

Newsletter 46

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Welcome note.



We are delighted to present to you issue 46 of Remedica's Newsletter.

Summer is finally here and Remedica not only looks forward to enjoying the warm weather but also becomes even more motivated to work hard to help alleviate suffering and improve the quality of human life by providing high quality, safe and efficacious pharmaceuticals promptly and at a reasonable cost.

The many exciting activities reported in this issue include Remedica's receipt of the Active Citizen Cyprus Award, and its participation in various events.

Remedica has also undertaken an abundance of corporate social responsibility (CSR) events such as the sponsorship of the May Fete of the Cyprus Association of Cancer Patients and Friends (PASYKAF), the financial support to the Karaïskakio Foundation, the organisation of its annual blood donation camp and the 3on3 Corporate Basketball Tournament. Special articles in this edition of the Newsletter are dedicated to important summer health matters.

We will leave you to continue reading Remedica's latest newsletter and we trust that you will enjoy it!

Dr Michael Neoptolemos
Group Chief Executive Officer (CEO)

Remedica Worldwide.

Goodman International Ltd., Uganda



Uganda is located in East-Central Africa, west of Kenya and east of the Democratic Republic of the Congo. The colonial boundaries created by Britain to delimit Uganda grouped together a wide range of ethnic groups with many different political systems and cultures. These differences led to the establishment of a working political community after independence was gained in 1962. Since the eighties, there is relative stability and economic growth in Uganda.

Remedica has been represented in Uganda since 1997 by Goodman International Ltd., which was established in Kampala on the 22nd of November 1994, becoming fully operational on the 31st July 1995. It is a pharmaceutical company that deals in the importation and distribution of human and veterinary surgical and pharmaceutical products. It acts as the Local Technical Representative for several pharmaceutical manufacturers that are based in various countries throughout Europe and the Middle East. The company prides itself in ensuring that the customers' expectations and requirements are consistently met. Following the award of an investment license on the 15th of December 1994, Goodman International Ltd. has become one of the country's leading pharmaceutical companies that distributes human, veterinary and pharmaceutical products across Uganda and the African Great Lakes region. The company showcases high compliance and adherence to the regulations laid down by the National Drug Authority which has contributed to the company's high quality management systems. It proudly exhibits a continually growing product portfolio that is characterised by high quality and safe pharmaceutical products that are effective and affordable, originating from carefully

selected, highly regulated and stringent manufacturers located in Europe and the Middle East.

Vision

To be a leading provider of high quality pharmaceutical products with the aim to grow by continuously catering to the health needs of the region's people and elevate their quality of lives.

Mission

Goodman International Ltd. has resolved to provide the community of Uganda and the African Great Lakes with high quality, safe, efficacious and affordable pharmaceuticals, and medical, surgical and nutritional products in order to improve the health care of the region's population.

Goodman International Ltd. gained an International Organization for Standardization (ISO) 9001:2015 certification on the 15th of December 2018, which was an upgrade to the ISO 9001: 2008 certification awarded on the 12th of May 2015.

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Health Matters.

Correct Use of Sunscreen

by Sofianos Kyriakidis



Moderate exposure to sunlight is beneficial for the human physiological and psychological health since it initiates the metabolic mechanism that produces vitamin D and helps to reverse seasonal affective disorder (SAD), also known as winter depression, characterised by mood changes and symptoms similar to depression. According to the American Psychiatric Association (2017), SAD is associated with a biochemical imbalance in the brain enhanced by shorter daylight hours and less sunlight in winter.

Nevertheless, overexposure to sunlight can damage the skin which in the long term leads to photo-ageing and skin cancer. These effects are brought about by ultraviolet (UV) radiation, a component of the sunlight which is invisible to the human eye. According to the Scientific Committee on Health, Environmental and Emerging Risks of the European Commission (SCHEER, 2017) photo-ageing refers to the UV-induced skin ageing characterised by wrinkling, laxity and disturbances in the distribution of pigmentation of the skin.

According to the International Agency for Research on Cancer (IARC, 2016), exposure to strong direct sunlight between the hours of 11.00 and 15.00, especially during the summer months, should be avoided. However, in the case where exposure to direct sunlight is unavoidable, sunscreen should be applied to all exposed skin. The IARC (2016) also points out that people often use less sunscreen than is required to provide effective protection and do not reapply it sufficiently frequently.

