

HEALTHY
community

FREE UFS MEMBER MAGAZINE

SPRING '15

Fast-track Guide

**SPRING
FASHION
AND BEAUTY**

EASE
THE HAYFEVER
SNEEZE

*super
smoothie*

**BERRY BOOST
recipe inside!**

WIN!

**A \$150 EDEN
PAMPER PACK!**

**SUMMER
HOMYPED®
GIVEAWAY**

 **UFS**
PHARMACIES

Spring gets an extra fresh new look!

For over 140 years, UFS has played a major role in the health and wellbeing of the Bendigo community. Nothing pleases us more than seeing healthy families enjoying life to the fullest, which is why we are proud to share with you the first issue of *Healthy Community*.

The fresh nature of spring seemed the perfect time for a new magazine launch. Flicking through the pages, you'll find it's packed full of topics that take a fresh look at health and wellbeing.

If you are reading this and not presently a UFS Member, you can join for just \$14 a year. Just call in at any of our stores listed below, or visit our website. You'll be contributing to your community and immediately start saving up to 20%* in store every day.

We wish you a happy and healthy start to spring.

Michael Fleming
CEO, UFS Pharmacies

Visit us in store!

UFS Pharmacies Bendigo CBD
379 Hargreaves Street
03 5443 6430

UFS Pharmacies Bendigo
Cnr View & Barnard Streets
03 5443 4610

UFS Pharmacies Strathfieldsaye
32 Blucher Street
03 5439 3513

UFS Pharmacies Maiden Gully
Shop 2, 715 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

bendigoufs.com.au

Here for you – rain, hail or shine.

At UFS Pharmacies, we believe that prevention is far better than cure. The articles in *Healthy Community* aim to keep you well informed on how to take care of your family's health and wellbeing throughout the year.



Every season brings its own unique challenges. When it comes to spring, hayfever is an obvious one. Protecting your eyes from harmful UV rays on brighter days is essential for your eye health.

These are just two of the topics covered in this issue. You'll also discover lifestyle insights and details on UFS specialist services and products that will help you and your family enjoy a happy, healthy life.

We're here to help ensure you are better informed and that your health is sorted year round – rain, hail, or shine.

Kiriilee Miller
UFS Pharmacist

*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.

The best of Spring's Harvest

IN SEASON



Freshness is the essence of spring.

It's the season that brings with it the most abundant harvest. Colourful, crispy and juicy 'in season' fruits and veggies are nature at its nutritious best. After less active winter months, they provide an extra healthy boost and can be a great spring clean for your body.

Immune-boosting green smoothies and juices are incredibly popular at the moment. Green drinks get their vibrant colour from chlorophyll, a nutrient-rich

pigment found in all leafy vegetables, that cleanses the body and helps boost energy levels. Adding an ingredient such as nettle is worth considering to help combat hayfever. Berry-based drinks are also great post-winter antioxidant options.

Especially good to eat right now are fruits such as bananas, berries, grapefruits, lemons, limes, Imperial mandarins and strawberries. With asparagus, beans, broccoli, kale, spinach and zucchini also at their best, there's no excuse not to eat all your veggies!

Support low food miles and local growers.

Nothing beats freshly picked local produce. Buying from local farmers is a fun community thing to do and extra good for you. You'll also be helping the environment by cutting down on food miles. You can indulge in fresh local produce at the Bendigo Community Farmers Market on the second Saturday of every month. Also check out the Bendigo Showground Market, on every Sunday.

Find out more at www.bcfm.org.au

Recipe of the season super smoothie

Takes
2
mins

Serves
1
person



A great post-winter antioxidant boost for spring.

For people on the go, we've kept it simple. Nonetheless, it's delicious and nutritious.

The banana gives it an extra creamy texture, whilst using coconut water rather than milk keeps it refreshingly light.

Ingredients

1 cup of mixed berries
1 small banana
1 cup of coconut water

Method

In a blender, blitz ingredients until smooth.

