

Preventing vision loss from diabetes

SEVENTY per cent of diabetics will develop some changes in their eyes within 15 years of diagnosis. ⁽¹⁾

This type of complication in the eyes is known as diabetic retinopathy. The prevalence of diabetic retinopathy in Malaysia has been reported to range from 44.1% to 48.6%; while other studies show 12.3% for Type 1 diabetes mellitus and 22.3% for Type 2 diabetes mellitus.

Most published Malaysian data are primarily hospital-based.

What is diabetic retinopathy?

Diabetic retinopathy is a condition where there is leakage of blood vessels in the retina, the light sensitive tissue which converts an image into a message.

If diabetic retinopathy is left untreated, it will progress to visual impairment.

In fact, it is one of the leading causes of blindness.

Symptoms of diabetic retinopathy

At an early stage, diabetic retinopathy does not show any symptoms. Thus, it is important for every diabetic to get a regular comprehensive dilated eye examination at least once a year to detect any signs of damage.

Figure 2 illustrates the symptoms that might arise at the later stage.

Antioxidant for the eyes

A powerful antioxidant such as French Maritime Pine Bark Extract can help to promote healthy eyes.

According to studies, clinical tests show that this extract can strengthen the retina's blood capillaries ⁽³⁾ and improve the blood glucose level management ⁽²⁾. It is suitable for adults, particularly individuals with a long history of diabetes and uncontrolled blood



A comprehensive dilated eye examination at least once a year is recommended to detect any signs of damage.

glucose level.

Strengthen retina blood capillaries ⁽³⁾

Study shows that the retinal capillary leakage is reduced by 23.5% in the left eye and 16.0% in the right eye after taking 150mg French Maritime Pine Bark Extract for two months.

It helps to bind to collagen fibres, providing a sealing effect to strengthen the retinal capillaries and reduce the leakage.

Improve blood glucose level management ⁽⁴⁾

The HbA1C level is reduced by 10%, after taking 125mg French Maritime Pine Bark Extract for three months.

The reduction is mediated through the inhibition of α -glucosidase, the enzyme which is responsible to break down starch into glucose in the intestines

thus, reducing the uptake of glucose in the intestines and HbA1C level.

How to maintain a healthy eyesight

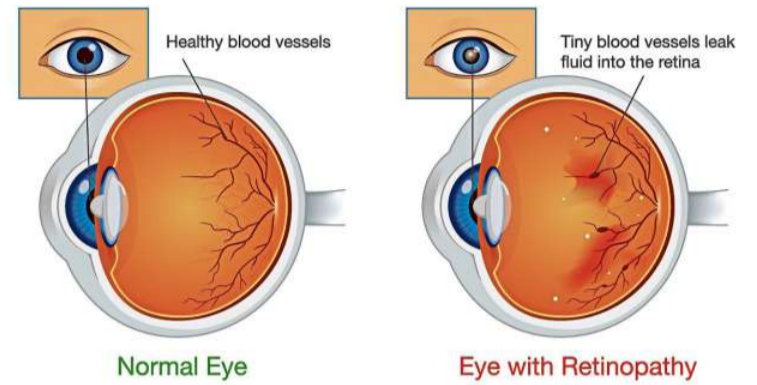
Always keep your health on TRACK to maintain healthy eyes.

- T – Take your medications as prescribed by the doctor
- R – Reach and maintain a healthy body weight
- A – Add more physical activity to your daily routine
- C – Control blood sugar, blood pressure and cholesterol levels
- K – Kick the smoking habit

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The illustration shows the difference between a normal eye and one with diabetic retinopathy.

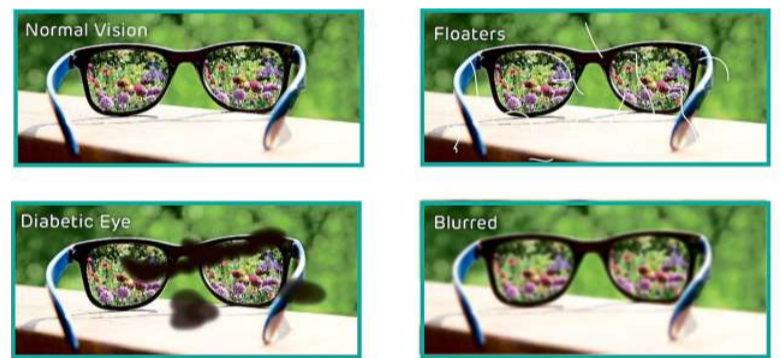


Figure 2 illustrates the symptoms that might arise at the later stage of diabetic retinopathy.