The American Academy of Dermatology (AAD, 2018) suggests that a water-resistant sunscreen, of a sun protection factor (SPF) of 30 or higher should be applied to all exposed skin 15 minutes before direct exposure to sunlight. Areas of application should include the neck, face, ears, tops of feet, legs and even the scalp for persons who lack, or have thinning, hair.

The National Health Service of the United Kingdom (NHS, 2016), also recognising that most people do not apply enough sunscreen, advises that two teaspoons of sunscreen are required for covering the head, neck and arms. However, in the case of a person wearing beachwear, it advises that two tablespoons of sunscreen should be used to cover the exposed skin. Moreover, the IARC (2016) recommends reapplying sunscreen every two hours in cases of long periods of exposure to the sun and it should be reapplied after periods of swimming or sweating.



It should be noted that children are particularly vulnerable to solar radiation since their skin is thinner and thus more sensitive in comparison to that of adults. The UK's NHS (2016) advises that children under six months should never be directly exposed to strong sunlight and, furthermore, that during the summer, children should be covered with suitable clothing, be kept in the shade, particularly between 11:00 and 15:00, and wear a sunscreen of at least SPF15.

Finally, in order to minimise any detrimental effects of the exposure to strong sunlight, attention should always be given to the correct use of adequate sunscreen in cases where potential exposure to sunlight is unavoidable, be this at work or leisure.

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Heat stroke prevention

by Sofianos Kyriakidis

Heat stroke has been defined by Martin-Latry among others (2007) as a core body temperature of more than 40°C with central nervous system impairment, such as loss of consciousness, convulsions, or delirium, as a consequence of exposure to high ambient temperatures. It is now considered to be a public health concern particularly because the increased occurrence of heat waves in Europe since the beginning of the millennium have resulted in tens of thousands of deaths. For example, in 2016 the European Environment Agency (EEA) reported that 70.000 people died prematurely in 2003, and 3.000 occurring in France alone in 2015. It should be noted that the elderly are the most susceptible age group to suffer from heat stroke due to impaired physical health and a reduced capacity to recognise the dangers due to cognitive impairment. Children and persons in poor health are other groups that are especially prone to suffer the symptoms of heat stroke.

Despite the fact that heat stroke is handled as a medical emergency, it can be prevented by adopting some simple lifestyle changes during a heat wave or periods of elevated ambient temperatures. For example, the World Health Organization (WHO, 2011) recommends that during a heat wave and the hottest times of the day, outdoor activities and strenuous physical activity should be avoided. In cases where outdoor activities cannot be avoided, these should be conducted in the shade and the individuals concerned should wear light, loose fitting clothing, a wide brimmed hat or cap and adequate eye protection.

During periods of hot weather for all members of the population it is very important to keep hydrated by taking regular drinks of, for example, water or fruit juice. Alcohol should be avoided and consumption of caffeine and sugar should be kept to the minimum since these substances induce dehydration. In addition, food intake patterns should be modified by the frequent consumption of small portions and avoidance of meals rich in protein. Furthermore, WHO (2011) has advised that the body temperature should be reduced by taking cool showers and baths whenever possible, and even foot baths may be beneficial in this respect.

The dangers of dehydration cannot be overemphasised during spells of high temperature and all members of the population need to be made aware of the tell-tale signs leading up to its occurrence. Typical symptoms such as dry mouth, lips and eyes, and sensations like feeling thirsty, tired, dizzy or lightheaded are all indicative of dehydration. These events are usually accompanied by a reduced need to urinate (fewer than four times a day) and this, together with the production of dark yellow, odorous urine is considered to be a potential precursor of heat stroke (NHS, 2017). Adjustment of the environmental conditions in the home can play a vital role in the prevention of heat stroke. Room temperatures should be kept below 32 °C during the day and 24 °C at night. The heat load of the dwelling can be reduced by simply closing the shutters or curtains of windows facing the sun during the day. These measures are of course of particular importance for the susceptible groups of the population such as the elderly and children. Such groups, as well as domestic animals, should never be left alone in parked vehicles (WHO, 2011).



By taking into consideration the serious consequences of heat stroke on health combined with the fact that the EEA (2016) has warned that periods of extreme heat are expected to increase in frequency and duration in the coming years, it is vital from a personal and public health perspective to adopt the above simple heat stroke prevention recommendations.

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Corporate Social Responsibility: Remedica Cares

1



1) Another Successful Blood Donation Camp at Remedica (photo. 1)

On the occasion of the World Blood Donor Day, (14th of June), Remedica organised a blood donation camp for its employees which took place on the 7th of June 2019. Remedica has, for many years, organised blood donations in which it has encouraged all of its employees to participate. This activity was repeated again this year with the aim of boosting the blood bank supplies of the Limassol General Hospital. Once again, the event was a great success with over 80 employees donating blood to help those in need.

