

UFS DISPENSARIES

here for you

MemberCare News

Issue 2, 2006



WIN YOUR DREAM HOLIDAY

CRUISING TROPICAL QUEENSLAND
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Jetset

 **P&O** CRUISES

Most people will know of someone who has diabetes. If they don't, they most certainly will at some stage because diabetes is the fastest growing chronic disease in Australia.

health awareness

managing

DIABETES



Managing Diabetes and we can help!

If not managed well, diabetes may cause:

- eye disease: the leading cause of blindness in people aged under 60
- kidney damage
- heart disease including stroke influenced by blood pressure and cholesterol
- nerve damage leading to problems with leg ulcers and foot problems
- erectile dysfunction in men

Type 1 Diabetes

Type 1 Diabetes is the least common form of diabetes affecting 10-15% of diabetics. Type 1 can occur at any age, but is generally identified in children and young adults. In type 1 the body cannot produce insulin which must be replaced on a daily basis by insulin injections. At this stage, nothing can be done to prevent or cure type 1 diabetes.

Type 1 can occur at any age, but is generally identified in children and young adults.

Type 2 Diabetes

Type 2 Diabetes is generally lifestyle related and affects 85-90% of people with diabetes. While it usually affects mature adults, younger people, including children, are increasingly being diagnosed with type 2 diabetes. Type 2 diabetes is strongly associated with lifestyle issues including high blood pressure, cholesterol and carrying excess weight around the waist. However, some people are more likely to be diagnosed with type 2 diabetes where they:

- have a family history of diabetes
- are getting older – risk increases with age
- are Aboriginal, Torres Strait Islanders or from ethnic backgrounds such as Pacific Islander, Chinese or from the Indian sub-continent
- Are women who have given birth to a child over 4.5kg, had gestational diabetes when pregnant or have a condition called Polycystic Ovarian Syndrome

Lifestyle changes which can be made to reduce weight, high blood pressure and cholesterol and therefore the risk of type 2 diabetes include:

- improving level of physical activity
- making healthy food choices
- not smoking [page 4]

Some diabetics can make appropriate lifestyle changes to delay the need for tablets or insulin.

Common Symptoms of Diabetes

Symptoms of type 1 diabetes are usually sudden and can be life threatening and therefore diagnosed quite quickly. Type 2 symptoms may go unnoticed for sometime or some people have no symptoms at all. If you notice any of the following symptoms you should consult your doctor.

- Being more thirsty or hungry than usual
- Passing more urine
- Feeling tired, lethargic
- Unexplained weight loss (type 1) or gradual weight gain (type 2)
- Blurred vision
- Itching and skin infections, including cuts that heal slowly
- Leg cramps

Managing Blood Glucose Levels

The challenge for any diabetic (type 1 or 2) is to manage blood glucose levels so they remain as close as possible to the non-diabetic range. Diabetics will have advice from their doctor, however the ideal range is between 3.5 and 8 mmol/L.

Managing Diabetes

There are many steps to good management including:

- Test your blood glucose levels regularly at home as advised by your doctor. There are a variety of blood glucose monitors available (see below).
- Always take your insulin (if required)
- Take any medication your doctor gives you for managing blood pressure and/or cholesterol
- Be as active as you can as often as you can
- Have a healthy eating plan
- Keep a positive attitude and ask for help when you feel you need it.

More Help

- Talk to your pharmacist, doctor, podiatrist, naturopath or other healthcare professional.
- www.diabetesaustralia.com.au

'Hands On' - Diabetes Risk Awareness Session

Pharmacist Doug Prentice and Diabetes Educator Fiona McGregor will present a session on identifying some of the risks associated with diabetes and how managing these risks can improve your quality of life. Doug and Fiona will speak about:

- What is Diabetes?
- Risk Factors
- Medication for Diabetics
- Who is Diabetes Australia?