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Tips to deal with dandruff

DANDRUFF is a common chronic scalp condition marked by flaking of the skin on your scalp. It isn't contagious or serious, but it can be embarrassing, and sometimes difficult to treat. The good news is dandruff can usually be controlled. Mild cases of dandruff may need nothing more than daily shampooing with a gentle cleanser.

Stubborn cases of dandruff often respond to medicated shampoos. In addition to regular shampooing, you can take steps to reduce your risk of developing dandruff:

Learn to manage stress

Stress affects your overall health, making you susceptible to a number of conditions and diseases. It can even help trigger dandruff or worsen existing symptoms.

Shampoo often

If you tend to have an oily scalp, daily shampooing may help prevent dandruff.

Get a little sun

Sunlight may be good for

dandruff. But because exposure to ultraviolet light damages your skin and increases your risk of skin cancer, don't sunbathe. Instead, just spend a little time outdoors. And be sure to wear sunscreen on your face and body.

Alternative medicine

Small studies have found that tea tree oil can reduce dandruff, but more study is needed. Tea tree oil, which comes from the leaves of the Australian tea tree (*Melaleuca alternifolia*), has been used for centuries as an antiseptic, antibiotic and antifungal agent.

The oil may cause allergic reactions in some people. When regular shampoos fail, dandruff shampoos you can buy at a pharmacy may succeed.

But dandruff shampoos aren't alike, and you may need to experiment until you find one that works for you. If you develop itching or burning from any product, stop using it. If you develop an allergic reaction – such as a rash, or breathing difficulty – seek immediate

medical attention. Dandruff shampoos are classified according to the medication they contain:

Pyrrithione zinc shampoos

These contain the antibacterial and antifungal agent zinc pyrithione. This type of shampoo can reduce the fungus on your scalp that can cause dandruff and seborrheic dermatitis.

Shampoos containing salicylic acid

These "scalp scrubs" help eliminate scale, but they may leave your scalp dry, leading to more flaking. Using a conditioner after shampooing can help relieve dryness.

Selenium sulphide shampoos

These shampoos slow your skin cells from dying and may reduce malassezia (a fungus). Because they can discolour blond, grey or chemically coloured hair, be sure to use them only as directed, and rinse well after shampooing.

Ketoconazole shampoos

Ketoconazole is a broad-



If you tend to have an oily scalp, daily shampooing may help prevent dandruff.

spectrum antifungal agent that may work when other shampoos fail. It's available over the counter, as well as by prescription.

Try using one of these shampoos daily or every other day until your dandruff is controlled; then cut back to two or three times a week as needed. If one type of shampoo works for a time and then seems to lose its effectiveness, try alternating between two types of dandruff shampoos.

Read and follow the directions on each bottle of shampoo you try. Some need to be left on for a few minutes, while others should be immediately rinsed off.

If you've shampooed faithfully for several weeks and there's still a dusting of dandruff on your shoulders, talk to your doctor or dermatologist. You may need a prescription-strength shampoo or treatment with a steroid lotion. – Mayo Clinic News Network/ Tribune News Service



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Allertoin Cream series is a non-steroidal approach for eczema and psoriasis.



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Allertoin Cream for Kids.

Relief for eczema and psoriasis

ECZEMA and psoriasis are the two most common skin diseases that have no cure.

Eczema is a non-contagious skin condition characterised by an inflammation of the epidermis and dermis layer with characteristic clinical features (for example, pruritus, lichenification, xerosis and relapsing course).

Skin appears red and swollen, followed by extreme itchiness due to inflammation.

It is caused by the mutation of the filaggrin gene that is responsible for the maturation of the skin cells and the unstable fluidity inside the skin.

Psoriasis is a chronic skin condition that speeds up the life cycle of skin cells. It causes the skin cells to form scales and red patches that are itchy and sometimes painful.

Practising a healthy lifestyle, quitting smoking, managing stress, and applying moisturiser as often as needed may help ease the symptoms.

Ectoin, a new natural moisturising factor, is specially formulated in the Allertoin Cream series – a non-steroidal approach for eczema and psoriasis.

It was discovered in 1985 by a German scientist at the Egyptian desert, Wadi El Natrun, and since then, it seems there is new hope for those who suffer from chronic skin diseases, especially eczema and psoriasis.

A unique feature of this self-defence and survival substance of extremophilic microorganisms living in hostile environments is that it will bind with neighbouring water molecules and form an ectoin-hydro complex.

Therefore, ectoin can form a protective layer on the skin from allergens while keeping the skin hydrated.

