

# MemberCare News

Issue 2, 2005

Dreaming of a Holiday?

## Say BULA to a FIJI Holiday Escape!

Jetset Ballarat with Pacific Blue and Orient Pacific are offering UFS customers the chance to win a superb holiday to Fiji for 8 glorious nights. This package is the ultimate in relaxation with 5 nights at the exclusive Shangri La Fijian Resort and 3 nights at the wonderful Malolo Island Resort in Ocean View rooms. Tempted?

### How to Enter

Every time you spend \$50 or more in a single transaction (excluding prescriptions) in any UFS pharmacy, Cherub Cards & Gifts, Peace & Quiet or at Jetset Ballarat, you become eligible to enter the draw to win this fantastic prize for yourself and a friend. Simply complete an entry form in-store.

And if you're wanting to sneak a peak at the style of accommodation you may soon be enjoying, then log onto [www.shangri-la.com](http://www.shangri-la.com) and [www.maloloisland.com](http://www.maloloisland.com)

Entries close on 30th September 2005. Find your first entry form and the conditions of entry on page 6.

**pacific  
blue**

**Jetset**  
BALLARAT

**orient  
pacific**



**UFS DISPENSARIES**

here for you

# What's Hot

Hotteeze are wonderful self heating pads that are designed to keep you warm during winter and help relieve muscular aches, sporting injuries and period pain. Hotteeze may also assist some people with arthritic pain.

They are the perfect alternative to a wheat-pack or hot water bottle, staying hotter for longer plus you can wear them around discreetly with you all day - inside, outside, at work.

The self-adhesive pads stick to your clothes (...and stay there), heat up in around 10 minutes and stay warm for up to 12 hours. The disposable pads contain all natural ingredients that when exposed to the air, immediately heat up by oxidizing iron.

## Cold Feet?

There is also a solution for people who suffer with cold feet during winter - Hotteeze for your shoes, which stay warm for up to 5 hours.

Hotteeze 10 Pack \$19.95

**Members \$15.95**

Hotteeze for Feet 5 pack \$14.95

**Members \$11.95**

Follow instructions on the pack and ensure Hotteeze is never applied directly onto the skin.

# Cold Sores?

## 2 Capsules, 2 Times, 2 days.... TOO Easy!

Cold sores are small blisters that tend to form on the lips or skin around the mouth and in the nose. They are caused by infection with the herpes simplex virus, which it is estimated that 80% of the population have, although only 12% ever display the physical symptoms of a cold sore.



A cold sore will itch or tingle a day or two before it appears. You may experience inflammation or a sensation of heat or burning, maybe pain and tenderness. You may have a small collection of fluid-filled blisters. After a few days the blisters will burst and develop a crust which will fall off after about

10 days.

As the cold sore virus always lays dormant in the body, it makes sense to fight cold sores from the inside. Lipreve is a unique treatment for cold sores that may also be effective after the cold sore has broken. Lipreve is a capsule and is convenient, hygienic and not messy. It can be used at both stages of the cold sore development (1) where it is pre-dormal (itching stage) and (2) after the blister appears.

Lipreve is safe as the ingredients (amino acids, natural minerals and vitamins) actually occur naturally in the human body and it works from the inside to help accelerate the body's own healing process.

8 Capsules \$15.95

**Members \$12.75**

Always read the label. Use only as directed. May help relieve the symptoms of cold sores. If symptoms persist consult your healthcare professional.

# Allergy Relief for the Kids!

Indoor and outdoor allergies can take the fun out of a sleepover with friends, a bike ride in the country, or even a walk home from the bus stop on a sunny day. When you know how allergies affect your child's life, you can take the right steps to help them.

The chance that your child will develop allergies is:

- 25% if only one parent has allergies
- 75% if both parents have allergies

If your child has allergy symptoms and one or both parents have allergies, you should suspect that your child does, too, so talk to your child's doctor about your family's history of allergies.

Zyrtec 20ml drops are indicated for children for the relief of seasonal hayfever (allergic rhinitis), year round allergy (perennial allergic rhinitis) and hives (chronic idiopathic urticaria).

Zyrtec drops are easy and convenient to administer to children from 1 to 12 years old, who may have trouble taking tablets or liquids. Designed to be disguised in food or drink, Zyrtec is colourless, odourless and flavourless so your child won't know it's there, yet will experience relief from their allergy symptoms. It is also alcohol free and sugar free to minimise the risk of sensitivity.

