

**TAX RELIEF UP TO RM6,000** Cost of basic supporting equipment for disabled self, spouse, child or parent.

**Maybank TREATS**  
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MAY - OCT 2024 **CATALOGUE VOL.15**



# SILVERCARE

News And Insight For Elderly And Post Discharge Care



**Tan Shu Hua**  
MND Malaysia  
Ambassador

## Sarcopenia (Muscle Loss)

Affects 1 In Every 4 People, Leads To **Frequent Falls** Among The Elderly.

## ALS (Amyotrophic Lateral Sclerosis)

An Incurable Rare Disease That Causes **Muscles To "Die Off" Progressively** Due To Destroyed Nerves.



Join  
Alpro  
**Silvercare  
Captain**  
pg. 11



**RENT  
BiPAP  
Machine**  
For Breathing Problems  
During Sleeping  
pg. 54

**RENT or BUY**  
RM400 Or Above FREE Home Physio



“Reassurance that brings Smiles • 我们专业, 您安心”

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**The 3 Best Ways to Maintain Your Muscle Mass to Live Better**

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**Be Our Silvercare Member**

How to join?  
Exclusive benefits for Silvercare member!

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**Join Silvercare Captain**

Learn | Self Experience | Empower

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**Special Promotion Only for Silvercare Member**

Available on every 18th of the month.

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Celebrating Community Spirit with Our Customer.

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**Join & Engage with us!**

Silvercare Facebook Group

**Special Campaign**

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**FREE BP Accuracy Check!**

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**Diaper Loyalty Program**

Buy More Get More



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If Doctors Save Lives, Then Physiotherapists Make Them Worth Living.

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We Deliver Medication Safety to your doorstep

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Affordable Chemo-Drugs Supply, Financial Aids and Subsidy Application

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Do You Know If There's Anyone Who Needs Help? We Can Support Them!

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Many wonder if they can STOP taking Statins once their cholesterol levels are normal?

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**KELLY GAN**  
Editor in Chief

## WELCOME TO THE VOL.15 OF Alpro Silvercare Catalogue!

In this issue, we aim to shed light on **Sarcopenia**, a commonly overlooked yet serious health condition common among the elderly. Similar to ALS, it involves muscle weakness and loss of function, which has garnered global attention through initiatives like the ice bucket challenge due to its fatal impact on health.

We're introducing nationwide **Muscle Strength Assessments** at all outlets, empowering the elderly to know their muscle health and receive personalized treatment plans. Leveraging our comprehensive healthcare ecosystem, we also aim to **help manage symptoms and support the ALS community, enhancing their quality of life.**

*Our vision, "Maximising their sense of wellness, minimising their sense of suffering"*

In line with our 2024 tagline "**Reassurance That Brings Smiles,**" we proudly reintroduce our annual nationwide blood pressure machine accuracy check service, emphasizing not only the importance of regular blood pressure monitoring but also the necessity of checking the accuracy of BP machines every six months to prevent misinterpretation, which can be dangerous.

As Parents Day approaches, we're thrilled to launch the inaugural **Alpro Silvercare Captain** Programme. This initiative is designed to empower the elderly with valuable health information and unique experiential experiences.

Additionally, we continue our mission to support post-discharge patients and caregivers, serving as a one-stop post-discharge rehab center, offering tailored rehab options to assist in their recovery journey.

We hope you find this edition of our Silvercare catalogue informative and inspiring. Let's take proactive steps towards a healthier and vibrant life together. Thank you for being a part of our Silvercare community or supporting those who need it!

## Muscle Loss at Two Spectrum of Lives....

Sarcopenia & ALS are two different yet interconnected conditions that share the common feature of muscle weakness and loss of function.

# SARCOPENIA

It impacts 1 out of 4 seniors.



As we hit the age of 40, our bodies will start to lose muscle mass, strength and function, leading to age-related muscle loss, known as “Sarcopenia”.

This condition affects millions of older adults worldwide and is caused by various factors such as :

1. *Ageing*
2. *Decreased Physical Activity*
3. *Poor Nutrition*
4. *Chronic Diseases ( like diabetes )*
5. *Excessively Low Or High BMI*
6. *History Of Falls Can Also Increase Risk Of Sarcopenia.*

### MUSCLE LOSS

accelerates at around **age 70**, with **10-15%** lost every decade.

**Age 80**, nearly **1/3** of total muscle mass may be lost.

(PN Siparsky, 2014)

## Does Sarcopenia Only Happen To Skinny People?

The answer is no. It also affects those who appear larger size and suffer from weakened muscles. It's known as "Sarcopenic Obesity". This condition, characterized by both excess body fat and muscle loss, poses serious health concerns.

### FUN FACT

Sarcopenia isn't happen only to the elderly. Recent research reveals that it can affect adults as young as 30, particularly due to sedentary lifestyles since the onset of COVID-19.



# ALS (Amyotrophic Lateral Sclerosis)

also known as Motor Neuron Disease (MND)

In Malaysia, approximately four to six Malaysians are diagnosed with MND every month.



“ In 2014, the ice bucket challenge went viral globally, shed the spotlight on this incurable rare disease, as nerves cause muscles to progressively 'die off'. ”

Amyotrophic lateral sclerosis (ALS) is a fatal type of motor neuron disease (MND). Although the mean **survival time with ALS is two to five years**, some people live five years, 10 years or even longer.

It primarily causes progressive degeneration of the motor neurons (nerve cells) in the brain and spinal cord, which affects both upper and lower motor neurons, leading to **muscle weakness, atrophy, and eventual paralysis**.

ALS does not affect mental functioning or the senses (such as seeing or hearing), and it is not contagious.

Currently, there is **NO CURE** for this disease & experts **do not know** the cause of ALS.



Written by :  
**Kelly Gan Wei Xin**  
Team Lead for  
Alpro Pharmacy Silvercare

嗨 我是渐冻人陈书桦。  
我笑著流眼泪呀！  
因为...我坚韧强大。  
我自由自在。  
我活在当下呀！

**Tan Shu Hua**  
MND Malaysia Ambassador



# SIGNS &

## Reduced Walking Speed



Unable to walk  
6 metres in 8 seconds

## Reduced Gripping Strength



Difficulty carrying heavy objects:  
Unable to carry a 5 kg weight,  
such as cooking oil.

## Need Assistance In Walking



Need frequent rest or support  
while walk up stair or when  
get up from chair.

## Frequent Falls



Fall more than x2 in a year.

## Weight Loss



Lose > 5% body weight  
in 6 months.  
e.g. *Uncle Jon weighs  
50 kg and lose > 2.5kg.*

## Calf Circumference



**Male < 34cm**  
**Female < 33cm**  
suggested low muscle mass.

( AWGS 2019 recommendation )

Over time, sarcopenia can lead to a reduced quality of life due to increased **frailty, falls, and fractures**, which in turn increase the risk of complications and immobility, eventually leading to death.

“ It is reported that 1 out of every 4 elderly experiences a fall at least once a year. **Falls are the TOP cause of accidental death**, with as high as a 50% mortality rate within a year following a bone fracture. ”



As muscle mass decreases, our body's metabolism also slows down. This can disrupt the normal metabolism of blood cholesterol and sugar, leading to their accumulation in the body and increasing the risk of cardiovascular disease, diabetes, and ultimately, death.

# SYMPTOMS

It typically involves a gradual onset of progressive muscle weakness, which is generally painless. Symptoms can begin in the muscles that control speech and swallowing or in the hands, arms, legs or feet.

The disease will progress, making voluntary movements of arms and legs impossible. In time, you will need help with personal care, eating, and mobility.

## Common Symptoms Of ALS



Muscle Weakness



Muscle Cramps and Spasms



Trouble Breathing



Slow and Slurred Speech



Difficulty Swallowing



Digestive Issues



Anxiety and Depression



Cognitive Impairment

Not all people with ALS experience the same symptoms or the same sequences or patterns of progression. One person may have trouble grasping a pen or lifting a coffee cup, while another may experience a change in vocal pitch when speaking. However, progressive muscle weakness and paralysis are universally experienced.

When the breathing muscles become affected, people with the disease will ultimately need permanent ventilatory support to assist with breathing. Most people with ALS die from respiratory failure.

Other early symptoms vary but can include tripping, dropping things, abnormal fatigue of the arms and/or legs, slurred speech, muscle cramps and twitches and uncontrollable periods of laughing or crying.

Since ALS attacks only motor neurons, the senses of sight, touch, hearing, taste and smell aren't affected.



Late Mokhtar Dahari (Malaysian professional footballer) passed away at age of 39 in 1991 after three years of battling MND

The late renowned physicist Stephen Hawking outlived ALS by 55 years and passed away in 2018



***“ Before I was officially confirmed with MND, my right hand began to lose control in gripping. I could not grip my hand phone when I was at work at that time. I decided to see a doctor. After running several tests, the doctor diagnosed MND. ”***

*Shared from one of the MND warriors.*

## FUN FACT

MND or ALS is not a disease which attacks the old because we have patients who are in their late 20s, early 30s with this disease.



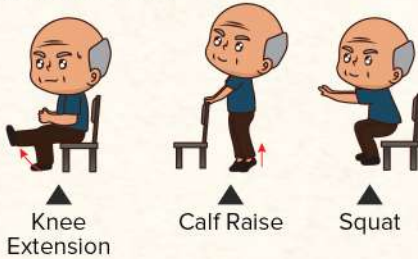
# MANAGEMENT

The 3 Best Ways to Maintain Your Muscle Mass to Live Better, According to Experts

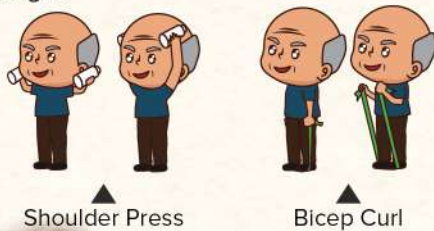
Muscle loss and higher risk of sarcopenia may be part of the natural ageing process, but you can take steps to slow the progression of the disease, and enjoy an independent and healthy life throughout the ageing journey. These include:

**1 Physical Activity:** Recommend progressive resistance based strength training as they have been proven to improve muscle strength and reverse muscle loss, preventing sarcopenia.

**Lower Body Exercises:** help in performing activities of daily living including walking, rising from a chair, climbing stairs, and lifting items from the floor, among other things. It should involve the quadriceps, hamstrings, gluteal muscles, calves, and the muscles of the ankle and foot.



**Upper Body Exercises:** help in performing basic daily activities such as carrying items, retrieving items from a cabinet, pulling or pushing a chair, and opening cans, among other things. It should involve the chest, back, shoulder, arm muscles, and grip strength.



For best results, it is recommended to perform 10-15 repetitions per set, and complete 1-2 sets per day, with a rest period of 2-3 minutes between each set.

**Tools to Help:** resistance band, dumbbells or a 500ml water bottle, pedal exerciser.



## 2 MAKE HEALTHY FOOD CHOICES

When paired with regular exercise, eating a healthy diet that includes high-quality proteins through food or supplements can help reverse the effects of sarcopenia.



Consume at least 60g protein a day.

Aim for 1.0-1.2g/kg/day of protein intake everyday. For example, if you weigh 50kg, then you should consume at least 60g protein a day to be divided consistently in separate meals of the day.

17 to 20 grams of protein in each meal.

oatmeal 1 scoop = 5g,  
1 egg = 7g,  
40g ½ palm size chicken = 7g, metabolic energold)



**Tools to Help:** Metabolic Oteine, vitamin D and omega 3 has also proven to effectively improve muscle quality and function.

## 3

**Routine Physicals:** See your healthcare provider regularly, and let them know about any changes in your health, do assessment. Once every 3 months.

019-750 0612 Contact Us for :

1

Schedule an appointment for **FREE Muscle Strength Assessment** at Alpro

2

Request a **Personalised Nutritional Plan** with Nutritionist & Dietitian at Alpro Pharmacy



# & TREATMENT

Treatments can't reverse the damage of ALS, but they can slow the progression of symptoms. The main treatment may involve the management of symptoms, prevent complications, and improve the quality of life.

**1. Physical therapy/ Physiotherapy:** Low-intensity exercises can help maintain cardiovascular fitness, muscle strength, and function for as long as possible, while also improving your sense of well-being. For example, appropriate stretching can help prevent pain and improve muscle mobility. Mobility equipment such as walkers or wheelchairs may also be recommended to overcome weakness and facilitate easier mobility.



**2. Occupational Therapy:** Finding strategies to maintain independence despite weakness of the body part such as hand and arm. Adaptive equipment can help in tasks like dressing, grooming, eating and bathing. Home modification also can enhance accessibility for individuals with walking difficulties.

**3. Speech Therapy:** Adaptive techniques for improving speech clarity and other communication methods, including the use of smartphone apps, alphabet boards, or pen and paper.



\*Reach out to MND Malaysia to know more about the eye tracker device to overcome trouble of communicating.

**4. Nutritional Support:** Inadequate food intake can lead to muscle and fat breakdown, resulting in weight loss and weakness. Hence, a good nutrition providing sufficient calories, protein, fluids, vitamins and minerals can improve energy levels, supports muscle maintenance and respiratory function, strengthen the immune system and help fight infection. Additionally, modifying food texture and eating techniques can help manage swallowing difficulties, fatigue during chewing, decreased appetite, and constipation.

**5. Psychological and Social Support:** Join a support group like MND Malaysia, which offers emotional, psychological, and physical support, providing access to healthcare professionals and resources from UMMC and Alpro Pharmacy.

**6. Medication:** Prescribed for relief of symptoms including muscle cramps and spasms, constipation and pain.

## Joint Collaboration with MND Malaysia :

MND Malaysia is a NGO based in UMMC, supported with a team of specialists in MND who provide medical management to the MND Warriors.

## Services for MND warriors & carers :

1. *Rehab Medical Equipment Purchase or Rental.*
2. *Nutritionist & Dietitian Consultation*
3. *Home Physiotherapy*
4. *Home Nursing Care & Annual Health Care*
5. *Milk Powder Donation Support*
6. *Growing Star Project (Help Sending Children back to School)*

\*T&C applied.

Browse through MND Malaysia's website for further assistance or donation to fund the MND warriors: [www.mndmalaysia.org](http://www.mndmalaysia.org)

Persatuan Penyakit Motor Neuron Malaysia's Maybank Account (Account Number: 514-123-636-197)

Joint collaboration with :



**55**  
Years Old  
And Above



BE OUR  
**Silvercare**  
Member

**How to Join?**



**STEP 1**

**FREE**

Register for free at Alpro Pharmacy.



**JOIN**

Join our Facebook Group

**STEP 2**



华语群组

or



Malay Version

**STEP 3**

**DONE**

Get your Silvercare Member sticker.

\* Silvercare membership applicants must be individuals aged 55 years and above. Free registration only applicable for all Alpro members and it is a lifetime membership.



**Exclusive Silvercare Member Benefits**



**1**

**RM10 Cash Voucher**



For every RM200 spent on every 18th except for items with (\*) price tag labelling in Alpro Pharmacy outlet

**2**

**Rebate Vouchers**



Physio Consultation, Online Shopping, Blood Test.

**3**

**Special Discounts**



On Every 18th for selected items. \*refer to page 12-13

**4**

**12 Months Extended Warranty**



MOVEN | Anzen | reliable  
\* Selected rehab product.

**5**

**Family Day Activities**



1.Silvercare Captain Experiential Program  
2.Silvercare Interactive Workshop

**FREE**  
Hearing  
Assessment



Recommended after age of 55 as annual screening.

\*Term and conditions apply.



# Join ALPRO SILVERCARE CAPTAIN!

Only For 55 Years Old & Above.



**LEARN**  
Health & Product Knowledge

**Introducing Silvercare Captain** – your ticket to exciting adventures at Alpro Pharmacy branches! If you're 55 years and above, don't miss out on becoming our captain.

It's a priceless and fun experience of health and wellness crafted just for you, guided by our pharmacist, physiotherapist, or nutritionist & dietitian. What's more, it's exclusively **FREE** for you.



**SELF-EXPERIENCE**  
Product & Cashier Duties



**EMPOWER**  
Yourself To Care For  
Own Health & Others



**SCAN TO REGISTER NOW!**

\*At selected Alpro Pharmacy outlets.  
\*Subjected to limited slots available.

\*T&C Apply.

# SPECIAL PROMOTION

Only for Silvercare Member

1 DAY ONLY!

Available On Silvercare Day **Every 18<sup>th</sup>** Of The Month.



Always,  
Be Prepared for Life!

[100132901]  
**ABBOTT GLUCERNA  
GOLD BIB 1.6KG**



[100311745]  
**ABBOTT ENSURE GOLD  
1.48KG COMPLETE NUTRITION**



**BUY 2  
GET 1X FREE**  
UNITS OF  
ANKUO CONTAINER 1000ML



\*While stock last only.



[71949]  
**SILVERCARE  
GOLF UMBRELLA  
30 INCHES**

**SPECIAL PRICE**

**SAVE  
RM 40**

~~RM 59<sup>90</sup>~~  
**RM 19<sup>90</sup>\***



[100183375]  
**OMRON HEM 7142T1  
BLOOD PRESSURE METER**

**SPECIAL DEAL**

**RM3  
REBATE\***

MDA Reg.No : GB7742021-80178



[100232032]  
**OMRON HEM 7156T  
BLOOD PRESSURE METER**

**SPECIAL DEAL**

**RM5  
REBATE\***

MDA Reg.No : GB1181722-84197



[22578]  
**METSAL  
HEAT RUB CREAM 50GM**

**SPECIAL DEAL**

**RM5  
REBATE\***

MAL 12075081XC



[100116581]  
**NOVOPLUS CF372BT  
BODY COMPOSITION SCALE  
WITH BLUETOOTH**

**SPECIAL DEAL**

**RM5  
REBATE\***



[100122852]  
**S SELECT DENTURE  
CLEANSER TABLET 108S**

**SPECIAL DEAL**

**BUY 2 @  
RM 52\***

**SAVE  
RM 63<sup>58</sup>**

MDA Reg.No : 4971902071152

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice.



