Newsletter 11

Contents

Welcome note.
Remedica worldwide.
Remedica people.
The ABC of Pharmacy.
Our Products.
Health matters.
Remedica news.
Feature Article.
Eco-friendly tips.
Corporate Social Responsibility.
A glimpse of Cyprus.

Welcome note

Dear readers

Welcome to the 11th edition of our Newsletter where we introduce our associates in Ethiopia, present the Manager of our IT department and our newly-developed product for breast cancer *Exedral*. In a feature article we compare original products against generics and introduce a new section on the *ABC of Pharmacy* in which we will explain the meaning of some common pharmaceutical terms. Other regular sections include environmental issues, Corporate Social Responsibility and Remedica News. Finally, we take a glimpse at the village of Zygi.

Season's Greetings to you all and a Happy and Healthy 2011.

Charalambos Pattihis,
Group Managing Director

Remedica worldwide

Grace Trading Plc, Ethiopia

Ethiopia (formerly Abyssinia) with a population of 80 million people lies at the horn of Africa. It borders Eritrea to the North, Djibouti to the north-East, Somalia to the East, Kenya to the South and Sudan to the West.
Despite remaining one of the poorest nations in Africa, it has made considerable economic progress though financial and other policies to raise foreign investment. Its main exports are coffee (accounting for 55% of total exports), leather goods and gold, whilst the biggest imports are pharmaceuticals, food products and oil derivatives.

Remedica has been supplying pharmaceutical for many years both in public and private market in Ethiopia. Remedica is represented locally by Grace Trading Plc. which was founded twenty years ago by its Ethiopian General Manager Mr. Sisaye Cheru, whose very wide and valuable experience in management and administration has contributed greatly towards making this company what it is today. Grace Trading Plc. is one of the top trading companies in Ethiopia and the main reason of its success is that it represents only Remedica, which has a wide range of products. Grace has 32 efficient and courteous employees that care about the company. Thus Grace was able to create an excellent image of Remedica and its products to health professionals and end-users alike. Grace and its staff are very proud to be part of the Remedica Family and to participate in its mission for a healthier world. The competition is doing their best but the fact is that an ever-increasing number of patients are using its products. Grace has a simple but efficient and non bureaucratic structure that enables it to act quickly and decisively. It also believes that despite the presence of less expensive products from third countries, Remedica's products constitute the best solution for society since they meet the criteria of quality, safety and efficacy and are also affordable. ■

Remedica people

In this edition we wish to introduce our Information Technology Manager, Mr. Robert Beeks.

After completing his studies in computer engineering at Clemson University in the USA he moved to Cyprus with his family in 1989.

He worked for several years as a commissioning and testing engineer in the power industry and began his career at Remedica in 2000. Initially hired as a calibration engineer he soon took on the responsibility for the development of Remedica's computerised systems and is today responsible for the network infrastructure, maintaining all critical systems to a validated state, and the management and flow of information in the company.

He is a member of Remedica's Strategic Team, where his experience and knowledge of the company's flow of information enable him to contribute to the further growth and expansion of the company.

Over the years he has attended many seminars in Cyprus and abroad in relation to computer validation, management of information systems, software applications, and other relevant topics.

He is married with four children. ■

The ABC of Pharmacy

In this series of articles we will be presenting pharmaceutical terms with an explanation of their meaning as well as the origin of the word. We begin with the word *pharmacy* itself, derived from the Greek *φάρμακον* 'pharmakon' meaning drug or even poison (and some countries called their pharmaceutical legislation "The Poison Law") which can have the following two meanings:

1) The art, practice, or profession of preparing, preserving, compounding, and dispensing medical drugs. It is the health profession that links the health sciences with the chemical sciences, and it is charged with ensuring the safe and effective use of medication.

2) A place where medicines are compounded or dispensed[1] i.e. a drugstore or *apothecary* (derived from the Greek for *store or warehouse* "Αποθήκη").

Today the scope of pharmacy practice still includes the traditional skills such as compounding and dispensing but has been extended to include the provision of advice and counselling to patients about the safe and effective use of medicines.

