

FREE

HEALTHY

community

UFS MEMBER MAGAZINE, SPRING/SUMMER 2018/19

sunscreen

how to use it properly for the best protection

hay fever

what's your trigger?

snoring partner?

learn about sleep apnoea and the symptoms



VIEW ST.
PHARMACY
OPEN

24/7



Welcome

Get outside and enjoy being allergy free.

Spring is finally here and at UFS Pharmacies we want you to be able to get outside and enjoy the sunshine without having to worry about your allergies. In this magazine you will find tips on how to minimise your hay fever as well as typical triggers.

Also in this edition, learn about sun protection, Sleep Apnoea and our new range at Optical. There are also great deals from Eden Body and Soul for you to enjoy.

Bronwyn Capewell
UFS Pharmacist



Member benefits

GMHBA

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

fernwood FITNESS

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/ufsopticalbendigo, 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.

Protect your skin

This summer!

At least two in three Australians are diagnosed with skin cancer before the age of 70. Skin cancer is one of the most expensive of cancers for the Australian Healthcare system, but also one of the most preventable.

UFS Pharmacist, Bronwyn, answers some common questions in relation to sunscreen.

What does SPF mean?

SPF stands for Sun Protection Factor. SPF relates to the length of time it takes for redness to appear on the skin compared to when no product is used at all. The SPF number is only a guide to a sunscreen's protection. How long someone takes to burn depends on the time of day, time of year, amount of UV reflection and their skin type.

What does broad spectrum mean?

Broad spectrum sunscreens offer protection from both UVA and UVB rays, the two types of harmful ultraviolet radiation emitted by the sun.



REMEMBER :

- SLIP • SLOP
- SLAP • SEEK
- SLIDE

How often should I reapply sunscreen?

Apply sunscreen 20 minutes before you go outside and again at least every two hours to keep you protected. Sunscreen can be easily wiped off or lost through perspiration. Always reapply after swimming or water sports.

How much sunscreen should I use?

For an adult, the recommended application is 5mL (approximately one teaspoon) for each arm, leg, body front, body back and face (including neck and ears). This equates to a total of 35mL (seven teaspoons) for a full body application. Many Australians apply too little sunscreen.

Is sunscreen enough?

Sunscreen is never to be used as the only line of defence against sun damage. Whenever the UV index is above 3, be sure to:

- Slip on sun-protective clothing
- Slop on SPF30 or higher sunscreen
- Slap on a hat that protects your face, head, neck and ears
- Seek shade
- Slide on sunglasses that meet Australian Standards.

Which sunscreen should I use?

Sunscreen is available in creams, lotions, milks and gels and not all sunscreens contain the same ingredients. Speak to your UFS Pharmacist to find one that best suits your skin type.

How long can you keep sunscreen?

Check the expiry date and storage conditions on the label. Most sunscreens last about two to three years. They should be stored at a temperature below 30°. If sunscreens are out of date or have not been stored appropriately, they may not work as well.

Can I put sunscreen on my baby?

The Australasian College of Dermatologists state that babies less than six months of age absorb more chemicals applied to the skin than adults, the widespread regular use of sunscreens is not recommended. Ensure that babies are protected from the sun by shade, protective clothing and a hat.

Don't let hay fever

control you this season!

Hay fever is the common name for allergic rhinitis. It is an allergic reaction in the nose, throat and eyes.

Most people associate hay fever with spring, when airborne pollens from grasses are highest. However, hay fever can occur at any time of the year.

Common allergic triggers include:

- pollens from trees, plants and grasses
- dust mites
- mould
- animal hair or fur.

Suggestions to prevent or limit the symptoms of hay fever include:

- stay indoors as much as possible on windy days in spring
- keep windows and doors shut when pollen count is high
- identifying the cause of the allergy and avoiding further contact with it
- start treatment early and take it regularly, especially if you know you will be exposed to triggers.

We are here to help!

For more information speak to one of your friendly UFS pharmacists.



Signs and symptoms of hay fever include:

- sneezing
- a runny or blocked nose
- itchy ears, nose and throat
- swollen, itchy, watery and red eyes
- headaches

Common, over-the-counter hay fever medicines include:

- antihistamine tablets - which may ease mild symptoms
- steroid nasal sprays - one of the most effective treatments when used regularly
- nasal irrigation - can relieve sinus symptoms
- eye drops - may help relieve swollen, itchy, red or watery eyes.



edenbody.com.au
03 5443 6997

Gift ideas at Eden!