2



2) Support of the Pancyprian Fundraising Event of the Cyprus Red Cross Society under the Name "Door-to-Door" (photo. 2)

An annual fundraising event was recently held by the Cyprus Red Cross in order to raise money for the needs of its various programmes and missions in Cyprus and abroad. For yet another year, Remedica supported these efforts with financial aid. On behalf of the company, Mr Andreas Hadjipanayis, Marketing Manager and National Sales Manager, attended the event which inaugurated the fundraiser and which took place on the 8th of May 2019 at the Red Cross' headquarters.

3



3) Remedica Awarded for being an "Active Citizen" (photo. 3)

We are delighted to inform you that Remedica was awarded with an Active Citizen Award, in the category 'Private Sector Volunteers and Employees'. These awards were organised by the Office of the Commissioner of Volunteerism and Non-Governmental Organisations and their purpose was to reward the initiatives and achievements of organisations and citizens who have contributed through their actions to the common good and have made a significant contribution to the field of volunteering. The winners, who were selected through an online voting system, were presented with their awards by the President of the Republic of Cyprus, His Excellency, Mr Nicos Anastasiades, at a ceremony which took place at the Presidential Palace in Nicosia on the 20th of May 2019. Mrs Maria Kallidou, the company's Head of the Analytical Research and Development, Department, Mr Andreas Hadjipanayis, Marketing Manager and National Sales Manager and Kyriakos Siamaris, Development Scientist of the Research and Development Department attended the ceremony and received the award on behalf of the company.

4



4) Supporting the Fight against Cancer! May Fete 2019 (photo. 4)

Remedica made a financial contribution in support of the organisation of the May Fete, an initiative of the Cyprus Association of Cancer Patients and Friends (PASYKAF) which took place on the 19th of May 2019, at the Elias Beach Hotel in Limassol of the Kanika Group of Companies. The May Fete is an annual fun-filled event full of games, dancing, singing, trampolining, bowling competitions, fishing, face painting and many other activities that attracted and entertained visitors of all ages! During the event, Remedica was awarded by PASYKAF for its ongoing support of the Foundation's activities and for its continuous financial contribution.

5) 3on3 Corporate Basketball Charity Tournament (photo. 5)

Big congratulations are due to Remedica and its employees who organised and participated in the 3on3 Basketball Charity Tournament which took place on the 12th of May 2019 at the Apollonas Limassol basketball stadium. The aim of the tournament was to raise funds for the Orestis Foundation to enable it to purchase medical equipment for the Limassol General Hospital. The tournament was a great success with eight teams from the company having taken part. The winning team was "Kafkajies" composed by Despina Nicolaou (Legal Department), Pantelis Vafeas (Quality Assurance Department), Michalis Kallis (Research and Development Department), and Angelos Roussos (Sales Department). After the tournament, the top four teams were presented with trophies and the 4000 euros raised was given to the Orestis Foundation. The event was open to all colleagues and their families, many of whom attended to encourage the teams and spent an enjoyable day full of basketball fun.



5

6) Creating a Leukaemia-free Future: Financial Contribution to the Karaiskakio Foundation (photo. 6)

As part of Remedica's efforts to strengthen the fight against leukaemia and within the context of its CSR programme, the company made a financial contribution to support the work of the Karaiskakio Foundation. On 8th of April 2019, Mr Antros Yiasemi, Human Resources Manager, presented the Foundation with the sum of 1380 euros which had been raised by the sale of handmade gifts at the 2019 Limassol Marathon's charitable fair. Mrs Maria Kallidou, the Company's Head of Analytical Research and Development Department, who is also an active member of the Foundation's Board of Directors, received the amount on its behalf. Remedica is very appreciative of the aim of the Foundation which is to create a leukaemia-free future.



6

7) Participation in the Energy Efficiency Conference (photo. 7)

In the context of Remedica's responsibility towards the environment, Mr Michalis Vrachimis, Head of Engineering and Works Department, participated as a speaker at the Energy Efficiency Conference, which took place on the 28th of March in Nicosia. The conference was aimed at disseminating information on the most effective methods used by leading companies in the industry to improve their energy efficiency and reduce their carbon footprints.