Pharmacy, in the guise of the pharmaceutical industry, also embraces the design, discovery, testing, formulation, manufacture and registration of a medicinal product. The early pharmacists (also known as chemists and druggists) collected drugs from natural sources such as plants and made extracts which contained the active ingredients in a form suitable for dispensing.

The green Greek Cross used in Spain, Argentina, France, Poland, the United Kingdom and other countries.

Recipe symbol.

This explains the inclusion of other disciplines in the study of pharmacy such as pharmacognosy (the study of drugs of plant and animal origin), pharmacology (the science of drug action), pharmaceutics (the art of preparing medicines) and pharmacokinetics (the study of the way that the body deals with drugs).

The majority of modern medicines contain active ingredients which are pure organic chemicals such as paracetamol and aspirin.

Pharmacists, therefore, are the experts on drug therapy and are the primary health professionals who optimise medication use to provide patients with positive health outcomes. ■

Our Products-Exedral

Remedica Ltd has recently developed the product Exedral the active ingredient of which, exemestane, belongs to a group of medicines known as aromatase inhibitors.

Exemestane is an irreversible, steroidal aromatase inhibitor, structurally related to the natural substrate androstenedione and is a type of hormonal therapy used in the treatment of breast cancer.

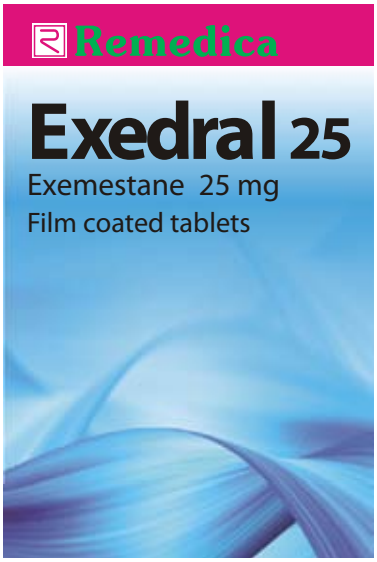
Exedral is indicated for:

- The adjuvant treatment of postmenopausal women with oestrogen receptor positive invasive early breast cancer, following 2-3 years of initial adjuvant tamoxifen therapy.
- For the treatment of advanced breast cancer in women with natural or induced postmenopausal status whose disease has progressed following anti-oestrogen therapy. Efficacy has not been demonstrated in patients with oestrogen receptor negative status.

Many types of breast cancer rely on the hormone oestrogen to grow. These cancers are known as hormone-sensitive breast cancers. In women who have had their menopause the main source of oestrogen is through the conversion of adrogens (sex hormones produced by the adrenal glands) into oestrogens. This is carried out by the enzyme aromatase. The conversion process is known as aromatisation, and occurs mainly in the fatty tissues of the body. Exedral (exemestane) blocks the process of aromatisation, and this reduces the amount of oestrogen in the body. As less oestrogen reaches the cancer cells they grow more slowly or stop growing altogether.

Exemestane is well absorbed and a 25 mg tablet is administered once daily. Recent clinical studies have shown that exemestane has superior efficacy and is associated with a lower incidence of side effects compared with tamoxifen making exemestane a first-choice endocrine drug for postmenopausal breast cancer patients.

Exedral is available as 25 mg tablets. ■



Literature:

- Brueggemeier RW, Hackett JC and Diaz-Cruz ES. Aromatase inhibitors in the treatment of breast cancer. Endocr Rev. 2005; 26: 331-345.
- Barnadas A, Gil M, González S, Tusquets I, Muñoz M, Arcusa A, Prieto L, Margelí-Vila M and Moreno A. Exemestane as primary treatment of oestrogen receptor-positive breast cancer in postmenopausal women: a phase II trial. Br J Cancer. 2009; 100: 442-449.

