REGAL Times

A newsletter by Regal Pharmaceuticals Limited

Events • Fruity Tips • Social Responsibilities • Updates • Medi Laugh

Vol. 4: 2010

Editorial

Dear Valued Readers,

During my visits to few of the customers, both locally at Kenya and also at export markets, I have received enormous appreciation for our previous issues of REGAL TIMES. Thanks you very much for your feedback. Your most interesting section, health benefits of different natural fruits and your favourite section, MEDI-LAUGH, will continue to feature latest update for your benefit.

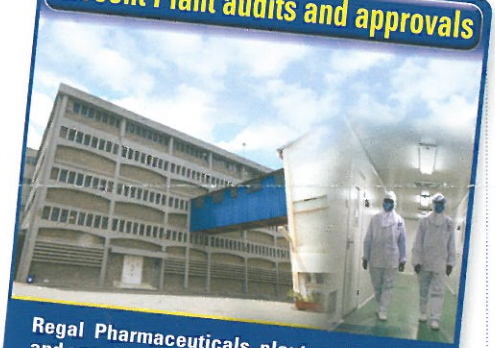
We would love to receive your feedback at info@regalpharmaceuticals.com regarding our services, our products and our REGAL TIMES.

Hoping to have an everlasting relationship and continue to be partners in healthcare.

Thanking you.

Sanjeev Sarkar (BPharm; MBA) - *Editor*

Recent Plant audits and approvals



Regal Pharmaceuticals plant was audited and approved by Pharmacy & Poisons Board, Kenya from 16th to 22nd February 2010. The Auditors were Dr Lawrence Nzumbu & Dr. Csichey C.C.

CONGRATULATIONS!

Regal Pharm Staff graduate after Industrial Pharmacy training

Mr. Danson Ngari (*Left picture*) **& Ms. Namrata Mehta** (*Right picture*) **of Regal Pharmaceuticals Ltd. receiving their respective Diploma Certificates from Dr. Stephen Byrn, Professor, Dept of Industrial & Physical Pharmacy of Purdue University, USA. Also seen is Sr. Zita Ekeocha, Head, Industrial Pharmacy training, Kilimanjaro School of Pharmacy, Moshi, Tanzania.**

Danson Ngari, Head of Production (Penicillin) and Ms. Namrata Mehta, Head of Quality Control of Regal Pharmaceuticals Ltd. have completed their Post Graduate Diploma Course in Industrial Pharmacy – Advance Training. The Management along with all other colleagues & staff of Regal Pharmaceuticals Ltd congratulate both of them for successfully completing the training.

The series of training course in 4 divided sessions between July 2008 and March 2010 were held at Saint Luke Foundation, Moshi, Tanzania by The Kilimanjaro School of Pharmacy (Industrial Pharmacy Teaching Unit) and Department of Industrial & Physical Pharmacy, Purdue University (USA). The course includes practical training in the field of Drug Discovery, Drug Development, Regulatory & Quality Compliance, Drug Manufacturing Process & Manufacturing Lab, Regulatory Documents & Generic Approval submissions.

The Advance training course was organized & funded by United Nation Industrial Development Organization (UNIDO), The Kilimanjaro School of Pharmacy and Purdue University.

Continued Medical Education (CME) – Our support to the health fraternity

We, at Regal, support the health fraternity in providing latest medical news and updates during Continued Medical Education (CME) seminars. Some of the recently concluded CMEs are enlisted below:-

