

Newsletter 22

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Welcome note



Welcome to the 22nd issue of our Newsletter where we present our associates in Russia, our Assistant Quality Assurance Manager and our product ZoledronicAcid.

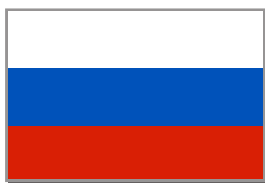
Under Environmental Issues we report on the recycling of mobile phones and the ABC of Pharmacy is continued with the term "Coating".

In Corporate Social Responsibility we have Remedica's selection as one of the most socially - responsible companies in Cyprus, our blood donation, our sponsorship of a scientific forum on important medical issues, our activities in the context of World Environment Day and World Day Against Child Labour and the presentation of a prize to the top graduate of the Medical representative course.

In Remedica News we include the nomination of our new anticancer product Imarem® in the BEST NEW PRODUCT / SERVICE category in the 6th IN BUSINESS Awards 2013, advice from Remedica's Managing Director Mr Savvides on re-starting the Cyprus economy and our first sterile product (Zoledronic Remedica).

Finally, we take a glimpse at a region of pure natural beauty, Akamas Peninsula. ■

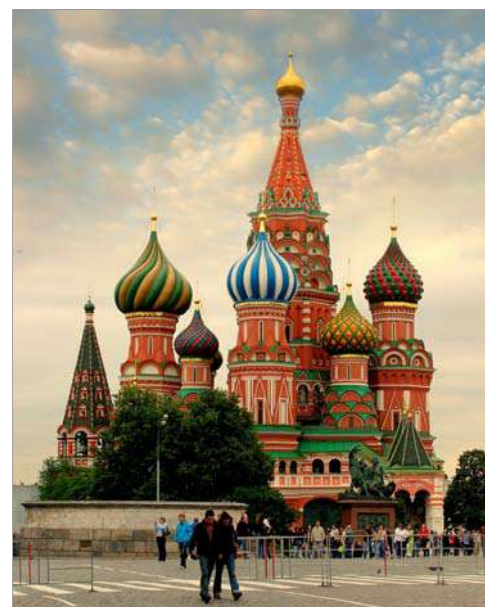
Remedica Worldwide: Pharmimex, Russia.



Remedica's partner in Russia is the Open Joint Stock Company "Pharmaceutical Import Export"

("Pharmimex") which was first registered in 1993.

The company employs more than 1100 staff in 18 branches and subsidiaries, and serves almost 550 customers (mainly federal and local programmes, pharmacies and hospitals) whilst owning 100 pharmacies itself. It ranks in the top 15 companies in the market in terms of sales and in the top 3 with respect to sales. It has a total warehouse space of 18,000 square metres, of which 6,700 are located in Moscow).



Pharmimex is one of the oldest and largest pharmaceutical distribution companies in Russia. The main activities of the company are wholesale trade of finished pharmaceuticals and medical products, supply of medicines to state healthcare programs (at both federal and local level) and retail sale of medicines through the pharmacy network which belongs to Pharmimex.

The partnership with Remedica has proven very successful and Remedica has registered a number of products that are doing well in the market. ■

Our Products: Zoledronic Remedica 4mg/5ml concentrate for solution for infusion.

Zoledronic Remedica concentrate for solution for infusion contains the active substance zoledronic acid. Zoledronic acid belongs to the class of bisphosphonates and acts primarily on bone. It is an inhibitor of osteoclastic bone resorption.

Bone is a common site of metastasis in patients with multiple myeloma (MM) or solid tumours, such as breast, prostate and lung cancers (*Rosen 2002, Berenson 2005, Smith 2005*). The aim of disease management in these patients is to prevent skeletal complications, palliate pain and maintain health-related quality of life (HRQoL) (*Smith 2005*). Bisphosphonates (BPs) have emerged as effective therapeutic options for the prevention of skeletal complications in

patients with bone metastases of malignancy (*Coleman 2005, Hortobagyi 2005*).

