

# Newsletter 9

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## Welcome note

Dear Readers,

Welcome to our 9<sup>th</sup> issue which includes a further update of the events held to celebrate our Group's 50th anniversary. It also contains a report on our UK arm, Remedica (UK) Ltd, takes a look at hypertension, presents the Head of our R&D, Production Development section, continues with part IV of our exploration of the Greek language and reports on our new product Ramipril. Other regular features are also included.

The printed version uses recycled paper.



Charalambos Pattihiis,  
Group Managing Director

## Remedica worldwide-Remedica (UK) Ltd.



Remedica (UK) Ltd was set up in 1988 in order to act as the licence holder or, more correctly, the Marketing Authorisation Holder (MAH) in the UK for the Remedica Group as, at that time, Cyprus was not a full member of the European Union (EU) and was therefore not allowed to be the MAH in the UK or any other EU country.

Registration of products with the UK Medicines Control Agency (MCA) began in 1990 with the first product being the now well-known Non-Steroidal Anti-Inflammatory Drug (NSAID) ibuprofen, which also has antipyretic and analgesic properties. The process was very different than that which was in place in Cyprus and proved to be quite a challenge. However, the product was successfully registered and soon after, an agreement for its distribution was made with a well-known UK company.

Before registration of products could begin however, the manufacturer, Remedica Ltd. had to be inspected and approved by the MCA. This was carried out in 1992 and Remedica Ltd became the first (and only) company based in the Republic of Cyprus (ever) to be approved by the MCA.

This boosted Remedica's prestige even further and opened the door to additional markets which previously had been inaccessible, as by then

Remedica had been approved and was exporting to two EU countries (the other being Germany). This was a prerequisite before a pharmaceutical company could be accepted as a supplier to many other non EU countries.

To the present time, Remedica (UK) Ltd remains the licence holder for the Remedica Group in the UK and more registrations are on the way.



# Remedica people



In this issue we would like to introduce the Head of the Production Development section of Remedica's Research and Development Department, Dr Antje Nordmann.

After studying Pharmacy at the historic University of Marburg in Germany, she worked for one year as a general practice pharmacist followed by a year in the Production Support Department of Ciba-Geigy, Switzerland. During this time she decided that she would like to follow a career in the pharmaceutical industry. She therefore did a Ph.D. in Chemistry in collaboration with Ciba-Geigy UK at the University of London.

During a period of post-doctoral work in the Department of Pharmacy, King's College London, she was offered a post at Remedica to work full-time on the development of new products. Dr Nordmann moved to Cyprus as Remedica's first overseas scientist; many have followed since.

In her 12 year career at Remedica, the R&D Production Development Section has grown in size and has equipment that is dedicated to the development of new products, the continuous improvement of existing products, and process validation. A highlight in her career was the success of Aremed®- (Anastrozole for the treatment of breast cancer) which was fully developed in-house under her supervision.

To keep the department up to date with current technology and EU and international requirements, Dr Nordmann has attended a variety of conferences and seminars on manufacturing process technology, Good Development Practice, ICH guidelines, bioavailability studies and other topics.

## Greek words in common use-An English speech in Greek

Below we publish the famous speech given by Xenophon Zolotas\*, to the World Bank on October 2, 1959 which is remarkable not only in that it is written with Greek words (underlined) but also that it bears a relevance to today's economic downturn just as it did more than 50 years ago.

Kyrie,

It is Zeus' anathema on our epoch and the heresy of our economic method and policies that we should agonise the Skylia of nomismatic plethora and the Charybdis of economic anaemia.

It is not my idiosyncrasy to be ironic or sarcastic but my diagnosis would be that politicians are rather cryptoplethorists. Although they emphatically stigmatise nomismatic plethora, they energise it through their tactics and practices. Our policies should be based more on economic and less on political criteria. Our gnomon has to be a metron between economic, strategic and philanthropic scopes.

In an epoch characterised by monopolies, oligopolies, monopolistic antagonism and polymorphous inelasticities, our policies have to be more orthological, but this should not be metamorphosed into plethorophobia, which is endemic among academic economists. Nomismatic symmetry should not antagonise economic acme. A greater harmonisation between the practices of the economic and nomismatic archons is basic.