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Youngblood
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• with bonus jewellery

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Sleep Apnoea signs & symptoms are:

- Loud, persistent snoring
- Pauses in breathing
- Frequent toilet trips at night
- Dry mouth upon waking
- Morning headaches
- Daytime fatigue

Do you need help in the bedroom?

What is Sleep Apnoea?

Sleep apnoea is a common sleep disorder which is defined as an increased number of pauses in breathing whilst sleeping. All individuals have pauses in breathing whilst sleeping, however sleep apnoea is an increased amount of these events. These pauses cause us to wake up subconsciously, leading to restless sleep and reduces our blood's oxygen levels, causing many health risks to increase.

As mentioned, sleep apnoea can affect anyone, but it affects the following populations more:

- Men
- People over 40
- Overweight/obese individuals
- Type 2 Diabetics (up to 80%).

Sleep apnoea is more common in men over the age of 35 than asthma, which highlights the common nature of the condition. Generally, we diagnose the condition with a take-home recording machine and treat sleep apnoea with CPAP machines.

If you, or someone you may know, may be suffering from sleep apnoea, or you need new parts for existing CPAP machines, please come into the Hargreaves Street branch, or alternatively, contact us at 5443 6430 with any enquiries.

Diagnosis

A non-intrusive, take-home machine called the Alice-One is available to use for effective diagnosis of sleep apnoea. It consists of the recorder, a respiratory effort band, a pulse oximeter and a flow cannula. It is much more comfortable than other options on the market, such as overnight sleep studies in hospital.

What is CPAP?

CPAP (Continuous Positive Airway Pressure) therapy is the most effective form of treatment. It consists of the following:

- A machine to produce the pressure
- A mask to ensure the pressure is sealed
- A humidifier to retain airway moisture
- A filter to ensure air is dust free.

The benefits of CPAP therapy are very numerous, and can include (and aren't limited to) the following:

- Improved sleep quality
- Reduction in snoring (much quieter)
- Improved allergy control
- Improved diabetes control
- Increased daytime energy.



Medications need sorting?

Webster-pak® is the simple and safe way of keeping track of your own or a loved one's medications.

The daily breakdown on the pack tells you what time of day to take it ensuring no mistakes are made with dosage.

Let us take the worry out of medication for you.



Only \$5* per week for UFS Members

Call us today on 5441 5590 and we'll get you sorted.

UFS make it easy for you

3 great reasons to choose UFS & Webster-pak®

Webster-pak® is a sealed weekly calendar pack designed to help you or a loved one take medication correctly.

Safety - Our Webster-pak® service is recognised for its distinctive visual cues. You can see at a glance if you have or haven't taken a medication, plus it is easy to see if you are taking your medication correctly.

Convenience - It's simple to use. You simply push the designated medication out through the foil backing. Doctors can review, change dosage and add medication easily.

Flexibility - Our service can cater to specific medication requirements such as before food, antibiotics and sliding scale doses.

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
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- Functional training
- Complimentary breakfast
- Free WiFi
- Online and in-club programs
- Exclusive member offers
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52 group fitness classes every week

CONTACT US TO GET STARTED TODAY

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Level 1, 358 Hargreaves St

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fernwood FITNESS



**BUILDING A HEALTHIER
OVER
\$73,000
DONATED IN 2017/18
Including \$4500 in minor donations
and community sponsorships
COMMUNITY**

SES Bendigo Unit

Bendigo Animal Welfare & Community Services

Strathfieldsaye Bowls Club

Righteous Pups Bendigo

Thank you to all our members

The Building a Healthier Community Program has been distributing funds to our local community since 2004 and has contributed in excess of \$600,000 to over 80 different organisations throughout this time. This would not have happened without the loyal support of our UFS Members

who choose to donate half of their UFS membership fee when they join or renew. This program grows every year, we are proud of the fact that the majority of our members care about supporting local schools and not for profit organisations within our community.

The OTIS Foundation



The OTIS Foundation was established more than 15 years ago in Bendigo to support women dealing with the challenges of breast cancer and their families by providing access to retreat accommodation at no cost.

