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## Welcome note



Dear Readers,

Welcome to the fifth issue of Remedica's newsletter in which we have tried to increase the variety of the content with the inclusion of 2 new sections: "Eco-friendly tips" where we start by giving some useful advice on how to conserve energy by driving economically, and "Health matters" that begins with a guide to healthy feet. We also have the first of a 3-part article on Greek words in common use, we introduce our Quality Control Manager and our representative in Thailand, and also report on Remedica's carnival dance, Corporate Social Responsibility activities and much more.

Charalambos Pattihs  
Group Managing Director



## Remedica worldwide: Thailand

**Pharmaland (1982) Co., Ltd. - Exclusive Distributor of Remedica products in Thailand.**



Mr. Somtob Boonnimitra; Managing Director, first established himself in the Thai pharmaceutical market in 1974 and later founded Pharmaland (1982) Company, Ltd. The Pharmaland Group celebrated its 35<sup>th</sup> Anniversary in conjunction with the New Year celebrations on 26<sup>th</sup> December, 2008.

Pharmaland (1982) Company, Ltd. is a distributor of finished Pharmaceutical Products and for more than 20 years, it has been working together with Remedica to expand the market share in Thailand. For the first few years, Remedica products had been part of Pharmaland's general sales but following their success in the market, a special team was set up to promote Remedica's products exclusively. This team then became part of Pharmaland's Medical Sales Team.

On April 1<sup>st</sup> 1996, in order to capitalise on the higher potential of Remedica's Products, a new company under the name Pharmadica Company Ltd was officially established to promote only Remedica products. Since then it has become a

subsidiary of Pharmaland Group and acts as the "Marketing & Sales Company" for Remedica products, with separate management from Pharmaland. Moreover Pharmaland's management offered the opportunity to all staff, as a reward for their hard work and loyalty, to buy shares thus becoming shareholders of Pharmadica Company, Ltd.

Pharmaland and Pharmadica have been developing and expanding their business year-on-year. Both companies have continued to grow and have become successful pharmaceutical companies in Thailand. Pharmaland is proud to have Remedica as its Principal and to be part of this continually-expanding partnership over a number of years.



## Remedica people

In this issue we would like to introduce Remedica's Quality Control Manager Mrs. Maria Roussou. After completing her chemistry studies in Greece in 1992, she began her long career at Remedica as Junior Analyst in the Quality Control department. As a dynamic and responsible employee, she gained experience throughout her 15 years of service through various positions and in 2007 she was promoted to her current

position. During her career at Remedica she has attended specialised seminars in Cyprus and abroad, on subjects as varied as Good Manufacturing Practice (GMP), Good Laboratory Practice (GLP), Internal Laboratory Audits, modern analytical methods & instruments, Risk Assessment etc. Mrs. Roussou is a member of the Pancyprian Union of Chemists and has 2 children.

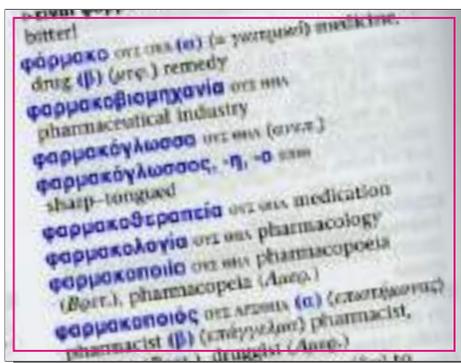


## Greek words in common use (or it's all Greek to me!) PART I

There are thousands of Greek words in the English and other languages and in this 3-part article we explore the rich contribution of Greek. In parts I and II we list alphabetically a number of Greek words in everyday use whilst Part III describes Greek prefixes and suffixes.

Listed below are 150 Greek words in common use that include scientific words, terms from economics (itself a Greek word), religion and the arts, with the Greek word beside each one. It is surprising how many of these are used everyday in English and other languages without necessarily realising their Greek origin.

Academic (ακαδημαϊκό), aeroplane (αεροπλάνο), allergy (αλλεργία), alphabet (αλφάβητο), anaemia (αναιμία), anaesthetic (αναισθητικό), analysis (ανάλυση), anarchy (αναρχία), anatomy (ανατομία), anchor



(άγκυρα), angel (άγγελος), anonymous (ανώνυμος), anorexia (ανορεξία), antidote (αντίδοτο), antiseptic (αντισηπτικό), aphrodisiac (αφροδισιακό), apocalypse (αποκάλυψη), apology (απολογία), apostle (απόστολος), apostrophe (απόστροφος), archaeology (αρχαιολογία), architect