Health matters-

counterfeit medicines - a serious danger to public health

One of the reasons why medicinal products command what some consider to be high prices is the statutory requirements that have to be complied with before a marketing authorisation is granted and the monitoring and inspection which is required to be continually enforced from the start of manufacture to the administration to the patient. This whole process has become known as the supply chain. Because of the opportunity for the suppliers of unlicensed products to make considerable profits by introducing such products into the supply chain then the production of counterfeit medicines can be a lucrative business.

These unlicensed medicines are frequently unsafe, inefficient or of poor quality as they may not include the stated amount of, or indeed any of the active ingredient or are not manufactured in licensed premises. Examples of these products have in the past been what are commonly referred to as 'lifestyle' drugs and as such did not represent a serious threat to human health. However, there is now strong evidence that these unlicensed drugs that are available have been extended to include innovative or life-saving medicines and that these are now being infiltrated into the legal supply chain.

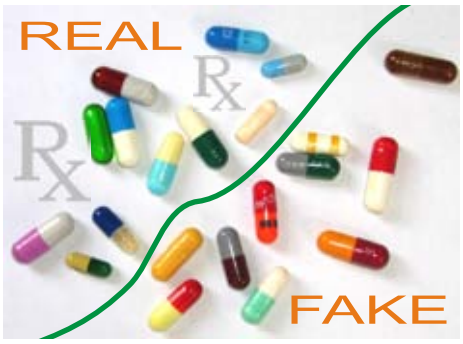
Counterfeit medicines form part of the broader phenomenon of substandard pharmaceuticals which do not satisfy the established standards of quality, safety and efficacy. They are usually fraudulently and deliberately mislabelled in terms of their source or identity and purport to be both branded and generic products either of which may contain no active ingredient. The WHO has a specific interest in identifying and eliminating counterfeit medicines and a definition of which is provided in their fact sheet.

Counterfeit lifestyle medicines have been introduced into wealthy countries and include such agents as steroids, hormones and antihistamines. In developing countries the diseases targeted are malaria, tuberculosis and HIV/AIDS. The range of products being promoted is constantly expanding and now includes anti-cancer and antiviral agents. The callous attitude of the counterfeiters has even led to the offer of vaccines for immunisation against the swine flu virus, A/H1N: these products often contain no active substance so their potential to produce harm is immeasurable.

One of the most influential conduits for the sale and supply of counterfeit medicines is the internet. The magnitude of the problem cannot be accurately determined but the figures that are available suggest that the increase could be exponential. At the end of 2007, WHO estimated that between 10 and 30% of medicines used in numerous developing countries (Africa, Latin America and parts of Asia) were counterfeit. At the same time only about 1% of the market value of medicines was counterfeit in countries where effectively regulatory bodies were in place. Between 2005 and 2006 the increase in counterfeit medicines seized by customs officials at European borders had increased by 380%. More than 50% of medicines purchased through internet websites that conceal their address are counterfeited.

On 19th November 2009 the UK MHRA made a press release reporting that the efforts of 24 countries had been coordinated by INTERPOL and WHO in the launching of Operation Pangea II. The global operation concentrated on three pivotal components of an illegal website-the Internet Service Provider, payment systems and

the delivery service. More than 16,000 packages were inspected, 167,000 counterfeit dosage units were seized and during the exercise 750 websites were found to be offering controlled or prescription only drugs. In the UK, premises in eight towns and cities were raided, three arrests were made, six websites were closed down and illicit medicines with a value of £300,000 were confiscated. The counterfeit medicines offered for sale were claimed to treat hair loss, erectile dysfunction, weight loss, pain and asthma or to be contraceptives. The products were being supplied without prescription and stored inappropriately by unqualified personnel. The main problem is that the websites often look official and in an attempt to prevent this misconception the Royal Pharmaceutical Society of Great Britain has introduced an internet pharmacy logo. The Head of Enforcement at the MHRA stated that *"people dealing in these types of businesses are criminals, often at the higher end of the pay scale. They substantially benefit financially from this unlawful trade"*.