The selective action of bisphosphonates on bone is based on their high affinity for mineralised bone. Bisphosphonates are adsorbed onto hydroxyapatite crystals in bone slowing both their rate of growth and dissolution and therefore reduce the rate of bone turnover (BNF). In long-term animal studies, zoledronic acid inhibits bone resorption without adversely affecting the formation, mineralisation or mechanical properties of bone. In addition to being a potent inhibitor of bone resorption, zoledronic acid also possesses several anti-tumour properties that could contribute to its overall efficacy in the treatment of metastatic bone disease.



Zoledronic acid, a third-generation aminobisphosphonate, has been approved in the US, the EU and many countries worldwide for the prevention of skeletal-related events (SREs) in patients with bone metastases of malignancy, HCM (Hypercalcaemia of Malignancy) and Paget's disease (*Smith 2005*).

First-generation BPs, such as clodronate, must be administered at high oral doses (1,600-3,200 mg/day) to achieve therapeutic effects, which leads to poor tolerability and compliance with oral dosing regimens. Infusion of BPs is associated with dose- and infusion-rate-dependent effects on renal function. In particular, high BP doses (e.g., 1,500 mg clodronate) can cause severe renal toxicity unless infused slowly over many hours. In contrast, the newer, more potent BPs effectively inhibit bone resorption at micromolar concentrations, and the small doses required can be administered via

relatively short i.v. infusions without adversely affecting renal function. ZA is a new generation BP, and the recommended dose of 4 mg can be safely infused over 15 minutes. Intravenous BPs require less frequent dosing (once a month) and are generally well tolerated with long-term use in patients with bone metastases. ZA has demonstrated the broadest clinical activity in patients with bone metastases (*Conte and Guarneri 2004*).

Zoledronic Remedica 4mg/5ml concentrate for solution for infusion is indicated for:

- the prevention of skeletal related events (pathological fractures, spinal compression, radiation or surgery to bone, or tumour-induced hypercalcaemia) in adult patients with advanced malignancies involving bone.
- the treatment of adult patients with tumour-induced hypercalcaemia (TIH).

Zoledronic Remedica is available in 4mg/5ml concentrate for solution for infusion.

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The ABC of Pharmacy:

Coating

The application of coatings to solid dosage forms has been carried out for many years. For example, pills which were produced as solid spheres were coated to improve their appearance with, for example, shellac or, for the more wealthy patients, gold leaf: the inevitable lack of ability of the dosage form to disintegrate in the stomach especially in the latter case was probably not a problem since most of the ingredients of these products were inactive.

With the introduction of more effective solid dosage forms such as tablets and capsules, coating became less important and although sugar coating has been widely used since the end of the 19th century its use has been mainly to improve the elegance of the product. The developments in polymer science in the second half of the 20th century meant that it became possible to use film coating which is easier to carry out on a commercial scale with automated equipment and the product is much more acceptable and easily controlled. The reasons for applying a coating to a tablet are various but include masking the taste and protection of the active ingredient, easing swallowing by the patient and handling on packaging machines or modifying (usually slowing) the release of the contents after administration. Modern coats confer a very elegant appearance and provide a means of creating a unique identity.

Sugar Coating.

The process is similar to that used by the confectionary industry and tablet cores are loaded into a large pan where they are induced to tumble over one another by being rotated at an appropriate speed. The coat is built up using a number of steps which include sealing, sub-coating, smoothing, colour coating, polishing and printing, some of which can take up to a day and the whole process a week. This accounts for the price-difference between two otherwise identical products, one sugar-coated the other not. The most time-consuming step is removal of the water used to prepare the sucrose solution which is sprayed onto the cores. Originally the pans were made of copper and

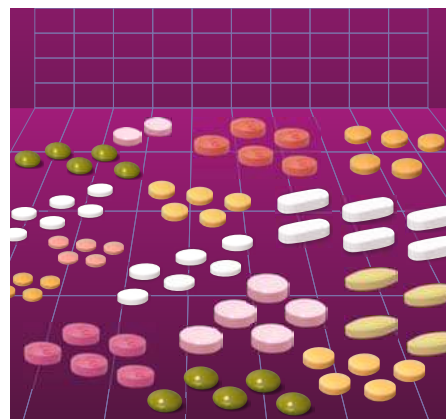
drying was achieved by heating the outside of the pan. Since as many as 50 coats may have to be applied in order to produce what is considered by many to produce the finest of all coated tablets then it is easy to see why the process can be drawn out. Because it is a multi-stage process, it was commonly steeped in mystique, although this might have been driven by the protectionist motives of the operators. The introduction of side-vented stainless steel pans, the use of heated air as the drying agent and automation of the process has reduced the manufacturing time and ensured that the future of sugar coating is secure. The appeal of the glossy and smooth finish of a well-coated dosage form will also contribute to its survival and to this day Remedica still produces a number of sugar coated products.

