



## INSULIN AT 100

### CELEBRATING THE CENTENARY OF INSULIN

[www.insulinat100.org](http://www.insulinat100.org)

2021 marks the 100th anniversary of insulin's discovery – the first life-saving treatment for diabetes. Before the discovery of insulin, the lives of people with diabetes were cut short. In 1921, researchers from the University of Toronto had a scientific breakthrough that transformed the treatment of diabetes forever – the discovery of insulin for the treatment of humans.

[www.lilly.com/discovery/100-years-of-insulin](http://www.lilly.com/discovery/100-years-of-insulin)



## HUMALOG

### INDICATIONS AND USAGE

HUMALOG (insulin lispro injection) is a rapid acting human insulin analog indicated to improve glycemic control in adults and children with diabetes mellitus.

### MECHANISM OF ACTION

Regulation of glucose metabolism is the primary activity of insulins and insulin analogs, including insulin lispro. Insulins lower blood glucose by stimulating peripheral glucose uptake by skeletal muscle and fat, and by inhibiting hepatic glucose production. One unit of HUMALOG has the same glucose-lowering effect as one unit of regular human insulin. Studies in normal volunteers and patients with diabetes demonstrated that HUMALOG has a more rapid

onset of action and a shorter duration of activity than regular human insulin when given subcutaneously.

### DOSAGE INFORMATION

Individualize and adjust the dosage of HUMALOG based on route of administration, the individual's metabolic needs, blood glucose monitoring results and glycemic control goal. Dosage adjustments may be needed with changes in physical activity, changes in meal patterns, changes in renal or hepatic function or during acute illness.

### ROUTE OF ADMINISTRATION

#### Subcutaneous Injection: HUMALOG U-100 or U-200

Administer the dose of HUMALOG U-100 or HUMALOG U-200 within fifteen minutes before a meal or immediately after a meal by injection into the subcutaneous tissue of the abdominal wall, thigh, upper arm, or buttocks.



**Continuous Subcutaneous Infusion (Insulin Pump):  
HUMALOG U-100 ONLY**

Administer HUMALOG U-100 by continuous subcutaneous infusion in a region recommended in the instructions from the pump manufacture.

**Intravenous Administration: HUMALOG U-100 ONLY**

Dilute HUMALOG U-100 to concentrations from 0.1 unit/mL to 1.0 unit/mL using 0.9% Sodium Chloride Injection, USP. Administer HUMALOG U-100 intravenously ONLY under medical supervision with close monitoring of blood glucose and potassium levels.

**ADVERSE REACTIONS**

Some common adverse reactions associated with insulins, including HUMALOG, are hypoglycemia, hypokalemia and weight gain.

**DOSAGE FORMS AND STRENGTHS**

Injection: 100 units per mL (U-100) clear and colorless solution available as:

- Humalog 10ml vial Injection
- Humalog cartridge 5x3ml Injection
- Humalog 75/25 5x3ml Injection
- Humalog 75/25 Kwikpen 5x3ml Injection
- Humalog Disposable pen 5x3ml Injection

**Storage for Humalog U-100 KwikPens and Vials**



Unopened Humalog should be stored in a refrigerator (36° to 46°F [2° to 8°C]) and can be used until the expiration date on the carton or label.



Opened cartridges or prefilled pens should be kept at room temperature, below 86°F (30°C). Opened vials should be kept at room temperature or in a refrigerator. Do not freeze and do not use Humalog if it has been frozen.



Opened Humalog vials, prefilled pens, and cartridges must be thrown away 28 days after first use, even if they still contain insulin.



Humalog should be stored away from light and heat.

[www.humalog.com](http://www.humalog.com)



**world diabetes day**  
14 November



# Bryden Stokes Ltd. Diabetes Portfolio

Kindly note the following diabetes treatment options are available at Bryden Stokes Ltd.

SUPPLIER	PRODUCTS
<p><b>Boehringer Ingelheim</b></p>	Trajenta 5mg Tablets
	Jardiance 10mg Tablets
	Jardiance 25mg Tablets
	Synjardy 12.5mg/850mg Tablets
	Synjardy 12.5mg/1000mg Tablets
<p><b>Eli Lilly</b></p>	Humalog 10ml vial Injection
	Humalog cartridge 5x3ml Injection
	Humalog 75/25 5x3ml Injection
	Humalog 75/25 Kwikpen 5x3ml Injection
	Humalog Disposable pen 5x3ml Injection
	Humulin 70/30 10ml vial Injection
	Humulin 70/30 cartridge 5x3ml Injection
	Humulin-N 10ml vial Injection
	Humulin-N cartridge 5x3ml Injection
	Humulin-R 10ml vial Injection
	Humulin-R cartridge 5x3ml Injection
Abasaglar insulin 100U/ml 5x3ml Injection	
<p><b>MSD</b></p>	Januvia 25mg Tablets
	Januvia 50mg Tablets
	Januvia 100mg Tablets
	Janumet 50/500mg Tablets
	Janumet 50/1000mg Tablets
	Janumet XR 50/1000mg Tablets
	Janumet XR 1000/1000mg Tablets
<p><b>Servier</b></p>	Diamicron MR 60mg Tablets