Zyrtec drops come in a small bottle with a dropper built into the top so the exact amount medication is measured and is also convenient for travelling. Zyrtec drops are fast acting and last a full 24 hours when administered correctly.

20ml drops \$17.95 **Members \$14.35**

*Always read the label. Take only as directed and if symptoms persist consult your healthcare professional. Active Ingredients:*



# Keep Your Joints In Shape!

A staggering number of people suffer from aches and pains associated with joint problems. Blackmores MSM Glucosamine Chondroitin Joint Support is a specially formulated food that provides nutritional support for joints, ligaments and cartilage. This new product combines glucosamine and chondroitin with the next innovation in joint health, methylsulfonylmethane (MSM).

Available in a pleasant tasting powder means it is easy for people to take who have trouble swallowing tablets or are on multiple medications and are reluctant to add more tablets to the daily routine. The powder dissolves quickly in cold drinks or yoghurt and may also be sprinkled over breakfast cereal or fruit.

500g powder Introductory Price \$49.95

**Members \$39.95**

## How it works

MSM is an important source of bioavailable dietary sulphur. Sulphur is required for proper synthesis and maintenance of connective tissue and helps to maintain their integrity and elasticity.

Glucosamine is a 'building block' for the production of cartilage and is essential for proper joint function. Chondroitin is important for the lubrication and nutrition of joints and to help them cope with the weight and pressure that is placed on them every day.

*Always read the label. Take only as directed and if symptoms persist consult your healthcare professional.*



# Managing Incontinence

Having difficulty controlling your bladder and urine is surprisingly common with as many as one million Australians experiencing poor bladder control.

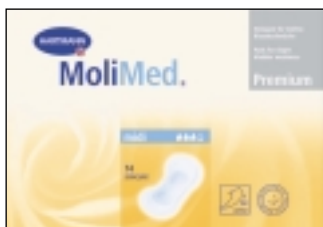
Incontinence affects different people in different ways. Some may experience a constant urge, others may have overflow from the bladder not emptying properly or perhaps have weak pelvic floor muscles that leak when stressed (eg: laughing, lifting, exercise etc). Incontinence always has an underlying cause and it is important you find out what this is.

Treatment can often greatly improve or even cure incontinence and advice should be sought from a qualified health professional such as your doctor or continence adviser. You will also benefit from incontinence aids such as absorbent pads, pants and sheets while you are undergoing a management program.

Being positive about re-training your bladder takes time, but may include:

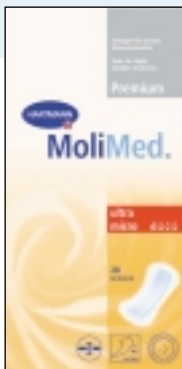
- Pelvic floor exercises daily.
- Drinking 6-8 glasses of water to maintain bladder capacity.
- Minimising caffeine drinks.
- Resisting going to the toilet just in case (sends wrong message to bladder).
- Keeping to your ideal weight and improving your general fitness.
- Avoid heavy lifting and carrying.
- Use of good quality disposable pads and liners.
- Barrier creams may affect pad absorbency and are not recommended.

The Molimed range of disposable pads are new to UFS. As a best selling product overseas, we think you will also like them as they represent excellent value for money and will leave you dry and comfortable.



**Mini 14's**  
Light  
weakness

\$6.40  
**Members**  
**\$5.10**



**Midi 14's**  
Light to  
moderate  
weakness

\$8.65  
**Members**  
**\$6.90**



**For Men 14's**  
Security and  
comfort.

\$14.05  
**Members**  
**\$11.25**



**Mobile**  
Discreet underwear for severe weakness.  
Available in three sizes

- Small 20's \$44.00 **Members** **\$35.20**
- Medium 14's \$33.45 **Members** **\$26.75**
- Large 14's \$35.70 **Members** **\$28.55**

# Are You Too Sweet?

## Check Your Blood Sugar

If you have diabetes, you are not alone. Diabetes is an epidemic. It is estimated more than 1.2 million Australian adults have diabetes (high blood sugar), and only half are aware they have it.

