

Newsletter 44

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Welcome note

We are pleased to present to you issue 44 of Remedica's Newsletter.

Another year is drawing to an end, one which has been eventful for Remedica and abounding with many accomplishments and activities. We are very excited to begin a new year filled with new journeys and even better outcomes in our quest to conquer new challenges.

Important highlights of this issue are the inclusion of Remedica in the London Stock Exchange list of "1000 Companies to Inspire Europe", which contains some of the fastest-growing and dynamic small and medium-sized enterprises across Europe, the appointment of Remedica's Managing Director, Dr Michael Neoptolemos as a member of the National Council for Research and Innovation, and Remedica's participation in the International Exhibition "Convention on Pharmaceutical Ingredients" (CPHI Worldwide 2018) as an exhibitor. Remedica has also undertaken an abundance of corporate social responsibility (CSR) activities such as partaking in the plastic cap collection campaign of the Youth Council of the Ipsos Municipality and the funding of, and participation in, various other charity events. We are also proud to share with you that awards were given to Remedica in recognition of its environmentally friendly practices. Special articles in this edition of the Newsletter are dedicated to important health and environmental matters.

With the upcoming holiday season, we would like to take the opportunity to wish you happiness, peace, prosperity and a fulfilling year ahead. This has been another productive year and we look forward with anticipation to 2019!!

Keep reading to find out more about all of Remedica's exciting news!

Charalambos Pattihis
Group Chief Executive Officer (CEO)

Remedica Worldwide

Commonwealth Drugs and Medical Supplies Co. Ltd (CDM Group), Bahamas



The Bahamas, known officially as the Commonwealth of the Bahamas, is a country within the Lucayan Archipelago. The archipelagic state consists of many islands, cays, and islets in the Atlantic Ocean, which is located north of Cuba and Hispaniola (Haiti and the Dominican Republic), northwest of the Turks and Caicos Islands, southeast of the United States of America - Florida, and east of the Florida Keys. The country's capital is Nassau which is situated on the island of New Providence.

Since 2010, Remedica's local representative in the Bahamas has been the Commonwealth Drugs and Medical Supplies Co. Ltd (CDM Group) which currently represents 50 companies that manufacture a wide range of prescription pharmaceuticals, and over-the-counter medicinal and personal products. The CDM Group has a staff of 28 employees in its sales and distribution departments and operates from a 40,000 square foot warehouse that allows it to fulfil even the most demanding requirements of its marketplace.

The company gives serious consideration to the tropical climate of the region, paying very close attention to temperature regulation and control by designing its warehouses and facilities to allow proper handling and storage of even the most temperature sensitive products. This state-of-the-art system is supported by a 350 kilowatt (KW) generator to ensure the protection of perishable goods so that the company is always able to provide its customers with products of the appropriate

quality. Its fully equipped warehouse enables the experienced staff of the CDM Group to deliver its clients' orders in an efficient and timely manner. The business philosophy of the CDM Group revolves around caring for the health and well-being of all those who use the quality products that the company offers. As a result, it sets the standard for quality service and professional care in the Bahamas and throughout the Caribbean region. Mr Pedro Roberts III is the CEO of the CDM Group, following in the footsteps of his father, a true pioneer of the Bahamian pharmaceutical industry, the late Pedro Roberts II.

Main Services

In addition to its distribution activities, the CDM Group operates a division under the label Medical Rentals that rents out hospital equipment, such as special beds and wheelchairs, for the home care market in order to meet the needs of the physically challenged. As a part of its carefully designed plan to market the products of its portfolio, the company also supports continuing education projects geared specifically towards healthcare personnel and other specialists in its field of interest.