# PROMOTION ONLY FOR SILVERCARE MEMBER



AVAILABLE ON EVERY 18<sup>TH</sup> OF THE MONTH



[69123]  
**MAPLELAND**  
 LUTEIN 20MG 30S  
**SPECIAL PRICE**  
~~RM70~~  
**RM 19<sup>90</sup>\***  
**SAVE RM50**

\*Limit 2 Units For Each Silvercare Member Every Month.



[70763]  
**GKB Z-WELL**  
 350MG 60S  
**SPECIAL PRICE**  
~~RM129~~  
**RM108<sup>80</sup>\***  
**SAVE RM20<sup>20</sup>**



[100049980]  
**GKB LION'S MANE**  
 MUSHROOM 60S  
**SPECIAL PRICE**  
~~RM198~~  
**RM165\***  
**SAVE RM33**



[100171503]  
**TIMO C KING**  
 450MG X 50S  
**SPECIAL PRICE**  
~~RM156~~  
**RM120\***  
**SAVE RM36**



[100110725]  
**NUZEEL COQ10**  
 150MG SOFTGEL 30S  
**SPECIAL PRICE**  
~~RM135~~  
**RM79<sup>90</sup>\***  
**SAVE RM55**



[100060300]  
**POWERLIFE GINKGO PLUS**  
 PHOSPHATIDYLSERINE 30S  
**SPECIAL PRICE**  
~~RM163<sup>90</sup>~~  
**RM88\***  
**SAVE RM75<sup>90</sup>**



[100110683]  
**NUZEEL LIQUID CALCIUM**  
 WITH D3 & K2 60S  
**SPECIAL PRICE**  
~~RM135~~  
**RM79<sup>90</sup>\***  
**SAVE RM55**



[100318013]  
**POWERLIFE IMMUNIS C PLUS**  
 3 X 10S  
**SPECIAL PRICE**  
~~RM59<sup>70</sup>~~  
**RM 30\***  
**SAVE RM29<sup>70</sup>**



[73961]  
**WODAPHIL GENTLE HYDRO**  
 CLEANSER 250ML  
**SPECIAL PRICE**  
~~RM40<sup>90</sup>~~  
**RM 22<sup>50</sup>\***  
**OFF 40%**



[10011434]  
**VIO SKINCARE OIL**  
 80ML + 10ML  
**SPECIAL PRICE**  
~~RM35<sup>90</sup>~~  
**RM 24<sup>99</sup>\***  
**OFF 30%**

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice.

# 1<sup>st</sup> of October International Elderly Day 2023

Happy International Day of Older Persons! Sending warm wishes to all the wonderful elders around the world. Your wisdom and presence are truly cherished.



Sign up yourself for the upcoming event at **The Starling Mall** on 27-29 Sept 2024. Stay tuned for more details.

## Family Day Activities

### Silvercare Captain Experiential Program & Silvercare Interactive Workshop

A **FREE** event just for all Silvercare members! If you're 55 years and above, don't miss out on becoming our captain. It's a special day crafted for your health and wellness.  
(Join Alpro Silvercare Captain refer to page 11)



## FREE Muscle Strength Test!

Weak leg? Or tired after walking a few steps?

After the age of 40, muscle strength begins to decline every year, making us progressively weaker and at risk of falls, fractures, and even immobility!



## 1<sup>st</sup> of March 2024 Wheelchair Day

In response to March 1st, International Wheelchair Day, Alpro Pharmacy offers **FREE** one-stop wheelchair cleaning, disinfection, and maintenance for 2 days only.  
(Repair Service refer to page 21)



# MOMENTS THAT MATTER



Celebrating Community Spirit with Our Customer.



## Alpro Silvercare x MND Malaysia

Alpro Silvercare proudly partners with MND Malaysia to support individuals with Motor Neurone Disease (MND).

Through collaboration with Alpro Physio and Alpro Home Care, we deliver comprehensive healthcare services to MND warriors at home, prioritizing their comfort and well-being.

Together, we aim to build a stronger and healthier MND community.



## CUSTOMER VOICES



*Tengah cari kerusi roda yang berbaloi dan senang nak guna untuk sedekah bagi kawan. Terus teringat Alpro Pharmacy!*

— Adam Bin Hassan



Alpro Pharmacy 简直是我的救星！在我外婆突然被通知出院，我们急着找病床的时候，朋友介绍Alpro可以租到！而且还送上门那种，同一天就可以送到了。他们还提供专业的出院照护知识，让我感觉非常安心和感动。强烈推荐推荐给任何有需要的人！

— Wendy Lim



*Alpro rental service is greatly appreciated for alleviating the burden of expensive medical equipment costs for those of us who cannot afford them.*

— Rebecca Goh



## FREE Blood Pressure Machine Accuracy Check!

Did you know BP machine need for checking regularly just like car maintenance?

Inaccurate readings can be very dangerous!

(Refer to page 33)



## Rent or Buy Medical Rehab Items

### From Alpro Pharmacy

Looking to buy or rent a rehab equipment? Look for Alpro Pharmacy!

Join & Engage  
With Us  
**NOW!**

# Silvercare Facebook Groups

- Share Your Caregiver Journey
- Exchange Health Information
- Engage With Our Professional Medical Team

Penjagaan dan Perkhidmatan Kesihatan Keluarga

we have a customer who would like to sell off these two units of wheelchair and chair at RM 360.00 each. Anyone who is interested can contact us or seller Mdm Julia. Julia's contact details can be obtained by direct message.



Lina Alpro  
Admin · 16 June 2022

如果你不是主要照护者，只偶尔回家「沾酱油」请给点时间读一读

每个人都有情绪、都有极限，照护老人家本来就不可能事事完美、面面俱到，只要问问自己：「如果我天天守着老妈，睁开眼、闭上眼，都躲不掉照护老人家的大小繁琐之事，我会变得如何？」你就能理解了。

好久前曾上电视谈过【老人照护问题】可能重播的关系，我接到一个邻居的来电。她是一个60多岁的单身者，跟90多岁的妈妈相依为命，妈妈失智退化，所以她承担照护老妈的责任。她说自己没有结婚也没有孩子，非常感谢我在节目中为她们这样的「主要照护者」说些体贴的话。

See more

马来西亚家庭照护支援群

rianne Lim is feeling blessed.  
September at 19:41

vianne来分享啦。其实昨晚po过了，不过不小心手贱不小心delete了。让我体会+领悟到的一些道理。m, 我已躺在床上准备睡了，手机响了，来了一封语音信息，是爸爸传来的。紧，可以过来帮一下我吗？我不迟疑，就过去了父亲的睡房查看一番。又厚，颜色还有点带黄的pampers一眼，顿时我火冒三丈+数不尽的埋怨。好的pampers，现在11点就湿成这样了呢。的不爽，我还是使命必达，完成了换pampers的重要任务。后来，在收拾还打着鼻鼾。此时，我才觉悟，原来是纸尿裤堵塞了感到非常不适。不好意思开口，所以就找了别的借口让我过去。看到爸爸换了pampers能者的满足感爆炸了。埋怨的感觉也立刻被压下去了。看到了「照护者和被照护者之间其实都是互相需要」... See more



Lina Alpro  
Admin · 21 June 2022

要量血压的你，这3个问题你一定纠结过的

1. 几点量血压最准确？

这个问题，不必太纠结。因为测血压过程很简便，排空尿液，静静休息5~10分钟，心情完全平和下来后就可以测，不必非要定时定点，什么时候方便都可以测，记录下来测量的时间以及血压值即可。

See more

You, Fifi Lee, Lina Alpro and 13 others

Like

Comment

5 comments 6 shares

Share

View more comments

Ming Hooi Lin  
感谢分享

4 w  
Ming  
想  
药  
期  
都

Ei, I forgot what's  
this medication  
taken for?  
**HOW AH?**

Aigo~ don't worry,  
just snap a photo &  
**ask in the  
FB Group!**



Penjagaan dan Perkhidmatan Kesihatan Keluarga

23 November 2023

am, tuan puan ada yg mencari oxygen concentrator @ tank oxygen ?? hamdullillah anak sy dah wean off dan tgh mencari serious buyer. Barang dibawah aru dibeli pada awal tahun ini. Keadaan barang 10/10 dan berfungsi dengan emerlang.

1. Yameina Oxygen Concentrator 5L (still on warranty untill 2024)... See more



SCAN & JOIN NOW



马来西亚家庭照护支援群



Penjagaan dan Perkhidmatan  
Kesihatan Keluarga





# PWP

买了再买!  
更节省!



PROMOTION. SAVE MORE!

**1**

**Rent or Purchase**  
Selected Medical Rehab Items  
RM400 or above

**FREE**  
Worth RM50

X1 Home Physiotherapy

\*T&C Apply.

**2**

**Purchase**  
Ugoku Support Range  
RM150 or above

**FREE**  
Worth RM50

X1 Traction Or Sport Massage Session

\*T&C Apply.

**3**

**Purchase**  
Any Wheelchair

**Top Up Only:**

~~RM 342<sup>90</sup>~~  
**RM 225**

~~RM 199~~  
**RM 118**

[80925] **BES+MADE Advanx Sliding Transfer Board**  
MDA Reg.No : GA3854021-63644

[100057173] **BES+MADE Coccyx Memory Foam Seat Cushion**

\*T&C Apply.

**4**

**Purchase**  
Any APEX Ripple Mattress & Hospital Bed.

**FREE**  
1 X HOME VISIT

by Doctor / Nurse  
Home Care Assessment

Applicable only in Selected area :  
Kuala Lumpur, Klang Valley and Seremban.

\*T&C Apply.

**5**

**Rent or Purchase**  
• Any Medical Rehab Items  
• Any Physio Package

**Top Up Only:**  
~~RM 198~~  
**RM 139**

**GKB Lion's Mane Mushroom**

Product Reg.No : MAL21036127TC

\*T&C Apply.

**6**

**Purchase**  
Moven Q05 Wheelchair

**FREE**<sup>X1</sup>  
Worth RM342<sup>90</sup>  
\*While Stock Last.

[80925] **BES+MADE Advanx Sliding Transfer Board**  
MDA Reg.No : GA3854021-63644

\*T&C Apply.

Only for **MOVEN** WHEELCHAIR

7 Days

Exchange Return Guarantee

Up to RM300

Buy Back Value \*Selected Model

12 Months

Warranty \*Frame Only

Extended

12 MONTHS WARRANTY

Exclusive to SILVERCARE MEMBERS

The maximum weight capacity for wheelchairs generally is 100kg, unless explicitly stated otherwise.



PRICE DISPLAY IS

ALPRO MEMBER PRICE

# POST-DISCHARGE CARE BEST SELLING WHEELCHAIR



## STANDARD WHEELCHAIR

**BMATE-CA902**

**Standard PVC**

- Fixed Backrest/Armrest/ Footrest
- Weight 16kg



[71521]

~~RM 350~~  
**RM 279**

MDA Reg.No : GA2911519-32159

**HOSPITECH-SFN-SWC-STD-101**  
**Standard Wheelchair 16kg**

- Fixed Backrest/Armrest/ Footrest
- Weight 16kg

[67281]

**RM 279**

MDA Reg.No : GA7791220-41048



**soma105**

**Standard Aluminum**  
Wheelchair

- Standard Lightweight
- Stylish & Durable

[100041870]

~~RM 789~~ **RM 750**

MDA Reg.No : GA5627119-34201



**ELCO PLUS-FMW043**

**Standard FABRIC**

- Fixed Backrest/Armrest
- Weight 12.5kg
- Detachable Footrest

[100126044]

**RM 380**

MDA Reg.No : GA3292220-45340



**KAWAMURA**

**Standard Basic**

- Standard Lightweight
- Aerospace-Grade Alum Alloy Frame

[100044981]

**RM 1,535**

MDA Reg.No : GA8714420-42791



## LIGHTWEIGHT & COMPACT

**MOVEN** BMQ05 20INCH  
**Lightweight**

- Light Weight Aluminium Alloy Frame
- 20" Rear Wheel
- Flip-up Armrest
- Flip-up Legrest



[100322981]

~~RM 965~~  
**RM 770**

MDA Reg.No : GA9326524-159187



**BMATE BB358AJ-20-46**  
**STEEL ECONOMY Wheelchair 20"**

- Lightweight Steel Frame
- Dual Brake System
- 4 Layer Adjustable Angle Footrest

[100311265]

**RM 399**

MDA Reg.No : GA10146023-155787



**BMATE BB368LAJ Fixed**  
**Aluminum Wheelchair 20"**

- Light Weight Aluminium Frame
- Fixed Arm Rest
- Flip-up Legrest

[100315100]

~~RM 665~~ **RM 530**

MDA Reg.No : GA9624423-156101



## PRESCRIPTION WHEELCHAIR

**MOVEN PRIME**

**Custom S Wheelchair**

- Tension Adjustable Backrest
- Adjustable Seat Height
- Quick-release Rear Wheel

[100288901]

~~RM 2,999~~  
**RM 2,399**

MDA Reg.No : GA2496123-137511



135 KG  
MAX. CAPACITY

## ACTIVE WHEELCHAIR

**MOVEN Active Sport Wheelchair**

- Tension Adjustable Backrest
- Quick Release Rear Wheel
- Lightweight & Compact

[71680]

~~RM 5,270~~  
**RM 2,999**

MDA Reg.No : GA6598720-38644



**COMFORT S1 Rigid Active Wheelchair**

- Upholstery Air Mesh
- Adjustable Height of Footplate
- Adjustable Angle of Backrest
- Aluminium Framework
- 5"PU Tire with suspension

[100285063]

~~RM 7,800~~  
**RM 7,500**

MDA Reg.No : GA7462523-150973

Taiwan Brand

120 KG  
MAX. CAPACITY



**KAWAMURA**

**Rollator Wheelchair**

- 3 In 1 Functions
- Rollator Mode

Japan Brand

[100045004]

~~RM 2,499~~  
**RM 2,150**

MDA Reg.No : GA8714420-42791



Take Note : 12 24 60 12/24/60 Months Warranty on frame manufacturing defect. 6 6 Months Installment Available.

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice | Price display is Alpro Member Price.

! Installment Available For HLB & Maybank Credit Card Holder Only. |

## TRAVEL & TRANSPORT WHEELCHAIR

**COMFORT** L1-612

### Transport Wheelchair

- Aluminium Frame
- 8" Castor Wheel
- Breathable & Comfortable Seat Cushion



Taiwan Brand

140 KG  
MAX. CAPACITY

[100285030]

~~RM 1,600~~  
**RM 1,425<sup>60</sup>**

MDA Reg.No : GA10828423-150985

**BMATE** BM305LA  
Portable Travel Wheelchair 8"

- Light Weight Aluminium Frame
- Fixed Arm Rest
- Flip-up Legrest

[100322932]

~~RM 550~~ **RM 440<sup>12</sup>**

MDA Reg.No : GA10430524-160781

**MOVEN** BM01LABJ-12 INCH  
Transport Wheelchair

- 12" Transport Wheelchair
- Swing Footrest
- Detachable Footrest
- Foldable Backrest

[100079383]

**RM 699**

MDA Reg.No : GA9618422-91832

Ease For Travel

**soma** 215  
Lightweight Aluminum Wheelchair

- Compact & Ultralight
- Swing-away Footrest

[100041904]

~~RM 899~~ **RM 854<sup>6 24</sup>**

MDA Reg.No : GA5627119-34201

**MOVEN** Q05 16INCH  
Lightweight Wheelchair

- Light Weight Aluminium Alloy Frame
- 16" Rear Wheel
- Flip-up Armrest
- Flip-up Legrest

[63984]

~~RM 899~~ **RM 770<sup>6 24</sup>**

MDA Reg.No : GMD79630799918A

**karma** ERGOLITE KM2501  
Travel Wheelchair

- Compact & Ultralight
- Aircraft Grade Aluminum Alloy Frame

[100041961]

~~RM 1,789~~  
**RM 1,699<sup>6 60</sup>**

MDA Reg.No : GA6765919-33289

**KAWAMURA**  
Portable Wheelchair

- Compact & Ultralight
- Aerospace-Grade Alum Alloy Frame

[100045012]

**RM 1,950<sup>6 12</sup>**

MDA Reg.No : GA8714420-42791

## EASY TRANSFER (DAF) WHEELCHAIR

**BMATE** BB310LAJ-46  
DAF Lightweight Wheelchair 24"

- Durable Crossbar Frame
- Premium 4 Brakes
- Flip Back Armrest
- Swing Away & Detachable
- Double Anti-tipper

[100311257]

~~RM 950~~  
**RM 722<sup>6 12</sup>**

MDA Reg.No : GA5134623-156989

**MOVEN** BM3979LFH  
Flexi Plus Wheelchair

- Hexagonal Pattern Seat & Backrest
- Seamless Elliptical Frame
- Swing-away & Detachable Footrest

[74528]

~~RM 1,450~~ **RM 950<sup>6 24</sup>**

MDA Reg.No : GA8355920-50618

**soma** AGILE  
DAF Wheelchair

- Flip-back Armrest
- Detachable Legrest
- Easy Transfer
- Self-Propelled

[100041938]

~~RM 1,299~~  
**RM 1,234<sup>6 24</sup>**

MDA Reg.No : GA4132622-89655

**KAWAMURA**  
Comfort DAF

- Tension Adjustable Backrest
- Comfortable With Extra Cushion
- Detachable Armrest & Footrest

[100045038]

**RM 2,345<sup>6 12</sup>**

MDA Reg.No : GA8714420-42791

**karma** S-ERGO 125  
DAF Wheelchair

- Aircraft Grade Aluminum Alloy Frame
- Flip-Back Armrest
- Detachable Legrest

[100042050]

~~RM 2,000~~  
**RM 1,900<sup>6 60</sup>**

MDA Reg.No : GA6765919-33289

**COMFORT** L2 18-INCHES  
Lightweight Wheelchair

- Adjustable Seat Height
- Easy transfer
- Quick-release Rear Wheel

[100186360]

~~RM 3,250~~  
**RM 2,690<sup>6 60</sup>**

MDA Reg.No : GA8358723-123921



Flip Back Armrest



Detachable Footrest



Anti-Tipper With Tipping Aid



Use Together

Cushion For Your

Pressure Relief & Comfort

**BESTMADE** Coccyx  
Memory Foam Seat  
Cushion

- Pressure Relief
- Cooling Gel Pad
- Washable Outer Layer

[100057173]

~~RM 199~~  
**RM 168**

**PWP**  
**RM 118**

With Any Wheelchair Purchase

**MOSAIC**® 18"  
Cushion with Cover

- Shape Adjustable
- Easy To Adjust
- Cell Height 7cm

[50440]

~~RM 650~~  
**RM 550**

MDA Reg.No : GMD41951983319A

**ROHO**®  
**QUADTRO SELECT**®  
**HIGH PROFILE**® 18" Cushion

- Made Of Soft, Flexible Aircells
- Quick And Easy Adjustments
- 4" Cell Height

[70999]

~~RM 2,200~~  
**RM 1,900**

MDA Reg.No : GMD33837925218A



Take Note : **12 24 60** 12/24/60 Months Warranty on frame manufacturing defect. **6** 6 Months Installment Available.