This unique gift aims to reduce the psychological impact of the disease by allowing guests to relax, reconnect and create special memories with their loved ones.

Today the charity, which still manages all of its operations from its office located in Bendigo, has grown to have a national presence, providing access to more than 30 properties and offering over 3,500 nights each year.

The OTIS Foundation relies heavily on corporate and community support to fund the costs associated with the operation of its retreat network. The OTIS Team is proud of its partnership

with UFS Pharmacies and the support of UFS members.

Member contributions are directed to local properties in Mandurang, helping to cover the expenses associated with providing the cleaning and linen, estimated at more than \$5,000 annually per property.

The staff, Board and volunteers from The OTIS Foundation would like to acknowledge and thank UFS Pharmacies and their members for their ongoing support. The annual donation received from UFS Pharmacies enables The OTIS Foundation to provide close to 50 nights at no cost to its guests.

Tully, a Tough Little Lamb

Bendigo Animal Welfare & Community Services may be best known for our work in rescuing and rehoming our beloved companion animals and assisting disadvantaged pet owners in our community, however our Huntly North shelter and sanctuary also provides a home for a number of rescued farm animals.

One of our latest arrivals, Tully has certainly touched our hearts. This sweet little lamb arrived in our care at just a couple of days old. Clearly challenged, he was unable to stand and would not have survived the cold winter's night ahead. Diagnosed with suspected nerve damage during birth, he began bottle feeding by standing on his front

legs. Then we supported his back legs to help him stand. We practised every 2 hours during his feeds and with lots of love and patience, our brave little boy could eventually stand by himself!

As he built strength, he was able to walk around but then he was struck down with naval ill, a nasty infection which is common in young lambs. With daily injections, we watched him once again overcome another challenge. Tully has now grown into a healthy and happy lamb, who will continue to live out his life in safety with our resident BAWCS flock.

It is only with the support of the community and volunteers willing to



give their time that we are able to rescue and care for little ones just like Tully. We are so grateful for the contribution we have received from UFS Pharmacies members via the Building a Healthier Community program and we thank you so much for your ongoing support.

For more information on the work we do, our pet boarding facilities, volunteering at our shelter or adopting through our organisation, please visit our website www.bawcs.org.au.



Kalianna School

Addison & Jazmine would like to thank the Bendigo UFS and community for the donation and support to Kalianna School. The donation will be used to purchase sensory items for be used by all the students.

The Bendigo SES are very grateful for their donation.

The Bendigo SES have allocated the funds to two important purchases for their unit.

"One is a fridge to keep near our truck bay which will be kept stocked with water and electrolyte replacement drinks so that our crews can quickly load up our vehicles and maintain their hydration on hot and drawn out calls for assistance. The bulk of our work relates to storms, and these jobs can often require our volunteers to be up on a roof for a number of hours, making repairs to make a home safe. When we get these jobs in the summer the temperature on a roof can be extreme, especially when sitting on dark tiles. It's essential that our volunteers can cool

down out on the job to maintain their personal safety."

"The other is some additional security for our unit so that we can keep safe all our equipment and vehicles, meaning we can respond quickly and with the right gear for calls for assistance. Very sadly there have been a number of instances of late when volunteer emergency services around the state have returned from a call out to find their personal cars damaged, or their premises broken into, and equipment such as chain saws and even vehicles stolen. In at least one case a volunteer fire fighter vehicle was stolen and destroyed. Given we spend so much of our time raising funds from our



generous community to update and replace our response vehicles and equipment, we decided that some investment into keeping those things a whole lot safer was a great idea."

"Thanks to all those wonderful people who have chosen to nominate Bendigo SES."

-Natalie and the Bendigo team.

Step into Spring

Spring into Summer

#1 Free Gifts with Tanning

Book a tan or come in and grab your self application products.

Original Tuscan Tan Spray Tan (develops over 8 hours)

ONLY \$27*

Free Tanning mitt with any tanning milk or mousse purchase.

Free Tan removal mitt with any tan booking.

September Only!



#2 Free Pedi or Mani Pack

with any Spa Pedicure or Manicure.

A coconut milk bath and exfoliation. Followed by a warm butter wrap and a lotion/oil massage.

PLUS a Free upgrade to OPI Gel colour.