- Medical Coordinators at The Aid Supporting Organization (TASO) , Entebbe, Uganda on 12th January 2010
- Medical & Clinical Officers, Pharmacists & Nurses at Landmark Hotel, Soroti, Uganda on 22nd January 2010
- Medical & Clinical Officers at OPD wing, University Teaching Hospital, Lusaka, Zambia on 10th February 2010.
- Pharmacists & Pharmacy Assistants at Pharmacy wing, University Teaching Hospital, Lusaka, Zambia on 10th February 2010.
- Medical & Clinical Officers at Gynaecology Dept, Mulago Hospital, Kampala, Uganda on 11th February 2010.
- Medical & Clinical Officers, Pharmacists & Nurses at Classic Hotel, Mbarara, Uganda on 17th February 2010.
- Medical & Clinical Officers at Immanzi Hotel, Kigali, Rwanda on 16th February 2010.
- Medical & Clinical Officers at White Stone Hotel, Bujumbura, Burundi on 18th February 2010.
- Pharmacy Assistants at Tin Tin Restaurant - KICC, Nairobi, Kenya on 28th March 2010.

View of different CMEs at: 1. Soroti - Uganda, 2. Lusaka - Zambia, 3. Kigali - Rwanda, 4. Nairobi - Kenya

fruity TIPS

Bananas

...energy booster fruit

Bananas may provide greater benefits than most fruits. for the average person, dieter or even athletes. The combination of carbohydrates and B vitamins present in a banana helps provide an energy boost. Here are some medicinal benefits:

- **Reducing Depression** - Bananas contain tryptophan, an aminoacid that can be converted to serotonin, leading to improved mood
- **Anemia** - Bananas are relatively high in iron, which helps the body's hemoglobin function
- **Constipation and Diarrhea** - Due to their content in fiber, they help restore a normal bowel function. In addition, diarrhea usually depletes important electrolytes (of which the most important is potassium, contained in high amounts in bananas).
- **Healthy Bones** - Bananas are an exceptionally rich source of fructooligosaccharide, a compound that nourishes probiotic (friendly) bacteria in the colon. Thereby, increasing our body's ability to absorb calcium.
- **Blood Pressure & Stroke Risk** - Bananas are extremely high in potassium (about 4673mg), yet very low in sodium (1mg), thus having a perfect ratio for preventing high blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke. According to a study in The New England Journal of Medicine, eating bananas as part of a regular diet can reduce the risk of death by strokes by as much as 40%
- **Heartburn & Ulcers** - Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief. Bananas stimulate the cells on the internal stomach lining to produce a thicker mucus (which protects against acid). Additionally, bananas contain protease inhibitors that help eliminate bacteria in the stomach.
- **Morning Sickness** - Snacking on bananas between meals helps to keep blood-sugar levels up and avoid morning sickness.
- **Smoking** - Bananas contain vitamins B6 and B12 they contain, as well as potassium and magnesium: these substances help the body recover from the effects of nicotine withdrawal.

Adapted from **www.bananaweb.com; www.healthmad.com** *and* **www.lifemojo.com**

Regal CSR

Our Contribution to the Society

Some recent drug donations to various organizations (during free medical camps):

- At Kawangware, Kenya, organized by Action in Focus on 30th January 2010.
- At Embu & Meru, Kenya, organized by Action in Focus on 21st to 24th February 2010.
- At Mama Fauzia Children's Home, Nairobi, organized by AAR Health Services on 27th February 2010.
- At Maringo Community Hall, Nairobi, organized by Luanda Medical Clinic & Lab services on 5th to 6th March 2010.
- At Eastleigh-Nairobi, organized by Mama Fatuma Goodwill Children's home on 6th March 2010.

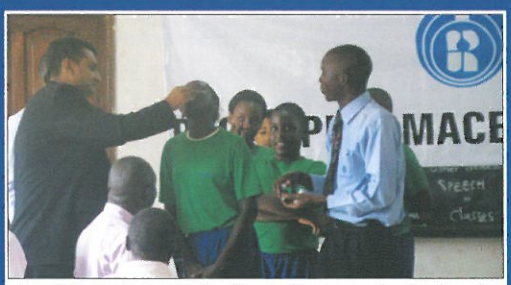
Also, provided 'First Aid Kit' and office fan to Silver Spoon School, Kampal, Uganda on 12th March 2010 and donated a raffle prize for a funfair organized by the PTA of Montessori Learning Centre, Nairobi, Kenya on 14th March 2010. Money raised from the Funfair was used to provide meals to some needy School Children.