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| Installment Available For HLB & Maybank Credit Card Holder Only. |

## RECLINING & POSITIONING WHEELCHAIR

**BMATE BB309GCJ**  
Steel Reclining Wheelchair

- Tilt-In-Space
- Foldable & Compact

[100116052]

~~RM 950~~  
**RM 770**

MDA Reg.No : GA5714522-98423



**karma KM5000**  
Reclining Wheelchair

- Reclining Back Support
- Elevating Legrest

[54433]

~~RM 3,099~~  
**RM 2,944**

MDA Reg.No : GA6765919-33289



**karma VIP2**  
Positioning Wheelchair

- 2 in 1 (Tilt & Recline)
- Tension Adjustable Backrest

[100042134]

~~RM 5,599~~  
**RM 5,319**

MDA Reg.No : GA6765919-33289



**COMFORT** K9  
Reclining Wheelchair

- Detachable & Flip Back Swing Armrest
- Detachable Swing Way Elevating Footrest

[100186378]

18-INCHES  
**RM 2,490**

[100285048]  
22-INCHES  
**RM 2,850**

[100186386]

20-INCHES  
**RM 2,668**

[100285055]  
24-INCHES  
**RM 2,950**



MDA Reg.No : GA8509923-125141

**KAWAMURA FULL**  
Reclining Wheelchair

- Reclining Back Support
- Soft & Comfortable
- Adjustable Armrest

[100045020]

**RM 3,840**

MDA Reg.No : GA8714420-42791



**COMFORT** L7 18-INCHES  
Aluminium Tilt-in-space  
Wheelchair

- Easily Tilt And Recline
- Comfort Air Mesh Upholstery

[100186444]

~~RM 8,034~~  
**RM 6,695**

MDA Reg.No : GA8566923-124451



## XL & HEAVY DUTY WHEELCHAIR SPECIAL CONDITION

**MCVEN BM659XQ**  
Heavyduty Wheelchair

- Flip Up Armrest
- Detachable Footrest

[74527]

~~RM 1,100~~  
**RM 850**

MDA Reg.No : GA1462521-55663



**FELCO FMW-21 CHROMED 24 INCH**  
Extra Bariatric Wheelchair

- Flip Up Armrest
- Detachable Footrest

[74066]

**RM 899**

MDA Reg.No : GA35873477817



**COMFORT** K7  
Aluminium Wheelchair

- Easy Transfer
- Flip-back Armrest
- Detachable Legrest

[100285006]

22-INCHES  
**RM 3,140**

MDA Reg.No : GA8358723-123921



## ELECTRIC WHEELCHAIR

**MCVEN BM430L**  
Portable Electrical  
Wheelchair 8" 16kg

- Flip-up Armrest & Footrest
- Easy Foldable
- Travel up to 20km
- Thick seat cushion

[100315035]

~~RM 4,623~~  
**RM 3,699**

MDA Reg.No : GA10136424-161488



**PROLIFE SC-A500**  
Sowell Electric  
Wheelchair Black 15kg

- Flip-up Armrest & Footrest
- Easy Foldable
- Travel up to 15km

[100174713]

~~RM 3,390~~  
**RM 3,290**

MDA Reg.No : GA366423-126865



## BES+MADE Advanx Sliding Transfer Board

- 2 Sided Anti-slip Pads
- High Density Polyethylene

[80925]

~~RM 342.90~~  
**RM 319**

MDA Reg.No : GA3854021-63644



## COMMODOE WHEELCHAIR

**HOPKIN**  
Commode Wheelchair

- Chrome Steel Frame
- Fixed Backrest/Armrest/ Footrest
- Comes with Detachable Plastic Seat Tray and Pot

[100156264]

**RM 570**

MDA Reg.No : GA4849722-91090



**MCVEN 606LABJ**  
Commode Wheelchair

- Caring & Comfortable Design
- Foldable Backrest
- Foldable Footrest

[67045]

**RM 729**

MDA Reg.No : GMD39058823418A



**COMFORT** SL-155-B-606  
Aluminium Commode  
Wheelchair

- Pu Seat With Front Opening
- Easy Transfer
- Max Capacity 140 Kg

[100186394]

18-INCHES  
**RM 2,450**

MDA Reg.No : GA8154923-125477



**COMFORT** SL-155B-60624  
Aluminium Commode  
Wheelchair

- Pu Seat With Front Opening
- Quick-release Rear Wheel
- Easy Transfer
- Max Capacity 140 Kg

[100186410]

18-INCHES  
**RM 3,280**

MDA Reg.No : GA8154923-125477



**Take Note :** 12 24 60 12/24/60 Months Warranty on frame manufacturing defect. 6 6 Months Installment Available.

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice | Price display is Alpro Member Price.

| Installation Available For HLB & Maybank Credit Card Holder Only. |

# WHEEL-CHAIR

## Repair Service

Service Done Within 15min

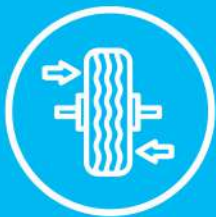
\*Depend on wheelchair condition & areas.



**ROUTINE SERVICE**

It's recommended to service your wheelchair once every 6 months.

Service Charge As Low As **RM10**



Alignment & Balancing



Cleaning



Spare Part



Disinfection



Home Service

\*Selected areas only.

Let's make your wheelchair safe & comfortable to use again!



BOOK NOW  
**019-750 0612**

**FREE X1 Servicing**

for Moven & Comfort Brand Wheelchair only.

\*T&C Apply.

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | For Allianz Insurance customer en

"Reassurance that brings Smiles • 我们专业, 您安心" | 021

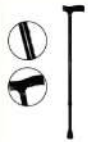


# POST-DISCHARGE CARE SAFE MOVE MOBILITY AIDS



The maximum weight capacity for commode and shower chair generally is 100kg, unless explicitly stated otherwise.

## One-handed Grab Support



**HOPKIN**  
Walking Stick - T-shape  
(Black)  
[100049949]  
**RM 28**  
MDA Reg.No : GA7914922-95180



**ANZEN** BA33813  
Adjustable Walking Stick  
[70665]  
~~RM 59~~ **RM 42**  
MDA Reg.No : GA4965520-38265



**ANZEN** BA538L1  
Foldable Walking Stick  
[70666]  
~~RM 69~~ **RM 45**  
MDA Reg.No : GA7978920-38261



**HOPKIN**  
Foldable Walking Stick  
[100156363]  
**RM 30<sup>90</sup>**  
MDA Reg.No : GA7914922 - 95180



**ANZEN** BA1148  
Quad Cane  
Narrow / Broad Base  
[71678 / 70664]  
~~RM 89~~ **RM 63-69**  
MDA Reg.No : GA8656520-38275



**BMATE** BB1148  
Aluminum Quad Cane  
Narrow / Wide Base  
[74533 / 74534]  
**RM 53**  
MDA Reg.No : GA8502921-53777

Take Note : **12** 12 Months Warranty.

## Two-handed Grab Support



**BMATE** BB118L  
Aluminum  
Reciprocating Walker  
[74536]  
**RM 109**  
MDA Reg.No : GA8911321-52637



**ANZEN** BA118L  
2 in 1 Walking  
Frame  
[70660]  
~~RM 189~~ **RM 136**  
MDA Reg.No : GA7163120-38298



**ANZEN** BA118LG-5  
2 Wheeled Walker  
[70661]  
~~RM 219~~ **RM 156**  
MDA Reg.No : GA4251520-38253



**HOPKIN**  
Rising Walking Frame  
[100049915]  
**RM 130**  
MDA Reg.No : GA2120722-100701

## Walk And Rest



**ANZEN** BA638  
Tripod Cane Seat  
[70667]  
~~RM 89~~ **RM 70**  
MDA Reg.No : GA4489320-38291

For Travel / Prayer / Picnic



**GREENCITY** C911  
Chair Cane /  
Praying Chair  
[54995]  
**RM 82<sup>90</sup>**

## Injury Support



**ANZEN**  
BA108LM / BA108LL  
Shoulder Crutches  
Adult / Giant  
[70669 / 70703]  
~~RM 129~~ **RM 82**  
MDA Reg.No : GA4267920-38283



**BMATE** BB108LM  
Alluminum Shoulder  
Crutches 1 Pair  
[74535]  
**RM 65**  
MDA Reg.No : GA8641921-52661



**ANZEN** BA158L2  
Elbow Crutches 1's  
[70663]  
~~RM 64<sup>50</sup>~~ **RM 41<sup>50</sup>**  
MDA Reg.No : GA4468220-38250



**HOPKIN**  
Elbow Crutch Alum  
[100049923]  
**RM 32**  
MDA Reg.No : GA7914922-95180

## SPECIAL !



**ANZEN**  
Folding Hiking Pole  
90cm-110cm [100005701]  
110cm-135cm [100005719]  
~~RM 105~~ **RM 79**



**PROLIFE**  
Aluminium 2 In 1  
Rollator  
[100066927]  
~~RM 520~~ **RM 480**  
MDA Reg.No : GA9138622-103794



**COMFORT** R1  
Life is just beginning.  
Aluminium Liquid  
Frame Rollator  
Taiwan  
Brand  
[100285378]  
~~RM 830~~ **RM 779**  
MDA Reg.No : GA2878123-150696



**COMFORT** R2  
Life is just beginning.  
Aluminium Liquid  
Frame Rollator  
Taiwan  
Brand  
[100285386]  
~~RM 1,100~~ **RM 1,050**  
MDA Reg.No : GA2878123-150696

All these medical devices registered under Act 737

**FREE**

**Service Charge**

On The Repair of Anzen  
Walking Aids

**7 Days**

Exchange Return  
Guarantee

**Exchanges**  
(For Anzen range only)  
1 Session Of Rubber Tip  
Within 12 Months

**Extended**

**12**  
MONTHS  
WARRANTY



\*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For HLB & Maybank Credit Card Holder Only. | Price subject to change without prior notice. | Price display is Alpro Member Price. | 60 months warranty for Etac brand on manufacturing defect only.

# POST-DISCHARGE CARE BATHROOM SAFETY COMMUNE & SHOWER CHAIR



## Commode Chair

### HOPKIN ECON. [100105105] Folding Comm Seat

| Foldable |  
| Easy storage & transportation |

RM 82

MDA Reg.No : GA8337622-100931



### HOPKIN ECON. [100049907] Folding Comm Chair / Back Rest

| Foldable |  
| Easy carry & storage |

RM 134

MDA Reg.No : GA8337622-100931



### HOPKIN DELUXE Heavy Duty XI Epoxy Comm Chair

| Foldable |  
| Easy carry & storage |

RM 310

MDA Reg.No : GA8337622-100931



### HOPKIN Folding Comm Steel

| Foldable |  
| Height adjustable |

RM 186

MDA Reg.No : GA8337622-100931



### ANZEN BA517L Alum Comm

| Anti-slip handle |  
| Foldable & lightweight |  
| Height adjustable |

RM 288

MDA Reg.No : GA8348520-38277



### etac SWIFT Toiletseat Raiser

| Fits Over The Toilet Bowl |  
| Height Adjustable |  
| Easy Cleaning |

[100045384]

RM 599

MDA Reg.No : GA2296821-78624



### etac HI-LOO with Bracket

| Stable And Comfortable |  
| Various Size 6cm & 10cm |  
| Secure Fitting |

[100045350]

RM 399

MDA Reg.No : GA2296821-78624



### MOBILIS CPL-03TLRS-001 Toilet Handrail Frame

| Aluminium Framework |  
| Adjustable Armrest Height |  
| Armrest Detachable |  
| 4" Suction Cup |

[100173806]

RM 220

MDA Reg.No : GA2296821-78624



### ANZEN BA516L Alum Comm Mobile

| 2 safety wheels with locker |  
| Foldable |  
| Lightweight |  
| Height adjustable |

[70705]

RM 430

MDA Reg.No : GA9531220-38272



## Shower Chair

### HOPKIN Alum Shower Chair W/Armrest & Backrest

| Anti-rust material |  
| Height adjustable |

[100049899]

RM 144

MDA Reg.No : GA8337622-100931



### NEOLEE Showerchair With Slide Handle

| Height adjustable |  
| Padded side arms |  
| Lightweight Aluminium |

[70792]

RM 250

MDA Reg.No : GA2296821-78624



### etac SWIFT Shower Chair

| Stable On Any Floor |  
| Height Adjustable |

[100045376]

RM 790

MDA Reg.No : GA2296821-78624



### MOBILIS MO-890 Nursing Transfer Comm Chair

| Height adjustable |  
| Capacity 120kg |

[80759]

RM 2,800

MDA Reg.No : GA4933721-58038



### MOBILIS MC890-A Height Adjustable Comm Transfer Chair

| Dual Hydraulic Lift System |  
| Capacity 100kg |

[100170687]

RM 3,000

MDA Reg.No : GA4933721-58038



### etac SWIFT Commode

| 3 In 1 Function |  
| Height Adjustable |

[100045368]

RM 1,150

MDA Reg.No : GA2296821-78624



### showerbuddy SB6C Roll-in Buddy Lite Mobile Commode

| Supports Up To 136kg User |  
| Adjustable Height |

[100191188]

RM 3,360

MDA Reg.No : GA5533523-125545



### etac EDGE Shower Stool

| Height Adjustable |  
| Easy To Assemble |

[100045392]

RM 395

MDA Reg.No : GA2296821-78624



## Tilt-In-Space Shower Chair

### showerbuddy SB3T Roll In Bath Shower Commode Chair With Tilt

| Comfortable Showering Experience |  
| Better Access During Bathing |  
| Infinite Positioning |

[100191147]

RM 6,480

MDA Reg.No : GA5533523-125545



### MOVEN BM6026L Tilt-in-space Shower Commode Chair

| Suitable For Mobility Impaired User |  
| Easy Transfer |  
| Comfortable And Safe Bathing |

[100062900]

RM 1,600

MDA Reg.No : GA2774322-97076



### etac CLEAN Shower Comm

| Fits Over The Toilet Bowl |  
| Slim But Roomy |

[100045426]

RM 3,900

MDA Reg.No : GA2296821-78624



### etac CLEAN MOBILE Shower Chair

| Fits Over The Toilet Bowl |  
| Easy To Manoeuvre |

[100045442]

RM 4,500

MDA Reg.No : GA2296821-78624



### showerbuddy SB7E Eco Traveler

| Fold Down To Fit In A Carry Bag |  
| Ultra-compact |  
| Portable |

[100191238]

RM 1,950

MDA Reg.No : GA6465523-116866



### showerbuddy SB6W Roll In Buddy Solo

| Enables Self-maneuvering |  
| Designed For Roll-in Showers |  
| 136 Kg Weight Capacity |

[100191196]

RM 3,850

MDA Reg.No : GA5533523-125545



### showerbuddy Roll-in Buddy XL Bariatric Comm

| Highly durable, lifetime warranty frame |  
| Excellent choice for larger individuals | 22/ 26" seat width |

[100191204]

SB6C 22

RM 3,315

MDA Reg.No : GA5533523-125545

[100191212]

SB6C 26

RM 4,260

MDA Reg.No : GA5533523-125545



### COMFORT LY-158-A Multi-function Shower Commode Wheelchair

| Aluminum Tilt Shower/Commode Chair |  
| Reduce Pressure From A Seating Position |  
| Truck Support For Body Balance |

[100186436]

RM 7,450

MDA Reg.No : GA8598323-123913



### Take Note :

24 60

24/60 Months Warranty On Manufacturing Defect

∞

Lifetime Warranty On Frame

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For HLB & Maybank Credit Card Holder Only. |

Price subject to change without prior notice. | Price display is Alpro Member Price. | 60 months warranty for Etac brand on manufacturing defect only.

