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Welcome



to Remedica Newsletter 3

Dear reader,

Welcome to the third issue of Remedica's newsletter, which aims to keep you more involved in what goes on in our company. In this issue you will find various interesting topics such as the launch of a new product for the treatment of neuropathic pain and epilepsy branded as **Gabenil®** (Gabapentin), our waste management system, our associates in Malta and many more.

Charalambos Pattihis
Group Managing Director

Remedica worldwide

Malta - 25 years presence



Since 1983, Vivian Corporation and Remedica have been working together to improve the quality of patient life in Malta.

Vivian Corporation was founded in 1952 by a young pharmacist named Wilfred Gatt. Nowadays, the outcome of the hard work of the Gatt family, which still actively manages the company, along with a growing team of industry professionals, is the positioning of the company as one the most important on the Maltese market.

The name "Vivian", from the Roman name "Vivianus" comes from the Latin word "Vivus" which means "alive". As a top manager of the company mentioned to us, "At Vivian Corporation we believe in the importance of celebrating life"

Mrs. Cremona (Director of healthcare) during her recent visit to Remedica, commented that, "this year Remedica has increased its sales by 90% in the public market and by 12.5% in the private market compared to 2007". Remedica is also one of the leading suppliers to the Maltese Government and the aim of Vivian Corporation is to position Remedica as one of the top generic companies in the private market too.



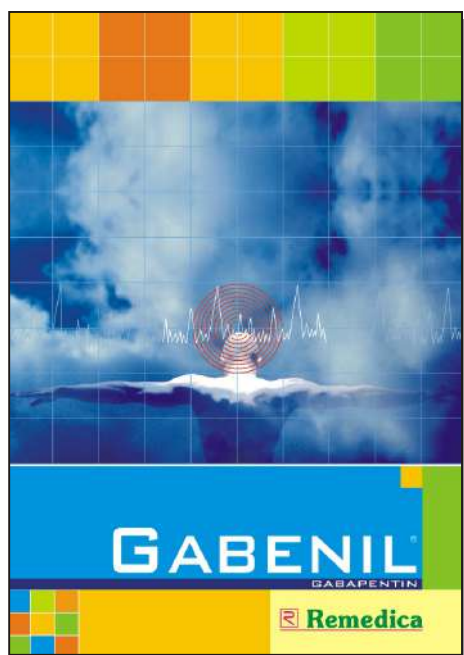
Remedica people

We introduce today Dr. Loukas Eleftheriou, our Production Manager. After completing his studies at the Moscow Institute of Chemical Technology with a Ph.D. in Chemical Engineering, he worked for one year as assistant professor. He joined our company in 1982 and since then he is the Production Manager contributing to the development

and advancement of Remedica. During his career he attended many courses and seminars such as cGMP training, ISO 9000, Validation, Practical methods of production planning, Process Deviations & Change Control. He is a registered Qualified Person and member of many associations such as the Pancyprrian Union of Chemists, Association of



Scientists-Engineers. He has also been elected on the Committee of Remedica's Provident Fund.



New products

Gabenil®

Gabapentin, the active ingredient of **Gabenil®** was initially synthesised to mimic the chemical structure of the neurotransmitter gamma-aminobutyric acid (GABA); however, experimental evidence showed that Gabapentin has, in fact, little or no action on the GABA receptor. The mechanism for the anticonvulsant action of gabapentin is not well understood but its therapeutic action on neuropathic pain is thought to involve voltage-gated, N-type, calcium - ion channels. It is thought to bind to the $\alpha 2\delta$ subunit of the voltage-dependent calcium channel in the central nervous system.^[1]

Gabenil® is currently approved in Cyprus as an add-on therapy in the treatment of partial seizures with or without secondary

generalisation and registration is underway in more countries. It is relatively well tolerated and has no pharmacokinetic drug interactions. Therefore, it does not interact with other anticonvulsants and there is no need to adjust the dosages of other anticonvulsants when adding Gabapentin.

Gabenil® it is also indicated for the management of neuropathic pain due to its proven efficacy and relatively good tolerability. Gabapentin has been shown in clinical trials to reduce pain and to improve quality-of-life measures in patients with a wide range of neuropathic pains.^[2]

References:

1. Davies et al. Functional biology of the $\alpha(2)\delta$ subunits of voltage-gated calcium channels. *Trends Pharmacol Sci.* 2007 May;28(5):220-8.
2. Burnham TH, ed. *Drug Facts and Comparisons*. 2002. St. Louis: Facts and Comparisons, Inc.: 1026-8a.

Corporate Social Responsibility

Waste management

According to Tomorrow's Business Think Tank (2007), 'the role of modern business is to provide even better goods and services in a way that is profitable, ethical and respects the environment'.

Taking the above into consideration, we at Remedica strictly believe that preserving the environment is essential for safeguarding the future of our children, in addition to maintaining our business competitiveness in a modern, global economy.

