

FREE

HEALTHY

community

UFS MEMBER MAGAZINE, AUTUMN/WINTER 2018

pain relief

alternatives to codeine

mums day

gifts to make her day special

it's our birthday

eden body & soul and UFS Optical celebrate 10 years





VIEW ST. PHARMACY OPEN 24/7

Welcome

We are committed to your health.

At UFS Pharmacies we are committed to good health and the health of families. This seasons articles will assist you in caring for your family with strategies such as prevention instead of cure (see page 5 for information on the flu shot vaccination and page 4 for healthy recipes).

This magazine is not only focused on health but on celebrations. We are excited to celebrate the 10 year anniversary of UFS Optical and Eden Body and Soul. This is a proud time for our business and we would like to mark the occasion by offering our members some Eden & Optical Birthday specials & giveaways. (See page 9-10).

We also believe Mother's Day should be a celebration and a special time for families, so come in and see us for gift ideas on how to spoil and pamper your mum this year.

Alana Mitton
UFS Pharmacist



Member benefits



UFS Members enjoy a 6% discount on GMHBA Health Insurance*.



As a UFS member, you'll receive \$100 off the joining fee at Fernwood Fitness*.

Visit us in store

- UFS Pharmacies Hargreaves St 379 Hargreaves Street _____ 03 5443 6430
- UFS Pharmacies View St Cnr View & Barnard Streets _____ 03 5443 4610
- UFS Pharmacies Strathfieldsaye 32 Blucher Street _____ 03 5439 3513
- UFS Pharmacies Maiden Gully Shop 2, 741 Calder Highway _____ 03 5449 7149
- UFS Optical Suite 1, 379 Hargreaves Street _____ 03 5441 8077
- Eden Body and Soul Essentials Suite 3, 379 Hargreaves Street _____ 03 5443 6997



Find UFS, UFS Optical and Eden on Facebook: facebook.com/bendigoufs, facebook.com/ufopticalbendigo, facebook.com/eden.d.spa

*Conditions apply. Everything contained in this magazine is intended as helpful information only and is in no way a medical recommendation. Please always consult your GP and your UFS Pharmacist or UFS Optometrist for professional advice in the first instance.

Codeine - why the change?

As many individuals will be aware, from the 1st of February this year, products containing codeine now require a prescription.

There are a number of reasons why the government has made this change.

1. Evidence indicates there is no additional benefit in using small doses of codeine (lower than 30mg) over products without any codeine (Pain Australia, n.d.).
2. Codeine use can result in tolerance, physical dependence and even death (Pain Australia, n.d.) when used inappropriately and without monitoring from your doctor.
3. The codeine products previously available were combined with other medicines such as paracetamol or ibuprofen. Overdosing on these medications in an attempt to control pain commonly increased liver damage, internal bleeding, kidney failure and heart attacks (Pain Australia, n.d.).

How can pain best be managed?

Although codeine can be effective in treating more severe levels of pain, it is important to realise that other medications may be more effective. This can also minimise common side effects such as nausea, drowsiness and constipation as well as preventing tolerance and physical dependence.

Generally speaking there is a three-step approach to pain management.

1. Paracetamol:

Taking paracetamol regularly (eg taking two Panadol tablets four times a day or 2 Panadol Osteo tablets three times a day) is the first step in managing pain. Although this may not relieve all of the pain it reduces the need for high doses of additional medications associated with increased side effects.

2. Anti-Inflammatory Medicines:

Such as ibuprofen (Nurofen or Advil) or diclofenac (Voltaren).

These medicines alleviate pain in a different way to paracetamol and can be taken at the same time. They are particularly good at treating pain associated with inflammation such as back or dental pain but cannot be used when other conditions are present such as high blood pressure, stomach ulcers, or in individuals with heart or kidney problems.

3. Opioids:

When additional pain relief is needed or when anti-inflammatory cannot be used opioid medicines such as codeine are recommended. Sufficient doses to provide pain relief can be prescribed by your doctor with continual monitoring reducing the potential for severe side effects.

It is important to realise that pain is often difficult to treat, with a variety of measures needed to control symptoms. Medication is one part of the puzzle but other measures such as heating and cooling products (rubs, patches and wheat bags), physiotherapy and gentle exercise can all be part of effective treatment. For more information on the different types of pain medications or for other ideas on how to best manage your pain, talk to your Bendigo UFS pharmacist, we are always here to help!

