



PAM NEWS

Newsletter
Pharmaceutical Association of Mauritius
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Editorial

Dear Colleagues,

It gives us a great pleasure to present to you a new issue of PAM NEWS, which is now published on a bimonthly basis.

Our main objectives is to keep you informed of P. A. M activities, managed care trends, new products from wholesalers, professional issues and provide you with reading material in the pharmaceutical field. Please feel free to send us any of your articles, suggestions or critics which we will be pleased to publish in our reader's corner in the next issue.

Enjoy your reading!

PAMS NEWS Team

President Column's

Dear Pharmacist,

Very proudly the new executive members of P.A.M greets you with the launching of a new edition of P.A.M news back after some time now.

We have many programs in store for you this year, amongst which will be several pharmacy update sessions (continuous education). Thanking you again for your precious support for the 14th F.P.O. I conference last October, I strongly insist upon you presence for our forthcoming events.

My wish is that our profession be recognized at national level, that our patients acknowledge our free professional services and eventually that we fully assume our legal and professional responsibilities

R.Gaya

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**Pharmaceutical Association of Mauritius
Executive List**

Name & Title	Pharmacy / Hospital
President Ravin Gaya	Clinic Darné
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Assistant Secretary Neelkamal Seesurrun	Al-Shafa Pharmacy
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Nalini Ramlochun	RAR Pharmacy
Noorina Sookmoulla	Pharmacy D'espagnac

Oath of a Pharmacist

At this time, I vow to devote my professional life to the service of all humankind throughout the profession of pharmacy.

I will consider the welfare of humanity and relief of human suffering my primary concerns. I will apply my knowledge, experience, and skills to the best of my ability to assure optimal drug therapy outcomes for the patients I serve.

I will keep abreast of developments and maintain professional competency in my profession of pharmacy.

I will maintain the highest principles of moral, ethical, and legal conduct.

I will embrace and advocate change in the profession of pharmacy that improves patient care.

I take these vows voluntarily with the full realization of the responsibility with which I am entrusted by the public.

(1) Rx list

<http://www.rxlist.com/>

RxList simply combines the broadest known drug index with the most complete drug information on the web.

(2) Free Medical Journals.com

<http://freemedicaljournals.com/>

This website offers free access to past and current issues of various medical journals.

A search engine is provided, and the site provides access to full-text articles.

Plan of Action for 2002

1. To reunite maximum practicing pharmacists through different events year round
2. Continuous Education
3. Working in close collaboration with the Ministry of Health in upgrading our profession
4. Launching of a new website for the association
5. New Guidelines and Dispensing techniques
5. Awaiting suggestions for the betterment of our profession

Web



Review



Drug and Food Interaction

Guidelines



Do's of Medication Use

- 🍯 Know the name of the medication and the condition for which you are taking it.
- 🍯 Know the common side effects of the medication that you are taking and what to do if you experience a bad reaction to the drugs you are taking.
- 🍯 Ask what to do when you miss a dose of your medication. Should you take the medication when you remember it, or should you wait till the next dose is due?
- 🍯 Understand how and when to take your medications (how many times a day and at what times, with or without food). Know if there are any special instructions (for example, shaking a liquid medication before using).
- 🍯 Ask if there are any special storage conditions for your medication (for example, keep in refrigerator). Most medications without special storage instructions should be stored in a cool, dry place.
- 🍯 Use measuring devices obtained from the pharmacy to measure dose of liquid medications. Household measuring devices such as a teaspoon can vary widely in the amount that they hold.
- 🍯 Take the medication according to the directions prescribed by your doctor. Do not alter the dose of your medication without first discussing it with your doctor.
- 🍯 Take the complete course of medication prescribed. Even though some medications may make you feel better after a few days, it is important to take all the medications prescribed to prevent a relapse.
- 🍯 When taking tablets or capsules by mouth, sit up and take medications with a full glass of water. It may also help to take a small sip of water before taking the medication. These measures will prevent the medication from sticking in your throat and will help the medication begin working faster.
- 🍯 Discuss any questions or problems with your medication with your doctor or pharmacist. Make sure that you understand their answers and that their response completely satisfies your questions and concerns. You have a right as a patient to a complete and thorough understanding of your condition and medications.
- 🍯 Know both the generic and trade name of medication. For example, the generic name for diuretic medication is furosemide and a trade name is Lasix[®].

Don'ts of Medication Use

- 🍯 Don't take medication without first reading the label. Turn on the light, use corrective lenses if required, and make sure that you have the proper medication.
- 🍯 Don't share medications with family members or friends. Although their medical problems may seem similar to yours, prescription medications should only be prescribed by a doctor who is familiar with the patient's complete medical history and allergies.
- 🍯 Don't mix medications in pill bottles. Store medications in properly labeled original containers that you receive from the pharmacy. Some medications may lose their effectiveness if improperly stored. Mixing medications also greatly increases your chance of taking the wrong medication.
- 🍯 Don't crush tablets or open capsules before taking the medication without first discussing this with your physician and pharmacist. Some medications may act differently in the body if the tablet or capsule is disturbed. If you have difficulty swallowing tablets or capsules, your physician may be able to prescribe a slightly different medication.
- 🍯 Don't keep medications that you are no longer taking. Dispose of medications safely by flushing down the toilet. Even if the same condition occurs for which you were taking the medication, the medication may no longer be good, or you may be taking other medications, which may interact with the original medication. This will also decrease the chance of taking the wrong medication.