Available October & November

Pack includes

- Full size OPI nail polish
- Nail file and buffer
- Hand/foot treatment glove
- Mini Pure Fiji body butter
- Mini OPI nail strengthener polish.

Only
\$72*



#3 Introducing the IMAGE Signature Face Lift Facial

This 45 minute revolutionary signature face lift will change the appearance of your skin in just one treatment.

Vitamin C and fruit enzymes blended in an organic aloe vera base visibly reduce redness and brighten the skin while hyaluronic acid provides superior hydration.



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#4 Introducing the new IMAGE Skincare range

IMAGE skincare truly cares about skin. Highly effective products that help skin defy aging and harsh environmental effects.

- Anti-aging
- Balancing
- Hydrating
- Illuminating



#5 Free Magnesium flakes

with a 60 minute Remedial Massage.

A firm massage that focuses on loosening stiff muscles, relieving tension and promoting blood flow for an increased supply of oxygen and nutrients to muscles.



*Conditions apply: The Tanning gifts are valid from 01/09/18 to 30/09/18. The Mani and Pedi offer is valid from 01/10/18 to 30/11/18. The Remedial offer is valid until 28/02/19. Deals are not valid with any other offer; non-transferable; no substitutions; not redeemable for cash or product. Prices shown are member prices. Mani and Pedi packs are valued over \$35. Free gift are while stocks last.

New eyewear to make you feel good.

"We are Eyewear Architects"

Founded in 1973, ProDesign Denmark has more than 40 years of experience creating beautiful eyewear with a clean-cut Scandinavian feel. Drawing on our heritage of Danish design, we create innovative eyewear with a close-knit relationship between functionality and visual expression.

"We aim to design eyewear that feels as good as it looks," says Martin Jespersen, Eyewear Architect at ProDesign. "Your eyewear becomes part of your personal style and an accessory to wear every day, so it really needs to feel good."



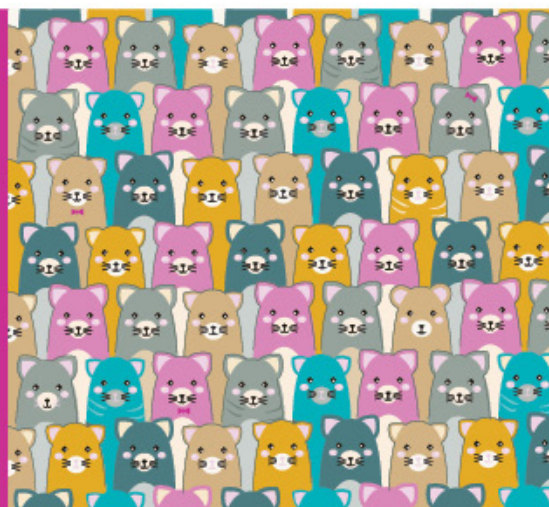
HAVE YOU HAD YOUR EYES TESTED RECENTLY?

Many common eye diseases such as glaucoma, diabetic eye disease and age related macular degeneration often have no warning signs.

Call to
book your
eye test
today!

Early detection is paramount!

There's a bear hiding amongst the cats.
Can you spot it? →





Our optical collection is split into four distinct collections:

The Essential Collection is inspired by Danish design classics and with an eye for timeless good looks. It is defined by very beautiful shapes and playful twists of color.

The Danish Heritage Collection is our edgy interpretation of hip and innovative design picking up on urban trends. The collection highlights genuine materials, strips down layers of details and honors simplicity.

The Axiom Collection a collection of technical and sporty design developed with flawless precision and fine craftsmanship, hallmarked by specially designed hinges.

The Iris Collection is our elegant collection inspired by curves and timeless jewellery design. It has fine detailing and rich colors, made to frame the beauty of the eyes. (Frame example pictured below).



The ProDesign 2018 collection

This season we have worked with more daring colors, exploring the territory of calm fronts and vivid pops of color. We have introduced a new flat flex hinge which gives the frames a clean and strong look while ensuring a comfortable fit. Furthermore, we have worked with new materials like birchwood temples in the Axiom Collection creating a New Nordic look.



Don't see your optical benefits disappear!

If you have private health, now's the time to check with your health fund if you have any optical entitlements remaining for this year.