References:

Pain Australia Codeine Fact Sheet. (n.d.) Pain Australia. Retrieved From: www.painaustralia.org.au



Healthy food

healthy you

Entrée

Vegetable Filo Triangles

Low fat and sugar

Ingredients

- 20 sheets filo pastry
- 1 ½ cups canned kidney beans, rinsed and drained
- ½ cup reduced fat milk
- 1 tablespoon chopped parsley
- 1 potato, grated
- 40g reduced fat cheese, grated
- ¼ carrot, grated
- 1 tablespoon tomato chutney
- ½ onion, chopped

Method

Preheat oven to 180°C. Combine potato, onion, carrot, beans, parsley, cheese and chutney together. Mix thoroughly. Lay one sheet of filo pastry on a dry chopping board with the longest side of the pastry facing you. Lightly brush with milk. Lay the second pastry sheet on top and brush with milk. Repeat this process with another two pieces of pastry. Cut the pastry into five strips. Place 1 tablespoon of the vegetable mixture on the bottom of each pastry strip and fold up into a triangle. Place on a greased tray and lightly spray tops with canola oil and sprinkle paprika on top. Bake for 30 minutes or until golden brown in colour.



Main

Lamb and Pumpkin Pilaf

Low fat and sugar

Ingredients

- 400g lean lamb, cut into thin strips
- 1 medium onion, finely chopped
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 ½ cups basmati rice
- 400g pumpkin, peel & cut 1cm cubes
- 150g green beans, cut into 2cm
- 2 ½ cups reduced salt chicken stock
- canola oil spray

Method

Heat oil in a pan and stir-fry the meat in two batches. Transfer to a plate, cover and set aside. Cook the onion over medium-low heat for about 5 minutes or until soft and golden. Add the spices and stir for about 30 seconds or until fragrant. Add the rice and stir to coat with the onion mixture. Add the pumpkin, beans and stock and stir until well combined. Cover with a tight-fitting lid and bring to the boil. Reduce the heat to very low, and cook for 12 minutes or until all the stock is absorbed. Turn off the heat and stand for 5 minutes or until the rice is tender. Return the meat to the pan, use a fork to mix through and fluff up the rice. Serve immediately.



Dessert

Apple or Pear Oat Crumble

Low fat, salt and sugar

Ingredients

- 10 apples or pears (or both)
- ¼ cup water
- 4 tablespoons olive oil
- 2 cups quick cook oats
- 2 tablespoons honey
- 2 tablespoons sunflower seeds (opt)
- ½ teaspoon cinnamon (opt)
- Generous pinch of nutmeg (opt)

Method

Core and thinly slice the fruit, leaving the skin on. Put about 1/4 cup water in the base of a baking dish and then arrange the thinly sliced fruit to cover the bottom of the dish. Heat the oil in a saucepan and then add the oats, honey, sunflower seeds, cinnamon and nutmeg. Mix the ingredients over low heat with a wooden spoon until they are thoroughly combined. Spread the oat mixture over the sliced fruit. Bake in a slow oven (160°C) for about an hour or until golden brown on top.

Avoid the flu this season

What is the flu?

Influenza, commonly known as the flu, is caused by a highly contagious virus that is spread by contact with fluids from coughs and sneezes.

The flu usually differs from a cold as symptoms develop suddenly, and can lead to complications such as chest infections and pneumonia.

Unlike a cold, symptoms such as fever, sore throat and muscle aches develop suddenly and last about a week. Other symptoms can include: tiredness, high fever, chills, headache, coughing, sneezing, runny noses, poor appetite, and muscle aches.

Prevent the flu

It's important to be immunised every year because the influenza virus changes. The influenza virus has a unique ability to change its surface structure. This means that even if you had the flu or an immunisation one year, your body's immune system might be unable to fight the changed version of the virus that will be circulating the following year.

Pregnancy

Pregnant women are at increased risk of complications from the flu. Influenza vaccine is strongly recommended and safe for pregnant women at any time during pregnancy. It can also be safely given while breastfeeding.

Influenza vaccination of pregnant women also protects infants against influenza for the first six months after birth due to transplacental transfer of antibodies from the vaccinated woman to the fetus.