Parallel to this we have to synchronise and harmonise more and more our economic and nomismatic policies panethnically. These scopes are more practicable now, when the prognostics of the political end economic barometer are halcyonic.

The history of our didimus organisation on this sphere has been didactic

and their gnostic practices will always be a tonic to the polyonymous and idiomorphous ethnal economies. The genesis of the programmed organisation will dynamise these policies.

Therefore, I sympathise, although not without criticism with one or two themes with the apostles and the hierarchy of our organs in their zeal to program orthodox economic and nomismatic policies.

I apologise for having tyranised you with my Hellenic phraseology. In my epilogue I emphasise my eulogy to the philoxenous autochthons of this cosmopolitan metropolis

and my encomium to you Kyrie, the stenographers.

\* Xenophon Zolotas (26 March 1904 – 10 June 2004) an eminent Greek economist, who served as governor of the Bank of Greece in 1944–1945, 1955–1967 (when he resigned in protest at the regime), and 1974–1981 and as interim non-party Prime Minister of Greece Nov 1989 – Apr 90.



# Products-RAMIPRIL

Remedica has recently launched Ramipril tablets, the active ingredient of which belongs to the group of angiotensin-converting enzyme inhibitors (ACEIs). It is safe and highly effective in reducing blood pressure alone or in combination with other antihypertensive drugs.

In addition to its antihypertensive effect, Ramipril is the only ACE inhibitor proven to reduce significantly the risk of myocardial infarction, stroke, cardiovascular death or the need for revascularisation procedures in patients of 55 years or older who have one or more of the following cardiovascular risk factors: diabetes mellitus, hypertension, hypercholesterolemia, smoking, coronary artery disease, previous myocardial infarction or stroke or peripheral vascular disease.<sup>1</sup>

For diabetic patients, complementary to its antihypertensive effect, Ramipril treatment offers a vasculoprotective and renoprotective effect. Ramipril also seems to be the first drug known to prevent the onset of diabetes.<sup>2</sup>

Therefore, in addition to dietary and lifestyle modifications, Ramipril should be an integral part of secondary prevention therapy in patients at increased risk for the development of cardiovascular events.



## References:

1. Yusuf S et al, N Engl J Med. 2000 Jan 20;342(3):145-53
2. Sleight P. et al, J Renin Angiotensin Aldosterone Syst. 2000 Mar;1(1):18-20

## Health matters-High blood pressure (HBP) or hypertension

High blood pressure (HBP) or hypertension means high pressure (tension) in the arteries. Blood pressure between 120/80 and 139/89 is referred to as "pre-hypertension", and a blood pressure of 140/90 or above is considered high. The top number, the systolic blood pressure, corresponds to the pressure in the arteries as the heart contracts and pumps blood into the arteries. The bottom number, the diastolic pressure, represents the pressure in the arteries as the heart relaxes after the contraction.

Any elevation of either the systolic and/or diastolic blood pressure increases the risk of developing heart (cardiac) disease, kidney (renal) disease, hardening of the arteries (atherosclerosis or arteriosclerosis), eye damage and stroke (brain damage). These complications of hypertension are often referred to as end-organ damage because failure of these organs is the end result of chronic (long duration) high blood pressure. For that reason, the diagnosis of high blood pressure is important so that efforts can be made to return it to normal and thereby prevent complications.

The American Heart Association has estimated that high blood pressure affects approximately one in three adults in the United States - 73 million people.

Blood pressure can be affected by several factors, so it is important to standardise the environment when blood pressure is measured. For at least one hour before blood pressure is taken the patient should avoid eating, strenuous exercise (which can lower blood pressure), smoking and ingestion of caffeine.

Two forms of high blood pressure have been described: essential (or primary) hypertension and secondary hypertension. Essential hypertension is by far the most common condition and accounts for 95% of sufferers. High salt intake, obesity, lack of regular exercise, excessive alcohol or coffee intake, and smoking may all adversely affect the outcome for the health of an individual with hypertension.

In secondary hypertension, which accounts for 5% of hypertensives, the high blood pressure is secondary to (caused by) a specific abnormality in one of the organs or systems of the body.