There is also a financial penalty for companies and patients who use properly licensed products and follow the laws of the country in which they reside. In order to ensure that a product is genuine and has been delivered by an approved supply chain, then there will have to be increased inspection and licensing of all parts of the chain, the costs of which will have to be borne by the patient. When it is remembered that deaths have resulted frorm the use of counterfeit products then the extra cost may seem trivial to inhabitants of the wealthier countries. However patients residing in poorer countries may not be able to avail themselves of the genuine products which might represent a luxury when it is considered as a fraction of their total income.

In March 2009 the Dutch customs authorities detained several batches of generic drugs which were in transit through the Netherlands from India to Nigeria. The reason for the action taken was that it had been claimed that the product infringed the patent of the inventor. This has given rise to a debate between the European Union whose legislation to prevent the supply of counterfeit medicines conflicts with the World Trade Organisation rules providing for the free transit of goods and which it is claimed may impede developing countries' access to essential medicines. Of course it could also speed up their exposure to counterfeit products although this is quite obviously not of course the intention of the legislation.

It is now 10 years since internet sites began offering medicines for sale: the first product was Viagra but since that time the range of products has diversified. Seizures of illegal products had risen by 24% by 2007 involving 403 different products in 99 countries. The value of these products is estimated to have been $3 billion. The proliferation of the internet will undoubtedly be accompanied by a concomitant increase in the availability of counterfeit products. In a future article of our Newsletter the steps being taken by manufacturers, regulators and law enforcement agencies to combat this phenomenon will be described. ■

Remedica News

1) Remedica's Human Resource Manager, Mr. Martinos Demosthenous was nominated as member of the Limassol-Paphos Committee of the Cyprus Human Resource Management Association (CyHRMA). (photo 1)
The aim of the committee is the development of the HR sector in Limassol-Paphos districts by organising lectures, educational seminars and social events so as to attract more members.
The Cyprus Human Resource Management Association has a mission *"To actively serve and successfully represent the professional interests and needs of its members by promoting:*
- the strategic role of Human Resource Management as an essential business and social partner
- Human Resource Management best practice
- continuous Learning and Development
- collaboration, scientific research and networking"

2) At the Annual General Meeting of the Junior Chamber International Lemesos (JCI), held on September 15th, Remedica's Marketing Manager, Mr. Andreas Hadjipanayis was elected President. (photo 2)
JCI is a global organisation of young leaders and business people with 200,000 active members in over 100 countries and with millions of alumni. Its mission is to contribute to the development of the world community via local organisations offering young people the possibility to develop leadership qualities, social responsibility, entrepreneurship and camaraderie that are necessary for the creation of positive change and sustainable development.

3) Conferences. (photo 3)
Participation in conferences is a fundamental part of Remedica with regards to the briefing of professionals on health issues and on newly-launched pharmaceutical products. It helps familiarise them with products and also reinforces Remedica's presence in the health sector. In this context, Remedica's Cyprus Sales Team took part in the following conferences: an International Psychiatry Conference entitled (From Adolescence to Adulthood Normality and Psychopathology), the 2nd Cyprus-Greece Conference on Developments in Dermatology-Venereal Disease, the 10th Greece-Cyprus Conference on Surgery, the Gynaecological and Obstetrics Conference of Cyprus, the Annual Paediatric Conference and the Aesthetic Dentistry Day.

4) Remedica's football team reaches the final in a charity tournament. (photo 4)
Congratulations are in order for Remedica's football team that reached the finals and were runners up amongst 18 teams in a charity football competition. All net proceeds were given to The Cyprus Antileukemia Society "ZOE" and the charity event "Day for Loving Kids." Remedica's employees take part in many charity and non-charity football events and competitions thus promoting volunteerism and a healthy lifestyle through exercise. ■