When: Wednesday 30th August

Time: 7.30pm

Where: SMB Brewery Complex, Lydiard St Nth, Ballarat

RSVP: 25th August to Barbara Meehan on 5331 9146

Places are limited so book early to avoid disappointment.

Expert Opinion



Ask Your Pharmacist

Doug Prentice
Manager, Melton UFS



Ask Your Naturopath

Jo Kidd
Naturopath, Peace & Quiet

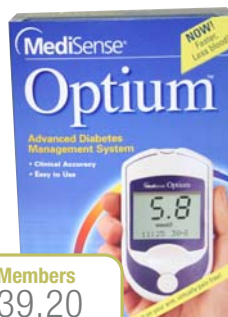
Information contained in this article, sourced from Diabetes Australia

Blood Glucose Machines



Members
\$55.20

MEDISENSE OPTIUM XCEED
Ideal for people testing frequently
\$69.00



Members
\$39.20

MEDISENSE OPTIUM
Ideal for people with type 2 diabetes
with multiple medications
\$49.00



Members
\$55.20

ROCHE ACCU-CHEK ADVANTAGE
For people looking for an easy to use
machine. Simplifying everyday living.
\$69.00



Members
\$87.20

ROCHE ACCU-CHEK INTEGRA
From manual to automatic:
does everything for you!
\$109.00

Ask about Medisense's offer to pay your UFS membership renewal for 12 months, valued at \$10. Offer valid to 31/10/06. Ask in-store for more information.

Accu-chek \$20 Cash back on night - "\$20 Cash Back Offer from Roche when attending the Diabetes Information Evening"

health awareness

you can QUIT

Most smokers know they face the risk of devastating long term health problems. Therefore, quitting will have a positive effect on your life no matter what your age or how many cigarettes you smoke a day - it is never too late to quit. It's amazing how quickly nicotine leaves the system, providing immediate health benefits.

You can and we can help!

- After **12 hours** almost all the nicotine is out of your system
- After **24 hours** the level of carbon-monoxide in your blood has dropped dramatically meaning you have more oxygen in your bloodstream
- After **five days** most nicotine by-products have gone and you notice taste and smell improve
- Within **a month** your blood pressure returns to normal and your immune system starts to show signs of recovery
- Within **two months** your lungs will no longer produce extra phlegm caused by smoking
- After **12 months** your risk of heart disease is half that of a continuing smoker, after **10 years** your risk of lung cancer is less than half and after **15 years** your risk of heart attack and stroke is almost the same as a person who never smoked

Where to Start?

Making a start is the hardest part. Firstly we suggest you:

- 1) Order a QUIT pack by calling 137 848 and do some reading
- 2) Attend our 'Hands On' Quit Smoking Seminar on 23rd August
- 3) Invest some time in planning and set your date

1. Find YOUR Reason to Quit

Your primary reasons for quitting will be different to the next person and therefore it is vital you examine why you smoke and why you want to quit.

TIP: Write down your main reason for quitting and keep it with you, reading it each time you need motivation.

2. Make a Plan

Smokers who plan before they quit are more successful than those who don't. So planning your program will increase your success rate.

- You need to plan ways to deal with quitting
- Set a date when you will start your program
- Attending our Quit seminar will be useful in helping you plan

3. Start Your Plan and Stay on Track

When you have all the information and support you need, start on your set date and you're on your way to being a non-smoker.

Patches



Members
\$30.35

NICOBATE CQ 24 HOUR
CLEAR PATCH
Step 1 21mg 7days
\$37.95



Members
\$23.95

NICORETTE
16hr PATCH
Step 1 15mg 7days
\$29.95

Inhalers



Members
\$7.55

NICORETTE INHALER
STARTER PACK
6 Cartridges
\$9.45

What to Expect

- **Cravings** – these will come and go, but only last a few minutes. Try and fight them off – delay acting on the craving, deep breath, drink water, do something.
- **Withdrawal Symptoms** – The best way is to think of these as “recovery symptoms”. This is your body reacting to the change and most will disappear in 2-4 weeks.
- **Tough times** – remind yourself how far you have come, think of how your health has improved, the money you’ve saved, the special rewards you have treated yourself to.
- **Weight Gain** – Some people do gain weight, but perhaps replace a cigarette with a walk or some exercise when cravings develop or have a health snack.

