol Ther. 2015 Mar;17(3):152-6. 5. Wu H-P et al. Performance of a New, Algorithm for Sample Re-application During Blood Glucose Test Strip Underlaid Conditions. Poster presented at the 10th Annual Canadian Diabetes Association, October 10-13, 2012, Vancouver, British Columbia, Canada.

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One Touch Ultra Plus Flex (Bluetooth) Starter Kit with 25's Test Strips

Simple 2-step testing



STEP 1

insert a OneTouch Ultra Plus test strip



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Apply blood to the side of strip



AND THAT'S IT

Your results appear on screen with an arrow that shows if your results are **Low**, **In Range**, or **High**.

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TECHNOLOGY

ColorSure™ technology instantly shows when your blood sugar numbers are in or out of range, to help you understand what your results mean and to help you know when to take action.



The preset low range limit: **3.9 mmol/L***
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Let's get moving.
Help you understand your
blood sugar results.

89%¹ of people agreed that color range indicator helps them understand their results.





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What is it?

The FreeStyle Libre system is a continuous glucose monitoring system consisting of a handheld reader and a sensor worn on the back of the upper arm for up to 14 days



How does it work?

The sensor uses a thin, flexible filament under the skin to measure glucose every minute



How do you use it?

Use the handheld reader to scan the sensor with a painless³, 1-second scan to replace routine fingerpricks²



Apply

Apply the sensor to the back of your upper arm with the applicator



Scan

A painless³ 1-second scan is all you need to see your glucose readings



Read out

See your current glucose reading, eight hours of data, and a trend arrow that shows you where your glucose is heading

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

**FreeStyle
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FLASH GLUCOSE MONITORING SYSTEM

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Reg. No. GC4779137718

1. Scanning the sensor to obtain glucose values does not require lancets. 2. A finger prick test using a blood glucose meter is required during times of rapidly changing glucose levels when interstitial fluid glucose levels may not accurately reflect blood glucose levels or if hypoglycemia or impending hypoglycemia is reported by the system or when symptoms do not match the system readings. 3. Most people did not feel any discomfort under the skin while wearing the FreeStyle Libre sensor. In a study conducted by Abbott Diabetes Care, 93.4% of patients surveyed (n=30) strongly agree or agree that while wearing the sensor, they did not feel any discomfort under the skin. 339 persons have finished the study, 1 person terminated the study after 3 days due to skin irritation in the area where the sensor touched the skin.



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BM45 Blood Pressure Monitor

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

Please consult your doctor for interpretation of results

RM 199 / unit
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AC Adaptor
Worth: RM70

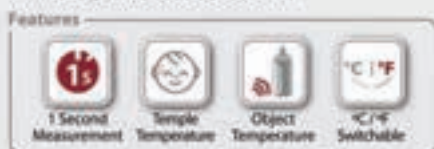
"PARR" AUTOMATIC BLOOD PRESSURE MONITOR MODEL X5 (MMD Reg. No. G839668337717)

Pulse Arrhythmia (PARR) Technology enables detection of pulse arrhythmia, including Atrial Fibrillation (AFib) and Premature Contraction (PC).

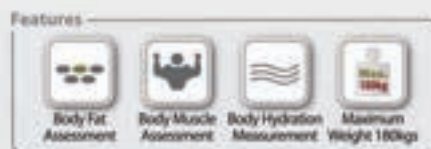
Features



NON-CONTACT TEMPLE THERMOMETER MODEL HA500 (MMD Reg. No. G897530337917)



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DID YOU KNOW?

1 in 3 people measure their blood pressure incorrectly¹, while using their blood pressure monitor at home.



Common Mistakes When Wearing Blood Pressure Monitor Cuffs



Are you perhaps one of them?

When it comes to blood pressure measurements, cuff positioning greatly contributes to the accuracy of readings. OMRON HEM-7156 blood pressure monitor eliminates this concern.

Designed with innovative IntelliWrap™ Cuff, the device delivers consistent and accurate measurements regardless of the cuff's positioning around the upper arm.

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3 Key Benefits of the IntelliWrap™ Cuff

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Reduce Errors

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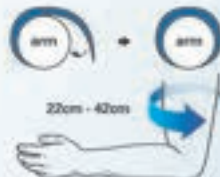


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The IntelliWrap™ is cylindrically pre-formed with tapering ends, allowing it to fit snugly around your upper arm. This secure fit enables not only accurate but also comfortable measurements every time. The wide cuff-size range of 22-42cm makes it suitable for most Asian arm sizes.



Easy To Wear With One Hand

The IntelliWrap™ is easily wearable with just one hand, perfect for seniors and those who require self-monitoring at home.



All for Healthcare

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*Based on the results of an independent quantitative survey produced by IQVIA in July 2019 on over 600 doctors (including cardiologists, physicians and specialists) in India, Indonesia, Philippines, Malaysia and Vietnam who have recommended OMRON products to their patients.

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One of Warning Signs of COVID-19

Large number of incidences of **SILENT HYPOXIA** occurring in individuals diagnosed with COVID-19

What is Silent Hypoxia?