Uncomplicated high blood pressure usually occurs without any symptoms (silently) and so it has often been referred to as "the silent killer" because the disease can progress to the point where any one or more of the various potentially fatal complications such as a heart attack or stroke can occur.

Heightened public awareness and screening of the population are necessary to detect hypertension sufficiently early for treatment to be commenced before critical organs are damaged.

Lifestyle adjustments in such areas as diet and exercise and compliance with medication regimes are important factors which can affect the outcome for patients presenting with hypertension.

Several classes of anti-hypertensive medications are available, including ACE inhibitors, beta-blockers, diuretics, calcium channel blockers, alpha-blockers and peripheral vasodilators.

The goal of therapy of hypertension is to bring the blood pressure down to 140/85 in the general population and to even lower levels in diabetics, people of African origin, and people with certain chronic kidney diseases.

Remedica produces many medicines that are essential for the treatment of hypertension: Ramipril, Epsitron® (Captopril), Korandil® (Enalapril Maleate), Atodel® (Prazosin), Indapamide, Amiloride & Hydrochlorothiazide, Hydralazine, Velorin® (Atenolol), Cardoxone® (Metoprolol), Emforal® (Propranolol), Amlorine® (Amlodipine), Denazox® (Diltiazem), Nifelat® (Nifedipine), Verapamil, Acetazolamide, Alverix® (Amiloride), Bumetanide, Salurex® (Frusemide), Hydrochlorothiazide, Spirolon® (Spironolactone).





# Corporate Social Responsibility

## Remedica cares

### 1) Sponsorship of the Cyprus Multiple Sclerosis Association (photo 1,4)

As part of Remedica's Corporate Social Responsibility and to mark the 50<sup>th</sup> anniversary of the Group, it was decided to sponsor the Cyprus Multiple Sclerosis Association. As well as organising a variety of fund-raising activities on behalf of the Association (see separate articles in this section), the Group has enabled the Association to engage with the public to promote their cause through an awareness campaign, advertising, contacts and various functions. Remedica does not produce any medication for MS (Multiple Sclerosis) so the gesture is entirely philanthropic.

To initiate these events, Remedica, in cooperation with the Cyprus Multiple Sclerosis Association, co-organised a press conference held on World Multiple Sclerosis Day, attended by the First Lady Mrs. E. Christofia, the Minister of Labour Mrs. S. Charalambous, the Deputy Head of the Health Committee of the Cyprus Parliament Mrs. S. Kyriakidou, a representative of the Minister of Health, and, of course, the President and Board Members of the Cyprus Multiple Sclerosis Association as well as members of the press and the public. This year's theme is Employment and the issue of discrimination faced by many MS sufferers was addressed and also considerable attention was drawn to the law prohibiting this (and other kinds of) discrimination as well as to incentives available to employers to hire people with mobility problems.



### 2) Multiple Sclerosis Public Awareness Campaign (photo 3)

Remedica has managed to encourage a culture of volunteerism and social contribution in its employees, some of whom voluntarily manned the various kiosks that have been placed in key areas in Nicosia and Limassol to gather financial aid for the Cyprus Multiple Sclerosis Association. The Cyprus public responded in a very responsible and positive manner which ensured that it achieved all its financial and other goals.



### 3) Fund-raising tea party at the Presidential Palace (photo 2,5,6,7,9,10,11)

In cooperation with the Cyprus Multiple Sclerosis Association, Remedica organised a fund raising tea party in the gardens of the Presidential Palace under the auspices of the First Lady, with all the proceeds going towards the Association's cause. The tea party was a great success and the number of people attending from all over the island far exceeded expectations. In her speech, the President of the Cyprus Multiple Sclerosis Association thanked Remedica for its contribution as the sponsor of the Multiple Sclerosis Awareness week and called for more support for the Association and its members. She went on to remind everyone that life is a gift and of the special importance for MS sufferers to maintain a positive attitude in the face of the many difficulties with which they have to cope.



#### 4) Remedica signs the Climate Change Charter (photo 8)

On the 17 March, Remedica signed the Climate Change Charter in the presence of the President of the Republic of Cyprus, who presented Remedica's Managing Director, Mr. Emiliios Savvides, with an honorary certificate giving out the message that it is possible for Cyprus businesses to achieve their strategic goals whilst also caring for the environment. This has the added advantage that society will think more positively about socially responsible corporations and reward them with increased sales via preference over others.