Film Coating.

This has gradually replaced sugar coating as the method of choice and has the considerable advantage in that it can be used to coat capsules and particles as well as tablets. The coating can also be selected to exert control of the release of the active ingredient from the dosage form which is not the case with sugar coating. A very thin coat

which only increases the total weight by 2 – 3 % is sprayed on to the product and the process can be carried out in a well-ventilated rotating pan although it is also possible to use a fluid bed drier: equipment is commercially available based on both operating principles. The coating polymer which is formulated with other excipients such as plasticizers and dyes is sprayed on to the cores which become coated with a thin solid film as the solvent evaporates. In the early years, organic solvents had to be used but with the passage of time the consequences of toxicity, the risks of fire and even explosions and their influence on the environment has created pressures for their replacement. Fortunately, the introduction of faster drying techniques to the equipment has meant that safer aqueous formulations can be used without compromising quality of the product or efficiency of the process: Remedica began replacing organic solvents in the early nineties. The resultant flexible coat is resistant to chipping and allows the product to flow well which makes subsequent processing easier.

The film coat can be selected or designed to affect the release of the contents of the dosage forms. For example, a coating can be applied which is resistant to the acid environment of the



stomach so that it does not begin to disintegrate until it reaches the less hostile pH in the small intestine. This is known as enteric coating and is commonly used to protect drugs which are broken down by gastric acid. A controlled release product can also be produced by the application of a coat which swells or dissolves slowly following administration and reduces the rate at which the drug escapes from the product. This can therefore mean that the dose only needs to be taken once rather than three times a day. A similar effect can also be achieved by film coating granules or powders which are then compressed into tablets or filled into capsules.

The use of compression to apply a film coat to a pre-formed tablet is a more complex and expensive option which is usually only resorted to if sophisticated controlled release dosage forms are required. One advantage of the technique is that it can mean that the colour of the film over surface intagliations can be made to contrast with the colour of the tablet due to the refractive index of the polymer film being altered by the compression process. ■

Recycling of mobile phones



Please recycle



Environmental Issues: recycling of mobile phones.

Rapid technology change and the reduction of cost per unit have shifted consumers' attitudes towards the use of mobile phones. As a result, an increasing number of consumers replace their mobile phones with latest models, before they have ceased to function adequately: fashion seems to outweigh function. Consequently more and more mobile phones are disposed of each year, creating a rapidly increasing waste stream with the potential to exert damaging effects on the environment and thus endanger public health.

Although mobile phones are perceived to have contributed to improvement in the quality of life of some individuals, their disposal can lead to contamination of the environment affecting human and ecosystem health. This is due to the toxicity of the materials used in their manufacture and according to the Directorate-General for the Environment of the European Commission, studies have indicated that fifteen different heavy metals have been detected in a sample of thirty four models of mobile phones. The published research has showed that generally most of the toxicity of mobile phone waste is due to the presence of arsenic, lead, copper and mercury. It should be noted that according to the same source, the average amount of copper present was ten grams per phone.

In instances where mobile phones are disposed of without any environmental management, the heavy metals mentioned above, are likely to be released into the environment with potentially devastating effects on the local ecosystem. In effect, heavy metals when released into the ground in significant quantities can be leached away by rainfall and go on to contaminate neighbouring water bodies such as lakes and rivers. In addition heavy metals can also be absorbed into the earth where they have the potential to contaminate groundwater.

As a result of this contamination, heavy metals can enter the food chain if untreated water is used for irrigation of land used to produce food crops since the physicochemical characteristics of heavy metals render them likely to enter the human body as a result of the ingestion. This can contribute to ill health, with pregnant women, fetuses and breast feeding babies being the most vulnerable. Moreover, the presence of heavy metals in the soil can lead to the contamination of flora and fauna, which can affect viability, longevity and fertility.