Mr Pedro Roberts III,
CEO of the CDM Group



Environmental Issues

Cigarette Butt Coastal Pollution

by Sofianos Kyriakidis



It is a well-known fact that cigarette smoking and tobacco consumption, in general, is detrimental to human health. For example, it is capable of inducing conditions such as cancer and cardiovascular diseases, as well as producing deleterious, reproductive and developmental effects. What is likely to be less known is that emerging evidence suggests that cigarette smoking not only impairs human health but destroys the marine environment as well. This occurs because of the uncontrolled disposal of cigarette butts on beaches and coastal and marine ecosystems. In order to assess the scale of the pollution of the European coastal beaches, the European Environment Agency (EEA) carried out the Marine LitterWatch initiative between 2014 and 2017. This initiative covered the beaches of all of four regional seas of Europe (the Mediterranean, Baltic and Black Seas and the North East Atlantic Ocean) by engaging volunteers to detect and report waste items found on beaches. According to EEA (2018), the statistical

analysis and evaluation of the data revealed that cigarette butts and filters were the most commonly found litter items (18%), followed by pieces of plastic (8%) and polystyrene (5%).

Similarly, the Ocean Conservancy (2018) reported that during the 2017 International Coastal Cleanup campaign which was carried out in more than 100 countries, cigarette butts were found to be the item that was mostly found on beaches (2.4 million items), followed by food wrappers (1.7 million items) and plastic beverage bottles (1.5 million items). Thomas E. Novotny et al. (2009) estimated that cigarette butts found on beaches emanated not just from beach-based smokers but also from those in automotive vehicles or pedestrians who have thrown them on the ground, from where they end up into the seas and oceans through the land drains. In addition to the negative aesthetic impact that the cigarette butts have when they are found on the streets and pavements of urban settings, they are even more aesthetically displeasing when they are found on beaches and coastal areas. According to a European Union funded project called Life-Ammos (2015), marine litter including cigarette butts, visually offends both tourists and local inhabitants. The environmental impact of discarded cigarette butts is due to the fact that filters (95% of which are made of cellulose acetate) are not biodegradable and the chemicals found in cigarette smoke which become trapped in them can leach into the environment. Such leachates can be toxic to aquatic organisms that play a vital role in the homeostasis of marine ecosystems.



Although filters are not biodegradable, on exposure to sunlight and moisture, conditions that are common to virtually all marine environments, they can break into smaller plastic pieces allowing some of the 7,000 chemicals entrapped in a cigarette butt to leach out. These will include at least fifty known polycyclic aromatic hydrocarbon human carcinogens as well as arsenic and heavy metals which can be acutely toxic to aquatic organisms including fish. More specifically, a study by Wen Jau Lee and Chih Chun Lee (2015) demonstrated that high concentrations of cigarette butt leachates are lethal to the Japanese rice fish also known as medaka (*Oryzias latipes*), while low concentrations affect their embryonic development and induced anxiety-like behaviour in hatchlings. In the view of these findings, the authors of the study concluded that research on the ecotoxicological impact of cigarette butts is lacking and more studies are required to fully comprehend the effects of their disposal on the environment.

The scale of the environmental effects of discarding cigarette butts on beaches in addition to its newly emerging ecotoxicological impact on the marine life reveals yet another detrimental consequence of smoking that has not been previously explored. Consequently, despite the recent implementation of stringent tobacco controlling initiatives, more decisive actions are required at a global scale in order to safeguard both human health and environmental sustainability from the effects of smoking.

References

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Lee, C., & Lee, W. (2015). Developmental Toxicity of Cigarette Butts - An Underdeveloped Issue. - PubMed - NCBI. Retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/25531833>

“European Day Without a Road Death”

Success for road safety awareness across Europe

The first European Day Without A Road Death Project (EDWARD), which took place in 31 countries on the 21st of September 2016, proved to be a successful awareness-raiser. More than 103.000 organisations and individuals signed a road safety pledge on the website of the European Traffic Police Network (TISPOL) and more than 80 road safety actions were organised across Europe, including information and awareness-raising activities in schools and companies, workshops, conferences and competitions. In addition, the [#ProjectEDWARD](#) and [#seatbeltselfie](#) social media campaign reached more than 19 million people.

The campaign, launched by TISPOL, was widely supported by the European Commission as part of the European Mobility Week. Project EDWARD supported the idea that road safety concerns all of us when, on average, 70 people die and a further 370 are seriously injured every day on Europe's roads. It was an opportunity to encourage all road users to reduce risks and improve safety while they are driving, walking or cycling.

