

PHARMACY COMES UP WITH SPECIAL TIPS FOR DIABETICS

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(From left) Lam, Chong, Tan and Chang launching the 'You Can Live Well With Diabetes' book as well as the Diabetes Care Corner. — Photos: ART CHEN/The Star

CARING Pharmacy has been practising community pharmaceutical care for the past 24 years, serving customers as well as patients who visit the store for healthcare solutions, suggestions and health advice.

One of the frequently asked questions by customers to the frontline pharmacists is on diabetes – their concerns on the disease and how to control their blood sugar levels.

Over time, this has led Caring Pharmacy to organise events such as health screening, workshops, counselling and talks to educate the public on diabetes management.

This year, it has taken another step forward by launching a book called *You Can Live Well With Diabetes*, one that is beneficial for everyone, on top of those with diabetes as well as their families.

As the title suggests, the book includes comprehensive facts, updates and effective tips so readers are well-informed on how to improve and achieve optimal health despite having diabetes.

Readers can find topics on diabetes and its side effects, medication monitoring, diabetes-friendly nutrition, exercise routine for diabetics and other aspects of diabetes care.

With a limited quantity of 12,000 copies (while stock lasts), the books are available at all Caring stores with storewide purchase of RM80 and above, and upon completion of a short questionnaire.



Guests at the event trying out the activities and health screenings as they learn more about diabetes and how to manage it.

The event was held at Glasshouse at Seputeh, Kuala Lumpur where guests and the media not only witnessed the book launch but also received free health screenings and health advice.

At the same time, Caring Pharmacy also introduced a Diabetes Care Corner in its stores, a one-stop corner that provides an easy, simple and quick access to diabetes-related products.

Apart from featuring a BMI calculator for customers to check their BMI, it will display information on the disease to educate people and create awareness.

They can then refer to the pharmacists who will be able to provide professional advice on diabetes management such as managing sugar levels better or recommending a suitable meal plan.

The first phase will see 20 of its stores having the Diabetes Care Corner starting this month; the aim is to eventually introduce this space in all its stores.

Diabetes management has always been one of its core focuses, according to Caring Pharmacy managing director Chong Yeow Siang.

“We want to ensure that our pharmacists are competent in giving professional counselling, recommendations and advice to help our customers to manage and control diabetes more effectively and comfortably.

“So we focus on a lot of trainings and work with respective diabetic products as well as invite local and international experts to share insights, experience and knowledge with our pharmacists.

“We are proud to say that we have produced many excellent pharmacists who are confident and competent in diabetic care,” he said.

Chong added that the book as well as the Diabetes Care Corner are both in line with their mission to become the driver and promoter of healthy lifestyle in the communities that they serve in.

“We fully believe that together, we can make a difference to the lives of people who have diabetes.

“Let’s join hands and create awareness of this disease for a healthier and more active community,” he concluded.

Since World Diabetes Day is taking place this month, Caring Pharmacy will be offering four blood glucose tests at RM10 at all stores.

For those with chronic diabetes, there is also the free HbA1c test that they can take if they have made any purchase of diabetes medications, at selected Caring stores.

Limited to 20 customers only per outlet and terms and conditions apply, the test measures the average blood glucose level over the past two to three months.

Also at the event to witness the launch were Malaysian Pharmaceutical Society executive director Lam Kai Kun, deputy president Andrew Tan, and council member and past president John Chang Chiew Pheng.