In response to the above, the European Union has adopted the Waste Electrical and Electronic Equipment Directive, under the well-established policy of the Extended Producer Responsibility. The given Directive places implications on the manufacturers of all electrical and electronic equipment, including mobile phones, to develop and set up a collection system for such equipment from households, businesses or public institutions. Once collected, mobile phones are then sent for recycling so that heavy metals and contaminants are reused to make other appliances or products and do not find their way into the environment.

Not only will the recycling of mobile phones help to protect human health and the environment, but it will also help in the fight against climate change. This is due to the fact that the recovery and reuse of mobile phone components consumes far less energy than needed for their extraction. ■



Corporate Social Responsibility: Remedica Cares

1) 50 most socially responsible companies in Cyprus. (photo1)

Remedica has been included by the IN BUSINESS Magazine in its list of the fifty most socially responsible companies in Cyprus. The company's actions and contribution to social initiatives throughout many years have been recognised at a crucial period in history of the country.

2) Scientific forum. (photo 2)

Remedica sponsored a scientific forum organised by the Limassol Branch of the Cyprus Medical Representatives Association in collaboration with the Cyprus Cardiology Society and the Cyprus Diabetes Society. The two topics covered were: -

1. Stroke and associated risk factors (presented by Dr. Konstantinos Markides) and
2. Type II Diabetes and its complications (presented by Dr. Polys Euripidou).

The event was open to the public many of whom took the opportunity to be informed about these two very important health issues.

3) World Environment Day: Internal Awareness Campaign. (photo3)

In recognition of the World Environment Day, Remedica held an internal awareness campaign led by its Environmental Officer, Mr. Sofianos Kyriakidis. Amongst other things, colleagues had the opportunity to be informed about the environmental problems faced by the communities we live in today and also about various good practices used by Remedica to reduce the impact of such problems.

4) World day against child labour. (photo 4)

Remedica has sent a strong message against child labour by organising an internal awareness campaign where shocking evidence was presented. According to the International Labour Organisation:



Παγκόσμια μέρα Περιβάλλοντος 05.06.2013



- 215 million children under the Age of 18 are forced to work.

- One in six children on the planet works in an environment that is detrimental to its psychological and physical health.

- 73 million of these working children are under the age of 10 and every year at least 22 thousand of them are killed in work-related incidents.

Remedica supports the Convention of Children's Rights and recognises the right of children to be protected from financial exploitation and from being forced to carry out any kind of work. There are no circumstances under which Remedica would employ children.

5) Graduation ceremony of KES College. (photo 5)

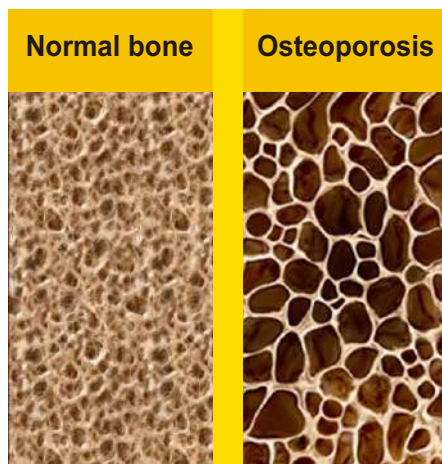
During the 2012-2013 graduation ceremony of KES College, the top student on the Medical Representative course was presented by Remedica's Marketing Manager, Mr. Andreas Hatzipanayis, with a monetary prize and a silver-plated, hand-made award in the form of a miniature olive tree. As part of its social contribution and its efforts towards the promotion of health and education in Cyprus, each year the company presents an award and a monetary prize to the graduate with the highest marks in the Medical Representative course.

6) Blood donation.

Remedica's now well-established summer blood donation session was held once again with great success and much to the satisfaction of the Limassol General Hospital which was in great need of all types of blood. After the completion of the process, the hospital supervisor thanked Remedica for its consistent support over many years through established blood donations and wished everyone a pleasant and safe summer vacation. ■

Health Matters:

Osteoporosis (bone disease)



Osteoporosis is a condition where bones become weak and fragile which affects both men and women, but white women are at higher risk. Typically no symptoms are noted in the early stages of the disease, but when bones become weak, several signs and symptoms appear such as back pain and loss of height over a period of time. Fractures of the spine and hip after a fall are the most serious complications of osteoporosis and fractures of the spine can even occur without a fall.