Through targeted corporate case studies, the best practises and consequent benefits were presented during the conference, and site experts provided information on new energy efficiency technologies and services. Mr Vrachimis presented Remedica's example focusing on the incentives used within the company to implement energy efficiency measures, its axes of action and the benefits that can arise from the efficient use of energy. The conference was considered to have been very productive having covered all aspects of energy efficiency and allowing the exchange of ideas and strategies.



7

8) Financing of the "Remedica Open Access Author Fund" (photo. 8)

We are proud to inform you that Remedica offered the second part of its sponsorship for the Cyprus University of Technology (CUT) Fund titled "Remedica Open Access Author Fund". The sponsorship was offered to Mr Marios Zervas, CUT's Library Director by Mr Andreas Hadjipanayis, Remedica Marketing Manager and National Sales Manager and Mr Andreas Vasiliou, Head of the Drug Safety Department. This is an initiative of the CUT Library and represents a culmination of its endeavours towards the promotion of open access to its research. The financial support will be used to support the publication of academic research in peer-reviewed electronic journals and open-access books, with the publication expenses being borne by the author. This project offers free, direct and continuous access to digital academic and scientific content, free of royalties and of most copyright and licensing restrictions. Readers may use the available material for research, educational and other purposes without the need to pay royalties or dues.



8

9) Charity Fashion Show "8 for a Purpose" (photo. 9)

Remedica was a golden sponsor for the fashion show titled "8 for a purpose" which took place on the 5th of June 2019 at the Open Amphitheatre of the University of Nicosia, with eight well-known Cypriot fashion designers: Calia Monoyiou, Stalo Theodorou, Elina Leventi, Constantinos Vasiliades, Kristo Avraam, Polyxeni Pazarou, Marios Gregoriades Creative Jewellery and Christiana Constantinou, who presented their new collections. All the proceeds were provided to support the "Hope For Children" CRC (Convention for the Rights Children) Policy Center and the Panos Evripidou Foundation. Dr Michael Neoptolemos, Group CEO, and Mr Andreas Hadjipanayis, Marketing Manager and National Sales Manager, attended this event, representing the company.



9

Our Products.

Penopen® (Phenoxymethylpenicillin Potassium) 800mg and 1000mg Film-Coated Tablets



Recently, the medicinal products Penopen® 1000mg Film-Coated Tablets and Penopen® 800mg Film-Coated Tablets have received their first regulatory approval. Penopen® contains the active substance Phenoxymethylpenicillin Potassium and it is indicated for the treatment of tonsillitis, tooth infection, pneumonia, sinusitis, ear infections, bacterial infections of the skin and subcutaneous tissue.

Penopen® is available containing 800mg or 1000mg of the active substance in each film-coated tablet.

Remedica News.



1

1) Tomorrow Empowered: Participation in the Career Fair of the University of Cyprus (UCY) (photo. 1)

We are pleased to inform you that Remedica participated in a careers' fair entitled "Tomorrow Empowered", organised by the University of Cyprus' (UCY's) Careers Office on the 4th of April 2019 at the university's Social Facilities Centre. Mr Antros Yiasemi, Human Resources Manager, attended the Fair on behalf of the company. The aim of this exhibition was to inform graduates and students about the trends in the labour market, internships and opportunities for full-time or part-time employment. This year, many large, small and medium-sized organisations from Cyprus and abroad participated in the exhibition, representing all sectors of the Cyprus economy. The event was an excellent opportunity for Remedica to seek suitable students and graduates for existing or future jobs and internships. The company always seeks to recruit the best people from all over the world, who are experts in their fields, enthusiastic, energetic, creative and ready to contribute to its development in a professional way.



2

2) Visits from School and University Students at Remedica's premises (photo. 2)

Between April and June 2019, groups of school and university students were welcomed at Remedica's premises where they had the opportunity to learn how a modern pharmaceutical company operates. More specifically, students of the Department of Pharmacy of the Frederick University (9th of April), and students of the Department of Business and Public Administration of the UCY (12th of April), met with members of Remedica's staff who gave presentations describing the company's activities. The students were also given a tour of Remedica's premises and had the chance to get answers to their numerous questions regarding key aspects of Remedica's operational systems.