This unique feature is clinically proven to hydrate skin longer and prevent transpi-

dermal water loss besides strengthening the skin barrier and preventing inflammation.

Allertoin Cream and Allertoin Cream for Kids are formulated with different ectoin concentrations and additional active ingredients to cater to the needs of psoriasis and eczema patients.

This non-steroidal cream is suitable to be used between exacerbations.

It is fragrance- and preservative-free, which makes it suitable to be used by babies, children and adults.

This article is brought to you by Y.S.P Industries (M) Sdn Bhd.

For details about the product, call the customer hotline at 1800 883 679 (Monday to Friday) or visit www.shine.com.my

Reference

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Getting rid of dark circles under the eyes

WHEN you look in the mirror, do you see circles and bags underneath your eyes? Studies show that lots of contributing factors.

First, circles can be due to lack of sleep. Also, if you're pale, then skin that is naturally darker will stand out more. Clearly, the fix is getting more sleep.

Second, rubbing your eyes frequently can contribute to bags because friction damages the skin. So try to break that habit.

Third, water retention sometimes shows around the eyes. You have to make sure you're properly hydrated but do watch your salt intake.

Fourth, if you've not had enough sleep or you have irritated eyes that you want to rub, try this quick safe homemade cold compress. Place a bag of frozen peas in a soft cloth and place it on your eyes and for five minutes

Fifth, try not to sleep facing down as this can compress the skin and cause small lines. Sleep on your side or on your back.

Sixth, be careful when reading western information sources. Studies show that Asians and other people of colour are more prone to pigmentation irregularities which can lead specifically to dark circles.

Seventh, the sun contributes to dark skin and also to changes in pigmentation.

Sometimes a sunburn can result in permanent darkening of skin, not just under your eyes but on other parts of your body too.

So be careful and wear lots of protection when you go outside.

Eighth, usually dark circles and puffiness are a natural part of ageing. However, if your eyes suddenly look bad, do see your family doctor or visit a dermatologist to ask about prescription creams and other treatments.

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Dealing with inflammation

INFLAMMATION happens to everyone regardless of age, often without you realising. However, excess inflammation will send signals that something is amiss in your system.

Some common signs include body pain, constant fatigue, insomnia, anxiety, gastrointestinal complications, weight gain and frequent infections.

Inflammation: good or bad?

Inflammation comes from the Latin word for "to set on fire" – like fire, it can serve or harm us. An essential part of the body's immune response to injuries and infective foreign substances, such as bacteria and viruses, acute inflammation occurs as part of the body's natural healing process.

This is a good inflammation the body employs to defend itself against foreign invaders that could otherwise cause harm.

The symptoms subside once the body has healed. On the flip side, inflammation can be bad if it persists. This condition, known as chronic inflammation, puts the body in an emergency state for a prolonged period.

It can spread throughout the body and wreak havoc, leading to a myriad of serious health conditions. It is believed to be the root of a myriad of health conditions.

Put out the fire of inflammation with turmeric

Do not let inflammation rage inside your body and silently take a toll on your health.



More than just a culinary spice, turmeric possesses remarkable health-promoting properties.

You can reduce inflammation by making positive lifestyle and dietary changes.

More than just a culinary spice, turmeric possesses remarkable health-promoting properties, thanks to its well-known anti-inflammatory and antioxidant properties.

This golden spice provides a safe, natural approach to calm inflammatory responses in a host of health conditions.

Curcuminoids are known to suppress inflammation by inhibiting NF-κB, a transcription factor that triggers a cascade of

undesirable inflammatory responses in the body. As a potent antioxidant, curcuminoids effectively protect the cells from lipid peroxidation and oxidative stress caused by free radicals.

Supplementing with turmeric

As the gold standard for turmeric extracts, Curcumin C3 Complex is the foremost clinically studied natural anti-inflammatory and antioxidant with a multitude of health benefits.

Standardised to 95% curcuminoids, it contains not only curcumin, but all three curcuminoids – curcumin, demethoxycurcumin and bisdemethoxycurcumin.

These three major curcuminoids are in naturally occurring free form, which confers greater bio-efficacy compared to its conjugates. It is far more readily absorbed and available for use by the body for enhanced health benefits.

The addition of BioPerine, a black pepper extract containing no less than 95% piperine, significantly enhances the absorption of curcumin by up to 2,000%.

With this natural bioenhancer, Curcumin C3 Complex is able to reach, enter and remain within their target cells for longer periods of time for optimal health support.

An assurance of safety, both Curcumin C3 Complex and BioPerine have been granted GRAS (Generally Recognised as Safe) status by the US Food and Drug Administration.

