Based on Economist Intelligence Unit’s “Tackling Obesity in Asean” report in 2017, which covered Malaysia, Singapore, Indonesia, Thailand, Philippines and Vietnam, MALAYSIA has the dubious honour of having the highest obesity prevalence in Southeast Asia. The prevalence of obesity was at 13.3%, while overweight was at 38.5%.

Factors contributing to the statistic including Malaysians’ love for food and our strong culture of entertaining guests with food.

In this issue
- Weight management
- Weight loss supplements
- QUMC program
- CPD Zon Selatan
- Updates on LASA drugs
- Latest issues on medication safety
- Reports on suspected ADR
- DIS query statistics
- CNY celebration

Contact us:
Drug Information Service
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In 2010, 2004 food samples were analysed by Ministry of Health and 5.4% were found to have **too much sugar**.

**DID YOU KNOW?**

**Why is a healthy weight important?**

If you are overweight or obese, you are at higher risk of developing serious health problems, including heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

**How to combat this?**

1. Eat according to the Malaysian Food Pyramid
2. Stock fridge with fresh fruits and vegetables
3. Get moving!
4. Reduce time spent on tech gadgets
5. Drink lots of water

References:
1. Disease Control Division, Ministry of Health, Malaysia
2. Urban Health Magazine
3. Nutrition Society of Malaysia
WEIGHT LOSS SUPPLEMENTS

Weight loss supplements are available in various forms. They are indicated to control appetite, sugar craving and provide stress relief in order to sustain long term weight loss controls. They can also be found as food supplements and diet pills [1].

For example, Acai Berry is primarily an antioxidant, and lacks scientific proof for weight loss effects. Hoodia is an appetite suppressant whereas CLA, guarana and caffeine are fat burners. Chitosan has been studied to have effect in preventing fat absorption [1].

Most of these supplements are costly. People take them without consideration of the right diet and exercise. The supplements suppliers should advise the consumer to follow a nutritionally correct diet and be physically active to ensure weight loss goal can be achieved [1].

Some of the products can have severe side effects if manufactured wrongly. For example, Ephedra has been banned by USFDA as it is suspected to be linked to several cases of stroke, heart attacks and death. So, we need to check out the reliability of the products.

When taking over-the-counter weight loss products

1. Check if the product is registered with the regulatory authority (check online at: www.npра.gov.my)

2. Make sure you do not have other medical conditions if you want to try these products because they may cause adverse effects.

3. Read the label carefully and do not take more than the recommended dose.

4. These products are not allowed to make certain claims such as “stop fat from being absorbed” or “speed up metabolism”. If you find these claimed on the packaging, report it to the regulatory authority [2].

5. Avoid weight loss product which:
   - Promote rapid weight loss and promise quick result
   - Suggest that you do not need to change your diet or exercise
   - Fail to recommend a dietary advice; and worse still encourage you to eat anything

References:
2. Npramoh.gov.my
BANNED! Products Containing Sibutramine

‘Body Beauty Slimming Coffee products’

‘Body Trimz’ products

‘Acai Berry’ products

‘Bro Ali Coffee’ products
QUALITY USE OF MEDICATION (QUMC) PROGRAM

On 25\textsuperscript{th} of January 2018, pharmacy department had conducted Quality Use of Medication (QUMC) program in Sekolah Kebangsaan Lunas Jaya, Kulim, Kedah. This one-hour program was participated by 112 Standard 6 students and 10 teachers.

The objectives of this program are to:
\begin{itemize}
  \item Increase awareness on a proper use of medication
  \item Outline the differences between dosage forms and types of medication that are available in our hospital or in market
  \item Educate on the right way of medication storage
  \item Educate students and teachers on how to practice 5R in handling their medication
\end{itemize}

During this program, our pharmacist, Miss Cheah Yan Li had delivered a talk on “Know Your Medication”. Apart from that, there was also exhibition on medicines and medication-related devices that attracted attention from students and teachers of SK Lunas Jaya.
A CPD session was held in Hospital Kulim on 26th February 2018. This event was organized by the pharmacy department of Hospital Kulim in collaboration with Jabatan Kesihatan Negeri Kedah. 64 people, including pharmacists, pharmacy assistants, as well as students from UNIKL and ILKKM attended the session.