Eating well, keeping active and keeping blood glucose levels under control, may prevent a person with diabetes developing kidney or eye complications, or risking heart disease down the track. New scientific data shows that keeping blood glucose under control relies on monitoring blood sugar levels at home.

### New Technology

To achieve glucose-specific results Medisense Optium and Optium Xceed use electrodes with TrueMeasure technology. This offers a quick test time, small sample size and minimises interference from common medicines and vitamins (such as vitamin C). It has been tested with over 60 common medications and substances at normal therapeutic levels, with no clinical difference in blood glucose results reported. For people with diabetes who take medications (e.g. for hypertension, diabetes, cholesterol, contraception, pain relief, hayfever or other conditions) this means peace of mind.

### Optium Xceed

#### Ideal for People Who Test Frequently

- large screen with backlit display, easy for reading in low light.
- optional, audible beep to alert when enough blood has been applied and when the test is finished.
- 450-test result memory and averaging function. These results can be uploaded onto your computer by purchasing the advanced, Precision Link Direct (version 2.5).
- the choice of where to test - fingertips, forearms, upper arms, or base of thumb.

\$89.00 Members

**\$71.20**

### Optium

#### Ideal for People with Type 2 Diabetes with Multiple Medications

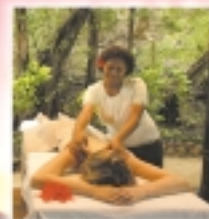
\$69.00 Members

**\$55.20**

**BONUS Lancets with any purchase of Medisense Optium Xceed or Optium.**



# Win a dream Fiji Holiday



# Win a Dream Holiday to Fiji

Every time you spend \$50 or more in a single transaction (excluding prescriptions) in any UFS pharmacy, Cherub Cards & Gifts, Peace & Quiet or Jetset Ballarat, you become eligible to enter the draw to win a fabulous holiday to Fiji. Entries close on 30th September 2005.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Suburb: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: \_\_\_\_\_

Receipt Number: \_\_\_\_\_

**Receipt must be attached for entry to be valid.**

*This information is being obtained for the purpose of contacting the winner of this competition and this purpose only.*

Conditions: This competition runs from 01/08/05 to 30/09/05. Your receipt number and actual receipt must be recorded on the entry form to be deemed valid. The prize will be drawn at UFS Dispensaries Head Office Monday 3rd October at 5pm. The winner will be notified in writing and the results published in The Courier on 8th October. UFS Dispensaries Ltd and Jetset Ballarat staff are ineligible to participate.

*The prize is for two adults including return economy flights Melbourne to Nadi, Fiji valid for departures until 15th May 06. Airfares and accommodation are subject to availability upon booking and are not valid for travel during peak season/ school holidays. Prize includes flights, transfers and accommodation (not including meals, travel insurance or departure and security taxes). All other costs are at the expense of the recipient. Recipient will need a current passport (own expense). Non-transferable and not redeemable for cash. Total prize valued at \$4104.*

# Maintaining a Healthy Heart

Many people experience high blood pressure. Maintaining your blood pressure at the right level is an important part of managing your health and more specifically your heart. Your blood pressure may increase under certain conditions and this could interfere with the accuracy of your measurement.

## Tips for Measuring

■ Measure when you are relaxed, 1-2 hours after eating, several minutes after urinating, within 30 minutes and 1 hour of walking and with the room temperature about 20 degrees.

■ Ensure your blood pressure is stabilised by deeply breathing 5-6 times beforehand.

■ Don't measure continuously over a long period of time.

■ Try not to increase abdominal pressure. Blood pressure may increase if for instance you sit on a sofa and are using a low table for the measurement, cross your legs while sitting or sit cross-legged on the floor.

■ A measurement taken when lying down may in fact be different to a measurement when sitting.



NEW Omron IA2 Blood Pressure Monitor has improved features for more accurate measuring including:

■ Irregular Heartbeat Indicator - used as a warning system to detect an irregular heartbeat during measurement which is a possible cause of cardiovascular disease.

■ Body Movement Detector - helps user detect any error in measurement due to body movement.

The new machine also has a flexible fan-shaped cuff, memory of 90 sets of readings with date and time, displays an average of the last three readings, and one-touch operation with a large clear display which is easy to read.

\$175.00

**Members \$140.00**