1


2


3


4

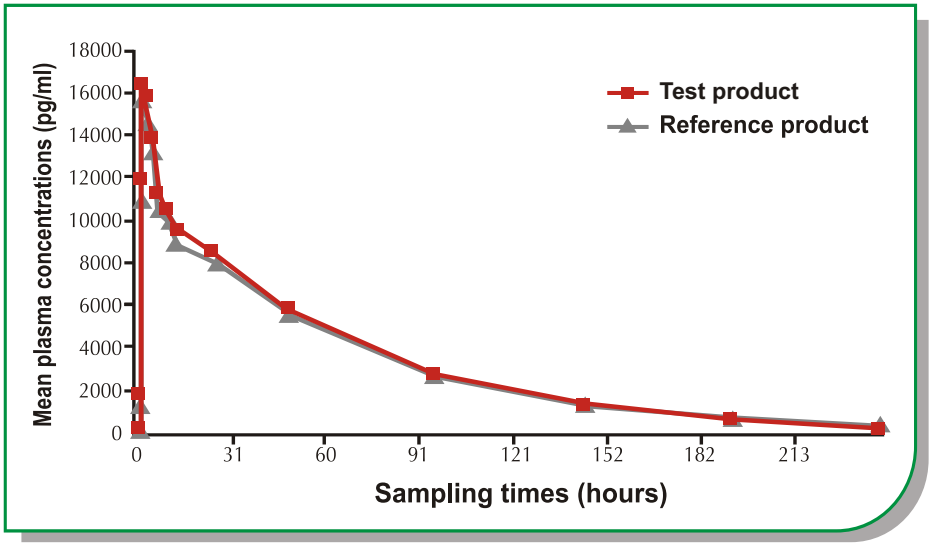
Feature Article:

Generics Vs Originals,

by Dr Christos Hadjimichael, Head of Pharmacy Technicians Course, KES COLLEGE

Edited by C. Marriott, Professor Emeritus, Kings College London

When a pharmaceutical company discovers a new molecule with pharmacological activity then it will patent it and develop a new dosage form which once it has gained a marketing authorization will be sold as a medicine. This medicine becomes the originator product or brand leader and other manufacturers are prevented from marketing a copy for 20 years from the date of filing of the patent. Obviously, the exclusivity period from the date when the product is marketed will be less than 20 years.



The total cost of the research and development of a new (originator) pharmaceutical product ranges from 150 to at least 800 million US dollars. This amount includes the cost of the pre-clinical and clinical trials that are designed to establish the safety and therapeutic efficacy of the product. However, no matter how comprehensive these studiers are it will not be possible to identify all the side-effects of the new medicine prior to marketing. For this reason it is necessary for the pharmaceutical product to be monitored by regulatory authorities after its launch and this phase is known as post-marketing surveillance or pharmacovigilance. The administration of a medicine in large populations for an extended period may lead to the identification of rare or/and critical side effects, interactions and contra-indications which will enable the safety profile of the medicine to be confirmed. On rare occasions it may be decided that a medicine is not safe and it may be removed from the market.

A generic pharmaceutical product is one which is intended to be interchangeable with the originator or innovator pharmaceutical product. The two products must have the same qualitative and quantitative composition in terms of the active ingredients and must have the same pharmaceutical form. Furthermore, the generic product has to be demonstrated to be bioequivalent to the orignator and this is done by measuring the blood profile of both products in groups of normal volunteers. The parameters that will be compared include the peak blood concentration (C max), the time to reach it (T max) and the area under the blood concentration against time curve (AUC). If the values for these parameters are similar then the products are deemed to be essentially similar and can be interchanged when prescriptions for the active ingredient are being dispensed.

Bioavailability is defined as the rate and extent by which the active pharmaceutical ingredient is absorbed from a pharmaceutical dosage form (for example tablets, capsules or injections) and becomes available in the general circulation and is calculated from the AUC. For an intravenous (iv) injection the bioavailability is taken to be 100% whereas in other routes of administration this percentage will lower if the absorption is incomplete.

The therapeutic response will also be affected by the pharmacokinetic and pharmacodynamic properties of the active ingredient. These can be simply defined as the way in which the body handles the drug and the effects that the drug produces in the body respectively.

Generic pharmaceutical products must have the same pharmacological and therapeutic effects as their originators. If this is the case, how can the impression of some patients that the originator pharmaceutical product is better than the respective generic be explained? For the most part, most patients tend to have a positive response to their therapy which includes the pharmaceutical product and the attention of the medical staff. However, this

positive response sometimes may be not related to the medication per se but to the subjective's expectation of a therapeutic effect in that they believe that the treatment will change their condition and thus better. This is known as the placebo effect which is remarkable in that it can produce physiological and biochemical variations and clinically discernable effects, for example in the treatment of pain.