# TRADE - OLD - PROSPER!

showerbuddy®

## SB7E

Eco Traveller

100191238



**Grade 304**  
Stainless Steel Parts  
& Hardware



**No Rust**  
Premium Aluminium  
Frame (6061 T6)



**Lifetime Warranty**  
Against Corrosion

Registered under Act 737  
with Medical Device Authority Malaysia  
Registration number : GA6465523-116866



**RM200  
REBATE**

## TRADE ANY COMMODE WHEELCHAIR !



### >>>> Get Your Trade-in Program In 2 Steps

#### Contact us

# 1



Or approach any  
Alpro pharmacy outlets.

# 2

Make Payment  
& Collect Your

## NEW WHEELCHAIR!





“ Dah lama atau rosak?  
**Trade in jer,**  
 Dapat yang baru! ”



UP TO  
**RM 150**  
**REBATE**



**Get Your Trade-in Program In 3 Steps**

**1**

**Text or Call Us**

To quote the trade-in value of your old wheelchair.

**019 - 984 2923**

Or Directly Bring Your wheelchair to Any Alpro Pharmacy Outlets.

**2**

**Choose one of the wheelchairs**



[63984]  
 Moven Q05 16"  
 Lightweight  
 Wheelchair

**Rebate Up to RM100**

[100322981]  
 Moven BMQ05 20"  
 Lightweight  
 Wheelchair

[100285030]  
 Comfort L1-612  
 Transport  
 Wheelchair

**Rebate Up to RM150**

[74528]  
 Moven BM3979LFH  
 Flexi Plus DAF  
 Wheelchair

**3**



Made payment & collect your  
**NEW WHEELCHAIR!!!**

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Installment Available For HLB & Maybank Credit Card Holder Only.



# STOP

# the PRESSURE



Written by :  
**Ms.Pearly,**  
Physiotherapist

## What are Pressure Ulcers?

Pressure ulcers, or bedsores occur due to prolonged pressure, shearing force or friction in the same region, causing reduced blood flow to your skin.

Lacking blood flow can cause the skin cells to die in as fast as 2 hours! As the dead cells break down, a pressure ulcer injury form.

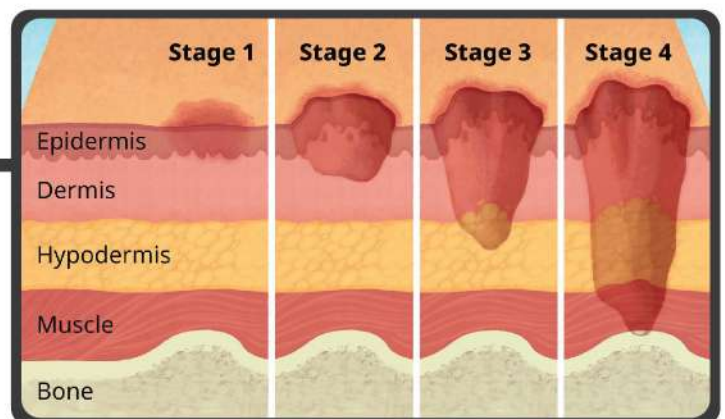
## Symptoms of Pressure Ulcers

- ▶ Unusual changes in skin color or texture.
- ▶ Swelling.
- ▶ Pus-like draining.
- ▶ An area of skin that feels cooler or warmer to the touch than other areas.
- ▶ Tender areas.

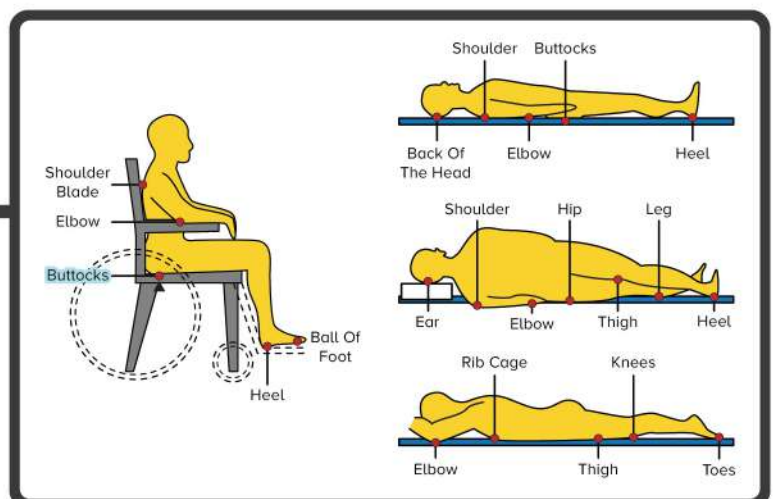
## Who is At Risk for Pressure Ulcers?

- ▶ People with thinner skin (eg. Elderly)
- ▶ Limited mobility or bed-ridden
- ▶ In a coma or a vegetative state
- ▶ Chronic paralysis
- ▶ Frequent use of wheelchairs
- ▶ Wear casts, splints, or prosthetic devices

## STAGE OF PRESSURE ULCER



## PRESSURE ULCER COMMON SITES



## Pressure Ulcer Prevention

The first step in preventing bedsores is reducing the pressure and friction that may cause it.

Some of the methods include:

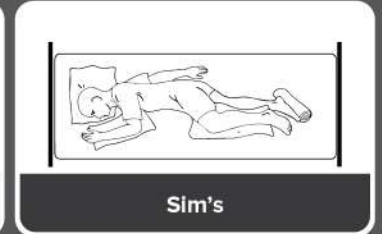
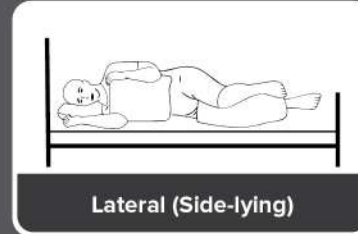
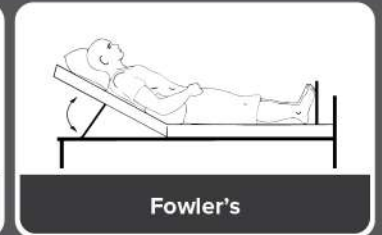
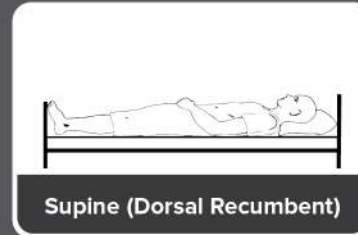
**1 Using support surfaces.**  
Use a mattress, bed or special cushions that help the patient to sit or lie down in a way that protects fragile skin.

**2 Maintain good hygiene**  
Moisture (eg. Sweat, urine, faeces) can weaken the skin, increasing the risk of pressure sore. Use high absorption diapers, always keep the skin dry and clean, and check if there is any skin redness on pressure points.

**3 Repositioning.**  
Turn and change the patient's position as often as possible. It is advisable to do this every 2 hour. Additional cushions or special devices could be used to relieve the pressure points.

**4 Adequate protein intake**  
Adequate protein and nutritional intake is essential for maintaining healthy skin tissue and speed up wound healing.

Patient repositioning can be done in different ways, such as:



“Is there a better alternative to the strenuous manual repositioning?”

**THE ANSWER IS YES!**”

However, manual repositioning could be tiring and time consuming for a caregiver.

Besides, it increases the risk of lower back injury if the caregiver has poor patient handling skills.

## Getting to Know

# RIPPLE MATTRESS

Ripple mattress, or air mattress adapts alternating pressure in different compartments to mimic the natural sleeping pattern. The main function of ripple mattress is to relieve pressure points and prevent the formation of pressure ulcers.

Pressure ulcer places a threat to your health! Severe stage of pressure ulcers would increase your risk of life-threatening infections. Besides, you will need to spend a huge amount of time, effort, and money to heal the infected wound.

### Ripple Mattress Selection

It is important to select the suitable ripple mattress to ensure progressive recovery and achieving optimum treatment outcomes. Not sure how to pick the best ripple mattress for your loved ones?

Follow these steps as a guideline:

STEP  
**1**

#### Define the purpose.

Is it for prevention or focusing on ulcer wound care and treatment?

STEP  
**2**

#### Choose the correct weight capacity.

Each ripple mattress is designed uniquely with different product performance.

STEP  
**3**

#### Make sure the product is safe to use.

Safety declaration certificates to ensure the ripple mattress is up to standard quality control.



### Important Note

**Early Detection** and **Prevention** is the key in pressure sore management. Taking care of a bed-ridden patient can be much easier with the use of proper pressure ulcer prevention equipment and special devices.





PRICE DISPLAY IS  
**ALPRO** MEMBER PRICE

# POST-DISCHARGE CARE SAFE SLEEP HOSPITAL BED



## HOMECARE BED

**MOVEN**  
Electric Homecare Bed  
[100307040]  
| Multiple Functions |  
| Portable |  
| Lightweight |  
**RM 4,300**  
**12**



**COMFORT**  
Electric Homecare Bed  
[100044973]  
| Luxurious Design |  
| Adjustable  
Sleeping Position |  
| Germany Motor  
System |  
~~RM 5,000~~  
**RM 4,750**  
**PRE-ORDER**  
\*Mattress Included.  
**12**



**BESTMADE** Electric  
Homecare Shift Bed  
| Wheelchair & Nursing  
Bed Combo |  
| One-button electric  
switch from lying position  
to sitting position |  
[100060466]  
~~RM 19,800~~  
**RM 12,000**  
**PRE-ORDER**  
**12**



## MANUAL HOSPITAL BED

**BMATE** B-S231LN  
Two Crank Manual Hospital Care Bed  
| Adjustable position for head and feet |  
| Collapsible siderail |  
| Non-height adjustable | 3" mattress |  
[100073147] + [70137]  
**RM 1,900**  
MDA Reg.No : GA1949922-86677  
**12**  
Mattress Included  
**\*7 DAYS Return Policy**



**MOVEN**  
\*3 Functions Manual Bed B-S331LN  
| Adjustable bed height |  
| Adjustable position for head and feet |  
| Collapsible siderail | 3" mattress |  
[66801] + [70137]  
~~RM 3,600~~ **RM 2,950**  
MDA Reg.No : GMD57430969219A  
**12**  
Mattress Included  
**\*7 DAYS Return Policy**



## ELECTRIC HOSPITAL BED

**NEOLEE**  
\*Electric Hospital Bed NL302D  
| Adjustable position for head and feet |  
| Motor-controller | Collapsible siderail |  
| Adjustable bed height | 3" mattress |  
[67164]  
**RM 3,150**  
MDA Reg.No : GMD98298527418A  
**12**  
Emergency Manual Crank For Power Outage.  
**12**  
Mattress Included



**ULTRA LOW HEIGHT Fall Prevention**  
**MOVEN**  
3 Function Luxurious Ultra-low  
ELECTRIC Hospital Bed BM503D-32  
| Adjustable position for head and feet |  
| Collapsible siderail | 3" mattress |  
[73585] + [70137]  
~~RM 5,130~~ **RM 4,500**  
MDA Reg.No : GA9566520-49347  
**12**  
Mattress Included  
**Extended 12 MONTHS WARRANTY**  
Exclusive to SILVERCARE MEMBERS  
**\*7 DAYS Return Policy**



Take Note : **12** 12 Months Installment Available. **12** 12 Months Warranty for Motor.

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice | Price display is Alpro Member Price. |  
| Installment Available For HLB & Maybank Credit Card Holder Only. | Please consult your doctor for the interpretation of results and diagnosis. |

# RIPPLE MATTRESS



**12 MONTHS WARRANTY**

**APEX DOMUS 1, Bubble**  
 | 2.5" height bubble cells |  
 | Medical Grade PVC |  
 | Suitable for prevention |



(52553)  
~~RM 450~~ **RM 350**

MDA Reg.No : GMD25608743518A

**APEX DOMUS 2, Tubular**  
 | Pillow Function | Nylon/PU Cover |  
 | CPR quick release tab |  
 | Ventilated low-air-loss |  
 | Weight indicator reference |



(53166)

~~RM 1,299~~ **RM 950**

MDA Reg.No : GMD25608743518A

- Biocompat-ability
- Water Resistance
- Flame Retardant
- Vapour Permeable

**APEX DOMUS 3, Tubular**  
 | Suitable for high risk pressure injury |  
 | 5" height mattress |  
 | Superior medical grade |  
 | Dual therapy modes |



(80202)

~~RM 4,200~~ **RM 3,650**

MDA Reg.No : GA6298720-42801

**APEX DOMUS AUTO, Tubular**  
 | Suitable for medium to high risk patient |  
 | Automatic pressure relief system |  
 | Multiple therapy modes for better patient care |



(10011855)

~~RM 8,500~~ **RM 7,500**

- 
- 
- 
- 

**FREE X1 Homecare Assessment Visit**  
 by Doctor / Nurse

**With Purchase APEX Ripple Mattress & Hospital Bed**

Applicable only in Selected area :  
 Kuala Lumpur, Klang Valley and Seremban.



**Take Note :** **6 Months Installment Available.**

**12 Months Installment Available.**

All these medical devices registered under Act 737

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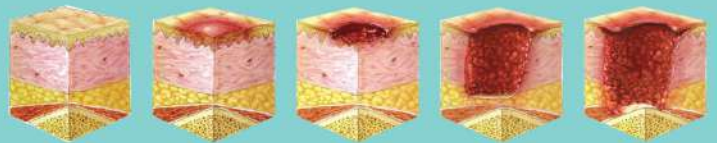
## How to Choose Your Ripple Mattress?

**DOMUS AUTO**  
 UP TO 200KG

**DOMUS 3**  
 UP TO 180KG

**DOMUS 2**  
 UP TO 140KG

**DOMUS 1**  
 UP TO 100KG



**NORMAL SKIN**    **STAGE 1**    **STAGE 2**    **STAGE 3**    **STAGE 4**

## EXTRA TIPS



**Body repositioning every 2 hours.**

### Must use TED Stocking

To improve blood circulation & reduce chance of blood clot at the leg due to immobility.



~~RM 79~~  
**RM 59**

### UGOKU UA-010 Anti-Embolism Stocking

Size:  
 XS [70835]    L [71312]  
 S [71310]    XL [71313]  
 M [71311]    XXL [71314]

MDA Reg.No : GA6357820-40765

## MATTRESS

**MOVEN Hospital Bed FOLDABLE PU MATTRESSS**  
 3 FOLDS

| Use for hospital bed |  
 | Nursing bed |  
 | Good ventilation make comfortable |

(70137)  
 3 INCHES  
**RM 300**

(61969)  
 4 INCHES  
**RM 400**



**HAPPI HI-DENSITY Support Mattress**  
 | 4" thickness mattress |  
 | 100% first hand material |

(72467)  
  
~~RM 650~~  
**RM 550**



**PWP**  
**RM 480**

With Rental/Purchase Hospital Bed



# POST-DISCHARGE CARE BEDRIDDEN RELATED SUPPORT

PRICE DISPLAY IS  
**ALPRO MEMBER PRICE**

## FAMICA Safety Bedrail

- | Easy Installation |
- | Easy Access |
- | Height Adjustable

[100044965]



## PROLIFE MO-BR03 Bed Assist Bar

- | Height adjustable legs & grip bar |
- | Helps users get in and out of bed |

[73575]



## PROLIFE Electric Patient Hoist (LW06201)

- | Electric operated |
- | Easy to transfer |
- | Patient Lifter |

[100178110]



## HOPKIN Over bed table

- | High adjustable |
- | Multi-purpose table |
- | Steel frame with H leg |
- | Laminated top |

[71679]



## MOBILIS Bed Wedge Pillow

- | Strong support |
- | Spread the pressure |
- | Comfortable fit |
- 60 x 25 x 20cm (L x W x H)

[100203769]



## HOPKIN Adj Bed Backrest

- | Sturdy metal frame |
- | Five easily adjusted angles |
- | Folds easy to store and transport |

[100051937]



## PROLIFE HCR-USC Waterproof Turnover "U" Shaped Cushion

- | Relieve the difficulty of nursing excretion |
- | Change position easily |
- | Assist rehabilitation exercise |

[100168228]



## COVIDIEN SHILEY Tube Tracheostomy Tube Cuffless With Inner Cannula

- | For pulmonary hygiene |
- | directs breathing through upper airway |

[62356]



## SILICONE Stomach Tube For Single Use Ryles Tube

- Sizes:
- 8FR [65870]
  - 10FR [61321]
  - 12FR [56315]
  - 14FR [65871]
  - 16FR [66235]
  - 18FR [67147]

RM 38



## Ryles Tube Nasogastric Tube

- | Used for nasogastric introduction |
- | Nutrition & aspiration |
- | Sterile & Latex-free |

RM 350



## Two-way Foley Catheter

- | Collects urine |
- | Urinary incontinence |
- | Partially flexible tube |

RM 4



## Male External Catheter Condom Catheter x 1's

- | Natural rubber latex |
- | Flexible sheath |
- | Urinary incontinence |

RM 2



## Urine Bag 2L

- | Collection & temporary storage of urine |
- | To urinary incontinence user |

[51164]



RM 2.60

## Plastic Urinal Male / Female

- | Pass urine on bed without spillage |

[33143]



RM 12.90

MDA Reg.No : GMD14908558718A

## MOBILIS CPL-BP-C Bedpan With Cover

- | Movement on the bed without spillage |
- | Patients difficulty to move lower body |

[70939]



RM 25.50

MDA Reg.No : GMD14908558718A

## MOBILIS MO611B Basic Bed Pan

- | Movement on the bed without spillage |
- | Patients still can move lower body |

[74587]



RM 21.40

MDA Reg.No : GMD14908558718A

Take Note : **12** 12 Months Warranty On Manufacturing Defect

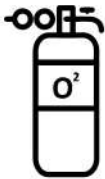
All these medical devices registered under Act 737

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| Installment Available For HLB & Maybank Credit Card Holder Only.