As part of the campaign, private and public entities, as well as the civil society across the EU, were mobilised to contribute by sharing the message of road safety awareness, by making a pledge on TISPOL's website and by organising road safety activities to be carried out on the 21st of September or during the European Mobility Week. The Road Safety Day interactive map hosted on the European Commission website gives visibility to these projects: www.roadsafetydays.eu.

[#ProjectEDWARD](#) was a runaway success on social media: it was trending on Twitter in many countries and even made it into the top 50 trending topics globally. There were 7.923 Twitter posts, with a unique reach of more than 19 million. It was so successful that it was featured in Twitter's 'Moments' section, which presents the most important topics happening at a particular time.

References

Mobility and transport. 2018. “European Day Without a Road Death”: Success for road safety awareness across Europe - European Commission. [ONLINE] Available at: https://ec.europa.eu/transport/road_safety/european-day-without-road-death-success-road-safety-awareness-across-europe-0_en. [Accessed 16 November 2018].



Road Safety Advice

- Remind my family, friends and colleagues to take extra care on the roads.
- Put my lights on for safety.
- Drive as safely as I can and follow the rules when behind the wheel or riding a motorbike or bicycle.
- Be extra vigilant and attentive to the needs of pedestrians, cyclists, children, older people and horse riders.
- Drive at speeds that are both legal and safe.
- Carry out proper safety checks on my tyres.
- Pay particular attention when driving near schools, and where there are lots of children.
- Never drive after drinking alcohol or taking drugs and medicines that could impair my safety and that of others.
- Look as far ahead as possible and do not tailgate other drivers.
- Always wear my seat belt and ensure that everyone in the car with me wears theirs.
- Do not use my mobile phone while driving.
- Ensure that I am not distracted by anything inside or outside the car, or inside my head.
- Set a good example for the passengers of my car by driving calmly and safely.
- If I'm a passenger, make sure that the driver is fit and legal to drive.



Launch of HRL's New Products



HRL Health Remedies Ltd, a member of the Remedica Group, specialises in promoting the benefits of health and care products of the Ascendis Health Group as well as providing marketing and distribution services. Recently, the Chela-Preg Trimester and Bettaway products were officially launched by HRL Health Remedies Ltd. The launch of the new products was carried out by our team of medical representatives at the 8th Pharmaceutical Conference which was attended by more than 350 pharmacists and at the Cyprus Gynecological and Obstetrics Society Annual Conference, which was participated by over 80 gynaecologists. Participants were excited to discover the new products and learn more about them. Chela-Preg Trimester is a complete multi-vitamin and mineral supplement with patented ingredients individualised for each stage of the pregnancy. Bettaway supplies a high-potency and generic range of natural supplements that provide all the multivitamins and minerals we need to live wholesome lives. We are passionately committed to providing products of the highest quality that are consistent with customers' requirements as a part of our diversified health and care product portfolio. Our team of professionals works for the benefit of our stakeholders delivering on their commitment to satisfy every customer's needs

Remedica News



1) Remedica has been Included in the London Stock Exchange List of “1000 Companies to Inspire Europe” (photo 1)

We are proud to share with you that Remedica has been listed in the London Stock Exchange list of “1000 Companies to Inspire Europe”. This list is the London Stock Exchange Group’s celebration of some of the fastest-growing and most dynamic small and medium-sized enterprises (SMEs) across Europe. As well as identifying 1000 companies, the annual reports examine in detail the opportunities and challenges facing SMEs and looks at the sectors and trends that will shape the future of the European economies. “The triangle of the success of our company is the affordability of the products we sell, the security of supply in what we buy and sell and the sustainability of what we do,” says Dr Michael Neoptolemos, Managing Director of Remedica. “We have invested heavily in this regard and it is now paying us back in a sustainable way.” Remedica emphasises the importance of maintaining strong relationships with both customers and suppliers. Even in times of economic crisis, the company has been able to continue to evolve in the right direction. “Sustainable and strong inbound and outbound activities, meaningful relationships, as well as operational efficiency, made Remedica a stable player even during the crises” stated Dr Neoptolemos. More information is available on <https://bit.ly/2q8PB8T>