Nicotine Replacement Therapy (NRT)

NRT helps to reduce nicotine withdrawal symptoms while you are trying to quit. All NRT programs work on a three stage process to gradually reduce your nicotine addiction. NRT products are available over the counter from your pharmacy (see below).

- Less than 10 cigarettes a day – try cold turkey
- Less than 30 cigarettes a day – patches or inhalers
- More than 30 cigarettes a day – oral NRT to stop or anticipate cravings (lozenges, gum, microtabs)

Your pharmacist will be able to discuss the best NRT therapy for you, remembering it should be used to support the rest of your quit program.

Tips to Keep Going

- Focus one day at a time and reward your successes
- Reduce stimulants such as tea, coffee, cola drinks and chocolate.
- Plan for social occasions where alcohol might weaken your resolve to quit and tempt you.

Important to Note Before You Start

Quitting smoking can be stressful at times and the absence of nicotine in your system may take some getting used to. The chemicals in cigarettes can change the way some medications work, so it's advisable to speak to your doctor or pharmacist about any medication you are taking when you quit. Also if you have suffered from depression, anxiety or any other mental illness you should speak to your doctor about how quitting will work best for you.

Information contained in this article, sourced from QUIT

‘Hands On’ - How to Quit Information Session

If you want to gain a better understanding of smoking and how to quit, or to encourage a close family member or friend to quit, then come along to our QUIT information session.

Ilana McLeod, a local Quit Smoking Educator will discuss:

- the quitting process and how to plan to quit
- decision making and smoking conflict (reasons to quit and the battle with them)
- the three parts of smoking addiction – the chemical, the emotional and the habitual aspects
- ideas and tips for quitting
- withdrawal, weight gain, fears of failure and quitting in the long term
- why people relapse (go back to smoking).

Following the presentation, you will be able to ask questions of UFS staff about smoking cessation and NRT products that may assist in your Quit program. Friends and partners welcome.

When: Wednesday 23rd August

Time: 7.30pm to 9pm

Where: SMB Brewery Complex, Lydiard St Nth, Ballarat

RSVP: 18th August to Barbara Meehan on 5331 9146

Places are limited so book early to avoid disappointment.

Expert Opinion



Ask Your Pharmacist

There are a number of different types of nicotine replacement therapies now available, some of which are more suitable for certain types of smokers and for different levels of dependency (eg those who smoke more than 15 per day).

Mark Edwards
Manager, Wendouree UFS



Ask Your Naturopath

Naturopathy offers a range of supportive treatments: medicines such as the herb Skullcap for restoring nervous system integrity, Bach Flowers (individually prescribed) for mental withdrawing, and dietary and lifestyle advice are an aspect of all treatments.

Sally Armstrong
Naturopath, Peace & Quiet

Oral Therapy



Members
\$15.95

NICOBATE CQ LOZENGE
4mg 36 Lozenges
\$19.95



Members
\$13.55

NICORETTE CHEWING GUM
Freshmint 4mg 30 pieces
\$16.95



Members
\$11.95

NICORETTE MICROTAB
2mg 30 Tabs
\$14.95

UFS DISPENSARIES

here for you

REVLON beauty views



Save \$5 off ColorStay

Save \$5 off a great range of selected ColorStay including:

- ColorStay Make-up
Now \$29.95 **Members \$23.95**
- ColorStay Active Make-up
Now \$24.95 **Members \$19.95**
- ColorStay Pressed Powder
Now \$26.95 **Members \$21.55**
- ColorStay Eyeliner
Now \$16.95 **Members \$13.55**
- ColorStay Eye Shadow Quads
Now \$16.95 **Members \$13.55**