# POST-DISCHARGE CARE BREATHE EASY ONLY IN ALPRO

PRICE DISPLAY IS  
**ALPRO MEMBER PRICE**



Oxygen Supply  
Sales &  
\*Rental Service

**ACCURO Oxygen Concentrator**  
AR-5-N (5L/MIN)  
Dual Functionality  
24/7 Operation

[100283068]

~~RM 4,500~~  
**RM 3,999**

MDA Reg.No : GB10411723-141876

**YUWELL Oxygen Concentrator**  
(8F-5AW)  
Supply oxygen continuously.

[80550]

~~RM 4,500~~  
**RM 3,500**

MDA Reg.No : GB5929419-34859

**YUWELL Oxygen Concentrator**  
7F-10 (10L/MIN)  
Supply oxygen continuously.

[73573]

~~RM 7,000~~  
**RM 6,740**

MDA Reg.No : GB5929419-34859

**HUMIOXY Portable Oxygen Concentrator**  
(5L/MIN)  
Indoor & outdoor supply oxygen with dose pulse.

[71348]

~~RM 10,000~~  
**RM 9,000**

MDA Reg.No : GB8793420-38468

**SEAMLESS STEEL Cylinder Oxygen Tank**  
SET 10L  
Exist in difference sizes for emergency oxygen supply.

[61578]

~~RM 1,000~~  
**RM 980**

MDA Reg.No : GC1470622-89555

**BERRY Pulse Oximeter**  
BM1000C  
Detect oxygen level and heart rate.

[64450]

~~RM 100~~  
**RM 99**

MDA Reg.No : GC1470622-89555

**LYCO Pulse Oximeter**  
PG1050C  
Highly accuracy with upgraded Cypress CPU.

[100056399]

~~RM 169~~  
**RM 129**

MDA Reg.No : GC9264520-47073

## Accessories

**Humidifier Bottle**  
To moisten the air coming out from oxygen tank/oxygen concentrator.



**Oxygen Tank Regulator**  
To regulate delivery of oxygen from oxygen tank.



MDA Reg.No : GC4490623-122110

**Nasal Cannula**  
To ease the delivery of oxygen into lungs via nose.



**Suction Catheter**  
Use together with suction pump to remove thick mucus.



**Oxygen Mask**  
To ease the delivery of oxygen into lungs via nose and mouth.



Breathing Care

**YUWELL Suction Pump**  
7E-C  
Helps to remove excessive mucus in airway.

[54836]

~~RM 600~~  
**RM 518<sup>90</sup>**

MDA Reg.No : G810439221-54335

**ANGELBISS Suction Pump**  
Helps to remove excessive mucus in airway.

[66985]

**RM 500**

MDA Reg.No : GB718071343619

**YAMIND DM28-25SA-BP BIPAP**  
Breathing therapy devices

[100326347]

~~RM 7,200~~  
**RM 6,300**

MDA Reg.No : GB9478823151745



Nebulizer

**ROSSMAX Compact Nebulizer NB60**  
Turning liquid medicine into fine mist for patients to inhale.

[100144385]

**RM 295**

MDA Reg.No : GB5296133817

**APEX Miniplus Nebulizer**  
Lightweight & convenient. Turning liquid medicine into fine mist for patients to inhale.

[64751]

**RM 268**

MDA Reg.No : GB10452320-46815

**APEX MobiMesh Nebulizer**  
Palm Size nebulizer for outdoor use. Suitable for frequent traveller.

[55699]

**RM 378**

MDA Reg.No : GB10476120-46946

**ANGELBISS Valve Holding Chamber**  
Makes a metered-dose inhaler easy to use. Suitable for children and the elderly.

Infant [68081]  
Child [68080]  
Adult [68079]

**RM 60**

MDA Reg.No : GMD71231669618A

Take Note :

**7 DAYS RETURN POLICY**

**6** 6 Months Installment Available.

**12** 12 Months Installment Available.

**36** 36 Months Warranty.

**60** 60 Months Warranty.

All these medical devices registered under Act 737

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| Installment Available For HLB & Maybank Credit Card Holder Only.





PRICE DISPLAY IS  
**ALPRO MEMBER PRICE**

# POST-DISCHARGE CARE ONE FOR EVERY FAMILY HOME MONITORING

## THERMOMETER

**ACCURO ACR - IR702**  
Forehead Infrared

- | One second reading |
- | Auto Shutdown |
- | 30 sets memory |
- | Fever warning |
- | Age Stage Technology |

[100303478]

~~RM 219.70~~ **RM 169**

MDA Reg.No : GB10695924-160271



Age Stage

**INNOEED M1**

- | Arrhythmia detection |
- | Large wording display |
- | 2 user x 120 memories |

[100144609]

~~RM 175~~  
**RM 150**

MDA Reg.No : GB374022-104196



## BLOOD PRESSURE METER

**OMRON HEM 7142T1**

- | Hypertension indicator |
- | Body movement detection |
- | Cuff Wrapping Guide |

Bluetooth SMART

[100183375]

~~RM 199~~  
**RM 169**

MDA Reg.No : GB7742021-80178



**ROSSMAX AW150**

- | Blood pressure level indication |
- | Movement detection |
- | Irregular heartbeat detection |

[72276]

~~RM 290~~  
**RM 199**

MDA Reg.No : GB39668337717



**ACCURO ACR-IR3010**  
Multi Function Infrared

- | Quick and Accurate Measurement |
- | One Button Easy Operation |
- | Tri Color Indicator Light |

[100303460]

~~RM 219.70~~ **RM 169**

MDA Reg.No : GB10695924-160271



Baby Mode

**OMRON HEM 7156T**

Bluetooth SMART

- | Average last 3 readings in 10 minutes |
- | Irregular Heartbeat Detection |
- | IntelliWrap 360 Accuracy |
- | Hypertension indicator |
- | Full basic functions |

[100232032]

~~RM 348~~  
**RM 299**

MDA Reg.No : GB1181722-84197



**ROSSMAX Z5**

- | Specific Arrhythmia Detection |
- | Rechargeable Lithium-ion Battery |
- | Lifetime Calibration |

[100046770]

~~RM 699~~  
**RM 539**

MDA Reg.No : GB7560821-56039



**60 Months Warranty**  
On Manufacturing Defect



**RECOMMENDED**

## GLUCOMETER

**Contour Plus One Meter**

Start kit 25's

- | Readings connectable to smartphone |
- | Highly accurate |
- | Big LCD, easy to read |

[66773]

~~RM 145~~ **RM 120**

MDA Reg.No : IVDC33901325718



Top Recommended  
Blood Glucose Control

**sugO365™**  
where life gets sweeter

Subscription Plan

**MORE AFFORDABLE**  
test strip  
SAVE UP TO  
**50%**

**OR**

**FREE**  
Contour Plus  
One Meter

**365 DAYS**  
Real Time Nutritionist &  
Dietitian Consultation



**ACCU-CHEK GUIDE ME KIT**

With Test Strip 25s

- | Wireless connection to smartphone |
- | Simply easy |
- | Proven accuracy |

[80936]

**RM 96<sup>90</sup>**

MDA Reg.No : IVDC11606143718



**FREESTYLE FREEDOM**

Lite Starter Kit 10's

- | Simple and easy testing |
- | No coding technology |
- | Tiny blood sample size |

[50955]

**RM 65**

MDA Reg.No : IVDC1334046917



**ONE TOUCH ULTRA**

Plus flex Starter kit 25's

- | Quick and easy to use |
- | Fast, accurate with a tiny blood sample |
- | Big LCD, easy to read |

[68205]

**RM 99**

MDA Reg.No : IVDC51144308218



**SCAN & SHOP NOW**  
Monitoring Device

All these medical devices registered under Act 737

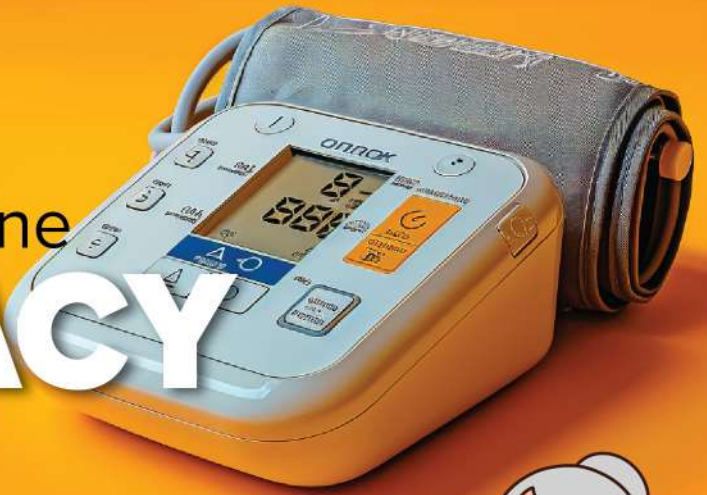
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| Installment Available For HLB & Maybank Credit Card Holder Only. | Please consult your doctor for the interpretation of results and diagnosis. |



# FREE

## Blood Pressure Machine

# ACCURACY CHECK!



Recommended to do once every 6 months!



“ Are You Sure Your BP Machine Reading Is Still Accurate? Inaccurate Readings Can Be Very Dangerous. ”

### 019-750 0612

Call us for appointment now!

#### Campaign Schedule

**29 APR - 26 MAY**

Johor, Pahang, \*Sabah & Sarawak (Selected Outlets Only.)

**24 JUN - 21 JUL**

Penang, Melaka, KL, Selangor, \*Sabah & Sarawak (Selected Outlets Only.)

**19 AUG - 15 SEP**

Negeri Sembilan, Terengganu, Kelantan, Kedah, Perak, Perlis, \*Sabah & Sarawak (Selected Outlets Only.)

**21 OCT - 17 NOV**

Johor, Pahang, \*Sabah & Sarawak (Selected Outlets Only.)

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Availability based on pre-arranged schedule, kindly text/call to confirm.

“Trade-in ANY Brand of Blood Pressure Machine!”

## TRADE-IN OLD BLOOD PRESSURE MACHINE



## TO A NEW BLOOD PRESSURE MACHINE

#### How to Trade-In?

1

### VISIT

Bring your old machine to any Alpro Pharmacy Outlet.

2

### UPGRADE

Enjoy exclusive trade-in rebate

OMRON HEM 7142T1



MDA Reg.No : GB7742021-80178

OMRON HEM 7156T



MDA Reg.No : GB1181722-84197

ROSSMAX Z5



MDA Reg.No :GB7560821-56039

All these medical devices registered under Act 737 \*Important Notice : T&Cs Apply. | Images are for illustration purposes only.

**5 YEARS WARRANTY**  
LIFETIME CALIBRATION

Universal Cone Cuff  
1.5-2.5 cm

MCMC  
HIDF19000057

Bluetooth®  
Data Transmission

**FREE**  
DIGITAL PENCIL THERMOMETER  
Worth RM31

**FREE**

Type C USB Cable  
\*Without AC Adaptor

**RM539**  
RSP: RM699

## "PARR" AUTOMATIC RECHARGEABLE BLOOD PRESSURE MONITOR MODEL Z5

Product Reg. No.: GB7560821-56039

### Features

Non type-Specific Arrhythmia (ARR)	Atrial Fibrillation Detection (AFib)	Premature Contraction Detection(PC)	Blood Pressure Level Indication	Cuff Detection

**2 YEARS WARRANTY**

rossmax

**RM199**  
RSP: RM259

## BODY FAT MONITOR WITH SCALE MODEL WF260

Product Reg. No.: KPDNKK/BJ001999

### Features

Body Fat Assessment	Body Muscle Assessment	Body Hydration Measurement	Body Mass Index Calculation	Maximum Weight 180kgs

Contour  
Evolving with you



## CONTOUR®PLUS ELITE meter

Your smartLIGHT® for Blood Glucose Management\*

- **smartLIGHT®** feature for easier understanding of blood glucose readings.<sup>1</sup>
- **High accuracy<sup>2</sup>** as demonstrated with the CONTOUR®ELITE test strip.
- **60-second Second-Chance®** sampling which may help save test strips.<sup>3</sup>
- **Free CONTOUR®DIABETES App**, helps patients identify patterns and trends in blood glucose and easily share glucose reports.<sup>4,5\*</sup>



Please consult your healthcare professional for the interpretation of result and diagnosis.

**References:** 1. Smartson online survey, Sweden 2017. 352 respondents: People with type 1 and type 2 diabetes, over 18 years old, who tested at least 4-7 times a day. Participants received free meter and test strips. Survey funded by Ascensia Diabetes Care. 2. Klaf L et al. Accuracy and User Performance of a New Blood Glucose Monitoring System (published online ahead of print, 2020 Nov 26). J Diabetes Sci Technol. 2020; https://doi.org/10.1177/1932298220974348. 3. Richardson JM et al. Clinical Relevance of Reapplication of Blood Samples During Blood Glucose Testing. Poster presented at the 20th Annual Diabetes Technology Meeting (DTM), November 12-14, 2020. 4. Stühr A and Parde S. Impact of Real-World Use of the CONTOUR® DIABETES App on Glycemic Control and Testing Frequency. Poster presented at the Diabetes Technology Meeting (DTM), November 8-10, 2019, North Bethesda, Maryland, USA. 5. Parde S et al. Changes in Blood Glucose Excursions After at Least 180 Days Real-world Use of a New Smartphone Application for Blood Glucose Monitoring. Poster presented at the 12th International Conference on Advanced Technologies & Treatments For Diabetes (ATTD), February 20-23, 2019, Berlin, Germany.

\*Minimum accuracy requirements of ISO 15197:2013 standard require ≥99% of the measured values to fall within ±0.83 mmol/L at glucose concentrations <5.5 mmol/L, or within ±15% ±5.5 mmol/L, of the referenced results.

\*This analysis was conducted with the CONTOUR®NEXT ONE system. Results may vary with other Blood Glucose Monitoring Systems.

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Customer careline no: 1700 82 8320

Registered under Act 737, MDA registration no: IVDIC1948822-95030  
MDA advertisement approval number: MDAAMD 0160-2023



## Specially designed to help sugar management

RM **98.90**



Contro Eazy Now  
850g

NEW

- Low GI with unique complex carbohydrates**
- High fiber & prebiotics blend (Fibersol-2 and FOS)**
- Heart healthy lipid blend Omega 6:Omega 3 (2:1), zero cholesterol**
- CoQ10 + L-Carnitine complex**
- Chromate™ (patented niacin-bound chromium)**

For more information, please visit:  
[www.ethoshealthcare.com.my](http://www.ethoshealthcare.com.my)

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A-4-11, Tamarind Square, Persiaran Multimedia, 63000 Cyberjaya, Selangor.  
Customer careline: +603 8800 8380 / 1700 82 8320



ETHOS HEALTHCARE

**S SELECT**  
エスセレクト

1 Pack

**96**

kinds of  
vegetables  
& fruits

Young Barley Leave

Vegetables

and

Fruits

APPLE &  
MANGO  
FLAVOUR



Oishi Fruits Green Juice

フルーツ青汁

国产大麦若叶  
使用

+ Absorbable  
Calcium

+ 20 Billions  
Probiotics

### Top 5 reasons to take S Select Green Juice:

- Promote healthy digestion, strengthen bone & joint health
- Packed of full antioxidants, vitamins, minerals & fibers
- Naturally remove toxins from body
- Low sugar! Sugar contains 0.123g only!
- Just RM1.20/day for vegetables and fruits daily intake



### Recommended for:

- Constipation & frequent gastrointestinal discomfort
- Hate green vegetables
- Juice lover



# POST-DISCHARGE CARE CLEAN & EASY DIAPER & UNDERPAD



PRICE DISPLAY IS  
**ALPRO MEMBER PRICE**

**NEW!**

**MEDI LITE UNISEX 10S**

Size / Waist :  
M / 76 - 114cm  
[100303437]

~~RM 20<sup>80</sup>~~  
**RM 17<sup>50</sup>**

Absorbency: ●●●●●●●●○○

**MEDI LITE UNISEX 10S**

Size / Waist :  
L / 102 - 140 cm  
[100303445]

~~RM 26<sup>80</sup>~~  
**RM 21<sup>50</sup>**

Absorbency: ●●●●●●●●○○

**MEDI LITE UNISEX 10S**

Size / Waist :  
XL / 127 - 165 cm  
[100303452]

~~RM 29<sup>90</sup>~~  
**RM 25<sup>50</sup>**

Absorbency: ●●●●●●●●○○

**BEST SELLER**

**MEDI PREMIUM UNISEX 10S**

Size / Waist :  
M / 77 - 115 cm  
[100067636]

~~RM 34<sup>60</sup>~~  
**RM 29<sup>60</sup>**

Absorbency: ●●●●●●●●●●○○

**MEDI PREMIUM UNISEX 10S**

Size / Waist :  
L / 90 - 127 cm  
[100067644]

~~RM 38<sup>33</sup>~~  
**RM 33<sup>50</sup>**

Absorbency: ●●●●●●●●●●○○

**MEDI PREMIUM UNISEX 10S**

Size / Waist :  
XL / 102 - 165 cm  
[100199728]

~~RM 43<sup>80</sup>~~  
**RM 36<sup>50</sup>**

Absorbency: ●●●●●●●●●●○○

**ABSORBA Nateen SOFT**

Size / Waist :  
M / 95 - 125 cm [63702]  
L / 115 - 150 cm [63703]

~~RM 16<sup>80</sup>~~ ~~RM 20<sup>80</sup>~~

Absorbency: ●●●●●●●●○○○○

**ABSORBA Nateen PLUS**

Size / Waist :  
M / 95 - 125 cm [63704]  
L / 115 - 150 cm [63705]