2) Visit of Members of the Ascendis Health Group to Remedica (photo 2)

On the 6th December 2018, the CEO of the Ascendis Health Group, Mr Thomas Thomsen and Group Head of Human Resources, Mrs Ilona Kratochvilova visited Remedica to inform the company regarding the Group’s new Target Operating Model (TOM) and to answer questions. In order to create a single global organisation, the Group has divided its main functions into four Divisions (Medical, Pharma, Consumer and Animal Health). The divisions, will be supported by eight group support functions: Communications, Finance, Human Resources, Legal, Marketing, Risk, Sales Capabilities and Technology. These functions will support all Remedica’s operations globally. During the meeting, the top executives of the Ascendis Health Group, Mr Thomsen and Mrs Kratochvilova and Remedica’s Managing Director, Dr Michael Neoptolemos presented the new TOM and introduced the three local Change Champions that will be able to answer all of the staff’s questions regarding the new global model.



3) The interview of Remedica’s Managing Director, Featured in the Premium Print and Digital Publication of the South EU Summit (photo 3)

We are delighted to share with you that the interview of Remedica’s Managing Director, Dr Michael Neoptolemos, has been featured in the Premium Print and Digital Publication of the South EU Summit. Remedica is one of Cyprus’ most innovative corporations and biggest revenue generators whose mission is to alleviate suffering, both through its pharmaceutical products and its charity work. Dr Neoptolemos discusses the secrets behind the company’s growing success. More information is available on <https://bit.ly/2QSE0py>

4) Workshop on the Contribution of the Cyprus Pharmaceutical Industry to the Country’s Economy and Society (photo 4, 5)

The Pharmaceutical Programme of the University of Nicosia and the Cyprus Association of Generic Manufacturers (PASYPAGEF) organised a workshop on “the Contribution of the Cyprus Pharmaceutical Industry to the Cyprus Economy and Society”. The workshop took place on the 24th of October 2018 at the UNESCO Amphitheatre of the University of Nicosia, in the presence of the Cyprus Minister of Health, Mr Constantinos Ioannou. Mr Andreas Vasiliou, President of PASYPAGEF, gave a brief overview of the economic and social activity of the Cypriot pharmaceutical industry in Cyprus and abroad. The Cyprus Minister of Health, Mr Ioannou, referred to the tremendous successes and the huge scientific advances made in the drug industry the past decades, while stressing that the Cyprus pharmaceutical industry is a brilliant example for all economic sectors in the country.

Remedica was represented by Mr Andreas Hadjipanayis, Marketing Manager and National Sales Manager, who, through his presentation, highlighted the activities and the multifaceted contribution of Remedica to the society and the economy of Cyprus as well as the export activities of the company in more than 100 countries.

The workshop’s primary focus was the vital role that the pharmaceutical industry plays in the development and support of the country’s economy. Pharmaceuticals are Cyprus’ primary exported industrial product and their export volume exceeds 37% of total exports, with a large foreign exchange inflow exceeding the total cost of imported medicines. In addition, it is important to note that the Cyprus pharmaceutical industry employs more than 2.000 staff.



5) Remedica's Managing Director appointed on the eight-member committee of the National Council for Research and Innovation (photo 6)

Following the decision taken on the 9th of October to establish a new governance body for research and innovation, the Cypriot Council of Ministers approved the formation of the National Council for Research and Innovation on the 16th of October 2018. It is with great pride that we announce that the Council of Ministers has created an eight-member body called the National Council for Research and Innovation of which the Managing Director of Remedica, Dr Michael Neoptolemos has been invited to be a member. This nomination is a great honour for our company as the role of the aforementioned Council will unquestionably be crucial for the future of research and innovation in Cyprus, the country in which Remedica is based. We would like to wish Dr Neoptolemos every success in his additional duties and we are confident that only great achievements are ahead.