A placebo response is produced by a "medicine" which contains only a pharmacologically inert substance and should not induce a therapeutic response or medical improvement. Clinical trials (single blind, double blind or triple blind studies) control for the placebo effect by including in the study a group of subjects that receives a placebo treatment. The subjects in such trials (after having given relevant informed consent) do not know whether they have received the potentially active treatment or a placebo. In the double blinded trials the medical/paramedical staff also do not know which subjects are receiving the pharmacologically active or the placebo treatment. In the triple blinded trials, in addition to the above mentioned persons, the investigators (researchers, persons who analyse statistically the results of the trial) also do not know which participants were administered which preparation. On the other hand, an opposite effect has been described whereby the patient believing that they are receiving the active medication may report side effects which are imaginary. This phenomenon is called the nocebo effect. These side effects will be reported with either the active medicine or the placebo. Although other factors (e.g. change in the diet or other habits of the patient) cannot be ignored in relation to the nocebo effect, it is possible that the question of the previous paragraph can be answered on the basis of the placebo/nocebo effect. Moreover, the placebo/nocebo effect can provide an explanation for the varying responses of patients towards either the originator or generic pharmaceutical products.

The impact of the generics to the pharmacoeconomics of every country is significant. For example, in the European Union (EU), it appears that generics play a pivotal role in health economics. In 2006 the prescibing of generic pharmaceutical products in EU accounted for 50% of the total drug administered. Bearing in mind that the price of generics is typically 20% to 90% below that of originator pharmaceuticals, it is obvious that the use of generics permits countries to save money and at the same time to have access to new, more expensive pharmaceutical treatments. In addition, because of the ageing population in EU, it is estimated that by 2050 for each elderly person there will be only two citizens of working age instead of four, as now.

The pharmaceutical treatment provided and the subsequent cost effects play a vital role in the policy of social and health insurance systems. Promotion of generic pharmaceutical products is of central importance. The prescribing practice (many physicians in EU prescribe pharmaceutical products according to the name of the product approved for marketing authorisation) and the national policies affecting the registration and the price of the pharmaceutical products are directly implicated in the promotion and use of the generics. ■

Eco-friendly tips:

Recycling and recharging of household batteries

Despite the fact that batteries have eased our life and contributed to development, the uncontrolled dumping has caused and still causes environmental problems such as soil and groundwater pollution. This pollution is caused by the release of heavy metals and other dangerous substances contained in batteries. As a result heavy metals find their way in the ground and, eventually, through the pores of the soil they reach groundwater. In consequence, they affect living organisms and, ultimately, the food chain in consequence. In addition, due to groundwater pollution public health is put into danger as in many cases groundwater is pumped up and used for domestic and agricultural purposes.

Taking the above into consideration what could anyone be able to do in order to protect the environment from the battery waste?

It should be noted that battery producers within European Union member states are compelled to collect a given amount of batteries that have reached the end of their life from designated spots and pass them on for recycling. Therefore anyone who buys and uses batteries can get information from the manufacturer regarding the location of their nearest collecting site and take the used batteries there. In cases where that there is no such collecting site within your community or even your country, you can always require your local authorities to install them in accessible places within your reach.

In addition, in order to tackle the environmental issues caused by battery waste, you can also use rechargeable batteries instead of conventional ones. By doing that, you can benefit from the use of batteries without creating any waste.

By means of recycling and use of rechargeable batteries a part of the market is covered thus there is no need for further extraction of new materials. As a result it creates positive environmental impacts due to the energy savings and avoided pollution due to the avoiding of mining of the natural resource. ■

Corporate Social Responsibility

Remedica cares

1) Recycling of electronic and electrical appliances in Remedica. (photo 1)

Remedica, in accordance with its environmental policy, voluntarily contributes to the recycling of electrical / electronic appliances in cooperation with WEEE Electrocyclosis Cyprus which is the only approved system in Cyprus for the collection and recycling of electrical / electronic waste.