Several topics were presented:

<table>
<thead>
<tr>
<th>TOPICS</th>
<th>SPEAKERS</th>
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<tr>
<td>Hypertension and Diabetes: A Decade’s Impact with Coversyl Plus</td>
<td>Miss Abigail</td>
<td>SERVIER</td>
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<tr>
<td>Updates on Asthma</td>
<td>Miss Norazimah bt A Rhazi</td>
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<td>Updates on COPD</td>
<td>Miss Norazimah bt A Rhazi</td>
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<tr>
<td>Management of Meliodosis</td>
<td>Miss Sarania A/P Engitaravanan</td>
<td>PRP UF 41</td>
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The existence of look-alike/sound-alike drug names is one of the most common causes of medication error and is of concern worldwide. As more medicines and new brands are being marketed in addition to the thousands already available, many of these medication names may look or sound alike. This event can lead to confusing medication names that can cause harm or death to patients. Below are the latest updates of look-alike drugs that can be found at Outpatient and Inpatient Pharmacy Departments of Hospital Kulim.

### Outpatient Pharmacy

Diphenhydramine for adults (left) and paeds (right)

### Inpatient Pharmacy

- Phytomenadione 1mg/ml Injection and Phytomenadione 10mg/ml Injection
- Potassium Dihydrogen Phosphate Injection and Magnesium Sulfate Concentrated Injection
- Enoxaparin Sodium 40mg Injection and Enoxaparin Sodium 60mg Injection
- Cefepime HCL 1g Injection and Ceftriaxone 1g Injection
- T. Chlorpromazine HCL 25mg, T. Hyoscine N-Butylbromide 10mg, T. Dipyridamole 75mg
- T. Bisoprolol 5mg and T. Bisoprolol 2.5mg
Sedative injecting drug such as propofol will result in increased sedative effects on patients. Reduction of propofol dose is recommended when given together with sodium valproate. This is because of the increased risk of propofol exposure. This situation can in turn cause complications or delay recovery.

- Lower doses of propofol should be used to induce anesthesia for patients under valproate treatment compared with valproate-free patients.
- Sodium valproate increases effects of propofol by pharmacodynamic synergism.

Allopurinol drugs are known to cause serious skin adverse effects such as Stevens-Johnson Syndrome (SJS), Toxic Epidermal Necrolysis (TEN), and drug reaction with eosinophilia and systemic symptoms (DRESS).

- Allopurinol hypersensitivity can occur as severe cutaneous adverse reaction (SCAR), which includes Steven-Johnson Syndrome (SJS) and Toxic Epidermal Necrolysis (TEN). 1, 2
- Mortality rate is 1-5% for SJS, and 25-30% for TEN. 1
- SJS/TEN reactions normally occur 5 days to 3 weeks after starting allopurinol. 3

References:
LATEST ISSUES ON MEDICATION SAFETY

WARNING
Interference with laboratory tests - The use of PPI is associated with increased Chromagginin A (CgA) level that may interfere with investigations for neuroendocrine tumors. PPI therapy should be stopped for at least 5 days before CgA measurements to avoid interference.

ADVICES
Advices for healthcare professionals:

✓ Review each individual patient’s need for PPI therapy at every follow-up, use ‘on-demand’ or ‘step-down’ therapy, and discontinue any unnecessary PPIs.

✓ Monitor patients for possible long-term ADRs, including photosensitive dermatosis with arthralgia, cognitive impairment, falls or fractures.

✓ Report all suspected ADRs associated with PPI use to the National ADR Monitoring Centre, including ADRs following long-term use.

PROTON PUMP INHIBITORS (PPIS): POTENTIAL LONG-TERM SAFETY ISSUES

ADVERSE EFFECTS

❖ The used of PPIs is associated with very infrequent cases of sub-acute cutaneous lupus erythematosus (SCLE)

❖ Severe hypomagnesaemia has been reported in patients treated with PPIs for at least 3 months, and in most cases for a year.

❖ PPIs, especially if used in high doses and over long duration (>1 year), may modestly increase the risk of hip, wrist, and spine fracture, predominantly in elderly or in the presence of other recognized risk factors.

❖ Publish observational studies suggest that PPI therapy may be associated with increased risk of Clostridium difficile associated diarrhea, especially in hospitalized patients.

❖ Daily treatment with any acid-suppressing medications over a long period of time may lead to malabsorption of cyanocobalamin (vitamin B12)

REPORTS OF SUSPECTED ADVERSE DRUG REACTION

Dis Inquiry Statistics

Total Dis Inquiry

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**Jan – Mar 2018 (Vol. 1) **

Hospital Kulim Pharmacy Department

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STAFF MOVEMENT
(Updated Feb 2018)

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Date: 8th February 2018

CHINESE NEW YEAR CELEBRATION