Silent hypoxia is when a pulse oximeter check on a patient who does not appear to be short of breath, results in an oximeter finding lower than a physician would expect. People with silent hypoxia sometimes even have blood oxygen levels so low as to be "incompatible with life", but feel no ill effects.

Signs and Symptoms of Low Blood Oxygen Levels



Headache



Coughing



Interfere with
Heart and Brain
Function



Fast
Heartbeat



Shortness
of Breath,
Wheezing



Bluish Color in
Skin, Fingernails,
and Lips



Confusion

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Blood Oxygen Level

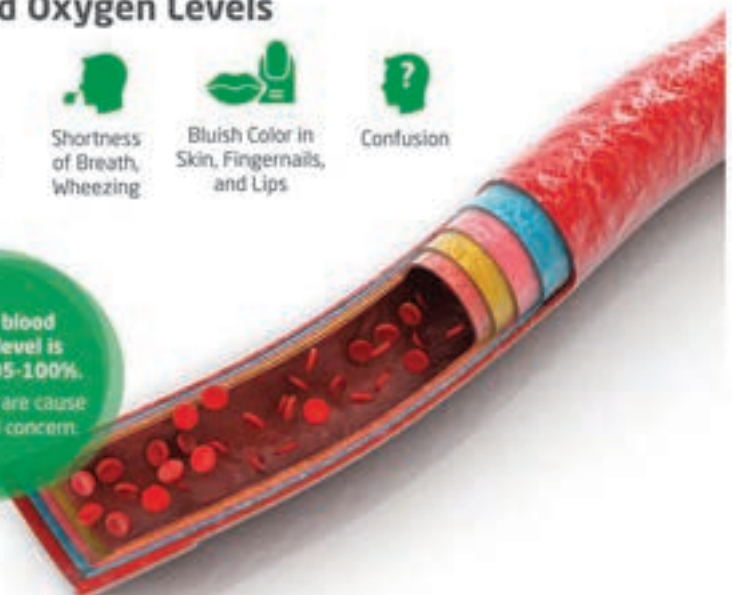
An indicator of how well the body distributes oxygen from lungs to the organs, tissues and cells.

PM 100
Pulse Oximeter

MCO registration no.
GC52083234217



Normal blood
oxygen level is
between 95-100%.
Below 92% are cause
for medical concern.



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

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High temperature is one of the symptoms of COVID-19



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| MOVEN | FREE |

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| Alpro Member | RM 5 |
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**TRADE IN
PROGRAM**
(Require to buy 50 strips of
glucose strips.)



BLOOD PRESSURE MACHINE

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| Alpro Member | FREE |
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RM320/month
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Oximeter
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RM600 2 months
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RM1500 6 months
FREE Rental Oximeter &
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SAVE **RM300**



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**Returnable deposit RM 800 will be collected for any oxygen tank/
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**Returnable deposit RM 60 will be collected if renting oximeter alone.



MOVEN

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RENTAL MANUAL WHEELCHAIR Q05 20 INCHES

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Struggling with ALLERGIC RHINITIS? SINUSITIS?

Are you using your
saline spray
correctly?

Allergic Rhinitis(AR) is a very common respiratory disorder seen among Malaysia population. AR is a diagnosis associated with a group of symptoms affecting the nose. These symptoms occur when you breathe in something you are allergic to such as dust, animal dander or cold wind or after you eat a food that you are allergic to.

The symptoms included:

Shortly after allergens exposure

- Itchy nose, mouth, eyes
- Runny nose
- Sneezing
- Watery eyes

Possible later after allergens exposure

- Stuffy nose (*nasal congestion*)
- Coughing
- Clogged ears
- Puffiness under the eyes
- Fatigue and irritability

Every 1 in 15 Malaysian will be diagnosed having AR since they are young, and the prevalence is now getting higher. Although AR is not fatal, it affects the quality of life of patients and disrupts their daily life including sleeping quality based on the severity.

Avoidance from the allergen's exposure is still the best treatment for AR. However, it is sometimes impossible to avoid completely from the allergens, which trigger the necessary of pharmacotherapy treatment such as intranasal corticosteroid spray, oral anti-histamines, and / or intranasal decongestant spray. These treatments are having their side effects which reduce the patient's compliance and hence the symptoms might persist and keep affecting the patients' quality of life.

Nasal saline has been widely used as decongestant treatment and / or adjunctive treatment based on their different osmolality. Comparing to pharmacotherapy, nasal saline is more tolerable and hence able to use as daily maintenance treatment (*isotonic solution*).

Isotonic solution contains 0.9% sodium chloride where it does cleansing, moisturising and clearing the nasal cavities.

Hypertonic solution contains more salt (around 2%) than isotonic solutions which contribute to higher osmolality.

It clears the nasal cavities mechanically through an osmotic effect where it draws the mucus out to reduce the congestion. When the solution contact with nasal cavities, the mucous cells contract and swollen reduced. It is clinically proven to be particularly effective against cold, sinusitis and allergic rhinitis without altering the nasal mucosa like the medicated decongestant intranasal spray.



Why Osmolality tested is important?