This informational article is brought to you by VitaHealth.

■ For queries, contact VitaHealth at 1800 183 288.

PROCESSED food is easy and fast but it's often blended with extra fat, salt and sugar.

These ingredients make it taste great but too much leads to health problems such as obesity, diabetes and tooth decay.

Here are some easy swaps that will improve your diet and general health.

Make an effort at first to apply them and once they become a habit. You'll feel better about it.

Instead of chocolate chip cookies with your morning coffee, mash a banana into

Healthier food to a healthier you

fresh yoghurt. The twist? Place in the freezer and stir with a fork when half frozen for a delicious treat.

You will be replacing sugar and fat with vitamins and fibre and cutting roughly three-quarters of the calories.

Swap out fried noodles and fried rice for breakfast for oats and fresh fruit.

You'll be replacing fat and salt with super healthy fibre and zillions of vitamins.

Instead of packaged iced tea that's loaded with sugar with lunch, go for fresh green tea that has none.

Alternatively, make your own iced tea so you can control the sugar. And don't use liquid sugar – it's too easy to overdo it.

For a simple treat, wash grapes, dry them, put them in a plastic bag and freeze them.

Eat them instead of packaged sweets.

The fruit is just as sweet but typically contains less than a quarter of the calories and has vitamin C too.

For dinner, exchange white steamed rice with steamed brown rice.

The brown rice is unprocessed so it takes your body longer to digest, making you feel satisfied longer. And an extra bonus is that it has roughly half the calories.

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We Care for Human Wellness

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KKLUU 0706/2020

Warding off the common cold

ON average, an adult might catch a cold two to three times every year. ⁽¹⁾

Although the flu – which is caused by influenza viruses – and the common cold share similar symptoms, sometimes, it may be difficult to tell the difference between the two based on symptoms alone. ⁽²⁾

Both may cause respiratory illnesses but they are caused by different viruses. However, the flu is generally worse than the common cold and symptoms may be more intense.

Cold symptoms

Runny or stuffy noses are symptoms that are usually associated with colds and generally, do not lead to serious health problems such as pneumonia, bacterial infections or hospitalisations. On the flip side, the flu can have very serious associated complications. ⁽³⁾

Flu prevention

As a prevention for the flu, the United States' Centre for Disease Control and Prevention (CDC) recommends a yearly flu vaccination but if you already do have the virus anti-viral drugs may be a treatment option. ⁽¹⁾

While the CDC states that there is no cure for a cold, all you should do is try to make yourself feel better by drinking plenty of fluids and taking over-the-counter medicines that may help ease the symptoms. ⁽¹⁾

The CDC also states that



Although the flu and the common cold share similar symptoms, sometimes, it may be difficult to tell the difference between the two based on symptoms alone.

antibiotics would not help the recovery process from a cold caused by a respiratory virus and if taken unnecessarily, may make it difficult for the body to fight future bacterial infections. ⁽¹⁾

Natural remedy

Known as the King of Bitters, this plant is commonly used in ancient oriental and ayurvedic medicine. ⁽⁴⁾

Known for its many medicinal properties, the medicinal plant has been traditionally used to treat an array of diseases in continents such as Asia, America and Africa. ⁽⁴⁾

Most recently, Thailand's

Health Ministry approved a pilot programme to use herbal plant extract to treat the early stages of Covid-19. ⁽⁵⁾

Reference

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“On average, an adult might catch a cold two to three times every year. Runny or stuffy noses are symptoms that are usually associated with colds.”

Olive oil for shiny hair and nails

OLIVE oil has been used as a beauty product since ancient times. As it contains antioxidants, olive oil is good for the hair and nails.

Olive oil for dry hair

If you have rough hair, split ends and need a good deep condition. Spritz some olive oil on the ends of your hair. Massage in gently, then comb through the rest of your hair.

Wrap your hair in a warm towel and wait 20 minutes. Then shampoo out. If you have dandruff, put your hair in a shower cap and sleep overnight. The olive oil will moisturise your scalp and help you deal with those little flakes.

Olive oil for hands, cuticles and nails

Olive oil softens and moisturises. At the end of the day, take a tiny dash of oil and rub it gently into your hands, taking care to massage nails and cuticles.

Leave for 15 minutes, then very gently push up your cuticles with an orange stick. Pat your hands dry. Buff your nails with a chamois cloth which you can find in the car section of the supermarket.

Olive oil intensive moisturise

Do you have dry elbows or heels? Mash a ripe avocado with a tablespoon of olive oil.

Rub into the dry area and let it sit for 20 minutes. Wash off with lukewarm water.

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