In order for Remedica to provide the market with top quality, safe and efficacious pharmaceutical products, a variety of natural resources in respective quantities is being used during the manufacturing procedure. As a result,

solid, liquid and gaseous by-products are generated. In order to address these issues, an internal waste management system has been developed and set into operation.

All of Remedica's industrial liquid waste is directed to the Industrial Waste Treatment Unit of Limassol (M.E.B.A), of which Remedica is a founder member. There, the waste undergoes tertiary treatment resulting in clean water that is consequently used for underground water enrichment.

Solid waste comprises either materials containing traces of pharmaceuticals/chemicals that need special handling or those that can be

recycled or disposed of as is. For the former, Remedica cooperates with a certified waste management company and such waste is carefully collected in specially labeled containers and stored within the factory premises in anticipation of their collection by the waste management company. The latter type is either disposed of as municipal waste or recycled accordingly by a company specialising in the collection and recycling of plastic, glass and paper waste.

Remedica has also addressed the issue of airborne emissions by the use of filtration systems and other suitable technology and complies with national legislation on the issue.

Remedica news

1. In a recent publication of a well-known business magazine in Cyprus, our company was listed among the largest organisations in Cyprus, in terms of activities and human resources. We are very proud of this as it also signifies that our contribution to society is being recognised.



2. Recently, Remedica's Building no. 5 was inspected and approved by the Pharmaceutical Services of the Ministry of Health of Cyprus, which is the competent authority. Legislation specifies that pharmaceutical manufacturing facilities be inspected every two years. The

improvements and expansion carried out by Remedica since the previous inspection impressed the inspectors considering that legislation is not quite clear on the issue of separate factories for highly potent products. Well done to our colleagues that contributed to this success.

3. Congratulations to Remedica's football team for winning the first prize in a mini football competition organised by the Cyprus Association of Medical Representatives.



4. Two of our colleagues retired after serving with Remedica for many years.

Mrs. Alexandra Christodoulou and Mrs. Maria Zavoyianni completed 23 and 18 years of service respectively. In a gathering of personnel at our premises, they were presented with an award in acknowledgement of their long-term contribution to the company's growth. We wish them all the best in their retirement years.



5. Remedica's Managing Director, Mr. Emiliios Savvides was nominated by the Council of Ministers, as member of the Price Control Committee according to article 87 of the Law on Human Medicines (Quality, Control, Supply and Prices) for a 3 year tenure.

Regulations

As of July 2008, the Pharmaceutical Services of the Ministry of Health of Cyprus became the 34th member of PIC/S (Pharmaceutical Inspection Co-operation Scheme) which comprises reputable and well organised inspection authorities. PIC/S' mission is the development,

harmonisation and maintenance of Good Manufacturing Practice (Pharmaceutical Manufacturers), the promotion of quality assurance systems for inspections, quality systems for inspectorates and mutual training for inspectors. "Cyprus' membership to PIC/S

will help the manufacturers of pharmaceuticals in Cyprus through reduced need of inspections, cost savings, export facilitation and enhanced market access (even in countries that are not members of PIC/S)" direct quotation by the Cyprus Ministry of Health.

Cyprus Lemesos

Limassol (Lemesos) is located between the ancient cities of Amathus and Curium, and it has been said that the name of the city may have evolved from "Anamesos" (meaning between), via the name "Nemesos".

Ancient monuments and various accounts testify to the city's existence since the 2nd Century BC, and through the Hellenistic, Roman and Byzantine periods. The history of the city is best known, however, because of the events of 1191 AD, which also marked the end of the Byzantine period.

The King of England, Richard the Lionheart was travelling to the Holy Lands, when a ship carrying his betrothed, Berengaria of Navarre, and his sister Joan, Queen of

Sicily, was shipwrecked off Limassol. Isaac Comnenus, the heartless Byzantine despot who ruled Cyprus with an iron fist, did not allow them to come ashore and refused to give them any help.

And so Isaac Comnenus and the people of Limassol (a town left in tatters by a tyrant's mismanagement, by natural disasters and by raids) had to face the wrath of Richard, who had been offended by Comnenus' behaviour towards his bride-to-be.

Comnenus fled from Richard with his army, leaving Limassol unprotected. Richard ransacked Limassol and took over the city, and English rule began on the island. That year, Richard married Berengaria in Limassol, and the latter was crowned

Queen of England. In this way, centuries of Byzantine rule over Cyprus ended with a whimper.

A year later, in 1192, Cyprus was sold to the Knights Templar, who were religious men and soldiers whose mission was to protect the Holy Land and Jerusalem. But the Templars imposed crippling taxes on the people of the island so that they could recover the money they had paid to purchase Cyprus. This led to a Cypriot uprising, forcing the Templars to demand the agreement with Richard be retracted. Richard was forced to find another buyer, Guy de Lusignan, a French Catholic. And so Limassol was handed over to the Frankish Dynasty of the Lusignan kings.