This corporate social responsibility initiative is the first of a series of challenges that aim to develop, announce and embed the belief that corporate social responsibility has a competitive advantage as well as contributing to viable growth in response to the present economic, social and environmental challenges and contains the following 5 elements:

- Climate Change Charter
- Chrysofylli Oak (a non-profit organisation to promote "Corporate Environmental Responsibility")
- Industrial ecology
- Toolbox for the promotion of socially responsible investments
- Promotion of corporate social responsibility through the mass media



#### 5) Remedica's participation in various radio and TV shows under the theme Multiple Sclerosis Awareness Week

Between 25<sup>th</sup> and 29<sup>th</sup> May, which was officially designated as Multiple Sclerosis Awareness Week, Remedica took part in various radio and TV shows to help raise public awareness about this insidious illness that attacks the nervous system and leads progressively to paralysis. From market research carried out on behalf of Remedica, it emerged that people feel that more should be done to identify the cause and ranked it as a top priority. They also acknowledged that there are serious misconceptions and prejudices concerning Multiple Sclerosis. In these shows, Remedica's representative was accompanied by a neurologist from the Association, who explained the medical background of the condition.



#### 6) Art Exhibition (photo 12)

Remedica sponsored an exhibition of paintings by a former employee Skevi Socratous. This was Skevi's first exhibition and it gave her the chance to show her talent in the field of realism through a variety of topics such as village life, still life etc. Remedica supports such cultural events as it considers them the cornerstone of civilisation. The turnout was good and all the paintings were sold. We wish her every success in the future.







# Environmentally-friendly tips: Home Recycling

Recycling plays a vital role in the struggle to control environmental issues due to the fact that it can be used as a means of reducing the consumption of materials and energy as well as the minimisation of waste. Thus, the selection of the method of recycling can be done so that citizens become involved in tackling environmental issues as well as bringing them to the attention of the international community.

It should be noted that Remedica has many years of experience in recycling practices since it has been using proper methods for paper, material, waste and water recycling for several decades. Furthermore we conceive the promotion of the following simple home recycling practices as an integral part of our corporate social responsibility in order to educate the international civil society in ways of tackling environmental issues.

**1) Place used glass in recycling bins.** According to the European Environment Agency every kilogram of glass recycled prevents the emission of 300 g of CO<sub>2</sub>.

**2) Take used aluminium cans to the nearest appropriate recycling bins.** The recycling of each can saves 90% of the energy required to produce a new one. This equates to a saving of 9 kg of CO<sub>2</sub> emissions per kilogram of aluminium.

**3) Recycle paper.** The presence of paper in landfill sites not only contaminates the land but due to its decomposition products, it is responsible for the emission of 900 g of CO<sub>2</sub> for every kilogram of paper. Government data suggest that for every ton of recycled paper, 17 trees are spared from logging.

**4) Take unwanted plastic materials to the recycling bins.** Every kilogram of plastic that is recycled saves 1.5 kg of CO<sub>2</sub> emissions.

**5) Recycle your fruit and vegetable residues.** Thanks to composting techniques you can turn fruit, vegetable, egg shells, coffee, tea and tree, shrub and grass cuttings into natural fertiliser of excellent quality. All that is required is that the given organic waste is placed in a suitable composting container or bin and left to nature to turn the waste into fertiliser over a time period of 4-8 months. However, it has to be born in mind that the container has to be kept lid uppermost, in a shady position with its base in contact with soil.

**6) Collect old batteries and take them to designated battery recycling containers.** The recycling of batteries saves a considerable amount of energy and soil pollution with toxic materials is avoided.

**7) Recycle household waste water.** If there is no waste water treatment plan for your community, then apply pressure on the local authorities and press them to construct one. In this way the water which is used in

the household could be treated and cleaned and then reused.

**8) Donate old clothes to charity organisations.** If you dispose of them as rubbish they will contribute to contamination of landfill sites: it is much more sensible to donate them to the less fortunate.