Others at high risk

Annual influenza vaccination is recommended for any person from six months of age who wishes to reduce the likelihood of becoming ill with the flu.

High risk groups include:

- anyone aged 65 years and older pregnant women (at any stage of pregnancy).
- Aboriginal and Torres Strait Islander people.
- People with existing illness, such as heart and kidney disease and diabetes.

Reference: betterhealth.vic.gov.au & immunise.health.gov.au

UFS members receive \$100 off the joining fee

WHY FERNWOOD?

Training in a female-only facility reduces the intimidation factor, giving you the freedom to explore new things and get the results you want.

We also know you're busy, so we make it easy to fit exercise into your day:

- Unlimited group fitness classes
- 30-minute training sessions
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- Functional training
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- Exclusive member offers
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52 group fitness classes every week

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FITNESS
fernwood



Celebrating 10 years

Birthday festivities at Eden and Optical.

We recently celebrated the 10 year birthday of Eden and Optical including all the essentials; cake, balloons and lots of laughs.

Eden Body and Soul Essentials

Eden had a modest start at their original location in King Street with one therapist in a tiny treatment room. Eden started to grow and was ready to expand, so they moved to the newly relocated View Street pharmacy. With more room they added 2 part-time therapists and had a focus on waxing.

In 2008 Eden made the move to Suite 3, 379 Hargreaves Street, located at the rear of the pharmacy with after hours access through Valentines Walk. The business grew significantly now opening late Thursdays & Fridays employing 7 beauty therapists, 1 Remedial massage therapist and a manager. Eden now fills 5 purpose built

treatment rooms, 2 shower rooms, manicure room, make-up room, waiting lounge plus 2 spray tanning rooms.

Eden have recently updated their treatment menu offering a full suite of services such as massage, remedial massage, facials, IPL hair removal and skin treatment, Microdermabrasion facials, manicures, pedicures, tanning, makeup and more.

Eden also stock a full range of high quality skin care products and makeup which includes Dermalogica, Youngblood Mineral Makeup, Pure Fiji and OPI nail polish.

*Conditions apply: 20% off ends 30/04/18. Free face mapping is by appointment only. All deals are for members only.

Purchase 2 or more Dermalogica products and receive

20% OFF*

30% OFF*

All Sunglasses
April 16 -30

FREE
Face Mapping
at Eden*

UFS Optical

UFS Optical first opened its doors in April 2008. UFS Optical has gone from strength to strength over the last 10 years. We are continually evolving and growing our business to ensure that we keep up to date with the latest optical technology, the best prescription lenses by Zeiss and current brand eyewear trends.

There is however one thing that has remained the same, our Optical Manager Chris Moyle has been with UFS Optical from the very start. Chris is a crucial part of why many of our patients continue to use the services of UFS Optical.

Working alongside Chris is Optometrist Leonie Skewes BSc Optom GCOT (melb), Ophthalmic Medicines Prescriber with over 25 years' experience, Optical Dispenser Loretto Ritchie and Sales Assistant Jacinta Martin. Our friendly and approachable team have over 55 years combined experience in the optical industry.

The UFS Optical team is a small one, upon entering the shop you will notice that there is always light hearted humour and a lot of laughing between the staff. Working closely together it is extremely important that we all get along all enjoy each other's company. We will always do our best to make sure you feel comfortable and walk away feeling like your experience at UFS Optical was an enjoyable one.

We thank our extremely loyal patients that have continued to support UFS Optical over the past 10 years.



We would like to make a special mention to a number of patients who have been with us since we opened.

"Congratulations on 10 years UFS Optical. As a client during this time, I can only compliment you all on your wonderful service and great products. Lens quality has proven to be crucial for my sight, I experienced image distortion from lenses supplied elsewhere.

The supplier actually advised me lenses supplied by Chris and the team where premium quality. As a truck driver, I have been pretty tough on my glasses, but after-sales support has also been first rate, be it the prompt repairs, or warranty claims. Thanks Team."

- Trevor Daly



"I have been a customer of UFS Optical for many years. I have been extremely satisfied with the price, member discounts they offer and more importantly the wonderful service that they continue to provide. They always go above and beyond to look after their customers and I will continue to be a customer for many years to come. Happy 10th Birthday UFS Optical & thank you to all the amazing staff!"