3

3) Participation at the FCE Pharma Exhibition in Brazil (photo. 3)

We are thrilled to inform you that Remedica participated with its own booth at the FCE Pharma Exhibition on the 21st May 2019, in Sao Paulo, Brazil. The FCE Pharma Exhibition is the main marketing, communications and sales platform for the pharmaceutical industry which brings together all major stakeholders of the field, announcing new product launches, and informing participants on the pharmaceutical industry's trends, new technologies, products and services. The exhibition also provides quality content, the exchange of experiences between participants, the opportunity to participate in conferences and talks. Dr Michael Neoptolemos, Group CEO, Mr Lambros Demetriades, Sales Manager, and Mr Marios Stylianides, Business Development Manager were present at the exhibition on behalf of the company. During the exhibition, the participants had the opportunity to be briefed on Remedica's existing and new products and to discuss potential collaboration with countries of American region and beyond.

Summer tips.

Remember to...

- Assure the safety of your home before you leave for holidays
- Use sun screen to protect yourself from sunburn
- Fasten your seatbelt as you enter the car
- Stay close to your children when they swim
- Do not drink alcohol if you will drive or do not drive if you will drink alcohol
- Prefer light meals and fruits
- Practise good foot hygiene as it is important in maintaining healthy feet and prevent fungal skin infections, especially during summer

During summer holidays we usually face...

- Fungal skin infections
- Allergies (Eye allergies, seasonal allergic rhinitis, skin allergies)
- Stomach disorders
- Travellers' diarrhoea

Tips for saving energy

- Minimise the use of air-conditioners. In the event of use, the temperature must be no less than 25°C
- Always turn off and unplug electronic devices when they are not in use. Avoid leaving them on stand-by mode
- Use dish and clothes washing machines only when they are full and preferably late at night
- Replace common lamps with fluorescent bulbs or LED bulbs
- When absent for many days, unplug the refrigerator, empty it and leave the door open



Safety and Health at Work.

World Day for Safety and Health at Work - 28th of April 2019

Inspired by the International Labour Organization's (ILO's) discussions on the future of work, the World Day for Safety and Health at Work attempts to take stock of improving occupational safety and health and looks to the future for continuing these efforts through major changes such as technology, demographics, sustainable development including climate change and changes in work organisation.

The official World Day on the 28th of April 2019 is the beginning of worldwide events and activities which continue throughout the rest of the year, around the theme of safety and health and the future of work, celebrating and building on the wealth of knowledge and action accumulated over the years as we get ready to face and appreciate the changes brought forward by the future of work. ILO launched a global report to that effect, sharing the ways through which awareness saved lives and promoting safe and healthy working environments. The report attempted to capture the evolution of safety and health from before the inception of the ILO in 1919 to date, going through the major turning points that have influenced this field and have impacted the way ILO has contributed to improving safety and health at work.

More importantly, the global report touched upon the changes in work arrangements, technology (digitalisation, information communication technology, platform work, automation and robotics), demographics, globalisation, climate change, and other drivers that are affecting the dynamics of safety and health and the nature of professions, notwithstanding the persistent traditional and re-emerging risks and variations across developing and developed countries.

On the occasion of World Safety and Health at Work Day, Remedica carries out a week long awareness campaign. During the campaign, Remedica's Health Safety and Environment Officer provides information on a daily basis via e-mail and notices on electronic displays, on ways to avoid accidents. In addition, Remedica's TV screen in the staff canteen, displayed relevant presentations and videos. The internal campaign covers various activities including the safe use of ladders, the correct use of fire extinguishers, working high above ground, safe use of machines with moving parts, using hazardous chemicals and flammable materials, avoiding dangers from electrical power and lifting items properly. Staff are also reminded of the value of prompt but proper first aid as a means of limiting damage should an accident occur. Emphasis is also given to preventive measures and safety practices as well as the use of protective equipment and specific attention is granted to good practices which can prevent or reduce occupational diseases. Each day is devoted to a different topic. Although numerous responsible European organisations like Remedica have embraced the initiative of the International Labour Organization and the European Agency for Safety and Health at Work to actively promote occupational safety and health, still more action is required to be taken on a global level for the further improvement of the health, safety and welfare of the workforce and society in general.

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Source: Compliance and Safety LLC ©, https://commons.wikimedia.org/wiki/File:Workplace_Safety_Signs.jpg



Remedica People.

Mr Balasubramanian Rabindranath Tagore, Portfolio Manager

Mr Balasubramanian Rabindranath Tagore completed his Bachelor and Master Degree in Pharmacy (Pharmaceutics) at the Tamil Nadu Dr Maruthur Gopala Ramachandran Medical University, India. He started his career as an executive in well-established pharmaceutical companies where he served for 5 years in the formulation departments for core generic product development. Another 12 years' experience in the Middle East added a feather to his hat where he was appointed to managerial positions dealing with various types of formulation, troubleshooting activities, external relations and meeting the organisational requirements. His skills in leadership, product and project management enhanced his advancement and progress within the companies that employed him.