Osmolality influences the passage of water through the biological membranes. Hence isotonic nasal spray does not interfere with the cellular volume while hypertonic nasal spray will carry out decongestant effect. Nasal spray with tested osmolality is very important as Osmolality is affected by all the active solutes from sea water instead of the sodium chloride (*The sodium chloride content affecting the salinity but not the osmolality*). The osmolality determines the tonicity of the solution and the duration of the nasal spray can be used.

What is the difference between different Nasal Spray?

| | HYPERTONIC NASAL SPRAY | ISOTONIC NASAL SPRAY (NORMAL) | ISOTONIC NASAL SPRAY (SOFT) |
|----------------------------|---|--|--|
| Salinity | 2% | 0.9% | 0.9% |
| Osmolality | 600mOsm/kg | 300mOsm/kg | 300mOsm/kg |
| Spray Jet | Nebulized | Direct | Nebulized |
| Function | <ul style="list-style-type: none">• Decongestion• Reduce swelling• Reduce reliance on pharmacotherapy treatment | <ul style="list-style-type: none">• For thicker, purulent secretions• Remove scabs• Provides relief for breathing difficulties | <ul style="list-style-type: none">• For abundant, liquid secretions• Soft spray which is very safe to use up to several times daily• Suitable for fragile nasal mucosa |
| Dose during treatment | 1 to 3 sprays into each nostril 2 or 3 times daily | 1 to 3 sprays into each nostril up to 4 to 6 times daily | 1 to 3 sprays into each nostril up to 4 to 6 times daily |
| Prevention / Daily Hygiene | Not recommended | 1 spray into each nostril up to 2 times daily. | 1 spray into each nostril up to 2 times daily. |
| Recommended |  |  |  |

Allergic Rhinitis is no longer a nightmare! What you need is choosing the right nasal spray, maintain the good nasal hygiene and yes! You can breathe easily and no more headache for you!

Alpro Events 2021

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This year, you don't want to miss it, upcoming on-line warehouse sales with super deals and free gifts, a whole new shopping experience awaits for you! Stay tuned with Alpro Pharmacy Facebook page and alprooneclick.com for more update!

VACCINATION Fight AGAINST COVID-19



Protect yourself and others! The more people who are vaccinated, the fewer opportunities a disease has to spread. Haven't registered? Come to any Alpro Pharmacy outlet, and we will sit down with you to help sign you up.

Alproeans are here for you all the time!

Alpro Members Day, 2021

That's a wrap! We were happy to see all old friends and new members to celebrate the annual member day together in March!

Thank you all again and let us build a one big family with Alpro pharmacy!



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Heart Health at the Heart of a Pandemic

Post-percutaneous coronary intervention (PCI) care amidst COVID-19

Due to fear of the COVID-19 pandemic, there may have been delays in people with medical emergencies seeking treatment^{1,2}

Why is it important to protect yourself?

Involvement of the heart is common with COVID-19, due to increased risk of blood clots



Pay attention to your heart health post-PCI (also known as stent)

- Attend your follow-ups as suggested by your doctor³
- Practice protective measures to take care of your heart health for secondary prevention³



What are some secondary preventive measures I can take to protect my heart?



Pharmacological (drug) therapy³

- Make sure to take the medications prescribed by your doctor. Should you have any questions or concerns regarding your medications, please consult your doctor before stopping or changing your medications⁴
- Know the names, doses and how often you should take all the medications prescribed to you by your doctor⁴
- Talk with your doctor before taking any herbal supplements⁴



Make lifestyle changes^{3,5}

- Be physically active
- Exercise can help strengthen your heart⁶
- Always follow your doctor's recommendation for exercise⁶
- Start slowly and work up to more vigorous exercise as you get stronger⁶
- Include aerobic activities⁶

Refrain from smoking



Consume a healthy diet



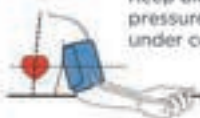
Maintain a healthy weight



Manage your other medical conditions^{3,5}



Keep blood sugar levels under control



Keep blood pressure levels under control



Manage your cholesterol levels

LIPID PROFILE TEST

Ideal heart health is associated with lower incidence of heart-related problems, even after PCI⁵

References: 1. Awad WL, et al. *J Card Surg* 2020;doi:10.1177/jocs.14833. [Epub ahead of print]. 2. Kwok CS, et al. *Heart* 2020;106:1805-1811. 3. Dalai F, et al. *BMJ* 2017;358:j3237. 4. Vancouver Coastal Health. Going Home after Percutaneous Coronary Intervention (PCI). Available at: <http://heartcentre.ca/sites/default/files/goinghomepostPCI.pdf>. Accessed on 12 March 2021. 5. Wang Y, et al. *BioMed Res Int* 2020;2479652:1-6. 6. UC San Diego Health. Exercising Safely after Percutaneous Coronary Intervention (PCI). Available at: <https://myhealth.ucsd.edu/RelatedItems/3,90088>. Accessed on 12 March 2021.

Disclaimer: The information provided in this leaflet is for information purposes only and is not intended to take the place of the advice of a registered medical practitioner. This information should not be used for diagnosing health problems or for self-medication. For further information, please consult your healthcare professionals.

A health educational message brought to you by



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