To make an appointment with your optometrist, call UFS Optical on 5441 8077





Keep it fresh

this spring & summer!

Warm potato and salmon

Low sat fat, salt and sugar / Med fat

Ingredients

600g salmon fillets
500g halved baby (new) potatoes
cooking spray olive oil
100g (either whole canned baby corn or fresh corn) baby corn
100g washed and halved lengthwise baby spinach leaves
100g semi-dried tomatoes

Dressing

4 tablespoons reduced fat natural yoghurt
3 tablespoons sweet chilli sauce
2 tablespoons lemon juice

Method

Preheat oven to 200°C.
Remove the skin from the salmon fillet and then use tweezers to remove any bones. Cut the salmon into large cubes.
Put the potatoes in a large baking dish, lightly spray with olive oil spray and cook for 30 minutes, turning a couple of times during cooking.
Add the baby corn to the potatoes and cook for 10 minutes or until the potatoes and corn are tender.
Turn the oven off and keep the vegetables warm.
Lightly spray a chargrill with olive oil spray and cook the salmon cubes over a high heat for 3-4 minutes or until just tender and golden.
To make the dressing - Put the yoghurt, sweet chilli sauce and lemon juice in a small jug and whisk well.
Put the potatoes, spinach and semi-dried tomatoes in a bowl and toss to combine.
Arrange the salad on individual plates, top with hot salmon pieces and drizzle with the dressing.

Rice paper rolls

Low fat, sat fat and sugar / Med salt

Ingredients

100g snow peas
2 medium grated carrots
¼ finely shredded green cabbage
30 leaves coriander or Vietnamese mint
1 tablespoon fish sauce
100g beanshoots
8 spring onions
½ red or yellow capsicum
30 sheets rice paper
juice of 1 lemon

Dipping sauce

juice of 1 lemon
1 clove finely chopped garlic
1 deseeded and finely chopped red chilli
1 tablespoon fish sauce
1 cm sliced piece fresh ginger

Method

Grate carrot. Finely slice snow peas, spring onions and capsicum, lengthwise, about 8 cm long. Finely shred cabbage and place in bowl with lemon juice and fish sauce to marinate.
Dip rice paper sheets in warm water. Lift out carefully and place on a plate. When they are fully soft and pliable they are ready to use.
Place a small amount of each vegetable and 1 piece of herb on the edge of the paper. Under rather than over fill the rolls.
Roll up the rice paper, tucking in the edges. Eat straight away or continue with the other sheets of rice paper until all the filling is used and arrange on a platter.
Serve rice paper rolls cold or at room temperature, and use sauce to dip rolls into.
Dipping sauce - Mix all ingredients together.

For more recipes visit betterhealth.vic.gov.au

Winners are Grinners

Congratulations to all our lucky winners!

Royal Essences winners: Danielle Clayton, Elizabeth Baker and Danae Francis.

Eden Mother's Day winner: Bryley Savage.

Like to Win coffee machine competition winner:

Bernadette Sporn.

Optical prescription glasses winner: Brian Beale.



Bernadette Sporn with her new coffee machine.



Brian Beale after winning his glasses.



Elizabeth Baker, candle and bath bomb winner.



Bryley Savage collecting the amazing Mother's Day prize.



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
& friends
GIVEAWAY



**WIN A NUTRIINFUSION 1200, 3 MONTH
FERNWOOD VOUCHER & \$100 EDEN BODY
AND SOUL GIFT VOUCHER!**

'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)

*Conditions apply. Competition open to UFS Pharmacies members, their family and friends. See online for full competition details. Competition runs from 01/09/2018 to 12 midday 15/10/18. Drawn on 15/10/18.



What our customers are saying...

"Great service, 24/7 handy!"

"Staff and security were approachable and respectful."

"Very helpful and took time to listen to us."

-Google reviews



Bendigo's only 24 hour pharmacy

We're open when you need us.

UFS View Street Pharmacy

Every day of the year, UFS View Street Pharmacy has a nurse on duty from 6pm to 10pm for after hours non-emergency treatment and general health care advice.

You can also consult a pharmacist or fill a prescription at any hour by either coming in store or using our drive thru service window.

- Open every day of the year
- Nurse on duty everyday 6pm to 10pm
- Pharmacist available when you need them
- Staff who care about your family

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