# ACCU-CHEK® Instant

Diabetes is one of the leading chronic diseases within our society and diabetics require unique care.

Poorly controlled diabetes can lead to serious consequences, causing damage to a wide range of the body's organs and tissues, including the heart, kidneys, eyes, and nerves.

Wishing there was an easier way to monitor your blood glucose levels?

Choose the Accu-Chek® Instant that offers:

- Effortless testing
- Advanced accuracy and;
- Instant clarity

The ACCU-CHEK® brand offers persons with diabetes and healthcare professionals an innovative product for the convenient, efficient, and effective management of blood glucose levels.

Our Accu-chek Starter Sets include:

- 1 Blood Glucose meter
- 1 Lancing Device
- 10 Lancets

With special offers throughout the year.

The ACCU-CHEK® user-friendly standalone hand-held meters, provide real-time data recording of glucose concentration in the blood, offering an integrated effective solution for blood glucose management in the comfort and convenience of your home.

The new ACCU-CHEK® Instant system simplifies blood glucose testing and contributes to successful diabetes management. The system features a broad sample application area, providing effortless solutions to make blood absorption easier and quicker. The easy-to-navigate meter provides accurate results in 5 seconds.

The Target Range Indicators, blue, green and red at the side of the meter, indicates your blood glucose reading even if you don't fully understand what the numbers mean. You can also connect your meter to our Integral Solution called Smart Pix that you can download from the website. [www.accu-chekcac.com](http://www.accu-chekcac.com)

Once connected, the meter automatically transfer your blood glucose readings to the computer and they are automatically saved to your software.

With ACCU-CHEK® Instant, it is as easy and fast as checking your phone messages.

With our simple preparation, no setup, just insert the test strip, apply a small blood sample and read your blood glucose result on the display screen. Remove the test strip after testing and the meter turns off automatically. ACCU-CHEK® Instant is the effortless choice for instant clarity, proven accuracy, and precision in blood glucose readings.

If you think that you may have or are having symptoms of Diabetes please contact your health Care provider for a discussion on how to receive the ACCU-CHEK® Instant.

**EASY TESTING**

**Easy-to-read results**  
Clearly see results on a large, backlit display

**Clean strip disposal**  
A strip ejector for quick, hygienic removal

**Guided strip port**  
A clear path for the test strip to slide into the meter

**Wide dosing area**  
Apply a blood drop anywhere along the entire width of the yellow edge

**Test averages**  
Readings and averages of 7, 14, 30 and 90 days available on the meter

**Accu-Chek® Fastclix lancing device:**  
Just 1-Click to prime & prick

For more information on the ACCU-CHEK® Instant and how to obtain your ACCU-CHEK® Instant call us at:

Brydens Stokes Ltd.  
Meadow Road. Wildey.  
Tel: 1 246-467-2200  
1 246-243-6196  
1 246-266-7548  
[www.accu-chekcac.com](http://www.accu-chekcac.com)





## ALFA VITAMIN C

### The Benefits of Vitamin C for Persons Living with Diabetes.

Studies suggest, Vitamin C can be beneficial to persons living with diabetes. Diabetes Care cited a study<sup>1</sup> claiming: “232,000 older participants who took vitamin C daily were 9% less likely to develop diabetes, compared to people who did not use supplements.”<sup>2</sup>

Similarly, a 2018 study funded by the Diabetes Australia Research Trust<sup>3</sup> found that “the average after-meal blood sugar spikes were 36% lower” in participants with type 2 Diabetes who took Vitamin C and “they had better overall glucose control. Additionally, participants “who had hypertension experienced significant drops in both systolic and diastolic blood pressure”.<sup>4</sup>

Sources:

**1** Song Y, Xu Q, Park Y, Hollenbeck A, Schatzkin A, Chen H. Multivitamins, individual vitamin and mineral supplements, and risk of diabetes among older U.S. adults. *Diabetes Care*. 2011 Jan;34(1):108-14. doi: 10.2337/dc10-1260. Epub 2010 Oct 26. PMID: 20978095; PMCID: PMC3005464.