As a result, all electrical / electronic appliances that are used within Remedica facilities would go for recycling after the end of their product life time. Examples include monitors, computers, calculators, printers, electrical tools, telephones and any other electrical device that has been used in Remedica.

The benefit to the environment and public health is substantial due to the:

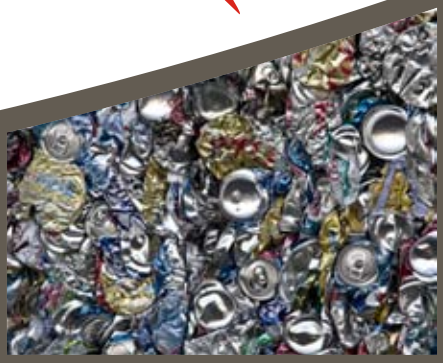
- Reduction of waste flow heading to the land fills.
- Reduction of soil and groundwater pollution due to the release of heavy metals contained in electric appliances.
- Energy savings and thus reduction of greenhouse gas emissions since the energy required to manufacture new appliances from recycled materials is much less than the energy required to manufacture new ones.
- Saving of natural resources (raw materials) since part of the market need is covered by the use of recycled materials so there is no need for the further mining of additional raw materials.

1

Εθελοντής Remedica

2) Recycling of aluminium cans helps children's charity. (photo 2)

Remedica, in accordance with its corporate social responsibility, collects and sends all the empty aluminium cans from its cafeteria for recycling to a local children's charity-Cans for Kids. This charity organisation uses the proceeds to purchase medical equipment for children's wards at various hospitals in Cyprus. According to the charity, since its inception more than 20 million cans have been collected, and over 250,000 euro worth of equipment has been donated to the Makarios Hospital in Nicosia, which is the main paediatric hospital in Cyprus, treating seriously-ill children from all over the island. In this way Remedica contributes to the improvement of children's health whilst at the same time helping to protect the environment.



2

3

4

5

3) Remedica participates in the Radiomarathon. (photo 3, 4)

For a third year in a row, Remedica volunteers took part in activities organised in the framework of the charity event Radiomarathon. Remedica volunteers played a key part in collecting donations both at the "Festival of Love" and at key points in the streets of Limassol. Remedica, with its rich social and charity contribution has further aided the cause of Radiomarathon by donating a sum of money. Every year through this charity event, a community sense of love and giving towards our fellow human beings with special needs is created. The participation of Remedica volunteers is a sign of their awareness and humanity as well as setting an example to others.

4) Honorary award to Remedica. (photo 5)

The Cyprus Anti-leukaemia Society "Zoe" (Life) held a fund-raising dinner at the house of Andreas and Maria Kallidou dedicated to the memory of Chloe Kallidou. Amongst others, Remedica's Founder and Chairman, Mr. Chris Pattichis, was honoured by the presentation of a commemorative plaque for Remedica's continued support towards the association. The Cyprus Anti-leukaemia Society "Zoe" is a charity organisation whose main mission is to provide help and consolation to fellow human beings who suffer from blood-related illnesses. ■

A glimpse of Cyprus: Zygi

Zygi, is a small village located in the south of Cyprus, 40 kilometres south-east of the city of Larnaca. Zygi is the only community in Cyprus that is built on the beach and consequently has an altitude of just 8 meters. The name Zygi was given to the village from the locust-beans producers who used to bring them to Zygi to be weighed (zygizo = weigh) before exporting them to various countries.

The village is not marked in old maps however, according to folk law, there was a settlement with the name of Agia Eleni (St. Helen) during the Byzantine years. The region of the village in which the river Vasilikos discharges is associated with St. Helen, mother of Constantine the Great, who - it is believed - after her successful mission in Jerusalem where she found the Holy Cross, landed in the region of Zygi in her second visit to Cyprus.