WIN!

a \$150 Eden Pamper Pack!

Share your favourite healthy recipe with us to go in the draw to win! Enter now at bendigoufs.com.au/recipe-comp

Get creative!

Add protein powder, chia seeds, yoghurt, honey, or use almond milk as a substitute for coconut water.



With winter now over, spring is in the air (and so is pollen!)

In technical terms, Hayfever (Allergic Rhinitis) is an allergic response to pollen that affects the mucosal membranes of the nose, eyes and air passages. Thankfully, there are lots of ways to prevent and ease the sneeze or wheeze before it takes on more problematic symptoms.

Thinking beyond spring

Pollination times vary greatly with the plant species and location. For example, trees pollinate in late winter and early spring. Grasses flower next, and the weed 'Plantain' flowers from August through to May. So it's always wise to stay on top of preventative measures each side of spring.

Medication & treatment options

Antihistamines are the most commonly recommended treatment for hayfever. Take a look at this extended list of your medication options:

Hayfever relief

- Non-sedating antihistamine tablets or syrups.
- Intranasal corticosteroid nasal sprays (INCS). Different brands of INCS vary in strength and effectiveness.
- Medications containing an antihistamine and intranasal corticosteroid nasal spray offer the combined advantages of both medications.
- Decongestant sprays unblock and dry the nose. However, using these for more than a few days can cause long-term problems in the nose.
- Decongestant tablets can also unblock and dry the nose. They can have 'stimulant' side effects like tremors, trouble sleeping, anxiety or an increase in blood pressure. People with high blood pressure should not take this medication.
- In more severe cases you may require a visit to your GP.



Hayfever affects
around 1 in 5
Australians.

**Not sure which
medication will work
for you? Ask your
UFS Pharmacist.**

Although medications do not cure allergies, they are much more effective with fewer side effects today than ever before. You simply need advice on the best way to use them.

Avoid medicines that can cause more problems than they solve, such as frequent use of decongestant nose sprays or tablets. Always seek qualified advice from your UFS Pharmacist or doctor about medications or treatments that will relieve your symptoms.

Springtime fun, *Sorted.*

As a member of UFS Pharmacies, you can save up to 20% on allergy relief – and you'll be helping us in Building a Healthier Community too.

Our friendly pharmacists are here for you. For great advice and personal service, drop in to one of our stores or call **5441 5590** and we'll get you sorted.





Fast-track Guide >>

SPRING FASHION & BEAUTY

Fashion and beauty find their ultimate expression during the Spring Racing Carnival. You may not be going to the races, but don't let that stop you from looking your radiant best! Here's our 'fast track guide' to help you stay happy and healthy, wherever and whenever you choose to celebrate.



START WAY AHEAD *at Eden*

From facials and pedicures, to Tuscan Tans and herbal peeling, Eden has all your body and soul essentials covered.

With 9 staff members including 8 beauty therapists, you can count on extra special one-on-one treatment.

At Eden, we're particularly proud to offer UFS Pharmacies members special deals on spa treatments, beauty, makeup and more.

Find out more at edenbody.com.au

Top Tip #1

Only a Tuscan Tan can

Tuscan Tan is unique, using world-exclusive colour technology to create beautiful, naturally tanned skin tones.

Specifically, Tuscan Tan has developed the only spray tan solution in the world that contains 'Violet-Tone Complex'. This is a blend of plant-based ingredients that eliminates the orange undertones commonly associated with spray tans, ensuring a natural finish every time.

Tuscan Tan can adapt to any skin type, and any depth of colour can be achieved, from lightly sun-kissed through to the darkest of tans.

Tuscan Tan professional spray solutions available:

Original Spray Tan Solution

Develops over 8 hours

Rapid-Amino 90 Spray Tan Solution

Develops in 90 minutes

Tuscan Tanning is best done at Eden a day or two before your event. For best results, ask one of our beauty therapists how to prepare your skin beforehand, and how to care for your skin afterwards.