De-worming camp at Silver Spoon School, Kampala - Uganda

Regal Pharmaceuticals sponsored a De-worming camp organized by the health team of Silver Spoon School, Kampala. More than 1100 Students, Teaching & Non-Teaching staff were provided with free dose of Albasol (Albendazole) during the camp on 12th March 2010. Mr. Paul Enotu, Medical Representative shared the advantages of de-worming and also shared the methods of preventing and treatment of worms. Mr Suprakash Mandal, General Manager – Marketing of Abacus Pharma (A) Ltd, Kampala were also present during the camp. Abacus is Regal Pharmaceuticals' official distributor for Uganda.

Albasol, Albendazole tablets & suspension is available as a single dose treatment for Pinworm, Threadworm, Roundworm, Hookworm, Whipworm, Tapeworm & Strongyloidiasis.

Students wait for their turn to get the dose *(background picture)*



Mr. Nilesh Brahmbhatt, Regal Pharmaceuticals Country Manager – Uganda, giving Albasol Suspension to the student.

Representatives of Regal Pharmaceuticals giving Albasol dose to more students of Silver Spoon School.

International Women's Day

Celebration in a Noble Way...

Regal Pharmaceuticals joins Ntinda Family Doctors at Kampala for providing free medical services to women and children on the *International Women's Day* on 8th March 2010. This programme was supported by ***"The Association Of Uganda Women Medical Doctors Association".***

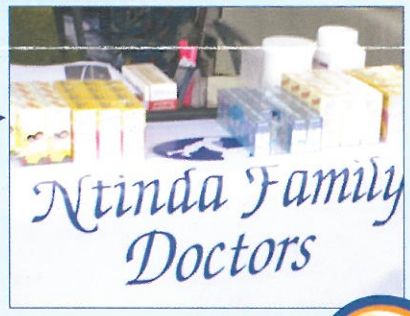
View of Women's day celebration presentation.

The Association of Uganda Women Medical Doctors (AUWMD) is a Non-Governmental Organisation (NGO) established in 1987 with the purpose of improving the health status of the population of Uganda, especially women, children and adolescents.

Regal Pharmaceuticals Ltd provided FERRO-B syrup (haematinic), RINAVIT syrup (multivitamin) & ALBASOL Suspension (de-wormer) to all women & children, as free samples, through Dr Angela of Ntinda Family Doctors.

Large numbers of women and children attended the free medical camp, which was organized at one of the biggest church, WATOTO Church in KAMPALA. Watoto Church takes care of orphans & street children.

Mr. Paul Enotu, Medical Representative handing over Free medicines to Dr Angela of Ntindi Family Doctors.



View of Ntinda Family Doctors stand during the event.

MEDI-LAUGH

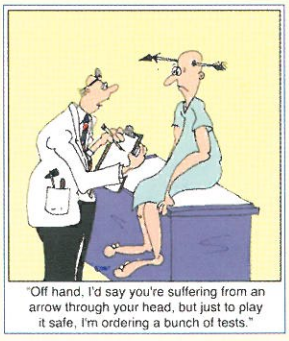
Psychiatrist Point of View

Patient: "I can't decide whether to slash my wrists, or blow my brains out."

Psychiatrist: "You have difficulty in making decisions."

Difference

What is the difference between a hematologist and a urologist? A hematologist pricks your finger.



"Off hand, I'd say you're suffering from an arrow through your head, but just to play it safe, I'm ordering a bunch of tests."

Short Temperament

Patient: Doctor, you must help me. I'm under such a lot of stress, I keep losing my temper with people.

Doctor: Tell me about your problem.

Patient: I just did, didn't I, you stupid fool!!

MEDI-QUOTE

"Diagnosis is not the end, but the beginning of practice."

Martin H. Fischer

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