(αρχιτέκτονας), archive (αρχείο), aristocracy (αριστοκρατία), arithmetic (αριθμητική), aroma (άρωμα), asthma (άσθμα), astronaut (αστροναύτης), asylum (άσυλο), athlete (αθλητής), atmosphere (ατμόσφαιρα), atom (άτομο), authentic (αυθεντικό), autobiography (αυτοβιογραφία), autograph (αυτόγραφο), automatic (αυτόματο), barbarian (βάρβαρος), barometer (βαρόμετρο), base (βάση), bibliography (βιβλιογραφία), biology (βιολογία), biopsy (βιοψία), botanical (βοτανικό), carcinogenic (καρκινογόνος), cardiac (καρδιακό), catalyst (καταλυτής), catastrophe (καταστροφή), category (κατηγορία), cathedral (καθεδρικός), catholic (καθολικό), caustic (καυστικό), centre (κέντρο), character (χαρακτήρας), chart (χάρτα), chemical (χημικό), choreography (χορογραφία), chronic (χρόνιο), cinematography (κινηματογραφία), claustrophobia (κλειστοφοβία), cleric (κληρικός), climax (κλίμακα), comedy (κωμωδία), comet (κομήτης), cosmopolitan (κοσμοπολίτικο), crisis (κρίση), criterion (κριτήριο), critical (κρίσιμο), crystal (κρύσταλλο), cybernetics (κυβερνητική), cycle (κύκλος), cylinder (κύλινδρος), cyst (κύστη), decade (δεκαετία), democracy (δημοκρατία), demographic (δημογραφικό), demon (δαίμονας), dermatologist (δερματολόγος), diabetic (διαβητικός), diabolic (διαβολικό), diagnosis (διάγνωση), diagonal (διαγώνια), diagram (διάγραμμα), dialect (διάλεκτος), dialogue (διάλογος), diameter (διάμετρος), diaphragm (διάφραγμα), diarrhoea (διάρροια), diplomacy (διπλωματία), dogma (δόγμα), dose (δόση), draconian (δρακόντεια), drama (δράμα), dynamic (δυναμικό), dynasty (δυναστεία), dyslexia (δυσλεξία), eccentric (εκκεντρικός), echo (ηχώ), eclipse (έκλειψη), ecology (οικολογία), economics (οικονομικά), ecstasy (έκσταση), eczema (έκζεμα), ego (εγώ), elastic (ελαστικό), electrical (ηλεκτρικό), elixir (ελιξίριο), ellipse (έλλειψη),

emphasis (έμφαση), encyclopaedia (εγκυκλοπαίδεια), energy (ενέργεια), enteric (εντερικό), enthusiasm (ενθουσιασμός),



epidemic (επιδημικό), epilepsy (επιληψία), epilogue (επίλογος), episode (επεισόδιο), erotic (ερωτικό), ethics (ηθική), ethnic (εθνικό), euphemism (ευφημισμός), euphoria (ευφορία), euthanasia (ευθανασία), evangelical (ευαγγελικό), exotic (εξωτικό), fanatic (φανατικός), fantastic (φανταστικό), gene (γένος), geography (γεωγραφία), geology (γεωλογία), geometry (γεωμετρία), geriatrics (γηριατρική), gymnastics (γυμναστική), gynaecology (γυναικολογία), haemorrhage (αιμορραγία), harmonic (αρμονικό), helicopter (ελικόπτερο), Hellenistic (ελληνιστικό), hemisphere (ημισφαίριο), hero (ήρωας), hierarchy (ιεραρχία), holocaust (ολοκαύτωμα), homeopathy (ομοιοπαθητική), homogeneous (ομοιογενής), horizon (ορίζοντας), hormone (ορμόνη), horoscope (ωροσκόπιο), hybrid (υβριδικό), hydraulic (υδραυλικό), hygiene (υγιεινή).

## Products



## Mycoril®

The **Mycoril®** product line contains the active ingredient Clotrimazole, an imidazole derivative, used to treat infections produced by fungi and yeasts. Clotrimazole interacts with 14- $\alpha$  demethylase, a cytochrome P-450 enzyme that converts lanosterol to ergosterol, an essential component of the fungal membrane. In this way, Clotrimazole inhibits ergosterol synthesis, an essential component of the cell membrane, resulting in increased cellular permeability.

**Mycoril®** Spray is recommended for the treatment of:

- all dermatomycoses due to moulds and other fungi (e.g. Trichophyton species).
- all dermatomycoses due to yeasts (Candida species).
- skin diseases leading to secondary infections with these fungi.
- tinea pedis (athlete's foot) and tinea cruris.