**9) Recycle your old car.** If you are considering replacing your old vehicle with a new one, do it in an environmentally friendly way. Give your old car to a vehicle recycling plant and take advantage of any government subsidy, if one is available in your country. In this way the parts of your old car can be turned into raw materials for new machinery.

**10) Give your unwanted electric devices to approved collection and recycling systems.** In this way the consumption of raw materials and contamination of the soil will be reduced.



# Remedica News

## 1) 50 years Remedica (press conference) (photo 3)

50 years ago, from humble beginnings and during difficult times, T. Ch. Pattichis (Manufacturing Chemists) started as a manufacturer of carbon dioxide. Armed with proper management and pioneering vision, the organisation passed through several phases eventually becoming a leading generic pharmaceutical manufacturer with a presence in over 100 countries. 2010 therefore marks an important milestone and the company's history was recently presented in a press conference where it was announced that a series of events are planned in order to celebrate this anniversary. These include:

- Sponsorship of the Cyprus Multiple Sclerosis Association (see separate article in the CSR section)
- Participation in the Cyprus State Fair (see separate article below)
- Fund-raising tea party at the Presidential Palace co-organised with the Cyprus Multiple Sclerosis Association (see separate article in the CSR section)
- Participation in various TV shows under the theme Multiple Sclerosis Awareness Week (see separate article in the CSR section)
- Agala dinner
- A commemorative book and coin

## 2) Remedica in the Cyprus State Fair (photo 1,2)

To mark its 50<sup>th</sup> anniversary and to raise awareness both for itself as well as for the Cyprus Multiple Sclerosis Association, Remedica participated in the Cyprus State Fair with its own booth. Visitors were able to learn about the 5 decades of the Group's history and see how it started, what challenges it faced along the way and what critical decisions it had to take to be where is today. They also had the chance to make contributions to the Cyprus Multiple Sclerosis Association by buying raffle tickets or tickets to the fund-raising tea party co-organised with Remedica. They were also given Remedica commemorative gifts.



## 3) Remedica's Japanese garden (photo 4,5)

Part of the top floor of Remedica's office building is now occupied by a Japanese garden complete with bonsai trees, a fountain and various other features. In the interest of the environment, and particularly having in mind the water shortage faced in Cyprus, artificial grass was chosen that needs no water and, in addition, the small fountain uses recycled water before sending it on to be used again in the toilets. The small number of trees is watered with recycled water pumped on at night using a drip system controlled by a timer; thus the whole system is designed to minimise evaporation. The garden creates a pleasant surprise for visitors as they exit from the lift and also serves as a place to have a relaxing break from discussions.



4) Within the context of social events to promote education, Remedica welcomed students from the American Academy in Limassol and from the Medical Representative course of KES College. (photo 6,7)

## 5) Business magazine article

Remedica was recently featured in the leading business magazine of Cyprus as one of the largest employers in the island and as an important contributor to the local economy. The article emphasised problem areas of the economy such as unemployment which is one of the major problems faced by many economies around the world including Cyprus, where it is more pronounced amongst the young (up to 25 years of age). In contrast to many other companies, Remedica stated that it will continue its investment in human resources by the hiring of new staff this year as well as encouraging their further development and training.



## 6) The Limassol branch of the Junior Chamber International (JCI) together with Remedica join forces to aid Haiti (photo 8)

The Limassol branch of the Junior Chamber International together with Remedica organised a fund-raising event at a local night club. The event was also attended by a well known DJ from Greece, who kept the party mood going until the early hours of the morning. All net proceeds were sent to the financial aid of Haiti via the world campaign of the JCI "Operation AID Recovery for Haiti".





# Famagusta (Ammochostos), the Enslaved Queen

**Famagusta, situated in the Eastern part of Cyprus, is an enslaved ghost-town under the occupation of Turkish military forces.**

## The city with a glorious past

The city's history goes back many thousands of years. At the beginning of the 16<sup>th</sup> century BC Engomi was set up as a hub servicing the needs of the nearby harbour that exported copper. A small town was established with a copper processing works, whose fame and life is revealed not only by archaeological findings but also from historical sources. Engomi gradually reduced in size and eventually became deserted at the end of the 12<sup>th</sup> century BC.