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6) Remedica at the International Exhibition CPhI Worldwide 2018 as an Exhibitor (photo 7)

Remedica successfully participated for a third consecutive year as an exhibitor in the International Exhibition CPhI Worldwide 2018, held in Madrid, Spain, between the 9th and 11th of October 2018. During the exhibition, the participants had the opportunity to be briefed on Remedica's new products and to discuss potential collaboration. It is worth noting that CPhI is the leading global gathering of the pharmaceutical industry, with more than 2.500 exhibitors and more than 45.000 senior pharma executives attending from more than 150 countries.



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7) Lecture on Pharmacovigilance at the Cyprus University of Technology (CUT) (photo 8)

As part of the collaboration between Remedica and the Cyprus University of Technology (CUT), Mr Andreas Vasiliou, the Head of Remedica's Drug Safety Department, gave a lecture to the students on the postgraduate programme of "Advanced Nursing and Health Care" with a focus on "Advanced Oncology Nursing" on the 10th of September 2018 at the university's premises. Students benefited from the presentation as they had the opportunity to learn from Mr Vasiliou about pharmacovigilance and the contribution of health professionals to patient safety. After the presentation, an interactive discussion followed and the students had the chance to pose numerous questions regarding key aspects of pharmacovigilance.



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8) Participation in the "Get a job" Careers Fair (photo 9)

Remedica, represented by Mr Antros Yiasemi, Human Resources Manager and Mrs Eleni Socratous, Human Resources Officer, participated as an exhibitor-employer in the "Get a job" Careers Fair organised on the 30th of October at the Hilton Park in Nicosia. The fair was an excellent opportunity for Remedica to make its current employment opportunities known to job seekers, to reach out to those in search of employment and to attract new talent and innovative minds into the company. Participants embraced this year's exhibition, which was the perfect opportunity for young people to get in touch with major local businesses, leading companies, and job counsellors.



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9) Educational Visit of Students of the Cyprus University of Technology (CUT) to Remedica (photo 10)

Students from the department of Chemical Engineering of the Cyprus University of Technology (CUT) visited Remedica on the 13th of November, where they had the opportunity to learn about how the pharmaceutical sector operates. Mr Antros Yiasemi, Human Resources Manager, gave a presentation on the employment opportunities at Remedica. Mrs Liza Theodosiou, Head of Production, and Mr Andreas Papaminas, Production Line Supervisor, proceeded to discuss the production process that takes place at the company, while Mrs Maria Roussou gave a presentation on the Quality Control department and the process that exist in the company. The students were also given a tour of Remedica's premises and had the chance to ask numerous questions regarding key aspects of Remedica's operations.

Corporate Social Responsibility: Remedica Cares



1) Remedica Awarded for its Environmentally Friendly Practices (photo 1, 2)

We are delighted to inform you that Remedica was honoured with the "Golden Environmental Protection Award" for the year 2018 within the framework of the Pancyprian Environmental Awards for Organisations and Businesses. These awards are organised by the Cyprus Center for Environmental Research and Education (CY.CERE) with the support of other partners and aim to honour companies that have an active role in environmental protection.

We are also proud to share with you that Remedica was given an award by Cartridge World Cyprus in recognition of its environmentally friendly practices and for helping save the environment. Mr Robert Beeks, Information Technology (IT) Manager, and Mr Nicolas Ioannou, IT System Administrator, received the environmental award on behalf of the company, for saving 22 tonnes of greenhouse gases (CO₂) over the last 15 years by using remanufactured toners produced by Cartridge World Cyprus. During this period, Remedica recycled 11.280 tonnes of cartridges (7.520 toners), saving 21.056 tonnes of CO₂ and thereby decreasing the company's carbon footprint.

Environmental protection has always been a commitment for Remedica. These distinctions reward the collective effort of the company and belong to all those who work towards this direction. Long before the term "Corporate Social Responsibility" was introduced, the company had established environmental practices through awareness-raising initiatives and ecological activities.

2) Remedica Organises yet another Successful Blood Donation Camp (photo 3)

Remedica organised a blood donation camp for its employees which took place on the 23rd of November 2018. Remedica has, for many years, planned blood donations in which it has encouraged all of its employees to participate. This activity was repeated this year with the aim of boosting the blood bank stocks of the Limassol General Hospital. The blood camp was a great success with many employees donating blood to help those in need.