~~RM 21<sup>80</sup>~~ ~~RM 25<sup>80</sup>~~

Absorbency: ●●●●●●●●●●○○

**ABSORBA Nateen SUPER**

Size / Waist :  
M / 60 - 120 cm [64209]  
L / 80 - 160 cm [64210]  
XL / 100 - 170 cm [65054]

~~RM 30<sup>80</sup>~~ ~~RM 35<sup>80</sup>~~

Absorbency: ●●●●●●●●○○○○

**ABSORBA AFINA Adult Pants 10'S**

Size / Waist :  
M 10S / 60 - 120 cm  
[73275]

~~RM 19<sup>80</sup>~~

Absorbency: ●●●●●●●●○○

**ABSORBA AFINA Adult Pants 9'S**

Size / Waist :  
L 9S / 115 - 150 cm  
[73276]

~~RM 19<sup>80</sup>~~

Absorbency: ●●●●●●●●●●○○

**ABSORBA AFINA Adult Pants 8'S**

Size / Waist :  
XL 8S / 100 - 160cm  
[73277]

~~RM 19<sup>80</sup>~~

Absorbency: ●●●●●●●●○○○○

**TENA VALUE**

Size / Waist :  
M / 81 - 112 cm  
L / 114 - 147cm  
[100046028]  
[100046036]

**GUARANTEED LOWEST PRICE**

~~RM 26<sup>88</sup>~~ ~~RM 31<sup>80</sup>~~

Absorbency: ●●●●●●●●○○

**TENA SLIP SUPER**

Size / Waist :  
M / 71 - 122 cm  
L / 91 - 144cm  
[31023]  
[12108]

~~RM 26<sup>88</sup>~~ ~~RM 31<sup>80</sup>~~

Absorbency: ●●●●●●●●○○

**TENA Proskin Pants PLUS**

Size / Waist :  
M / 80 - 110 cm [57553]  
L / 100 - 135cm [11327]  
XL / 120 - 160cm [53923]

~~RM 28<sup>70</sup>~~ ~~RM 37<sup>90</sup>~~

Absorbency: ●●●●●●●●○○○○

\*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For HLB & Maybank Credit Card Holder Only. | Price subject to change without prior notice. | Price display is Alpro Member Price. |

**Certainty**

**CERTAINTY**  
Adult Tape M 10S  
Size / Waist :  
M / 78 - 105 cm

[67484]  
**RM 18<sup>90</sup>**



Absorbency:

**CERTAINTY**  
Adult Tape L 8S  
Size / Waist :  
L / 90 - 131 cm

[72515]  
**RM 18<sup>90</sup>**



Absorbency:

**CERTAINTY**  
Dry Pants  
Size / Waist :  
M / 65 - 90 cm  
L / 80 - 105 cm  
XL / 95 - 125 cm

11S [55504]  
9S [72508]  
8S [67482]  
**RM 17<sup>90</sup>**



Absorbency:

**Dr. P**

HOSPITECH  
PROMOTING THE QUALITY

**DR.P** by TENA  
Size / Waist :  
M / 81 - 112 cm  
L / 114 - 147cm  
XL / 127 - 157 cm

[16389]  
[16390]  
[16391]  
**RM 16**



Absorbency:

**HICARE** Pants Extra  
Absorb 10S  
Size / Waist :  
XXL / 146 - 178 cm

[100154251]  
**RM 25<sup>50</sup>**



Absorbency:

**HICARE** Adult Diapers  
Extra Dry 10S  
Size / Waist :  
XXL / 103 - 164 cm

[100154202]  
**RM 25<sup>50</sup>**



Absorbency:

**UNDERPAD**

**MEDI Underpad**  
75cmx75cm 10S

[70099]

**PROTECT BEDSHEET**

**RM 14<sup>50</sup>**



**ABSORBA** Nateen SOFT  
Underpad

75cmx75cm 10S

[64211]

**RM 14<sup>80</sup>**

**PROTECT BEDSHEET**



**TENA** Underpad  
60cm X 75cm 8S

[11326]

**RM 13<sup>10</sup>**



**WIPES**

**MEDIWIPES**  
Adult Wipes 40S

[69932]

**RM 6<sup>50</sup>**



**MEDIWIPES**  
Anti-bacterial  
Wipes 40S

[71731]

~~RM 12<sup>90</sup>~~  
**RM 10<sup>90</sup>**



**KILLS 99.9% GERMS**

**TENA**  
Wet Wipes 40S

[44638]

**RM 7<sup>50</sup>**



**CREAM**

**DD Adult Diaper**  
Cream No.1 Diaper  
Discomfortness  
Solution for Soothing,  
Relief, Protect.

[73525]

~~RM 51<sup>90</sup>~~  
**RM 43<sup>90</sup>**



**SUDOCREAM**  
Nappy Rash CR 125G  
Prevents and treats  
nappy rash.

[79996]

~~RM 33<sup>85</sup>~~  
**RM 25<sup>90</sup>**



**ESENTIEL**  
Adult Diaper  
Rash Cream  
150G

[29836]

~~RM 29<sup>90</sup>~~  
**RM 28<sup>30</sup>**



**EXTRA TIPS ABOUT DIAPER**

3 Features That A Good Diaper Should Have :

**1**



**Wetness Indicator**  
Let you know it may be  
time for a diaper change.

**2**



**Leak Guard Protection System**  
Provide leakage protection even with  
frequent movement.

**3**



**Good Absorbency**  
For excellent absorption capacity and  
fluid retention to maintain the dryness.

**DO NOT FORGET TO PREPARE!**



**Diaper Cream**  
To protect the  
skin from urine  
irritation.



**Underpad**  
To protect the  
bedsheet from  
wetting due to  
urine leakage.



扫码学习



Imbas & Belajar

Scan and learn  
how to change  
a diaper.



\*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For HLB & Maybank Credit Card Holder Only. | Price subject to change without prior notice. | Price display is Alpro Member Price. |



**5X Absorbency  
Instant Dryness**



**Breathable  
System**



**Ultra Soft  
Surface**



**Odour  
Control**



**Wetness  
Indicator**



**MEDI+ UNISEX ADULT DIAPERS  
LOYALTY PROGRAM**  
FOR SILVERCARE MEMBER ONLY



**GET 1 STAMP  
WITH EVERY PURCHASE  
OF MEDI+ ADULT DIAPERS**



**1 MAY 2024 - 31 OCT 2024**



# ABSORBA™ nateen® SUPER Cloth♥AIR

Soft and Breathable  
— ADULT DIAPERS —



Special Feature  
Aloe Vera Gel



## Day / Night Diapers



**M**

95 - 125 cm  
37 - 49 inches



**L**

115 - 150 cm  
45 - 59 inches



**XL**

130 - 175 cm  
51 - 69 inches



Wetness  
Indicator



Waterproof  
Leak Guards



Ultra Dry  
Top Layer



Odour  
Control



Belgian  
Quality



For more information,  
please contact us or  
visit our website:  
[www.absorbadiaper.com](http://www.absorbadiaper.com)



HQ: **TURBO-MED PTE LTD**  
22 Joo Koon circle Singapore 629054  
Tel : (65) 6742 1968  
Fax : (65) 6742 1970  
Email : sales@turbo-med.sg



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Fax : (603) 7887 0007



# THE BEST CARE FOR SKIN HEALTH

## PROskin



### PANTS FORMAT

Active/  
Assisted Walking



### TAPE FORMAT

Bed Rest /  
Aided Mobility



SCAN HERE  
to learn more about  
TENA products



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☎ 1-800-88-9988 | 🌐 TENA.Malaysia | 🌐 www.TENA.com.my



# Improve Muscles Strength Get Stronger & Healthier

Whole Body Vertical Vibration (WBV) is the easiest and most effective passive exercise for your health.  
The only 100% whole body exercise!

Vibration Exercise = "0" Sport Injuries



Promote Restful Sleep



Reduce Fat



Promote Blood Circulation



Improve Bone Density



Relieve Back & Neck Pain



Improve Muscles Strength, Flexibility & Stability

- ✓ Proven Results Through Clinical Studies
- ✓ Exclusive Patent Rights

15 mins



10,000 steps



9 km



Stimulate 60 trillion cells

**BGREEN RW1**  
N/P  
**RM 4,199**

[100326941]

**uFit - RW1**

Book Now and experience for FREE at selected outlets:

- Alpro Pharmacy Centrio Seremban 2
- Alpro Pharmacy Bandar Seri Putra
- Alpro Pharmacy Taipan Senawang
- Alpro Pharmacy Bandar Bukit Tinggi 2

Instant Rebate

**RM 50**

for every 18<sup>th</sup> of May until Oct

\*For West Malaysia only.



PRICE DISPLAY IS  
**ALPRO MEMBER PRICE**

# POST-DISCHARGE CARE SUPPORT & BRACES



## FOR TREATMENT RECOVERY USE



Size:  
S [70832]  
M [71304]  
L [71305]

**UC-007 Clavicle Brace**  
| Provides stabilization to the clavicle area | Correction of poor posture and rounded/ slumped shoulders |

**RM 67**

MDA Reg.No : GA3437020-40734



Size:  
S [74498]  
M [74499]  
L [74500]  
XL [74501]  
XXL [74502]

**US-015 Neoprene Adj. Shoulder Support**  
| Helps to reduce pain and speed up recovery at shoulder area. | Best For Shoulder Injury |

**RM 78**

MDA Reg.No : GA8545721-56567



Size:  
S/M [70831]  
L/XL [71303]  
XXL [71596]

**UB-006 Comfort-pull Back Brace (Mesh)**  
| Suitable for acute low back pain | Postoperative care |

**RM 198**

MDA Reg.No : GA4652920-40729



Size:  
S [70844]  
M [71333]  
L [71334]  
XL [71335]  
XXL [71336]

**UA-011 2-panel Abdominal Binder**  
| Provides proper comfort | Compression to the abdomen | Suitable for post-surgery and postpartum |

**RM 103**

MDA Reg.No : GA5872720-40744



**UA-014 Maternity Belt**  
| Pregnant support belly belt | Postpartum hip recovery belt |

**RM 62**

MDA Reg.No : GA7356221-55829



Size:  
S [70816]  
M [71299]  
L [71300]

**UN-001 Soft Cervical Collar**  
| Provides support & motion control | Suitable for whiplash injury and stiff neck | Neck muscle spasms |

**RM 34**

MDA Reg.No : GA7944220-40813



Size:  
S/M [70820]  
L/XL [71301]

**UW-004 Comfort-pull Wrist Splint W/2 Stays**  
| Suitable for injured wrist | Support the wrist |

**RM 72**

MDA Reg.No : GA5669520-40738



Size:  
S/M [70821]  
L/XL [71302]

**UT-005 Comfort-pull Thumb Spica**  
| Support the thumb | Suitable for injured thumb joints |

**RM 65**

MDA Reg.No : GA5793820-40760



Size:  
Left [70818]  
Right [70819]

**UF-003 Dynamic Finger Exerciser (Left / Right)**  
| Enhance strenght of fingers | Suitable for post-stroke rehabilitation |

**RM 159**

MDA Reg.No : GA5913120-40730



**UE-002 Tennis Elbow Support With Gel Pad**  
| Provide adjustable compression | Suitable for tennis elbow pain |

FREE Size [70817]

**RM 62**

MDA Reg.No : GA4643019-32283



**UK-008 Cool Grey Snug Knee Support W/Gel Pad & Spiral Stay**

**Extra Support** For Treatment

Size:  
S [70833]  
M [71306]  
L [71307]  
XL [71308]  
XXL [71309]

~~RM 269~~  
**RM 172**

MDA Reg.No : GA3785720-40660



**UA-009 New Ok Ankle Support**  
| Provides support and compression to ankle | Prevent sprains or strains | Suitable for minor ankle pain |

**RM 96**

MDA Reg.No : GA6813620-40739



**NEW**

**UM-804 Soothing Cold & Hot Therapy Hat**  
| Versatile temperature therapy | Targetted therapy |

Size: One size fit all

**RM 65**

MDA Reg.No : GA6173123-115404



**NEW**

Size:  
S [100203108]  
M [100203116]  
L [100203124]

**US-450 Cold & Hot Compression Sleeve**  
| Universal relief | Versatile temperature therapy | Hook and loop closure

**RM 77**

MDA Reg.No : GA6687423-118396

### ! Things To Take Note When Using Knee Brace.

1. Do not wear support or braces while sleeping.
2. Recommended to take off the support or braces and rest for 5 minutes every 2 hours.
3. Over tightness will cause discomfort and affect blood circulation.

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For HLB & Maybank Credit Card Holder Only. | Price subject to change without prior notice. | Price display is Alpro Member Price. |

# FOR LIFESTYLE PREVENTION USE



Size:  
S [70838]  
M [71319]  
L [71320]  
XL [71321]  
XXL [71322]

## UL-203 Inno-pattern Lumbar Support

| Provides medium support to lumbar | Suitable for acute low back pain | Postoperative care |

**RM 188**

MDA Reg.No : GA6667820-40770



Size:  
S [70836]  
M [71315]  
L [71316]

## UE-201 Inno-pattern Elastic Elbow Support

| Enhance elbow comfort when in motion | Suitable for protection for daily activities |

**RM 34**

MDA Reg.No : GA5212420-41018



Size:  
S [70837]  
M [71317]  
L [71318]

## UW-202 Inno-pattern Elastic Wrist Support

| Enhance wrist comfort when in motion | Suitable for protection for daily activities |

**RM 29**

MDA Reg.No : GA9610320-40740



Size:  
S [70843]  
M [71329]  
L [71330]  
XL [71331]  
XXL [71332]

## UK-207 Inno-pattern Elastic Knee Support

| Enhances knee comfort in motion | Suitable for protection for daily activities |

**RM 35**

MDA Reg.No : GA5993320-40741



Size:  
S [70842]  
M [71325]  
L [71326]  
XL [71327]  
XXL [71328]

## UK-206 Dynamic Taping Knee Support

| Provides better protection and stabilization | Suitable for knee joint pain |

**RM 77**

MDA Reg.No : GA6861020-40750



## UK-204 New Ok Knee Support W/4 Spiral Stays & Silicone Pad

| Provide extra support |  
| Stabilization to patella |  
| Suitable for outdoor sport activities |

Size: Well Fit 30cm to 46cm [70839]

**RM 107**

MDA Reg.No : GA9277920-40747



## UK-205 Reinforced Patella Strap

| Provide extra support |  
| Stabilization to patella |  
| Suitable for Jumper's knee/ patella tendonitis |

Size: Well Fit 30cm to 46cm [70840]

**RM 70**

MDA Reg.No : GA9724020-40815



Size:  
S [70841]  
M [71323]  
L [71324]

## UA-208 Inno-pattern Elastic Ankle Support

| Enhance ankle comfort when in motion | Suitable for protection for daily activities |

**RM 36**

MDA Reg.No : GA7724620-50634

\*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For HLB & Maybank Credit Card Holder Only. | Price subject to change without prior notice. | Price display is Alpro Member Price. |



**FREE** **7 Days** Exchange Return Guarantee  
If Any Manufacturing Defect

**FREE** **Worth RM50** Physio Online Consultation

# How To Choose The Suitable **Knee Support!**



# EBENE Bio-Ray Healthcare

## Relieves Knees Pain with Firm Support



### Daily Preventive Care to Prevent Joint Problems

- ✔ Promotes blood and oxygen circulation to relieve pain
- ✔ Breathable and comfortable material for everyday wear



#### Best Recommended for

- Support light exercise
- Daily preventive care & keep warm
- Walking easier & better

### Intense Pain Relief with Enhanced Heat Therapy

- ✔ Provides enhanced heat therapy to reduce inflammation and swelling rapidly



#### Best Recommended for

- Swollen knees
- People with reduced mobility who find it hard to slip it over knees
- People who have joint pain during rainy days

### Relieves Foot Discomfort & Keep Warm

- ✔ Promotes blood and oxygen circulation with heat energy
- ✔ Relieves cramps, numbness and pain
- ✔ Warm feet for better sleep



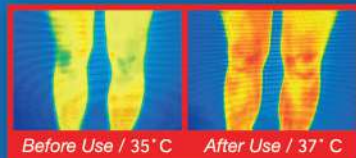
#### Best Recommended for

- Walk longer with ease and effortlessly
- People who need to be on their feet for long hours
- People who want to have sound sleep



## Benefit of Japan Bio-Ray:

Promotes Blood & Oxygen Circulation



### Scientifically Proven Efficacies

Uses Infrared Radiation to facilitate deeper penetration of heat into the body

Promotes better blood & oxygen circulation

Relieves pain, speeds up recovery, enhances metabolism and improves overall health

Increases the flow of nutrients towards affected areas



PRICE DISPLAY IS  
**ALPRO MEMBER PRICE**

# POST-DISCHARGE CARE GET WELL SOON RECOVERY SUPPORT

## FOR RECOVERY USE



[71783]

**ANZEN**  
Digital Mini Gym Bike  
For muscle weakness.  
To prevent joint stiffness  
and promote blood  
circulation.

~~RM 159<sup>90</sup>~~  
**RM 129<sup>90</sup>**

MDA Reg No : GA9120420-38281

**DURABAND**  
Exercise Band 1.5M  
Different Color Different Strength.

RED	GREEN	BLUE
LIGHT	MEDIUM	HEAVY
0.2MM	0.25MM	0.3MM
[75260]	[100001940]	[75259]

**RM 12<sup>90</sup>**



MDA Reg.No : GMD56590164217A

**MEDINET**  
Respirogram  
Spirometer  
Help to  
strengthen  
respiratory  
musculature

[33518]



**RM 45**

MDA Reg No : GB5328420-46813



**UGOKU**  
Therafit Ball  
**RM 29**

Different Color Different Resistance

PINK	BLUE	GREEN	ORANGE
EXTRA SOFT	SOFT	MEDIUM	FIRM
BU-1088	BU-2088	BU-3088	BU-4088
[73454]	[73455]	[73456]	[73457]

MDA Reg.No : GA7507220-48785



**UGOKU**  
Armsling  
UA-012  
Adjustable  
Shoulder  
Strap  
**RM 19**

[74522]

MDA Reg.No : GA4716721-57414

**UGOKU PE Finger Splint**  
UF-013  
For sustain the finger in  
good position.



Size: S [74517] L [74519] **RM 14**  
M [74518] XL [74520]

MDA Reg.No : GA7371821-55833

## FOR PAIN MANAGEMENT USE

**APEX**  
Comtens-III  
For pain relief

[58661]



~~RM 328~~  
**RM 268**

**12**

MDA Reg No : GB5328420-46813

**UGOKU**  
Ice & Hot Therapy  
Bag BU-905

[74426]



~~RM 52<sup>90</sup>~~  
**RM 45**

MDA Reg.No : GA9229721-52621



**UGOKU**  
BU-5027L  
Therapack  
Hot / Cold

SIZE: M / L  
[74424 / 74425]

**RM 26 - RM 28**

MDA Reg.No : GA7517921-52327

**ATROFLEX Gel**  
100ML  
For joint and muscle

[73489]



**RM 59<sup>90</sup>**

## FOR PREVENTION USE

**UGOKU**  
Anti-embolism Stocking  
UA-010

- Reduces the formation of thrombosis.
- Suitable for post-surgery and bedridden.