The most important risk factors for osteoporosis are the following:

-Sex. Women are much more likely to develop osteoporosis than men.

-Age. The risk of osteoporosis occurring is greater in older people. This is because in the young the rate at which new bones are formed is greater than that at which they are broken down and therefore bone mass increases. The reverse is true in older people.

-Family history. If your parents developed osteoporosis then it is more likely that you will suffer from the disease.

-Hormone levels. The greatest factor associated with the occurrence of osteoporosis is the reduction of estrogens at the female menopause although in men the age-related reduction of testosterone can also induce osteoporosis. Increased thyroxin levels and over-reactive adrenal and

parathyroid glands are also considered to be similarly implicated.

-Dietary factors. Low calcium intake, eating disorders such as anorexia, gastrointestinal surgery (e.g. gastrectomy, gastric bypass, intestine removal) can lead to a higher risk of osteoporosis occurring.

-Steroids. Long term use of corticosteroids oral or parenteral route can interfere with the bone-rebuilding process.

-Daily habits. Lack of exercise, excessive alcohol and tobacco consumption are some factors that can increase the risk of developing osteoporosis.

The diagnosis of osteoporosis can be made by measuring the bone density by using a machine that uses low levels of X-rays to determine the proportion of mineral contained in bones.

The most widely prescribed medication used to treat osteoporosis are the bisphosphonates (e.g. Alendronate). Other treatments for osteoporosis are hormone replacement therapy, Teriparatide (similar to parathyroid hormone) and Denosumab (for bone remodeling like bisphosphonates).

Dramatic changes in lifestyle may be necessary in order to reduce the risk of developing osteoporosis but the results can be remarkable.

As a first, stopping smoking tobacco and moderation of alcohol intake are commonly recommended. Regular exercise and/or special exercises to strengthen muscles improve bone strength in patients with osteoporosis can slow development of the disease. Aerobics, weight bearing, and resistance exercises have all been shown to maintain or increase bone mineral density in postmenopausal women.

Fall prevention can obviously avoid the occurrence of associated complications and, finally, the intake of adequate amounts of calcium and vitamin D, either in food or as medicines, can help to offset or prevent the disease. ■

Remedica News

1) Remedica's new anticancer drug Imarem® launched last March, has been nominated for BEST NEW PRODUCT / SERVICE in Cyprus in the 6th IN BUSINESS Awards 2013. (photo 1)

Remedica developed Imarem®, a new generic medicine for the treatment of leukemia, without the need to infringe a number of active patents and overcoming many technical obstacles. Imarem® has already been launched in Eastern Europe and in the future will also be available in other world markets, including Europe. Its competitive price in conjunction with its quality, efficacy and safety offer a big advantage to health providers, its price making it possible to offer it as treatment to many more patients. The development and marketing of Imarem® serves to confirm Remedica's technical expertise in the field of anti-cancer therapy. The product has also been out-licensed to many other European companies and more agreements are being negotiated.

2) Advice from Mr Savvides on re-starting the Cyprus economy. (photo 2)

Remedica's Managing Director, Mr Emiliios Savvides, was chosen by the prestigious finance magazine "In Business" as one of 15 leaders in the Cyprus economy to offer practical suggestions and inspiration in order to restart the Cyprus economy. In his interview, Mr Savvides mentioned the energy sector as the first choice saying that "through the proper management of our natural resources, they will be able to offer benefits also to other sectors, like the direct and indirect reduction of electricity". He added that tourism, was our other strong sector, "should become more competitive in terms of quality, price and what is offered", whilst making reference to shipping by suggesting that it should be maintained and further developed. He stressed also the benefits from the development of the industrial sector and especially that of pharmaceutical manufacture, which "today accounts for 1% of Cyprus' GDP and 40% of its exports" and his statements that the pharmaceutical industry "is the only sector that, despite the difficult times that Cyprus is going through, keeps growing and generates new jobs" and that "in the first quarter of 2013 Cyprus exports of pharmaceuticals were up" certainly stand out. Mr Savvides spoke of the need for big changes "in the systems and the way government and semi-government organisations operate, so as to minimise bureaucracy by using shorter and more effective procedures". Finally, he called for inspiration from our descendants and the new type of consumers, "who have access to information around the clock" and stressed the need "for the development of innovative products and services that satisfy their needs, taking into consideration electronic commerce thereby creating an increased pool of potential buyers."