3) Sponsorship for the Family Fun Day Charity Event to Support Patients with Brain Tumours (photo 4)

Remedica sponsored a fun-filled day, packed with music, games, and exciting activities for children and adults alike, organised by Playtech on the 21st of October at the Petrides Farm Theme Park in Nicosia. The aim of the Family Fun Day was to raise financial support for the Cyprus Brain Tumor Association, which donated all the net proceeds for the treatment and psychosocial support of patients with brain tumours. During the charity event, a variety of activities took place, such as children's yoga, survival games, a magic show featuring the famous magicians of the Liotati family, face painting, stilt-walking, and kiosks selling handcrafted

creations. At the same time, relatives and friends of brain tumour patients released dozens of white balloons in the sky, honouring those struggling with these conditions and in memory of all those patients who have passed away. It is worth noting that there are approximately 60 new cases of brain tumours diagnosed each year in Cyprus. This shocking piece of evidence demonstrates the urgent need for action to be taken in order to support patients with brain tumours.

4) Plastic Cap Collection Campaign of the Youth Council of the Ipsonas Municipality (photo 5)

Remedica participated in the plastic cap collection campaign organised by the Youth Council of the Ipsonas Municipality. The objective of the campaign was to raise money to provide wheelchairs for the disabled people to improve their life through the recycling of plastic caps. In the context of this effort, Remedica gathered 12 bags of plastic caps which were then given on behalf of the company by Mr Antros Yiasemi, Human Resources Manager, to organisations for disabled wheelchair users on the 14th October 2018. Through this campaign, Remedica managed to make a difference in helping fund the purchase of wheelchairs, while also making people more environmentally aware of issues relating to recycling.

5) Sponsoring the Adolescents' Football Team 'Galacticos White' (photo 6)

Remedica is a financial supporter of 'Galacticos White', a football academy team that offers children the opportunity to get together and have fun with their friends and learn good sporting behaviour. Remedica understands the importance and the impact of sports for children and aims to make a positive contribution to the community by providing the necessary resources to help more children receive its many benefits. Remedica's Managing Director, Dr Michael Neoptolemu stated that "Sports are a protection shield against the health problems that young people face, either physical or mental. With the slogan, "paired with life", we collaborate with young people and work towards a better tomorrow. " We wish the team every success both on and off the football field.

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6) A Pink Hippopotamus has been spotted in Remedica's Lobby (photo 7)

In recent months, a lilac-pink hippopotamus has adorned the lobby of Remedica's offices causing many people to wonder about the company's interior design taste. There is, however, a simple explanation: the hippopotamus is an artefact made in the context of the "Let's Hippo" campaign, an initiative established by the Sophia Foundation for Children which aims to help children in need in third world countries. As part of Remedica's CSR programme as well as its continued philanthropic work, the company provided financial support to the Sophia Foundation for Children through the purchase of the hippopotamus sculpture which was granted to Remedica after a group draw and now decorates its lobby.



7

Health Matters

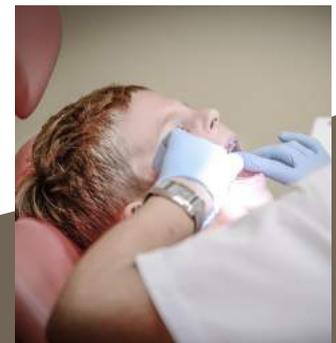
Oral Hygiene

by Sofianos Kyriakidis



Oral health is defined as a state of being free from mouth and facial pain, oral diseases and disorders that limit an individual's capacity to bite, chew, smile or speak. The practice of keeping the mouth clean and healthy is referred to as oral hygiene. Oral diseases are considered by the World Health Organization (WHO, 2018) to be one of the most prevalent non-communicable diseases affecting about 3.58 billion people, representing half of the global population. These data suggest that tooth decay is the most prevailing condition for which records are available while severe gum disease is ranked as the 11th most common disease globally. In Europe, oral diseases affect a large proportion of both school-aged children and adults. It is particularly alarming to see that WHO's data suggests that tooth decay in six-year-old children varies between 20% and 90% within the European region. Moreover, the prevalence of people aged between 65 and 74 having lost all of their natural teeth ranges between 20% and 50%. Similarly, the Eurobarometer Survey on Oral Health (2010) identified oral diseases as a major health burden within Europe, since only 41% of Europeans still retain all their natural teeth.