Size: XS [70835] L [71312]  
S [71310] XL [71313]  
M [71311] XXL [71314]

~~RM 79~~  
**RM 59**



MDA Reg.No : GA6357820-40765

**UGOKU**  
Thigh-high Compression Stocking  
UA-017BK

- To prevent varicose veins.
- Suitable for long sitting or standing hour, pregnant woman & travelling.

BEIGE BLACK  
Size: S [74508] S [74503]  
M [74509] M [74504]  
L [74510] L [74505]  
XL [74511] XL [74506]  
XXL [74512] XXL [74507]

~~RM 120~~  
**RM 95**



MDA Reg.No : GA8927621-57430

**Take Note : 12 12 Months Warranty.**

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice | Price display is Alpro Member Price. |

| Installment Available For HLB & Maybank Credit Card Holder Only.



# POST-DISCHARGE CARE HEAL FAST WOUND CARE



PRICE DISPLAY IS  
**ALPRO MEMBER PRICE**

## HYGIENE



**AGBAC NANO SILVER** [71599]  
Disinfectant  
150ML

**ALCOHOL**

✓ Safe For Kids  
✓ 24 Hours Protection

~~RM 45<sup>88</sup>~~  
**RM 39**

GC9847719-26935

**AGAINST 24** [56882]  
Disinfectant Spray  
100ML

**ALCOHOL**

✓ Safe For Kids  
✓ 24 Hours Protection

~~RM 39<sup>90</sup>~~  
**RM 26<sup>90</sup>**

**HANDGUARD**  
Antibacterial Hand Wash  
500ML

Bergamot [72212]    Rosemary [72211]

~~RM 9<sup>90</sup>~~  
**RM 6<sup>50</sup>**

**MEDIMASK 20 PCS**  
Buy 2 boxes FREE 1 box of  
Medi Mask KF Series  
[100048453]

**RESPIRATOR**

**RM 49<sup>80</sup>**

## WASH



**VIGILENZ HYDROCYN** [53149]  
Aqua Wound Care  
100ML

GD1130224916

**RM 8<sup>50</sup>**

**RINSCAP NS SODIUM**  
Chloride 0.9% W/V

1000ML [34928]    500ML [33477]

GB835279970108    GB2188863818

**RM 8**    **RM 5<sup>90</sup>**

**VIGILENZ HYDROCYN**  
Aqua Wound Care

500ML [74790]    250ML [53150]

GD1130224916    GD1130224916

**RM 30**    **RM 16<sup>50</sup>**

**DERMACYN** [19530]  
Wound Care  
500ML

GC5856214917

**RM 35**

## APPLY FIRST AID



**HANSAPLAST** [100059195]  
Wound Healing  
Ointment  
50G

GB5648120-46349

**RM 19**

**DR WOUND** [73849]  
Bioheal Gel First Aid  
20ML

GC743919-29199

**RM 38**

**SKIN FIX** [59680]  
Cream  
20G

MAL15070014TC

**RM 30<sup>50</sup>**

**3 LEG** [54596]  
Povidone Iodine  
30ML

MAL 2000622X

**RM 3<sup>90</sup>**

## CHRONIC WOUND



**DR WOUND PACK** [73985]  
Nano Silver Spray  
100ML + Bioheal Gel  
60ML

**RM 219**

**MEDIHONEY GEL** [63370]  
44ML

NOB2221770318

**RM 82<sup>60</sup>**

**CAVIDAGEL AG** [62412]  
30G

GC2785129017

**RM 42**

**S&N INTRASITE** [12473]  
Gel Hydrogel Dressing  
15G 1S

GC38141618118

**RM 32<sup>90</sup>**

## COVER



**UNIGLOVES**  
Non Woven Gauze Swab  
100'S

[41575 / 65703 / 65704]  
5x5cm / 7.5x7.5cm / 10x10cm

**RM 3**    **RM 5**    **RM 9**

**S&N MELOLIN LOW**  
Adherent Absorbent Pad  
5'S

[12471 / 12472]  
5x5cm / 10x10cm

GA48739164317

**RM 9<sup>70</sup>**    **RM 12<sup>90</sup>**

**DUODERM** [60352]  
Extra Thin (187955)  
10X10CM 10'S  
(Loose Pack Available)

GD3789421517

**RM 64<sup>90</sup>**

**AQUACEL AG+ EXTRA** [60358]  
10X10CM (413567) 10'S  
(Loose Pack Available)

GD3918084818

**RM 255**

## HOLD



**UNIGLOVES** [T65544]  
TRANSPARENT  
Film Dressing-Roll  
10CM X 10M 1S

**RM 8<sup>50</sup>**

**3M MICROPOR BOX**  
(Adhesive Tape) 1S

3" X 10YD [T44625]  
2" X 10YD [T49521]  
1" X 10YD [T44624]  
0.5" X 10YD [T44623]

**RM 2<sup>10</sup> — RM 12<sup>50</sup>**

**UNIGLOVES**  
Self Adhesive Bandage

2.5CMX4.5M [T65708]  
5CMX4.5M [T49944]  
7.5CMX4.5M [T55802]  
10CMX4.5M [T65709]

**RM 5 — RM 9<sup>50</sup>**

\*Important Notice : T&Cs Apply. | Delivery charge excluded. | Images are for illustration purposes only. | Installment Available For HLB & Maybank Credit Card Holder Only. | Price subject to change without prior notice. | Price display is Alpro Member Price. |



PRICE DISPLAY IS  
**ALPRO MEMBER PRICE**

# reli-able BATHROOM SAFETY SET-UP



## WHY GRAB BAR ?

"Bathroom Safety For Your Loved One."



reli-able  
**GRAB BAR BA2098**

Size : 14 inches [71030]

**RM 98**

Size : 18 inches [71031]

**RM 128**

Size : 24 inches [71032]

**RM 158**

**NYLON STAINLESS STEEL**

- Safe
- Anti-Slip
- Durable
- Anti-Rust
- Comfortable Hand Grip

MDA Reg.No : GA8754120-51147



reli-able  
**GRAB BAR BA0298**

Size : 12 inches

~~RM 89~~ **RM 68**



**POLYPROPYLENE**

- Safe
- Durable
- Anti-Rust
- Antibiosis
- Comfortable Hand Grip
- Heat Resistance

MDA Reg.No : GA8754120-51147



reli-able  
**HANGING SHOWER SEAT BR2488**

**RM 398**

**NYLON STAINLESS STEEL**

- Anti-Slip
- Anti-Rust
- Extra Support
- Fall Prevention

MDA Reg.No : GA8754120-51147



reli-able  
**FLIP-UP GRAB BAR BR0098-3**

**RM 298**

**NYLON STAINLESS STEEL**

- Anti-Slip
- Anti-Rust
- Extra Support
- Fall Prevention

MDA Reg.No : GA8754120-51147



reli-able  
**SHOWER SEAT WITH LEG BR9888**

**RM 298**

**NYLON STAINLESS STEEL**

- Anti-Slip
- Anti-Rust
- Extra Support
- Fall Prevention

MDA Reg.No : GA5936421-56565



reli-able  
**U-SHAPED GRAB BAR BA1098-3**

**RM 328**

**NYLON STAINLESS STEEL**

- Anti-Slip
- Anti-Rust
- Extra Support
- Fall Prevention

MDA Reg.No : GA8754120-51147

Registered under act 737

**FREE ( For Alpro Member Only )**

**Anti-Slip Mat**  
\*For Any Purchase Of RM250 And Above.



**SAVE MORE**

**For 3 Items**  
Get Package Price

**12 Months**

**Warranty**

**Extended**

**12 MONTHS WARRANTY**



Exclusive to SILVERCARE MEMBERS

# NUTRITIONAL MILK POWDER FORMULA



**METABOLIC + Energold**

**NO.1 NUTRITION**

**ENERGY**

**JOINT**

**MUSCLE**

## FOR HEALTH MAINTENANCE

Whey Protein

Less Allergenic  
And Better Absorption

Energy & Muscle, Joint  
And Bone Health

Diabetes Friendly

**METABOLIC+ OTEINE**  
350g  
(68519)



~~RM 104.90~~  
**RM 79**

**METABOLIC+ GOSURE**  
700g  
(64001)



~~RM 116.90~~  
**RM 93**

**METABOLIC+ ENERGOLD**  
850g  
(70363)



~~RM 128.90~~  
**RM 106**

**METABOLIC+ SAUVER**  
700g  
(53814)



~~RM 140~~  
**RM 108**

## FOR FASTER RECOVERY

Gut Friendly

Fast Recovery

Complete & Balanced Nutrition  
Suitable for Tube Feeding



**METABOLIC+ RELIEVE**  
5X45g  
(100003714)

~~RM 58.90~~  
**RM 46**



**METABOLIC+ RECOVERY**  
850g  
(74074)

~~RM 206.90~~  
**RM 149**



**METABOLIC+ BASIC**  
2.9kg  
(70364)

~~RM 218.90~~  
**RM 215**

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Price display is Alpro Member Price.



# Bonlife®



AWARDED ASIA PACIFIC SUPER HEALTH BRAND



## Your Ally for Timeless Health

Embrace your golden years with perfect choice of nature's goodness



MAL20116100T

### FREE



Buy 2 Sacha Inchi Oil Softgel  
Free 1 Vita C Pro (off pack)

Buy 2 Purenat 5D  
Free 1 Vita C Pro (off pack)

**ISO 9001** Certified Company  
**HACCP** Certified Company



# DISCUSSING THE SAFENESS OF STATINS

Many older adults regularly take medicines for ongoing health conditions such as high blood pressure, diabetes, and high cholesterol.

**M**odern medicine has made it easier to control these issues, but adherence to prescribed medications is crucial.

However, concerns about side effects or adjusting dosages without consulting healthcare providers can hinder treatment compliance and overall health.

Let's debunk some myths about statins, common anti-cholesterol medicines.

Rest assured, statins are effective and generally safe for managing cholesterol levels.

Adverse effects are extremely rare and often result from factors like drug interactions.

“  
**Statins Are One Of The Commonly Prescribed Drugs For The Treatment Of High Cholesterol.**  
”



Written by :  
**Bradley Lawrence**  
Alpro Pharmacist

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Why Do We Need To

# MANAGE HIGH CHOLESTEROL?

High cholesterol levels lead to atherosclerosis<sup>2</sup>, where cholesterol deposits form on artery walls, causing plaque buildup.

This narrowing of arteries can result in coronary heart disease (CAD) and heart attacks, marked by symptoms like chest pain and shortness of breath.

Lifestyle changes help, but sometimes statins are needed to prevent heart attacks.

## POSSIBLE ADVERSE EFFECTS

Of Statins & Why They Happen?

Now that we know the role of statins in lowering cholesterol levels, what might be some of their adverse effects?

While rare, statins may cause adverse effects. If you experience symptoms, consult a healthcare professional for proper examination.

Never stop or adjust statin dosages without consulting your doctor or pharmacist.

Possible Adverse Effect :

1.



### Myalgia (Muscle Pain)

Only 5% of statin users face this risk.

2.



### Rhabdomyolysis

Statins may cause muscle breakdown, leading to reddish-brown urine in less than 1% of cases.

3.



### Abdominal Pain

Pain between ribs and pelvis, affecting <1% of patients.

Your practitioner will review signs, symptoms, and medication history for potential drug interactions, especially if you take multiple medications.

Statins not only lower cholesterol but also stabilize artery plaques for long-term protection. Never change or stop cholesterol treatment without consulting healthcare professionals.

**RM6,000**

**TAX RELIEF**

Cost Of Basic Supporting  
Equipment For Disabled  
Self, Spouse, Child Or Parent.

# 出租服务

# SEWA



## RENTAL Wheelchair



\*Subject to availability

MDA Reg.No  
GA9326524-159187

### MANUAL WHEELCHAIR

**MOVEN** Q05 Lightweight

1 WEEK

**RM50**

2 WEEKS

**RM80**

**SAVE  
RM20**

4 WEEKS

**RM150**

**SAVE  
RM50**

\*Returnable deposit **RM300** will be collected.



MDA Reg.No  
GA10136424-161488  
\*Subject to availability

### ELECTRIC WHEELCHAIR

**MOVEN** BM430L 8" Portable Electrical Wheelchair

1 WEEK

**RM280**

2 WEEKS

**RM500**

**SAVE  
RM60**

4 WEEKS

**RM900**

**SAVE  
RM220**

\*Returnable deposit **RM500** will be collected.

\*For selected area only, ask us for more details.

## RENTAL BiPAP Machine

**FREE**  
7 Days Trial

Before Start Renting

To assist individuals with breathing difficulties, particularly during sleep or in cases of respiratory conditions .

1<sup>st</sup> MONTH *Only*

**RM150**

\*Included 2 weeks  
**FREE Trial**

1 MONTH

**RM300**

3 MONTHS

**RM840**

**SAVE  
RM60**

For Purchase Only due to Hygiene purpose.

Nasal  
Cannula  
**RM110**



Face Mask  
**RM130**



\*Returnable deposit **RM500** will be collected.

Available

**RENT  
\*TO OWN  
Programme**

MDA Reg.No  
GB9478823151745

\*Subject to availability

# RENTAL Oxygen Therapy

## 1 OXYGEN CONCENTRATOR

For long hours and continuous oxygen supply. (Run on electricity.)

MDA Reg. No. : GB10411723-141876

MDA Reg. No. : GB59279419-34859

**FREE**

5 LPM      10 LPM      20 LPM

<b>1 WEEK</b> RM120	<b>&lt;10 DAYS</b> RM600	<b>&lt;10 DAYS</b> RM1,000
<b>1 MONTH</b> RM300	<b>1 MONTH</b> RM700	<b>1 MONTH</b> RM1,500

\*Subject to availability

\*Returnable deposit **RM400** will be collected for **5LPM**.

\*Returnable deposit **RM500** will be collected & **Extra RM100** sanitisation fee for COVID cases for **10LPM & 20LPM**.

## 2 OXYGEN TANK

For intermittent of oxygen supply.

**10 L**

Exclude Refill Fee  
**RM50-RM100**  
(depends on tank size)

<b>1 WEEK</b> RM40
<b>1 MONTH</b> RM100

\*Returnable deposit **RM400** will be collected.

## 3 OXIMETER

MDA Reg.No : GC9264520-47073

\*Subject to availability

<b>1 WEEK</b> RM30
<b>1 MONTH</b> RM50

\*Returnable deposit **RM50** will be collected.

## OXYGEN CONCENTRATOR RENTAL PACKAGE

<p><b>1 MONTH</b></p> <p><b>SAVE RM50</b></p> <p><b>RM350</b></p> <p>5 LPM <b>1+2</b></p> <p>MDA Reg.No : GB10411723-141876</p>	<p><b>2 MONTHS</b></p> <p><b>SAVE RM300</b></p> <p><b>RM600</b></p> <p>5 LPM <b>1+2+3</b></p> <p>MDA Reg.No : GB10411723-141876 MDA Reg.No : GC9264520-47073</p> <p><b>FREE RENTAL</b></p>
<p><b>2 MONTHS</b></p> <p><b>SAVE RM150</b></p> <p><b>RM550</b></p> <p>5 LPM <b>1+3</b></p> <p>MDA Reg.No : GB10411723-141876 MDA Reg.No : GC9264520-47073</p> <p><b>FREE RENTAL</b></p>	<p><b>6 MONTHS</b></p> <p><b>SAVE RM1,200</b></p> <p><b>RM1,500</b></p> <p>5 LPM <b>1+2+3</b></p> <p>MDA Reg.No : GB10411723-141876 MDA Reg.No : GC9264520-47073</p> <p><b>FREE RENTAL</b></p>

## HOW TO RENT?

- 1** Pick Your Package
- 2** Contact Us **019 - 750 0612**  
Provide Us Your Name, Location & Contact Number.
- 3** Confirm & Payment

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Instalment Available For Hong Leong Bank & Maybank Credit Card Holder Only. | 5% discount for both Hearing Aids and Powerlife Magnesium for Allianz Insurance customer. |

# 出租服务 SEWA



\* Addition RM20 processing fee.  
\* Returnable deposit RM400 will be collected.