Members
\$18.40

New ColorStay Soft & Smooth Lipcolour

AVAILABLE SEPTEMBER

This lipcolour literally glides on – so soft and smooth. And what's better, being ColorStay, it looks fresh for hours and hours. Contains new technology SoftFlex™ for the most comfortable wear ever. Available in 25 great shades. \$23.00



Members
\$9.55

BONUS ColorStay Top Coat

AVAILABLE SEPTEMBER
Receive a BONUS ColorStay Top Coat when you purchase a Classic Nail Enamel. \$11.95



Members
\$15.95

BONUS Revlon Lipgloss

Purchase a Super Lustrous Lipstick and receive a BONUS Super Lustrous Lipgloss. \$19.95.



Members
\$15.95

BONUS Eye Essentials Kit

AVAILABLE SEPTEMBER

A bonus Eye Essentials Kit with the purchase of a Revlon Luxurious Lengths Mascara. Kit includes tweezers, eyelash curler, brush/comb set. \$19.95



Members
\$29.55

BONUS ColorStay 12 hour Eye Shadow Quad

Purchase a Revlon Age Defying Makeup with Botafirm™ and receive a BONUS ColorStay 12 hour Eye Shadow Quad. \$36.95

Buy 5, Get 1 FREE

If you like value for money, then you will love this offer from Revlon. Purchase any five Revlon products and receive a BONUS product of your choice. You choose your BONUS product to the average value of your five purchases. So get started and ask for your record card from your UFS Pharmacy.

Revlon not available from Mt Clear, Beaufort, Ballan, Melton. Promotional stock in selected colours only and available only while stocks last.

Specials



Revlon 24 Seven Men's Deodorants

Seven great fragrances which deodorise 24 hours a day! 130ml \$6.95ea

Members
\$5.55ea

BUILD THE IMMUNE SYSTEM



Immune Plus*

Supports, promotes and enhances the immune system. May play an important role in defence mechanisms against bacteria, fungi and viruses. 60 capsules \$28.95

Members
\$23.15



Ego Aqium

Antibacterial hand gel; no rinse, no fuss. 375ml \$6.95

Members
\$5.55



Cedel Mouthwash*

For use before brushing. 500ml \$5.95

Members
\$4.75

Ego SolvEasy Tinea Cream*

Once-daily treatment for tinea. \$15g \$10.95



Members
\$8.75



Dr LeWinn's Value Nailcare Packs

Hand & Nail Cream and Revitanail \$29.95

Revitatio Pack – Revitanail, Revitagloss and Revitaail \$29.95

Members
\$23.95



Dr LeWinn's Day Cream

With BONUS Ultra R4 Rejuvenation Serum 3g. 113g \$49.95

Members
\$39.95

BONUS Book

Receive this fabulous book 'Beat Menopause Naturally' valued at \$24.95 when you purchase Promensil 90s.

Promensil* – 1 a day to help relieve the symptoms of menopause and maintain bone and cholesterol health. 90 tablets \$76.95



BONUS

Members
\$61.55ea



BONUS Blackmores Fish Oil*

Receive a BONUS Blackmores Fish Oil 1000mg 125 capsules valued at \$18.95 with the purchase of Blackmores Glucosamine 1000mg 200 capsules. \$48.95

Members
\$39.15



Fa Shower Gels

Shower care yoghurt varieties in Aloe Vera, Vanilla Honey, Berry Mix and Coconut. 400ml \$4.95ea

Members
\$3.95ea

KLEN-DENT Vibrating Cleaner

Cleans dentures with sonic waves. Recommended by Dental Technicians. Cleans in 3 minutes. Plus 3 free KLEN-DENT sachets \$24.95



Members
\$19.95

UFS Glucosamine 1500mg*

One a day, 4 months supply 120 tabs \$39.95



Members
\$31.95ea

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

MemberCare News prices are valid and stock available until 31st August 2006 unless sold out. While we take every care to ensure advertised products are available at the time of issue, no liability will be accepted should this not be the case. Please contact us on (03) 5327 7700 or write to us at 206 Armstrong St Nth, Ballarat if you no longer wish to receive MemberCare News.