Clotrimazole, the active ingredient of **Mycoril®** Spray has a broad spectrum of activity, being effective against dermatophytes, yeasts and *Malassezia furfur*. These organisms produce diseases which include ringworm, candidiasis, and tinea infections. For the treatment of tinea corporis, tinea cruris and tinea versicolor, once or twice daily application may be required, therapy commonly continuing for 2 to 4 weeks. For tinea pedis the most common duration is 4 to 6 weeks.

**Mycoril®** spray is an effective antifungal medication, suitable for infections covering large and/or hairy areas, which is easy to apply especially to those hard-to-reach areas like intertoes.

Remedica's **Mycoril®** is available as a 1% Spray, a 1% Cream and vaginal tablets of 100mg, 200mg and 500mg.



## Health matters: Healthy feet

We impose most of our body weight on our feet almost all day long and yet they usually receive the least care. In the following article we present some simple advice on maintaining healthy feet as well as a more detailed explanation of athlete's foot - a disease which is more prevalent in the summer months that is responsible for many symptoms that cause an uncomfortable and sometimes embarrassing feeling.



Athlete's foot is a fungal infection of the skin and the nails, most commonly found on the skin in between the toes. When the infection

spreads to the toenails, they become thick and distorted.

Fungi are plant organisms (tinea pedis) such as mould and mildew and grow best in conditions that are moist. Bacteria may thrive as a secondary infection, which worsens the symptoms of the disorder and makes it more difficult to cure. A fungal infection of a nail, also known as onychomycosis, is one of the most difficult conditions to treat.

It is common to catch athlete's foot from other people who have it by walking on floors that are moist or wet (e.g. at swimming pools and

in shared bathroom facilities). Athlete's foot is also much more common in people who tend to have moist feet. Athlete's foot can also be spread by sharing other people's shoes or personal care items such as towels and wash cloths. Athlete's foot and fungus may also spread to other parts of the body, notably the groin and underarms, by those who scratch their feet and then touch themselves elsewhere.

### Symptoms include:

#### On the skin:

- Reddened, cracked, and peeling skin
- Some bleeding
- Itching
- Burning
- Stinging sensation
- Development of small blisters (Blisters often lead to cracking of the skin. When blisters break, small raw areas of tissue are exposed, causing pain and swelling. Itching and burning may increase as the infection spreads. In severe cases the skin may thicken, like a callus, and begin to scale).

#### On the toenail:

- Change in colour (yellow or brown)
- Nail gets thicker
- Bad odour
- Debris collects beneath the nail
- White marks on the nail

### Treatment

#### Self-care treatments:

Bathe your feet at least once a day with soap and warm water. Dry thoroughly after

bathing and keep your feet dry. Change socks frequently and buy socks that absorb moisture, such as cotton and wool. Expose your feet to the air for short periods of time throughout the day (do not walk barefoot, however). Wear open-toed sandals whenever possible.

There is a variety of over-the-counter products that can be used to treat the tinea pedis fungus and Remedica has a specific one for this purpose:

**Mycoril®** (Clotrimazole 1%) both in the form of a spray and a cream which must be used 2-3 times per day.

#### Prevention:

- Wear sandals or shoes when walking on moist or wet floors
- Keep your feet clean and dry and if necessary use the antifungal **Mycoril®** spray
- Don't share shoes or personal care items such as towels
- Wear socks made of absorbent materials such as cotton or wool
- Change socks frequently if you perspire heavily
- Choose footwear that allows for the circulation of air
- Keep the floors in shared facilities clean and dry
- Clean your shoes frequently and spray the inside with **Mycoril®** antifungal spray.

## Corporate Social Responsibility: Remedica cares...



1. Within the remit of Remedica's social responsibility programme to encourage education and health, several pupils from the American Academy, Limassol and the Vergina High School from Larnaka, visited Remedica.



2. On the 8<sup>th</sup> of April, Remedica's Human Resources and Quality Control departments participated in a "Career Day" organised by the University of Cyprus. During the Career Day, students had the opportunity to be informed about employment opportunities and career paths in Remedica plus the potential for specialised Master's Degrees that are considered valuable qualifications in the pharmaceutical industry.