It was the beginning of a very prosperous period for the town. For the best part of three centuries, from 1192 till 1489, Limassol enjoyed remarkable prosperity. Tradesmen and merchants set up shop in Cyprus, and particularly in Limassol, around the 13th Century, and this led to an economic boom which the town took advantage of. Limassol's harbour contributed significantly to the island's economic growth.



Municipal Library

The king of Germany, Friedrich II, encouraged by the Genoans, who were enemies of John of Ibelin, Cyprus' viceroy and would-be ruler, landed in Limassol and conquered it in 1228, thus taking control of the Kingdom of Cyprus. Friedrich later invited John of Ibelin to come to him so that the two could discuss their plans against the Muslims, but John took the child prince Henry and Cyprus' Genoese people with him, in a bid to bargain with the German ruler, who was then forced to let John go after the latter refused to cooperate with him.

All this resulted in a war between Friedrich and the House of Ibelin. Friedrich took over all the towns on the island and named his own governors, but once he left the island, his forces were defeated by John of Ibelin near Kerynia in 1229. The Germans were thus expelled from Cyprus.

Limassol also witnessed attacks by the Mamelukes, the slave soldiers who seized power of Egypt from 1250 to 1517. Limassol's harbour had long been a refuge of pirates who invaded the countries of the Eastern Mediterranean. The Mamelukes arrived in Limassol to crush them in 1424, then looted and burnt the city. A year later, a larger force arrived. Larnaca and Famagusta were pillaged and Limassol was attacked once more. The Mamelukes gained control of the castle, burnt and destroyed much of the city, and left with booty and prisoners.

In 1426, the Mamelukes spread destruction through the island once more. The army of King Janus, the King of Cyprus, was found wanting- disorganised and unprepared- and was deposed. The king himself was dispatched as a prisoner to Cairo.

Some decades later, in 1489, the Queen of Cyprus, Caterina Cornaro, was forced to abdicate, and surrendered Cyprus to Venetian rule. The Venetians didn't seem too interested in the island, but they did impose harsh taxes and stripped the island of its natural resources. Seeing Cyprus as nothing more than a colony to take advantage of, they forced the people of Cyprus to pay 1/3 of their earnings in wheat, wine, oil, livestock and other products. The Venetians also destroyed Limassol Castle, and travelers' accounts from the 16th Century tell of the vile conditions that the people were forced to live in.

When the Ottoman Turks invaded, in 1570, the island was taken over with little resistance. Limassol was conquered in 1570 and pillaged and burned to the ground once more. Travelers' accounts from those times describe Limassol as a large settlement with a significant population. Christians lived in small homes with low doors that people had to stoop to go through, so that the Ottoman cavalry could not enter their homes.



The Medieval Castle of Limassol

Cyprus faced a general decline under Turkish rule, since the rulers were not interested in the island's growth, discouraging developments in culture or improvements in people's quality of life. But this lack of proper government, and the oppression and crippling taxes, inadvertently became major factors in the island's cultural and educational development. The local Orthodox Church played a crucial role in education during the period from 1754 till 1821. Schools were set up in every town and Greek intellectuals taught the Greek language and the history of Greece.

The British took control of Cyprus, in exchange for British assistance against the Russian encroachment in Turkey. The first British Governor of Limassol, Colonel Warren, showed an interest in the city and conditions in Limassol improved drastically almost from his very first days in charge. Roads were cleaned and fixed, all the animals removed from the centre of town, while butcheries were set up to handle their slaughter, and a market was built.

Limassol's first large pier was constructed to assist the docking of ships and the loading and unloading of supplies and other goods.

In those first years of British rule, the first post office, the first telegraph office and the first hospital began operating, and the British made changes which contributed both to the town's development and to that of Cyprus as a whole.

At that time, Limassol saw its earliest industries, like wine-making, ceramic tiles, metalworks, and so on, as well as the island's first shipping company, with ships of its own to assist trade to and from the island.

In the first few decades of the 20th Century, Limassol was Cyprus' most important city. Limassol experienced a growth spurt in population and became a cultural centre. It was the first city in Cyprus where telephones were used in homes, it witnessed the first streetlights on the island, the first art exhibitions, the first theatres and playhouses where plays were performed, the first symphonic and philharmonic orchestras, the first operas performed on the island, the first books and literary magazines and much more.

The people of Limassol were mostly involved in the trade and exportation of wine and carobs, Cyprus' 'black gold'.

Since the establishment of the Republic of Cyprus, Limassol has continued growing and developing and, as a result, now has the island's most important port and is Cyprus' most significant service centre for offshore businesses and banks. Limassol also boasts a number of hotels, including the most luxurious ones on the island, and is a popular tourist destination.



Panoramic view of Limassol

An important industrial centre, Limassol is the headquarters of all five of the large wineries in Cyprus, as well as of industries involved in the production of aluminium, pharmaceuticals and other products.

With some 170,000 residents, Limassol Municipality (the island's largest) and the surrounding municipalities now form a truly cosmopolitan metropolis which can compare, in terms of culture, quality of life and entertainment to any of Europe's large cities.