## RENTAL Hospital Bed

MANUAL BED **OR** ELECTRIC HOMECARE BED

**FREE UPGRADE**

MDA Reg.No : GMD57430969219A

MDA Reg.No : GA8473223-132542

**RECOMMENDED**

\* Subject to availability

1 WEEK

**RM80**

1 MONTH

**RM200**

3 MONTHS

**RM450**

(RM150/month)

**RENTAL BUNDLE**

with Tubular Ripple Mattress

Top up only  
RM80 per month.

**RM690** **SAVE RM360**

6 MONTHS

**RM840**

(RM140/month)

**RENTAL BUNDLE**

with Tubular Ripple Mattress

Top up only  
RM75 per month.

**RM1,290** **SAVE RM810**

## ELECTRIC HOSPITAL BED



\* Subject to availability

1 WEEK

**RM120**

1 MONTH

**RM300**

3 MONTHS

**RM750**

(RM250/month)

**RENTAL BUNDLE**

with Tubular Ripple Mattress

Top up only  
RM80 per month.

**RM990** **SAVE RM360**

6 MONTHS

**RM1,440**

(RM240/month)

**RENTAL BUNDLE**

with Tubular Ripple Mattress

Top up only  
RM75 per month.

**RM1,890** **SAVE RM810**

## How to Choose the Suitable Hospital Bed ?



Electric



Homecare Electric



Manual

Remote Control



Adjustable Bed Height & Position



Head & Leg Only



Advantage



• Foldable & Save Space  
• For Instant Self Pick-up & RMO Delivery Fee



# RENTAL Ripple Mattress



MDA Reg.No : GMD25608743518A  
\* Subject to availability

## **APEX** DOMUS 2 TUBULAR Care for a Healthy Life

It's crucial for bedridden patient to prevent risk of pressure ulcer & promote blood circulation.

<b>1 WEEK</b> RM <b>60</b>	<b>1 MONTH</b> RM <b>150</b>	<b>3 MONTHS</b> RM <b>300</b>	<b>6 MONTHS</b> RM <b>550</b>
		<b>SAVE RM150</b>	<b>SAVE RM350</b>

\* Addition **RM20** processing fee.  
\* Returnable deposit **RM400** will be collected.

# Mattress for PURCHASE Only due to hygiene purpose.



[70137]  
**RM300**  
3 Inches Folded Mattress

[61969]  
**RM400**  
4 Inches Folded Mattress

**SPECIAL PRICE!**  
For Purchase / Rental Hospital Bed



[72467]

~~RM650~~ **RM480** **PWP**  
4 Inches  
High Density Foam Support Mattress

## RENT AND TOP UP !



[100049980]

GKB Lion's Mane Mushroom

~~RM198~~ **SAVE RM59**  
**RM139**

With Purchase or Rent Any Medical Rehab Items.

Home Physiotherapy Treatment

~~RM150~~ **SAVE RM70**  
**RM80/session**

or **X 1 SESSION** **FREE X1**  
(Worth RM150)  
\*with Purchase or Rent RM400 or above

\*Depend on location.  
\*Check out with our staff now.  
\*Limit for only 1 redemption per customer.



## HOW TO RENT?

- 1** Pick Your Package
- 2** Contact Us **019 - 750 0612**  
Provide Us Your Name, Location & Contact Number.
- 3** Confirm & Payment

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Installment Available For Hong Leong Bank & Maybank Credit Card Holder Only. | 15% discount for both Hearing Aids and Powerlife Magnesium for Allianz Insurance customer. |

**RM6,000  
TAX RELIEF**

Cost Of Basic Supporting  
Equipment For Disabled  
Self, Spouse, Child Or Parent.

# 出租服务

# SEWA



## RENTAL Suction Pump



MDA Reg.No : G810439221-54335  
\*Subject to availability

Helps to remove excessive mucus in airway.

<b>1 WEEK</b> RM20	<b>1 MONTH</b> RM50	<b>2 MONTHS</b> RM90 <b>SAVE RM10</b>
<b>3 MONTHS</b> RM120 <b>SAVE RM30</b>	<b>+ RM100</b> For Purchase Of Suction Canister Due To Hygiene For The Patient.	



\*Returnable deposit **RM150** will be collected.

## RENTAL Hearing Aids



\*Subject to availability

MDA Reg.No : GB9503920-46643  
MDA Reg.No : GB4715220-47072

Mimitakara

<b>1 MONTH</b> 1 Piece RM380	<b>1 MONTH</b> A Pair RM570 <b>SAVE 50%</b> For 2nd Piece
<b>+ RM80</b> Accessories, System Tuning, Sterilisation <b>SAVE 50%</b> For 2nd Piece	



\*Returnable deposit **RM500** will be collected.

**FREE**  
7 Days Trial  
Before Start Renting

## HOW TO RENT?

- 1** Pick Your Package
- 2** Contact Us **019 - 750 0612**  
Provide Us Your Name, Location & Contact Number.
- 3** Confirm & Payment

All these medical devices registered under Act 737

\*Important Notice : T&Cs Apply. | Images are for illustration purposes only. | Price subject to change without prior notice. | Instalment Available For Hong Leong Bank & Maybank Credit Card Holder Only. | 5% discount for both Hearing Aids and Powerlife Magnesium for Allianz Insurance customer. |



1

# CHAIR-LIFT

**Difficulty & Unsafe**  
Getting Up & Down The Staircase ?

**Space Saving**  
Ultra-streamlined Design  
& Foldaway Seat.

Reliable Easy To  
**Clean & Maintain**

**140kg**  
Weight Limit



# MOBILITY ASSISTIVE SERVICE



Introducing **Mobility Assistive Services:**  
*Making Mobility Easy and Accessible*

**Mobility Assistive Services** is here to support individuals facing mobility challenges, whether it's using a wheelchair or helping a family member with limited mobility.

Our aim is simple: **To Make Life Easier And More Convenient.**

Here's what we offer:

1. **Chairlift** : Say goodbye to stairs at home! Our chairlift make moving around your house effortless and safe.
2. **Car Seat Lifts**: Getting in and out of cars shouldn't be a struggle. Our car seat lifts ensure smooth transitions for wheelchair users, making travel a breeze.
3. **Wheelchair Ramp**: Don't let steps hold you back. Our ramps provide easy access to buildings and homes, ensuring everyone can move around freely.

At Mobility Assistive Services, we're all about promoting independence and comfort.

Contact Us for Quotation Now!  
**019-750 0612**

Let's enhance mobility and convenience together!



**Length Available** : 4 Feet, 5 Feet, 6 Feet,  
\*762mm (Width)      7 Feet, 8 Feet.

2

# CAR SEAT LIFT

To Get In & Out Of The Car Easily ?



FROM  
**RM6,800**  
ONWARDS

3

# WHEELCHAIR RAMP

To Get Over The Steps Easily & Safely ?



- ▶ **Rollable Design**
  - Easy Operate & Storage
  - Light & Easy To Carry
- ▶ **Strong Structure**  
Load Capacity 500kg



In-the-ear (ITE)



In-the-canal (ITC)



Receiver-in-canal (RIC)



behind-the-ear (BTE)

# Pemilihan Alat Bantu Dengar Yang Sesuai

## 1. Kepentingan ujian pendengaran

Ujian pendengaran adalah sangat penting bagi menentukan tahap dan jenis masalah pendengaran seseorang.

## 2. Konsultasi bersama Audiologist

Audiologist akan mencadangkan alat bantu dengar yang sesuai kepada pengguna mengikut tahap pendengaran mereka. Ini membolehkan mereka dapat mendengar dan berkomunikasi dengan lebih baik.

Terdapat 5 tahap pendengaran:



## 3. Percubaan Alat Bantu Dengar

Sebelum beli Alat Bantu Dengar, pengguna digalakkan untuk mencuba terlebih dahulu bagi memastikan alat tersebut selesa untuk digunakan oleh pengguna.

## Amplifier vs. Alat Bantu Dengar

### Pendengaran

- ✗ **Amplifier**  
Boleh menjejaskan lagi pendengaran kerana bunyi yang kuat.
- ✓ **Alat Bantu Dengar**  
Tidak menjejaskan pendengaran kerana bunyi yang diberi adalah mengikut tahap pendengaran pengguna.

### Percakapan

- ✗ **Amplifier**  
Percakapan menjadi tidak jelas terutama di tempat bising.
- ✓ **Alat Bantu Dengar**  
Dapat mendengar percakapan dengan lebih baik termasuk di tempat bising.

### Kekuatan Bunyi

- ✗ **Amplifier**  
Menguatkan bunyi secara keseluruhan.
- ✓ **Alat Bantu Dengar**  
Menguatkan bunyi mengikut tahap pendengaran.



Disediakan oleh:  
Audiologist Afifah  
Sarjana Muda Audiologi  
(Kepujian) UIAM

# Hear Great With Mimitakara®

愛は君の声が聞こえる

JAPAN  
TECHNOLOGY



~~RM5000~~  
**ONLY AT RM2750**



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KNOW MORE

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with Medical Device Authority Malaysia  
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GBB503920-46643 (ITC)  
MDAMO 0103/2023

**365**  
DAYS

1 YEAR WARRANTY

**7**  
DAYS FREE TRIALS

7 DAYS FREE TRIAL

**RENTAL**  
PROGRAM

30 DAYS RENTAL PROGRAM

**FREE**  
CLEANING

FREE CLEANING +  
STERILIZATION FOR LIFETIME

**248**  
OUTLETS

READY TO  
ASSIST YOU



PROFESSIONAL ASSISTANCE  
PROVIDED ANYTIME

**Sarcopenia** is a condition characterized by the age-related loss of muscle mass, strength, and function. It commonly affects older adults and can have significant consequences on physical health and overall well-being.

**Physiotherapy** plays a crucial role in managing sarcopenia by addressing the physical aspects of the condition. Physiotherapists closely monitor individuals' progress throughout their treatment. A series of physical assessment will be done by physiotherapists before any treatment given.

#### 4 Elements Of Physio Treatment For Sarcopenia

**1 Personalized Muscle Strengthening Exercises**  
This exercise is a specific exercise program to pin point the specific muscle group to stimulate muscle growth, improve muscle strength, and counteract muscle loss caused by sarcopenia. This personalized approach ensures that the treatment targets the areas of concern and optimizes outcomes.

**2 Balance And Coordination Exercises**  
Sarcopenia can contribute to balance deficits and an increased risk of falls. Physiotherapists include balance and coordination exercises in their treatment approach to improve postural control and reduce the risk of falls. These exercises help enhance balance, stability, and coordination, promoting safer mobility.

**3 Functional Training**  
Training 1 -2 muscles will not help. Physiotherapists will incorporate functional training exercises into the treatment plan to improve muscle function and enhancing the ability to perform daily activities with ease and independence. This aim to maintain their functional capacity and improves their quality of life.

**4 Education And Lifestyle Modifications**  
Physiotherapists provide education on lifestyle modifications that support muscle health.

- Suggestion of appropriate support
- Posture correction
- Home exercises



## Home Physio Service

- Post-stroke
- Post-discharge/ Surgery Rehab
- Shoulder / Back / Knee Pain
- Post Covid-19 Lung Infection / Heart Surgery
- Parkinson's / Cerebral Palsy / Spinal Cord Injury
- Sports Injury Rehab

Normal Price  
**RM150** / Visit

**10+2 DAYS Package**

**RM130** /visit

( Visit once /day )

**SAVE RM240**

**20+5 DAYS Package**

**RM126** /visit

( Visit once /day )

**SAVE RM600**

Only for **FIRST** Time User

#### CENTER Physiotherapy

Consultation Fee

~~RM 110 + RM50~~

**ONLY RM 85/visit**

**SAVE RM75**

#### HOME Physiotherapy

Consultation Fee

~~RM 150 + RM50~~

**ONLY RM 100/visit**

**SAVE RM100**

#### Alpro Physio Centers

- Alpro Physio Seremban 2
- Alpro Physio Setia Tropika
- Alpro Physio Jalan Pesta
- Alpro Physio Senawang
- Alpro Physio Kuching
- Alpro Physio Bentong
- Alpro Physio Kota Kemuning
- Alpro Physio Batu Pahat
- Alpro Physio Malim Jaya
- Alpro Physio Butterworth
- Alpro Physio Tanjung Chat
- Alpro Physio Gong Badak
- Alpro Physio Lukut
- Alpro Physio Ipoh
- Alpro Physio Kuantan

**BOOK NOW**

**019-275 9828**

#### \*Important Notice :

1. Service only available at physio enter and pharmacy outlet with community physiotherapist.
2. Coverage only within 10km from our center or outlet.

#### GKB LION'S MANE Mushroom



~~RM 198~~  
**RM 178**

**PWP**

**RM 139**

With Purchase & Rent Rehab Silvercare Products Or Purchase Any Physio Treatment

Product Reg.No : MAL21036127TC



**alpro homecare**  
Bringing Care to Home



At Alpro Homecare, we deliver comprehensive healthcare service directly to your doorstep, ensuring that you and your loved ones receive top-quality treatment in the comfort of your own home.

Well-trained **Home Care**  
*professional* team

- Doctors
- Nurses
- Medical Assistants
- Physiotherapists
- Pharmacists
- Nutritionists

### OUR SERVICES

Nursing Care	RM <b>110</b>
Medical Procedure	RM <b>110</b>
Doctor Assessment 	RM <b>250</b>

### NURSING PACKAGE

RM **990** x10 visits

RM **1800** x20 visits

*Terms & Conditions apply*

1. Turn around time for deployment will commence once full payment received.
2. Surcharge is applicable if the distance to your doorstep is more than 10km from our nearest assigned station.
3. Price quoted is for service fee only excluding medication and / or consumables.

# Home Care Services

## NURSING CARE

- Sponging / bathing
- Change diaper
- Basic physiotherapy/ passive stretching exercise
- Feeding
- Serve medications

## PROCEDURE

- Urine catheter insertion and removal
- Feeding tube insertion and removal
- Wound dressing and care
- Stoma care
- Injection-medication / vaccination
- Intravenous (IV) drip
- Blood tests

## DOCTOR ASSESSMENT

- Personalize treatment plan

## CONTACT US NOW!



Call or WhatsApp us now for enquiries:

**019-396 7828**

“Worry not! **ALPRO ePharmacy** is here for you!



**Alpro ePharmacy**

**WE DELIVER**

**MEDICATION SAFETY**

\*T&Cs apply.



**Same-Day Delivery**

As fast as within 30 mins\*



**FREE Consultation**

Professional team comprising doctors & pharmacists



**Medication Safety**

RM1,000,000 Product Liability Insurance



**Zero Contact Delivery**

Reduce the risk of disease transmission



ePharmacy had reached

**2000 reviews**

Customer



Alan Lian  
19 reviews · 6 photos

★★★★★ an hour ago **NEW**

This is my first online purchase with Alpro Pharmacy Malaysia from Australia. I don't have any Malaysian bank accounts, I was unable to pay via iPay88 which is the preferred payment method. Though there's Google Pay but was unable to use my Australian credit card. I contacted Alpro WhatsApp team. The staff were very helpful and provided me with all the relevant info to pay via instant transfer. I was able to pay within seconds! Really appreciate their helpfulness, their expertise and professionalism. Thank you guys. I will definitely recommend Alpro Pharmacy to all my Australian friends. Will make more purchases in the future.



Evy Chong

★★★★★ just now

Alpro pharmacist assisted my inquiries promptly and delivered my prescription within 3 hours. They're quite attentive and helpful. If you ever need certain prescription to be delivered to you from a pharmacist. I'd definitely recommend Alpro.



Yee Vyon Lim  
Local Guide · 37 reviews

★★★★★ 20 minutes ago

The pharmacist was very attentive to my order request and patient in addressing my problem although it was through an online platform. Having this ePharm is really a great convenience, you will be attended to Alpro nearby without having to walk into physical stores! ❤️ Price point is reasonable 👍



Norafizah Hj Ali  
2 reviews

★★★★★ 7 minutes ago **NEW**

Impressvie service! This is my second experience purchasing items from this pharmacy with the help of pharmacist. They're also able to locate which particular branch still have the item instock and deliver it on the same day (I was using the Express delivery :)). They also check if I have receive the item well. Thank you Alpro for your efficient and reliable services!

**Medication Consultation & Ordering**



**019-7021923**



# oncohelp

by Alpro Pharmacy

If you are looking after someone with *cancer*, We understand this can sometimes affect your **emotionally**.

Get in touch with **oncohelp** team!



优惠化疗药物 • **Affordable** Chemo-Drug Supply

快速安全 • **Fast & Secure** Medication Delivery

经济补贴申请 • **Financial Aids & Subsidy** Application

康复计划 • **Recovery & Well-being** Holistic Support

*Please call us*

# 010-262 1923

✉ oncohelp@alpropharmacy.com

Daily, 9am-9pm



Hi **oncohelp**  
I need help!

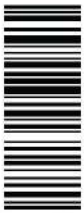
In partnership with :

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Bringing hope, Changing lives

 National Cancer Society Malaysia  
Giving Hope Celebrating Life

**axios**  
TRANSFORMING ACCESS TO HEALTHCARE

**SANDOZ** A Novartis Division



100067156

Sponsored by :

**alpro foundation**  
Bringing hope, Changing lives



**APPLY NOW**

# Do you know if there's anyone **who needs help?**

Are they on :



Tube Feeding?



Bedridden and are unable to eat solid food?



Got no income?



Scan For More Information

## We Can Support Them!

Just Call / WhatsApp Alpro Foundation

# 019-388 1923

\*T&C Apply.

Collaborating Partner :



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The Malaysian Society Of Rehabilitation

**BES+MADE**  
Modernism with great comfort and fitness