🍯 Additional points

- 🍯 Keep all medications out of the reach of children. What is safe and effective for you may be deadly to a child. Keep medications in child protective containers. Even if you don't have children in your family, neighbor's children or grandchildren may come to visit at your house or children may get into your purse while visiting families with children. If you have a condition which makes opening child resistant containers difficult, you may request your pharmacist to dispense the medication without a child safety cap, but remember to use extra care in where you place this medication.



Laughter the best medicine!



A young man goes into a drug store to buy condoms. The pharmacist says the condoms come in packs of 3, 9 or 12 and asks which the young man wants.

"Well," he said, "I've been seeing this girl for a while and she's really hot.

I want the condoms because I think tonight's "the" night. We're having dinner with her parents, and then we're going out. And I've got a feeling I'm gonna get lucky after that. Once she's had me, she'll want me all the time, so you'd better give me the 12 pack." The young man makes his purchase and leaves.

Later that evening, he sits down to dinner with his girlfriend and her parents. He asks if he might give the blessing, and they agree. He begins the prayer, but continues praying for several minutes. The girl leans over and says, "You never told me that you were such a religious person." He leans over to her and says, "You never told me that your father is a pharmacist."



NEW PRODUCT FROM ...



Unicorn Trading co

Laboratoire Nutricia

Nutricia LAIT 1er AGE 400 g, 2ème AGE 400 g, 3 400 g (Lait de suite), SOJA 1er AGE 900 g, SOJA 2ème AGE 900, AR 1er AGE 400 g, AR 2ème age 400 g.

Omneo 1er age 900 g , 2ème age 900 g

Laboratoires Boiron

Gamme Homéoconseils

Les Quotidien , Femme, Junior, Stress, Dermatologie, Hiver et Allergies.

The Mauritius Pharmacy Ltd

Asthavent inhaler 200 doses, Beclate Aquanase 150 metered dose, Nuzak caps 20 mg x30, Rheusegic disp. tabs 20 mg x30, Carnation antifungal spray & Gel care toe spreader, Histergan cream 25 gm, syrup 150 ml & tabs 25 mg x20 Flixonase Nasules x28, Serevent accuhaler 50 mcg x60 doses, Seretide accuhaler 50 – 100 mcg, 250 mcg & 500 mcg x 60 doses.

Rogers & Co. Ltd . Copharma

Faes lab : Dolotren range & Potentiator.

Bayer lab : Canesten range.

Sigma Pharmaceuticals : Logicin lozenges with zinc.

Indocco labs : Metaplex syrup, Ibuflammar 200 mg, 600 mg & Ibuflammar P.

Warren lab : Sensodent SKF & Sensoform toothpaste.

Ambalal Sarabhai Enterprises : K-Lyte sachets.

Servier lab : Diamicron 30 mg LP.

Remede lab : Preventor condoms.



FTM (Mtius) Ltd

Emcure lab : Acem 500 mg tabs x10.

Glenmark lab : Altacef 250 mg & 500 mg tabs x4, Supirocin Oint 15 g.

Symbiotic Ltd

Unichem lab : M-Cam 7.5 & 15 mg tabs x50, Zyncet 10 mg x50 tabs, Tagera forte tabs 1 gm x2, Trizac caps 20 mg x100, Evaflox tabs 200 mg & 400 mg x60.

Intas lab : Lipitas 10 mg & 20 mg x10.

Socimed Ltd

Mepha Ltd

Decatylen lozenges, Olfen 75 SR lactabs & Pexal -400 mg SR.

Pharmacy Patel

Dr Grossmann AG : Bacimycin cream 12 gm & Asthenal tabs x50

Elder lab : Flavospas 200 mg tabs x 100

Pharmacia: Microlax Adult x6

Asta Medica (Lab Sarget) : Allergodil Collyre

Laboratoires Galderma : Hydracort crème, Loceryl nail lacquer

Standard Chem : Delipic 20 mg tabs x30, Estromon 0.625 mg tab x100 & Omezol lyo ampoule



IBL - Medical Trading

Vitabiotics : Cardioace x30 caps, Jointace x30 caps, Visionace x30 tabs, Wellman x30 & Wellwoman x30 caps.

Whitehall: Centrum select 50+ x30 tabs.

Abbott : Similac + Iron x450 gm.

Biochemie : Biodroxil, Curam, Dotur, Exoderil, Ospamox, Supplin, Baneocin & Servitrocin.

Dr Mann Pharma : Vivioptal x100 caps, Garlic pills x120 tabs & Vividrin drops.

Bausch & Lomb : Indobiotics x 5ml, Carteol 2% x60 unidoses of 0.2 ml, Indocollyre 0.1 % x 50 unidoses of 0.35 ml & H. E. C. pommade rectal x25 gm

DDD : Pulmo Bailly x 90 ml.

Goldshield, UK: Cod liver oil x 90 caps, Glucosamine 500 mg x 30, Vitamin E 400 IU x60 caps, Eltroxin 50 mcg/100 mcg x28 tabs, Fenbid 300 mg x30 tabs, Marevan 1, 3, 5 mg x28 tabs & Stelazine 2, 5, 10 mg tabs.

Lederle : Materna x30 tabs

Chiron Vaccines : Agrippal flu vaccine 2002.

Neomedics : Syringes, gloves & plasters.

Novo Nordisk : Novonorm 0.5 mg, 1 mg & 2 mg tabs x90.

Ranbaxy : Histak 75 mg x30 tabs, Effcal x10 tabs & Vercef MR 375 mg x10 tabs.