After the Trojan War, Salamina, the most important and famous ancient city in Cyprus, was built not far from the site of Engomi by Tefkros, son of Telamonas and brother of Aias (Ajax) from the Greek island of Salamina.

The city of Famagusta was first built during the 3<sup>rd</sup> century BC by the Ptolemaists and was named Arsinoi, in honour of Queen Arsinoi, a famous Greek queen of Egypt during the Hellenistic era. The city has been known by its present – day name, which literally means buried in the sand, since the 4<sup>th</sup> century AD. Not surprisingly, Famagusta became a world famous tourist resort between 1960 and 1974, due to its glorious sandy beaches.

Known as Famagusta, it experienced huge growth and unprecedented affluence during the Frankish era and especially during the 13<sup>th</sup> and 14<sup>th</sup> centuries. Surrounded by strong walls, it was the most important port in the Eastern Mediterranean and one of the richest cities. Communities of foreign merchants from Venice, Genoa, Naples, Catalonia, Marseilles, Syria and elsewhere inhabited the city which had developed into a particularly important stopover for East – West traders. The many and varied commercial activities resulted in riches flooding into the city. Stunning palaces and other buildings decorated the city; most important among the survivors is the gothic cathedral of St. Nicholas. In this temple, the Frankish Kings of Cyprus were also crowned as Kings of Jerusalem.

Famagusta was taken over by the Genoans in 1373 and held by them for almost a century. After its occupation by the Venetians in 1489, the town was fortified and turned into a command centre and general army headquarters for the Eastern Mediterranean. Popular folklore places the development and final act of Shakespeare's "Othello" in the city's famous tower. Othello, the hero of this tragedy, is considered to be based on Christopher Moor, a Venetian Officer who served as Governor of Famagusta and Cyprus from 1505 to 1507.

## Destruction during the first Turkish occupation

The Famagustans resisted showing unprecedented heroism during the invasion by the Turkish Ottomans, who occupied Cyprus in 1570 and withstood a fierce siege that lasted eleven months until August 1571. Despite the ferocity of the Turkish attacks, the city fended them all off. It is recorded that the Turks counted 80,000 dead at the city's walls. However, when the city's defenders, dying of hunger, had exhausted their ammunition and had to resort to fighting with rocks and wood, the city was forced to capitulate and sign a treaty. It was thus taken over by the Turks, not by attack but rather by accord which the Turks did not keep and slaughtered all the city's inhabitants and defenders and then totally looted the city. During the Turkish occupation, Famagusta, like the rest of Cyprus fell into a state of decline.

The city began to redevelop after the British took over Cyprus in 1878. Among other things, the British improved and extended the port and connected it by rail to the capital, Nicosia, whilst the Cyprus Government Railway had its central offices in Famagusta.

## Major developments since Independence in 1960

Famagusta in particular experienced growth after Cyprus was declared an independent

state, with the city becoming a large commercial centre and also famous as an exquisite tourist resort. Among the many orange gardens that surrounded the city and next to its wonderful sandy beach, modern hotels were built and Famagusta had an intensely cosmopolitan look. Its port was the largest and most important on the Island until 1974.

## The wretched summer of 1974

Famagusta's development was abruptly and violently ended by the Turkish invasion and occupation of Cyprus in August 1974. Since then and even to the present day, the old city (within the walls) is inhabited not only by Turkish Cypriots but also by illegal immigrants transported from Turkey. The areas outside the city walls remain uninhabited and deserted, creating a big and beautiful ghost town.

## The people of Famagusta today

The people of Famagusta have managed to maintain some independence in these 35 years despite living as refugees in their own country. The city's organisations, societies, the Greek Girls Lyceum, Anorthosis Football Club and other charity, cultural, athletic and social bodies continue to remain active despite being refugees carrying with them the will and resolve of all the people of Famagusta to progress and prosper but also with a strong desire to regain possession of their city.

Their commercial drive has led them to rebuild their businesses in Limassol and other parts of Cyprus, many of which have left their mark on the Island's economic development. The people of Famagusta are identified with resolution and progress. They dare to be pioneers in their acts and leave their mark dynamically on Cypriot society.