**2** Whitaker, J. (2020, June 18). Vitamin C for diabetes: Why it's critical. *Healthy Directions*. Retrieved October 4, 2021, from <https://www.healthydirections.com/articles/blood-sugar/vitamin-c-diabetes>.

**3** Mason, SA, Rasmussen, B, van Loon, LJC, Salmon, J, Wadley, GD. Ascorbic acid supplementation improves postprandial glycaemic control and blood pressure in individuals with type 2 diabetes: Findings of a randomized cross-over trial. *Diabetes Obes Metab*. 2019; 21: 674- 682. <https://doi.org/10.1111/dom.13571>

**4** Whitaker, J. (2020, June 18). Vitamin C for diabetes: Why it's critical. *Healthy Directions*. Retrieved October 4, 2021, from <https://www.healthydirections.com/articles/blood-sugar/vitamin-c-diabetes>.



Alfa Vitamin C 1000mg Shot with Turmeric, Ginger Root, and Echinacea is a sugar, sodium, and calorie free source of powerful natural antioxidants and energy source.

Also available in an easy to swallow capsule containing 1000mg of Vitamin C or a 500mg Vitamin C chewable tablet.



# Ethical Pharmaceuticals

## SAFLUTAN®

**SAFLUTAN**® 15 micrograms/ml eye drops, solution, in single-dose container

### THERAPEUTIC INDICATIONS

Reduction of elevated intraocular pressure in open angle glaucoma and ocular hypertension.

As monotherapy in patients:

- who would benefit from preservative free eye drops
- insufficiently responsive to first line therapy
- intolerant or contra-indicated to first line therapy.

As adjunctive therapy to beta-blockers.

SAFLUTAN is indicated in adults  $\geq 18$  years

### MECHANISM OF ACTION

Tafluprost is a fluorinated analogue of prostaglandin F2 $\alpha$ . Tafluprost acid, the biologically active metabolite of tafluprost, is a highly potent and selective agonist of the human prostanoid FP receptor. Tafluprost acid has a 12-fold higher affinity for the FP receptor than latanoprost.

### METHOD OF ADMINISTRATION

To reduce the risk of darkening of the eyelid skin the patients should wipe off any excess solution from the skin. As with any other eye drops, nasolacrimal occlusion or gently closing the eyelid after administration is recommended. This may reduce the systemic absorption of medicinal products administered via the ocular route. If more than one topical ophthalmic medicinal product is being used, each one should be administered at least 5 minutes apart.



**Saflutan**®  
(tafluprost)

Eye Drops  
Solution  
10 x 0.3 mL single-dose container

**15** micrograms/mL

### SPECIAL PRECAUTIONS FOR STORAGE

Store in a refrigerator (2°C - 8°C).

After opening the foil pouch:

- Keep the single-dose containers in the original foil pouch
- Do not store above 25°C
- Discard an opened single-dose container with any remaining solution immediately after use

### UNDESIRABLE EFFECTS

Some common adverse events include headache, eye pruritus, eye irritation, eye pain, conjunctival/ocular hyperemia, changes in eyelashes, dry eye, foreign body sensation in eyes, etc.





Carvedilol + Ivabradine  
**The Perfect Synergy**<sup>1-6</sup>  
**CARIVALAN**<sup>®</sup>  
carvedilol / ivabradine

**6** additional unique advantages  
flexible dosages<sup>1-6</sup>

1. Shorter BB up-titration<sup>5</sup>
2. Higher BB dose<sup>5</sup>
3. Fully controlled HR<sup>1-6</sup>
4. Best clinical control<sup>1-6</sup>
5. The most proven CV protection<sup>1-6</sup>
6. Better adherence<sup>5</sup>

Ivabradine 5mg

Ivabradine 7.5mg

Carvedilol 6.25mg



Carvedilol 12.5mg



Carvedilol 25mg



**How to prescribe for**

**Chronic Coronary Syndrome**<sup>2,3</sup>

**Heart Failure**<sup>4,5</sup>



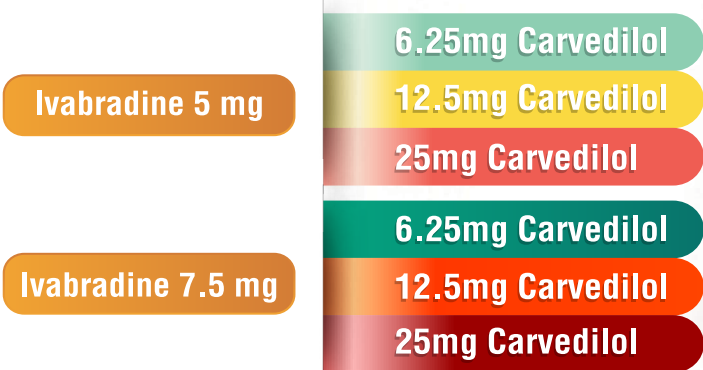
▶ **Newly diagnosed Heart Failure patients**  
BB test and initiate Carivalan