3. Within the context of Corporate Social Responsibility and specifically the dimension Culture-Society, Remedica sponsored the following charity events:

a. A lecture organised by the Pancyprian Myasthenia Gravis Association held on the 4<sup>th</sup> of April. The theme of the lecture was "The Role of the Thymus Gland in Myasthenia". During the lecture Dr. Akis Christodoulides

and Dr. Theodoros Kyriakides from the Cyprus Institute of Neurology and Genetics informed the audience about the Thymus Gland in Myasthenia.



b. Pancyprian charity event by the Cyprus Red Cross Society under the name "Door-to-Door" collection. The collection is carried out as part of the on-going effort to make the public aware of the need to



alleviate human suffering. The funds collected will be used to finance the humanitarian programs of the Society in both Cyprus and abroad. As pointed out by the President of Cyprus Red Cross Society, Mrs. Fotini Papadopoulou, Remedica is "a diachronic supporter and a very good collaborator with the Cyprus Red Cross Society and for many years has provided us with free medicines for our various missions abroad". In addition, she emphasised and thanked Remedica for the financial support during the collection.

c. Social Event "Chain of life" for the



financial support of the Pancyprian Anti-Cancer Society. The Society provides services to patients and their families such as psychological and social support as well as home care, physiotherapy and rehabilitation.

4. As support to the people of Kenya, Remedica donated humanitarian aid in the form of pharmaceutical products valued at €20,000 through the Cyprus Association for Famine Relief. The association had organised a 10-day mission in May in Kenya.



5. Children at the Makarios Hospital (Paediatric Oncology Department) received a visit by Remedica's representatives who presented them with presents and wished them a speedy recovery. Remedica's Marketing Manager, Mr Andreas Hadjipanayis, underlined that it is very difficult for any child to be in Hospital during Easter Time. "We wish that all children being



treated in this Hospital get well soon and return home to their families".

## Eco-friendly tips: Economical driving

Within the context of its Social Responsibility, Remedica launches in this edition a section on eco-friendly advice starting with tips for more economical driving. The main objective is to conserve energy when driving by getting a better fuel consumption from each tank-full of gas. By implementing a series of simple but very effective techniques we can all help reduce emissions into the atmosphere and hence our impact on the environment. In addition engines should be expected to last longer. The tips include:

- (1) inflating tyres to the proper pressure (as under-inflated tyres create a greater friction with the road leading to greater gas usage for each kilometre travelled, wear out faster and pick up foreign bodies much more easily, leading to earlier replacement and expense. Since over-inflated tyres also wear out more rapidly and unevenly, both scenarios lead to more frequent replacement and create a further burden on the environment).
- (2) Applying pressure softly on the gas pedal can help reduce fuel consumption since accelerating and/or breaking too hard and driving too fast or erratically cause excessive fuel consumption with a corresponding increase in noxious emissions. In addition,

heavy braking means more frequent replacement of brake parts and tyres and



can also be hazardous by not allowing the drivers of following vehicles enough time to react).

- (3) Keeping a sensible speed inside built-up areas and a speed of 90Km/h on motorways (which is the optimum for efficient fuel consumption).
- (4) Ensuring that the engine is always in a good condition and properly tuned (as a poorly tuned engine will also use an excessive amount of fuel).
- (5) Maintaining the proper engine speed in terms of revolutions per minute (as the higher the engine speed the more the fuel consumption) by always using the appropriate gear.
- (6) Avoiding carrying unnecessary weight in the car (since extra weight increases fuel consumption).
- (7) Avoiding carrying items on the top of the

car or driving with a partly opened boot or with windows open (since this reduces the aerodynamic properties of the vehicle and leads to higher fuel consumption).

- (8) Parking the car in shaded areas especially in the summer (thus avoiding excess use of the air-conditioning which also increases fuel consumption) and switching on the air-conditioning only when necessary.
- (9) Switching off the engine if there is going to be more than a minor delay (so as to avoid unnecessary emissions).
- (10) Planning journeys and routes to avoid heavy traffic, road works and getting lost (saving unnecessary fuel consumption).
- (11) Taking the foot off the gas pedal when close enough to see that the indication at the next set of traffic lights will be red (which again saves fuel).
- (12) Avoiding warming up the engine before starting a journey. Modern engines allow immediate use thereby reducing unnecessary fuel consumption.
- (13) Arranging car-pooling. Sharing a car with co-workers reduces the number of cars on the road contributing not only to less traffic congestion but also to lower fuel costs and less emissions.



## Remedica news

1. On the 20<sup>th</sup> February, Remedica's carnival dance was held in Limassol, which is generally accepted as the centre of carnival fun island-wide. Remedica's staff had the opportunity to win many prizes in a draw and the fun lasted until the early hours of the following morning. In addition there was a competition for the best fancy dress which was won by "the babe".