The main risk factors for bad oral health include poor oral hygiene, insufficient exposure to fluoride, and behavioural factors such as a diet rich in sugar, smoking and alcohol consumption. However, oral diseases can be easily prevented by following good oral hygiene practices and by making positive lifestyle changes. The Oral Health Foundation (2018) has suggested a number of oral hygiene practises for the maintenance of oral health that can be easily adopted such as brushing the teeth for at least two minutes with a fluoride toothpaste before going to sleep and at least on one more occasion during the day. In addition, dental floss should also be used at least once a day for interdental cleaning.



Using worn out toothbrushes can also lead to inadequate cleaning of the teeth and in some cases it may even damage the gums. Therefore, toothbrushes should be replaced every two or three months. Regular visits to a licensed dentist are also highly recommended since the onset of oral diseases can be detected during check-ups and adequate restorative treatment can be carried out. Attention should be given to the correct methods of brushing and flossing teeth. The National Institute on Aging (2016) recommends that all sides of the teeth should be brushed gently using circular movements and short strokes in a back and forth motion. The gum line and tongue should also be gently brushed to help keep the mouth clean. Proper brushing does not replace the need to use dental floss between the teeth to remove food residues and plaque from areas which cannot be reached with a toothbrush. Finally, in addition to the practices described above, healthy lifestyle modifications should be made, such as following a well-balanced and healthy diet free of excess sugar, quitting smoking and responsible alcohol intake. It is ironic that although impaired oral health is considered to be a major public health issue on a global level it is a problem that could be solved through the adoption of simple oral hygiene practices: however, this requires education and dedication.



Remedica People



Mr Michael Charalambous, Financial Controller

Mr Charalambous completed his Bachelor's degree in Accounting and Finance at the University of Kent, in the United Kingdom. Whilst working in a London based audit firm, he qualified as a Chartered Accountant (ACA) in 2009 and then enhanced his professional skills by working as an auditor for a number of different industrial companies. Upon, repatriating to Cyprus in 2012, he was employed in the automotive industry, which, due to the economic crisis, represented a challenge but allowed him to further enhance his skills and get to know the Cypriot industrial business environment. Over the years, he has attended various seminars both in Cyprus and overseas as part of his continuous professional development. Mr Charalambous joined the Remedica family as Financial Controller in 2016. We wish him all the best and hope he continues to work with the same pace and zeal.

Pattihis Family Scholarship



Remedica offers the Pattihis Family Scholarship for the academic year 2019/20 for the MSc Management degree in the Department of Management Science and Innovation at University College London (UCL).

As well as covering the programme's fees, the Scholarship includes an offer of employment with Remedica (subject to successful completion of the degree and eligibility).

Remedica, a member of the Ascendis Health Group, is a Cypriot pharmaceutical company based in Cyprus with export activities in more than 100 countries. It specialises in the development, production and marketing of high quality, safe and effective generic medicines for human use and operates in accordance to the Good Manufacturing Practice (GMP) Standards. It has been bestowed with the Export Award 8 times and has also received the Quality Award, the Enterprise of the Year Award, and an honorary award (Ruban d'Honneur) by the European Business Awards for being one of Europe's top 10 export companies.



We are thrilled to share with you that the Pattihis Family Scholarship for the MSc Management degree in the Department of Management Science and Innovation at University College London (UCL) for the academic year 2018-2019, was awarded to two Cypriot students, Averof Stylianides and Florentia Pittaki. In their thank you notes to Mr Charalambos Pattihis, Remedica's CEO, they expressed their gratitude and described the impact that this scholarship had on their lives, providing them with the opportunity to accomplish their dreams and helping them to embrace their passion and to make a difference in the world. We wish them every success in their future academic and professional endeavours.



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