Top Tip #2

Get stylish with OPI

Choosing OPI is the guaranteed way to polish your Race Day style. These top quality nail gels come in a vast range of gorgeous colours, exactly what you'd expect from one of the most stylish names in nail polish.

With high-definition shine and up to ten days wear, OPI really goes the distance. Go no further than Eden to try OPI for yourself.

OUR PICKS

Race Day Essentials

This unique combo has been specially put together by our specialist team of beauty therapists. It's a sure bet you'll see them wearing and using the same top products when the races kick in.

➤ Dermalogica® Climate Control Lip Treatment, RRP \$16.00
MEMBERS \$14^{40*}

➤ Microshield® Anti-microbial Hand Gel, RRP \$1.00
MEMBERS \$0.80*

⬆ Dermalogica® Solar Defense Booster, 50mL, RRP \$64.00
MEMBERS \$57^{60*}

⬆ Napoleon Perdis Devine Goddess Lipstick, RRP \$35.00
MEMBERS \$31^{85*}

◀ Dermalogica® Multi-active Toner, 50mL, RRP \$10.95
MEMBERS \$9^{85*}

*Conditions apply.

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STAYING FRESH

all day on Race Day

The weather can be particularly temperamental at this time of year. A little preparation can go a long way to make the most of your day.

Fashion survival smarts

- If you're going to wear heels opt for flats or thongs for the walk home. A little secret here – ballet flats fold in half and easily fit in most handbags.
- A small bag is classy, but a larger bag can carry sunglasses, blister patches, touchup makeup, and sunblock.
- Choose an all day lipstick and make it easier to sip champagne and kiss cheeks. Drink through a straw to keep your lipstick on longer.
- Waterproof mascara is a good idea if it's wet and a strong hairspray if it's windy.
- Pack fresh wipes or hand sanitiser for the Porta Loos. (Often forgotten, but always remembered if you don't.)

Suncare & hydration

Rain, hail or shine, a few basic suncare and hydration tips are always worth mentioning.

**Sunglasses
are the cure-all!
They hide tired eyes
and protect them
from UV damage.**

See page 12 and 13 for more.

- Pack a moisturiser to keep your skin smooth and a SPF 50+ sunscreen. Nobody wants to look like a lobster.
- If it's very hot, a travel size antiperspirant can come in handy.
- Drink water before you feel thirsty.
- Between alcoholic drinks enjoy a water with a slice of lemon, a few strawberries or cucumber.

- After each champagne drink sparkling mineral water for fizz.
- Try to eat watermelon, celery, cucumber, strawberries and salad greens for hydration.
- Stick to one type of drink, mixing drinks is a recipe for a shocking hangover.

These tips may seem obvious, however, when you are out and about celebrating they can easily slip from your mind. So have fun on the day, drink responsibly and make sure you have safe transport home.

It's time to *Refresh & Renew*

Skin hydrating booster fluid concentrate relieves dryness and fine lines. Help lift moisture levels and minimise fine lines by mixing into your prescribed Dermalogica moisturiser or apply direct to parched skin.

Multi-active toner is an ultra light toner with soothing arnica, balm mint and lavender to refresh the skin, making this spritz ideal for skin hydration after cleansing and throughout the day.

Skin hydrating masque helps restore the skin's protective barrier, enhancing moisture levels for healthier smoother skin. A refreshing, moisturising masque to remedy dry, stressed skin.

10% OFF*
FOR UFS MEMBERS



Renew your skin and look fabulous this spring.
Speak to one of our experienced beauty therapists today.

Visit edenbody.com.au or call 5443 6997.

*Conditions apply.

 **UFS**
PHARMACIES

 **eden**
BODY & SOUL ESSENTIALS

Race-day glamour by Eden



\$99

FOR MEMBERS*
(\$110 NON-MEMBERS)

Spring Special

Indulge with OPI GelColor Fingers & Toes,
PLUS a Tuscan Tan Spray Tan.