3) Zoledronic Remedica.

Remedica is in the final stages of registering its first sterile product, Zoledronic Remedica, which is a concentrate for preparation of a solution for infusion and contains the active substance zoledronic acid that belongs to the class of drugs known as bisphosphonates which act primarily on bone (for more details see the "Our Products" section). ■



Remedica people

In this issue we present our Assistant Quality Assurance Manager, Dr Georgia Christou.

Dr. Christou was born in Limassol but at the age of 9, migrated with her parents to Australia, where she finished her primary and secondary education and then graduated from Melbourne University with a BSc (Hons) degree majoring in Chemistry and a PhD in Physical Chemistry /Thermodynamics.

While enrolled as a postgraduate student, she embarked on a career as an Analytical Chemist with the Australian Government Laboratories (AGAL) dealing with the analysis of pesticides in foods exported to America and Japan, then moved to the post of Research Chemist at AGAL working on the development of methods for the detection of carcinogenic substances in food induced by the use of growth regulators.

Upon completion of her PhD, she was offered a research position funded by British Petroleum in the Physical Chemistry Department of the University, to develop a computer simulation method representing the behaviour of brake fluids under hot and humid conditions. This led to her appointment as a Lecturer in Chemistry in the Institute of Education at the University of Melbourne where she taught 1st and 3rd year Chemistry topics to education students which

also involved the coordination of the laboratory classes for the programme.

Because of her expertise on the impact of chemical pollutants such as lead from batteries and petrol on the environment, she was also offered a position at Latrobe University lecturing environmental chemistry to 1st year students which again involved the supervision of student laboratory classes.

In the early 1990s a decision was made to return to Cyprus with her husband and daughter where she registered as a secondary school teacher with the Cyprus Ministry of Education, and as an Edexcel External Local Examiner for Chemistry Laboratories. She taught O-level, AS and A-level Chemistry, as well as IGCSE Science in private secondary schools.

Returning to tertiary education, she accepted the position of Assistant Director/Head of Academic Administration, at a college in Nicosia, where she became interested in Total Quality Management and at the same time registered as an Approved Tutor in Food Safety and Environmental Awareness Training for the Chartered Institute of Environmental Health

(CIEH) of London and concurrently taught principles and techniques of HACCP.

In 2004 she turned her interest to the Pharmaceutical Industry and joined Remedica as a Quality Assurance Scientist. In 2007 was promoted to the position of QA Officer and in 2009 to the position of Assistant QA Manager, a position she holds to this date.

Through both extensive external and internal training, and experience gained at Remedica, she became a Registered Qualified Person which allows her to legally approve the release of licensed pharmaceutical products for sale. ■



A glimpse of Cyprus: Akamas Peninsula: A region of pure natural beauty.

The Akamas peninsula occupies an area of 17,000 hectares on the westernmost tip of Cyprus. It has been identified as one of only 22 areas of endemism in Europe by the European Environment Agency and is included in the Natura 2000 ecological network of the European Union, which promotes the protection of seriously threatened habitats. A region of unspoilt natural beauty with unique geological features, rich in vegetation and wildlife, Akamas is a pole of attraction for scientists, naturalists and tourists, and arguably the most beautiful area on the island.

The natural environment of the peninsula presents a diversity of geomorphologic features such as plateaus, small plains and deep valleys, striking caves and torrents, sandy beaches and rocky coasts, marine caves and islets. The region is also home to three impressive gorges which are very popular with visitors; namely, the Androlykou, the Petratis and the Avakas Gorges. Considered by many to be a trekker's paradise, the Avakas Gorge in particular expands for more than 2,000 metres. Carved out of limestone rock and narrowing dramatically down to only 3 metres in width at one point, the linear trail which crosses through the gorge offers a spectacular aura of steep, rising cliffs on both sides. The Akamas peninsula also features three State Forests, namely, the Akamas Forest, the Pegia Forest and the Meletis Forest, which cover 7,000 hectares and boast a diversity of endemic plant species and endangered animals.