UFS News



Footsteps to Fitness – Start the Challenge!

Footsteps to Fitness is a local health initiative challenging residents to pull on their runners, put on a pedometer and start recording their steps. It's all about a healthier, more active community with the challenge being for all participants to reach individual goals while the vision is for Ballarat to clock up enough kilometres to have virtually walked around Australia!

The program is an initiative of Ballarat District Nursing and Healthcare and Challenge Packs are available from our UFS pharmacies. The packs include a pedometer, trip diary, registration form and other information to get you moving. Incentive rewards will be offered to participants. Packs are \$25 – so get yours and start walking...



Feel Good at Wendouree!

Our UFS pharmacy at Wendouree has recently introduced a new system enabling customers to better understand their health and the options available for the treatment and ongoing management of various conditions.

The award winning system called 'Feel Good Guide' provides customers with valuable information on health issues such as: Arthritis, Weight Management, Quit Smoking and Women's Health.

Whether it be information on things to do, what to eat, or what to take, Wendouree has adopted this system as a way of helping customers better understand and manage their health.

Come in and experience the system, it may just provide you with the answers you're looking for.

15% Discount At Cherub Cards & Gifts

UFS wishes to advise all members that you will now receive 15% discount off retail prices at Cherub Cards & Gifts. The increased costs in operating the business including freight, have resulted in the slight reduction to members discount. This became effective from 5th June. However, prices remain very affordable, plus members save an additional 15%. Cherub still holds the same great range of stock, free gift wrapping and bridal registry.



Ideal Father's
Day Gift

Serious Skin Care for Men

BONUS with Men's Facial

A La Clinica Men's facial commences with a scalp, neck and shoulder massage and is designed specifically for male skin. There is nothing girly about this one-hour routine - deep cleansing, nourishing mask and re-hydration. Regular care helps in the prevention of blackheads and razor burn.

- La Clinica Men's Facial
- **PLUS BONUS** Eye Treatment
- **PLUS BONUS** Scalp Treatment
- **PLUS BONUS** La Clinica Oakmoss Shaving Oil

All for \$80.00
UFS Members \$72.00

BONUS



PLUS UFS members will be offered an exclusive opportunity on the day of your treatment only to purchase the La Clinica men's homecare pack. The La Clinica Men's Pack contains full sized Oakmoss Shaving Oil, Protective Face Balm, Soothing Splash Lotion and Cleansing Face & Body Wash.

You Won't Get Better Value Than This...

Normal Retail \$59.95 Introductory Price \$22.00

UFS Members \$18.70

Offer is only available 1st August to 30th September 2006. Bookings subject to availability until 31st October 2006; men's gift packs available for purchase while stocks last; 50% deposit required at time of booking. Promotion not to be used with existing gift vouchers.



*Peace
& Quiet*
a well being centre

719 Sturt St Ballarat
(03) 5332 1694
info@peaceandquiet.biz

www.peaceandquiet.biz

Owned and operated by UFS Dispensaries

**WIN YOUR
DREAM HOLIDAY**
CRUISING TROPICAL
QUEENSLAND

Imagine sunning yourself for seven days on a wonderful P&O Cruise to Tropical North Queensland. Jetset Ballarat, P&O Cruises and UFS Dispensaries are offering you the chance to win the holiday opportunity of a lifetime to break the winter blues.

Departing Brisbane you and a friend will stopover in the Whitsundays, Cairns and Port Douglas before sailing back to Brisbane via Willis Island. Prize includes flights, transfers, entertainment and meals valued at \$4200.

(Prize not transferrable and not redeemable for cash)

Entering is Easy

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 this fabulous P&O Cruise. Entries close on 30th September 2006. See instore for more details.