Mr Tagore joined the Remedica family as a Portfolio Manager in November 2018.

We wish him all the very best and expect him to impart his expert knowledge for the growth of the company.

A Glimpse of Cyprus: Painted Churches in the Troodos Region

The Troodos mountain area of Cyprus is home to one of the most important groups of churches and monasteries of the Byzantine era. These monuments, contained within the World Heritage List are all richly adorned with murals and constitute an example of the Byzantine and post-Byzantine art in Cyprus while demonstrating the various creative currents that had an impact on Cyprus over a period of five hundred years. The churches show features that were unique to Cyprus and that were determined by its location, history and climate, including, for example, steep-pitched timber rooftops with flat hooked tiles providing an additional roof over Byzantine stonework domes and curved forms, whilst at the same time exhibiting Byzantine metropolitan art of exceptional quality. The design of the churches is extraordinary, specific to the Troodos region and of local origin. The constructions vary from tiny churches whose rural style of architecture stands out against their extremely delicate decoration, to monasteries like that of Agios Ioannis Lampadistis, in Kalopanagiotis. Furthermore, they include a wealth of dated inscriptions, an unusual characteristic within the Eastern Mediterranean region during the medieval times that makes them pivotal for documenting the chronicles of Byzantine painting.

Significant examples of eleventh-century icons survive within the churches of Agios Nikolaos tis Stegis (St. Nicholas of the Roof), in Kakopetria and of Panagia (Our Lady) of Asinou, in Nikitari. Inside the Church of Panagia of Arakos, in Lagoudera and the Church of Agios Nikolaos Stegis, in Kakopetria, vital wall paintings from the Komnenian era were found, with the best being of outstanding quality and credited to Constantinopolitan masters. Samples of the first period of the western rule of Cyprus during the thirteenth century, are found within the

wall paintings of the Monastery of Agios Ioannis Lampadistis, in Kalopanagiotis and in the Church of Panagia of Moutoulla, that demonstrate the continued Byzantine tradition combined with other external influences. The fourteenth century murals at the Church of Panagia of Asinou, in Nikitari, the Church of Timios Stavros (Holy Cross), in Pelendri and the Monastery of Agios Ioannis Lampadistis, in Kalopanagiotis additionally show the indigenous and western influences, and to a degree, the recovered art of the Palaeologan Constantinople. The late fifteenth-century iconography at the Church of Timios Stavros of Agiasmati in Platanistasa and the Church of Archangelos Michail, in Pedoulas displays the balance between Byzantine art and the indigenous painting tradition with its many influences of western inspiration; these are dissimilar to the initial series of the Monastery of Agios Ioannis Lampadistis that were painted by an immigrant from Constantinople. Elements of the Venetian rule that began in 1489 were evident within the development of the Italo-Byzantine movement, and the most refined samples are found in the Church of Panagia of Podithou, in Galata and the north chapel of the Monastery of Agios Ioannis Lampadistis, each great examples combining the Italian Renaissance art and Byzantine art. Lastly, the wall paintings of the Church of the Transfiguration of the Saviour in Palaichori belong to the Cretan movement of the sixteenth century.

While the presence of any obvious influence cannot be confirmed, there was a very strong connection throughout the twelfth century, between Cypriot painting and western Christian art (stylistic connections with the Church of Panagia of Asinou, in Nikitari; iconographic connections in the images of the Church of Panagia of Arakos, in Lagoudera).

Therefore, there is no answer to the extremely complicated question of the relationship between the two artistic currents. These answers take the shape of the Cypriot monuments that come before the constitution of the European Lusignan Kingdom, which was a central link within the chain of the artistic interactions between the East and the West. The soundness of the churches is connected to the fact that each church is still employed as a site of worship and serves its original purpose. Their architecture and their ornate style have been preserved and, one by one and as a whole, they reveal the many layers of Byzantine and post-Byzantine painting in Cyprus. Their locations, which in most cases are sited in rural areas, amplify the elements of the churches' exterior and make their decoration stand out against their structure. Their preserved state is directly associated with the measures taken by the government, as conservation works are undertaken annually to restore the buildings, the murals, the wooden furnishings and the environs of the churches. The religious practises, the environmental, traditional and historical features that moulded the sites are still apparent for the time being, and thanks to the collective efforts of the Department of Antiquities of the Ministry of Transport, Communications and Works, the region's communities and the church authorities, their conservation is ensured.

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