- Kristy Gandy



FREE
Face Mapping
at Eden*

30% OFF*
All Sunglasses
April 16 -30

**To celebrate our 10th birthday
we are offering deals to give you
party vibes.**



**Do you snore?
Are you tired?**



Come and talk to our staff about your sleep issues.



We provide home based sleep studies.

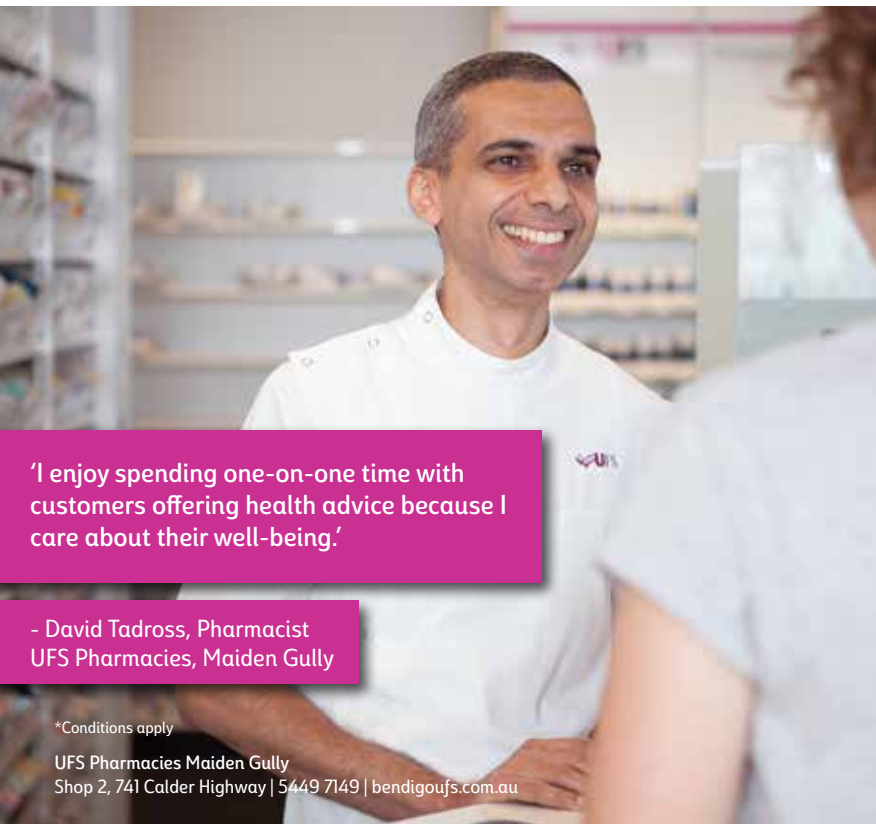


All CPAP supplies including machines, masks and spare parts.



Contact UFS Pharmacies Hargreaves St 5443 6430

Proudly supported by

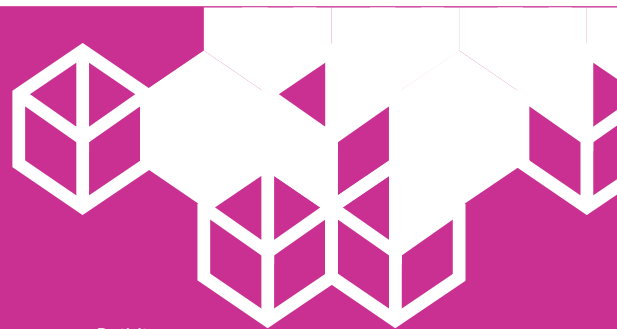


'I enjoy spending one-on-one time with customers offering health advice because I care about their well-being.'

**- David Tadross, Pharmacist
UFS Pharmacies, Maiden Gully**

*Conditions apply

UFS Pharmacies Maiden Gully
Shop 2, 741 Calder Highway | 5449 7149 | bendigoufs.com.au



Building a
Healthier
Community

#Make it Local

UFS Pharmacies Maiden Gully contribute to the local community groups and organisations and are dedicated to customers, offering **health advice**, convenient services such as **webster packs**, **free delivery*** and **vaccinations**, all with a friendly smile.



Remedial Massage *at Eden*

Remedial Massage appointments are now available Monday, Tuesday and every second Saturday by appointment. Book online or call us to make an appointment. Hicaps is available for those with Private Health insurance extras too, so bring your private health fund member card.