▶ **Heart Failure patient already on β-blocker**  
Switch to Carivalan

**CARIVALAN**<sup>®</sup>  
carvedilol / ivabradine

**Up-titrate according to symptoms, heart rate and tolerability<sup>1</sup>**



**1** Tablet in the morning  
Tablet at night

**COMPOSITION\*:** Carivalan 6.25 mg/ 5 mg: carvedilol 6.25 mg/ ivabradine 5 mg; Carivalan 6.25 mg/ 7.5 mg: carvedilol 6.25 mg/ ivabradine 7.5 mg; Carivalan 12.5 mg/ 5 mg: carvedilol 12.5 mg/ ivabradine 5 mg; Carivalan 12.5 mg/ 7.5 mg: carvedilol 12.5 mg/ ivabradine 7.5 mg; Carivalan 25 mg/ 5 mg: carvedilol 25mg/ ivabradine 5 mg; Carivalan 25 mg/ 7.5 mg: carvedilol 25 mg/ ivabradine 7.5 mg. Contains lactose as an excipient. **INDICATIONS\*:** Carivalan is indicated as substitution therapy in adult patients with normal sinus rhythm already controlled by ivabradine and carvedilol taken concomitantly at the same doses level for: - the symptomatic treatment of chronic stable angina pectoris in coronary artery disease patients, - the treatment of chronic heart failure (II-IV NYHA-class) with systolic dysfunction.\*\* \*\* in some countries the product is indicated in chronic heart failure only: Carivalan is indicated for the treatment of chronic heart failure (II-IV NYHA-class) with systolic dysfunction as substitution therapy in adult patients with normal sinus rhythm already controlled by ivabradine and carvedilol taken concomitantly at the same doses level. \* For complete information, please refer to the Summary of Product Characteristics for your country.

# Medical Equipment and Supplies

## Zoll AED Plus Defibrillator®

### ZOLL AUTOMATED EXTERNAL DEFIBRILLATOR

When someone is the victim of sudden cardiac arrest (SCA), their survival depends on high-quality CPR and a rescuer with an AED. When there's a call for help, will you be ready?

### DESIGNED FOR UNEXPECTED HEROES

**The latest guidelines from resuscitation councils worldwide are clear:** Successful defibrillation must be supported with high-quality CPR.

The AED's first heart analysis is critical. If it calls for no shock, only CPR can lead to a shockable rhythm on the next analysis. CPR provides a struggling heart with oxygenated blood needed to help restore a normal rhythm.

All ZOLL AEDs guide you through the process of performing high-quality CPR and will, if needed, deliver a potentially lifesaving shock to the heart. With a ZOLL AED and quick action, you could help avert tragedy.

### READY FOR THE RESCUE?

At ZOLL, we strive to provide intuitive and intelligent AEDs in every public space around the world and to enable bystanders to act quickly, appropriately and with confidence in sudden cardiac arrest emergencies.

That is why all our AEDs are designed to remove the guesswork and support unexpected heroes throughout the rescue. Together with our distributor partners, we are by your side, giving you the potential to help save lives.

### SMART

**Real-time CPR Feedback:** Real-time feedback technology guides rescuers on optimal rate and depth of chest compressions through voice, text and visual prompts that help ensure the delivery of high-quality CPR.

**Interactive and Intuitive:** ZOLL AEDs provide step-by-step instructions and corrective guidance to support you throughout the rescue.

**Rescue Confidence:** Designed for ease of use - from applying the pads and performing CPR to delivering a shock, you can have peace of mind with ZOLL AEDs as your rescue partner.

### READY

**Rescue Ready® Services:** Your rescue equipment needs to be ready the day you need it, not just the day you buy it. From tracking expiration dates for pads and batteries, to responder training and AED/CPR certification status, you can count on ZOLL to help you manage your AEDs.

**Automatic Self-Testing:** A series of regular, automatic self-tests verify that the AED, battery and pads are fully functional so you can have confidence it will be ready when needed.