Indeed, scientists have so far identified 540 different plant species at Akamas, 36 of which are endemic and 23 are classified as rare or very rare. Plants like the Tulipa Cypria, the Bosea Cypria and a variety of orchids, as well as the endangered Centaurea Akamantis,

which blossoms in spring and can only be found in the Avakas Gorge, render the Akamas peninsula a unique biotope of supreme ecological and scientific value. In addition, the wildlife in the region includes foxes, hares, falcons, crows and night owls, and surveys have revealed that the region is inhabited by 168 different species of birds, 12 species of mammals, 20 species of reptiles and 16 species of hymenoptera and coleoptera. Perhaps most prominent among the animal life found at Akamas are the endemic Glaucomys Paphos butterfly, as well as the green sea turtle (Chelonia Mydas) and the loggerhead sea turtle (Caretta Caretta): both of latter, although endangered, reproduce along the coasts of the peninsula, particularly at Lara beach. The Mediterranean monk seal, Monachus Monachus, also bred in the inaccessible caves of Akamas until very recently.

The Akamas region is deeply associated with Greek mythology. According to legend, the area derives its name from the Greek mythological hero Akamas, the son of Theseus and Phaedra, who travelled to Cyprus after the Trojan War and founded the ancient city of Akamantis. However, the region is most intimately connected to the mythological story of Aphrodite and Adonis, who celebrated their love for one another in various spots across Akamas. Nested within the area between the town of Polis Chrysochous and Cape Arnaoutis are the Baths of Aphrodite and the Baths of Adonis, two natural pool grottos where according to mythology the goddess of love and beauty and her lover bathed. In addition, the natural formation at Smygies allegedly represents the place at which Aphrodite and Adonis met, whereas the scenic bay at Fontana Amorosa (Love's Spring), is said to be Aphrodite's

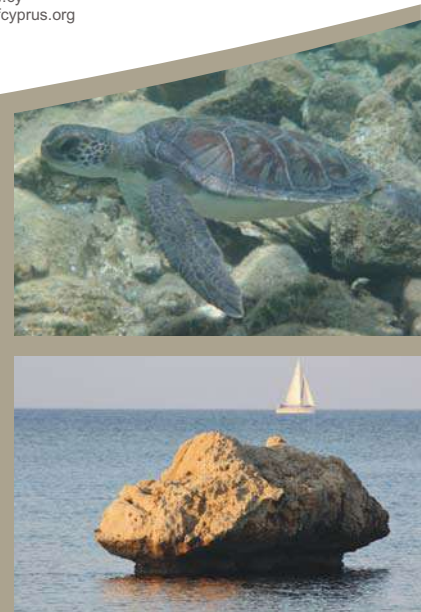
fountain of love.

The peninsula boasts a distinctly rich historical and cultural heritage. Archaeological excavations in the region have brought to light a major Neolithic settlement in the village area of Androlykou, as well as two smaller Neolithic/Chalcolithic sites. The Akamas region was more heavily populated during the Hellenistic and Roman periods, as well as during the Byzantine period, which saw the construction of a large number of churches including Agios Minas, Agios Georgios, Agios Sergios, and the chapel cut out of the rock at Cape Arnaoutis. The ruins of a large manor house or abbey in the region of Pyrgos also provide evidence of settlements during the Frankish period.

The Akamas peninsula is one of the few remaining unspoilt areas on the island and is visited by nature lovers throughout the year. Visitors to Akamas can take a cruise around the shores of the region, swim in the crystal clear waters and explore the rich underwater world. There are also opportunities to escape to picnic sites surrounded by intriguing forests, or acquaint themselves with the flora and the fauna of the area by walking across one of the five nature trails established by the Department of Forests and the Cyprus Tourism Organisation. With its dense woodland, its charming beaches and its impressive wonders, the Akamas peninsula presents the beauty of nature in its purest form. ■

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 **Remedica**
FOR A HEALTHIER WORLD

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