The creation of the village in its present form began in the early years of the British occupation, when the locust bean storehouses were built at Zygi from which their export continued to be based. This important agricultural activity in the surrounding area meant that the entire locust production of Larnaca and Limassol was gathered in Zygi, stored in the large stone-made storehouses prior to being milled in the locust-mills and from there to the docks where they were loaded onto ships for exportation.

The large storehouses as well as the dock still exist today and dominate the central and coastal area of the village. In that era the locust-beans were the main source of income of the rural population and were known as the Black Gold of Cyprus. The subsequent decline of the locust-bean trade also brought about the decline of the village. For example, in 1960 the population of the village was 171, of which 87 were Greek-Cypriots and 84 Turkish-Cypriots. After the Turkish Invasion in 1974 however, refugees from the northern part of the island settled in Zygi so that in 1981 the population of Zygi was 381. In the latest census of 2001 the inhabitants numbered 704.

Tourist development

Zygi has developed rapidly as a coastal cottage settlement / resort over recent years. The fresh sea breeze, the amazing natural environment of the region, and the deep blue, clear sea are the reasons that lead many a people to build their country houses / cottages in the area. The whole tranquillity and harmony that prevails throughout the surrounding area provides an outlet for the pressure and stress of the large, modern urban centres.

During recent years, several cottages and apartments have been built, roads have been made and the services and infrastructure have expanded so as to serve both the permanent inhabitants and visitors.

Zygi is one of the fastest developing areas of the Larnaca District and this is not only due to its excellent location but also to the creative developmental projects that have been undertaken. The location of Zygi which is situated approximately at the central point between the three large cities of the island, Lemesos, Larnaca and Lefkosia is very close to the central road arteries and specifically near the highways of Lefkosia, Larnaca and Lemesos.

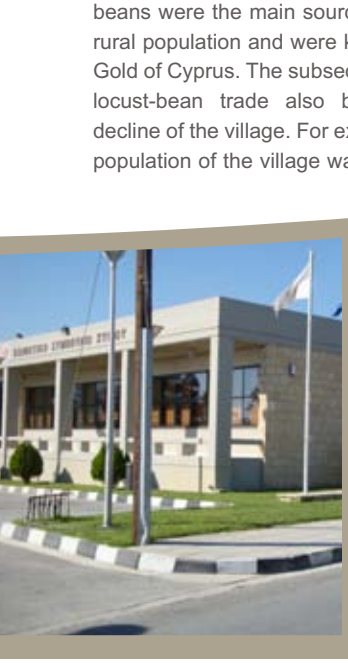
The contribution of the Community Council to the spiralling housing development in recent years is really important. In particular, it has implemented a series of developmental projects such as the construction of a road network, parks and green areas. A project already planned is the construction of a fishing reserve which it is believed will give another new breath of life to the area.

Both the Community Council as well as private individuals are in the process of securing building plots in order to build permanent or country residences. More specifically, several constructing organisations and constructors are building apartment complexes and complexes with country houses in the area, aiming to cater for continually increasing number of tourists who select Zygi as the place to spend their time for rest and relaxation.

Zygi Fisheries

The coastal area of Zygi is one of the richest breeding grounds around Cyprus in terms of the production of different species of fish. The morphology of the seabed particularly favours and supports the growth and multiplication of marine life. The many professional fishermen based in Zygi catch fresh fish daily and supply the fish-markets and the seafood restaurants of the region with fresh fish. Alongside these there are several amateur fishermen who love the sea and fishing and visit the area regularly.

Hundreds of fans of fresh fish swarm to the community, especially during weekends and holidays, to enjoy the wares of the numerous seafood restaurants of the region. Definitely, the fish of Zygi are the best known and tastiest in Cyprus and it has become famous and popular not only among the locals but also amongst foreign visitors. ■



Printed on recycled paper

Remedica Ltd - Manufacturers of pharmaceuticals
Limassol Industrial Estate, P.O.Box 51706, CY - 3508 Limassol, Cyprus, EU.
Tel: +357 25553000, Fax: +357 25390192
E-mail: info@remedica.com.cy http://www.remedica.eu