Appointments fill very quickly, so make sure you get in early!

Book online, or call 5443 6997 today.



CELEBRATE

45 mins

Only \$99*

- Celebrate facial (30 mins)
- Pure Fiji foot scrub
- Relaxation Massage (15 mins)
- Gift - Pure Fiji nourishing hand cream

REJUVENATE

75 mins

Only \$149*

- Rejuvenate facial (45 mins)
- 24k gold eye mask
- Pure Fiji foot scrub
- Relaxation Massage (30 mins)
- Gift - Travel candle

PURE INDULGE

105 mins

Only \$199*

- O2 Lift Facial & Collagen crystal eye mask
- Collagen & 24k gold lip mask
- Pure Fiji hand & foot treatment
- Dry body brushing
- 30min Relaxation Massage
- Gift - Candle with jewellery

FREE GIFT CANDLE
with bonus jewellery
worth up to \$3000



 edenbody.com.au

 03 5443 6997

 3/379 Hargreaves St Bendigo 3550

relax | revitalise | refresh

THE FINE PRINT

CONDITIONS APPLY: The offer shown is valid until 31/05/18; are not valid with any other offer; non-transferable; no substitutions; not redeemable for cash or product; while stock lasts. Limited appointments and packs available. Prices above are member prices.

Pamper mum this Mother's Day

Beautifully presented gift vouchers.



FREE nail polish
when you purchase a
\$100 voucher*.



 edenbody.com.au

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relax | revitalise | refresh

THE FINE PRINT

CONDITIONS APPLY: The offer shown is valid until 31/05/18; are not valid with any other offer; non-transferable; no substitutions; not redeemable for cash or product; while stock lasts.

Winners are Grinners

Congratulations to all our lucky winners!

Follow our socials to be one of the first to hear about competitions and promotions as they happen, as well as the latest health and beauty tips from our amazing team.



'LIKE' TO WIN!
MEMBERS
Mother's Day
GIVEAWAY

WIN A COFFEE MACHINE & \$150 EDEN BODY AND SOUL GIFT VOUCHER FOR MUM THIS MOTHER'S DAY!



\$400
TOTAL VALUE

'Like' our Facebook page and 'Like' our competition post and you could be our lucky winner!

Find us at [facebook.com/bendigoufs](https://www.facebook.com/bendigoufs)

*Competition open to UFS Pharmacies members, their family and friends. See online for full competition details. Competition runs from 16/4/2018 to 12 midday 11/05/2018. Drawn on 11/05/2018.



Birthday deals on

fashion frames & lenses

WIN!
A 2nd pair of prescription glasses
Spend \$300 to enter*

VANNI Eyewear Made in *Italy*, for sure.

The label "Made in Italy" frequently appears on products that although may have been conceived or designed in Italy are all too often are not actually made in Italy.

For VANNI Made in Italy is a promise that signifies not only a rigorous creative design process but also a longstanding collaboration with our highly specialized Italian manufacturing partners. Our eyewear is handmade by artisans whose skill and knowledge has been passed down through generations and who produce the highest quality craftsmanship with the latest precision machinery.

VANNI is proud to sustain and be part of this manufacturing excellence that Italy represents, promoting beautiful crafted products that our country has been exporting worldwide since the Renaissance.

FREE
Anti-Reflective
Coating*

worth \$120 with any prescription glasses

Plus
30% OFF*
All Sunglasses



Sale begins April 16 to April 30.

*Conditions apply



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We're open when you need us.

What our customers are saying...

"Compassionate and caring team who care about their clients."

"Outstanding customer service. Very friendly and extremely helpful."

-Google reviews



UFS View Street Pharmacy

24 HOUR PHARMACY

Corner View and Barnard Streets, Bendigo • Phone 5443 4610



SAVE TIME! GET THE FLU SHOT AT UFS PHARMACIES



No need to make a doctors appointment, simply drop into UFS and one of our fully trained UFS Pharmacists will administer a flu shot – no booking or prescription necessary!

Avoid down time. Visit UFS Pharmacies for a flu shot today.

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UFS View Street Cnr View & Barnard Streets | 5443 4610

* Conditions apply, Cost \$29.95, UFS members receive 10% discount & further discounts may apply, vaccination clinic opening hours may vary between stores.



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