**Designed for Durability:** Designed to withstand harsh environments and temperature extremes, ZOLL AEDs have an ingress protection (IP) rating of IP55, which means they are highly resistant to dust and moisture.

### TRUSTED

**Mission Focused:** Our AED technology innovations provide rescuers with the tools to act quickly and confidently to help save lives.

**Legacy of Excellence:** A pioneer in resuscitation technology, ZOLL has been empowering first responders and unexpected heroes around the world for more than 25 years

Research shows that the probability of survival goes up dramatically when CPR is performed and when an AED is applied before an ambulance arrives.

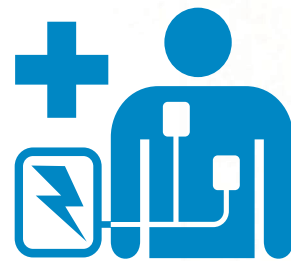






... monitoring of CPR quality is arguably one of the **most significant advances in resuscitation practice in the past 20 years** and one that should be incorporated into every resuscitation and every professional rescuer program.<sup>1</sup>

Research shows that the **probability of survival goes up dramatically** when CPR is performed and when an AED is applied before an ambulance arrives.<sup>2</sup>



“  
***The AED Plus walked us through the lifesaving steps at a most chaotic time. After two shocks, we were able to restart J.R.'s heart.***  
”

Gordon Van Dusen, Senior Lifeguard  
and SCA Rescuer

**ZOLL**

**Automated External Defibrillators**

<sup>1</sup> Source: American Heart Association CPR Quality Consensus Statement. AHA CPR Quality Consensus Statement. Circulation. 2013;128; pg. 420  
<sup>2</sup> Weisfeldt ML, et al. J Am Coll Cardiol. 2010;55(16):1713-20



# Consumer Healthcare

## HEALTHPLUS EVERYDAY FIBER & PSYLLIUM HUSK

### How Psyllium Husk can help your Diabetic Patient

For persons living with Diabetes, “[soluble fiber] can slow the absorption of sugar and help improve blood sugar levels.”

Fiber is naturally found in whole grain foods, fruits, vegetables, nuts, peas and other legumes. And while it's widely recommended that persons living with Diabetes or at risk of developing diabetes get their fiber from fiber-rich foods, it may be worthwhile to include a fiber supplement, such as Psyllium Husk, if diet-alone is not enough.

For persons living with diabetes, Psyllium Husk:

- Is well-tolerated
- Can significantly decrease postprandial blood glucose concentrations in type 2 diabetic patients
- Can improve glycemic and lipid control
- Could help reduce blood triglycerides, blood pressure, and the risk of heart disease
- Can help relieve constipation
- Can help treat diarrhea
- Can aid weight loss
- Can lower cholesterol levels
- Can help reduce digestive issues such as gas and discomfort

## Why You'll Love It?

- **DAILY FIBER:** Contains 22% of the daily recommended fiber intake per serving
- **HEART HEALTH:** Soluble Fiber from Psyllium Husk may help reduce the risk of Heart Disease
- **PROMOTES:** Regular bowel movements
- **MEALTIME SUPPORT:** Promotes a feeling of fullness, which may help you to eat less at mealtime



 HealthPlus



# Fabulous Fiber smoothie recipe



HealthPlus

NEW  
LOOK  
SAME GREAT  
FORMULA

**PSYLLIUM  
HUSK**

Natural Daily Fiber  
for Regularity\*  
Promotes  
Digestive Health\*  
Gentle Internal  
Cleansing\*



NET WT 24oz (680g)  
Dietary Supplement

## INGREDIENTS

- 1 Cup Frozen Mango
- 1 Cup Frozen Raspberries
- 1/2 Cup Frozen Blueberries
- 1 Cup Plant Milk
- 1 Cup Water
- 1 Tbs HealthPlus Psyllium Husk
- 1 Tsp Chia Seeds

## INSTRUCTIONS

Combine all ingredients into a blender and blend on high until smooth and creamy.

Serve and enjoy!



PLACE YOUR ORDERS BEFORE THE HOLIDAYS!



## CONTACT DETAILS

To place orders, please contact:



Bryden Stokes Ltd Customer Service Centre at:

**1 (246) 467-2210 / 2313 / 2316**

For any queries, please contact:

Bryden Stokes Ltd Admin at:

**1 (246) 467-2232**

-  [Bslhealthandwellness](#)
-  [Bryden Stokes](#)
-  [www.brydenstokes.com](http://www.brydenstokes.com)