2. In its continuing efforts to enhance the relationship with its worldwide Representatives and to discuss strategic issues, Remedica entertained the following visitors:

a) Remedica's Representative in Libya together with representatives from Libyan Ministry of Health had the opportunity to visit Cyprus and visit the company's premises, the Research & Development Department and

the Quality Control Department. During their visit, several prospects aiming at broadening the existing cooperation and the launch of new products were discussed.



b) Remedica's representative in Sudan came to discuss with top company officials, the market situation there and to decide on new product launches.

c) From near-by Lebanon, where Remedica has been exporting its products for many years, Remedica's representative in the local market visited the company. During high level meetings, the local market situation was presented together with the sales forecast for 2010 and the strategy for the following year finalised.

d) Remedica's Representative in Ethiopia



made his annual visit during which the launch of new products on the Ethiopian market during 2009-2010 was discussed.

4. Remedica took part as sponsor in the Pancyprrian Obstetrical and Neonatal Congress that took place in Paphos on the 6<sup>th</sup> of March. During the congress the Marketing Manager of Remedica, Mr. Andreas Hadjipanayis presented commemorative plaques to the speakers as well as to the members of the organising committee.



## A glimpse of Cyprus

### Pafos - a glorious past and an important present

Pafos is situated in the south-west coast of Cyprus and is considered to be one of its most ancient cities. In fact, from 200BC and over the following 5 centuries, it was the capital of the ancient island kingdoms. It was on the shores of Pafos, that, according to legend, the



"Petra tou Romiou"

goddess of love and beauty, Aphrodite (Venus) was born and the site represents the centre for her worship. Even today, at the village of Kouklia, stand the ruins of the first and most important temple to the goddess, which has been identified with the island from the era of Homer. Apart from the temple and holy altar to the goddess, sources make reference to a stone cone as an item of worship. According to myth, there was a holy altar that never got stained by the blood from the sacrifices and there were also outdoor altars for offerings. Virgil states that their number was 100. Aphrodite's sanctuary in Pafos was one of three that could offer asylum, the other being that of Amathus Aphrodite and Zeus in Salamina.

Modern-day Pafos comprises two areas: Lower Pafos, the area around its small harbour which is also the main tourist area, and Upper Pafos which is the commercial sector as well as the main residential area. The current population is about 48,000 and Cyprus's second airport is also situated there.



The mosaics

In recognition of the long association of Pafos with history and mythology of Cyprus, it has been converted into a living museum. From the centre of the modern city to the picturesque harbour and all along its coast, lie many archaeological sites. The whole of Pafos city is included in UNESCO's list of World Cultural Heritage sites.

A real treasure is the mosaics recently unearthed in Lower Pafos, at the mansions of 3<sup>rd</sup>-5<sup>th</sup> century AD wealthy individuals i.e. the residences of Dionysus, Eos and Theseus and which have been magnificently preserved underground for 16 centuries until their discovery following years of excavations.

There are many more sights that one can visit in the wider Pafos area and these include:

- The tombs of the kings, which make up a large area with grandiose underground burial chambers carved in hard rock that date to the 4<sup>th</sup> century BC and are decorated with Doric pillars.



The medieval castle

- The medieval castle originally built as a Byzantine stronghold to protect the harbour. It was rebuilt by the Lusignians in the 13<sup>th</sup> century AD but the Venetians demolished it since they could not defend it from the Turks, who after successfully invading and conquering the island rebuilt it.

- Aphrodite's sanctuary in Palepafos (Old Pafos). [Palepafos - from the Greek words for Old Pafos] was one of the holiest worship centres in the whole of the Ancient Greek world and an ancient City Kingdom. Here stood Aphrodite's famous temple whose earliest remains date back to the 12<sup>th</sup> century BC. Its glory days lasted until the 3<sup>rd</sup> to 4<sup>th</sup>

century AD. The museum housed in the Lusignian mansion displays many interesting finds from the locality. Excavation is still going on around the temple area, the city and the necropolis.

One may also visit the District Archaeological Museum, the Byzantine Museum, the 40 Pillars, the rocky arch in the sea "Petra tou Romiou", St. Neophyte's monastery, Chrysoroyiatissa monastery, Aphrodite's baths and many more.

Pafos is the official birthplace of Christianity on the island where in 45 AD Apostles Paul and Barnabas (the founders of the church of Cyprus) began teaching the new religion. Cyprus's consul, Sergio Paulus converted to Christianity and Cyprus became the first Roman territory to be ruled by a Christian.

In 1960 when Cyprus is declared an independent country, a new era began in the development of Pafos. Tourism and the construction industry have made significant progress in the last few decades. Consequently, the economy of Pafos is heavily dependent on the developed tourist sector, hosting hundreds of thousands of visitors every year.

Cyprus's climate make the summer months a popular time of the year for tourism in Pafos when the temperature is about 30-35°C. However, due to the mild winters, many tourists visit in the winter months to enjoy activities like hiking and cycling.



The Pillar of St. Paul