Located at the rear of UFS Pharmacies in Hargreaves Street, you'll be in the hands of a professional team of beauty therapists ready to take care of you. Phone 5443 6997, book online at www.edenbody.com.au or drop in today.

* Conditions apply, see in-store for details. Discount replaces standard UFS Member Discount.

Tuscan Tan 
spray on tanning and skin care

GelColor
by OPI

 **UFS**
PHARMACIES


eden
BODY & SOUL ESSENTIALS

TAKING EXTRA CARE *day in, day out*

Webster-pak®: the simple way to take the worry out of storing and keeping up with everyday medications.

If you or a family member answers yes to one or more of the following questions, a Webster-pak® could be just what you need:

- Do you sometimes forget or get confused about taking your medication?
- Do you find reading and opening medication bottles and boxes difficult?
- Do you have trouble getting into the pharmacy?
- Do you want to save time?

The daily breakdown will tell you when and what time of day to take each capsule or tablet and also if you've missed a dose.

It's like taking your pharmacist home with you.

Neil's story...

Neil's elderly parents take "a huge amount of medication" and have been self-managing for some time, but there have been instances of mix ups with taking medication.

When Neil's parents Bob (87) and Diane (86) relocated to Bendigo, Neil arranged for them to receive their medication through our Webster-pak® service.

Bob says the UFS Webster-pak® service is fantastic and hasn't had any more issues with mixing up his medication. Diane loves the convenience.

Webster-pak® also gives Neil and his sister peace of mind and certainty that their parents are taking their medications properly.



Neil – UFS member



UFS and Webster-pak®

Let us take the worry out of medication for you.

Visit us in store or call 5441 5590 and we'll get you sorted.



*Conditions apply.



Your eye health is essential! Regularly seek specialist advice from your UFS optometrist.

BRIGHTER DAYS & SENSITIVE EYES

Even if your eyes are extremely healthy, it is wise to protect them with sunglasses when the UV level is 3 and above. Pollens in the air in spring make some form of wrap-around eye protection even more desirable.

Construction workers can be exposed to 10 times the recommended daily UV radiation levels. This is based on the exposure limits set by the National Health and Medical Research Council.

The level of UV radiation at noon in summer can be more than three times as high as in winter. The type of UV radiation that causes the most damage can be as much as ten times higher.

In Victoria, UV radiation is most intense during the middle of the day from September to April (11 am to 3 pm during daylight saving and 10 am to 2 pm at other times).

Remember that outside of these hours, when the sun is low, can be the worst time for direct UV exposure to your eyes. So at all times of the day, protect your eyes with a hat and sunglasses.

Protecting young eyes

Children's eyes are particularly sensitive to UV radiation. Generally, toy sunglasses do not meet the requirements under the Australian Standard and should not be used for sun protection.

Choosing the right sunglasses

Here are a few at-a-glance tips to ensure you enjoy more sunny days ahead.

- Check the swing tag to ensure they meet the Australian Standard AS/NZS1067: 2003.

- Look for the words 'Good UV protection' on the label or swing tag or look for categories 2 or 3. These sunglasses absorb more than 95% of UV radiation.
- The dark tint on sunglasses has nothing to do with UV protection. Many fashion styles have dark tinted lenses that may cut down on glare, but won't provide enough UV protection.
- Some sunglasses have an eye protection factor or EPF rating; EPF 9 or 10 exceed the Australian Standard and block almost all UV radiation.
- Check if your sunglasses are suitable for driving.
- Polarised sunglasses reduce reflected glare.

We have an extensive collection of sunglasses which also covers a wide range of suitable styles for prescription.

**3D
RETINAL
IMAGING**

\$28 for UFS members

Call 5441 8077 or visit bendigoufs.com.au

Suite 1, 379 Hargreaves St, Bendigo

UFS
optical

Stylish shades

Spring fashion frames & more

The world looks more beautiful through designer frames. Here's a small sneak peek of what we've got in-store for you.

➤ Police 8299 538B RRP \$249.95
Members \$199^{95*}



◀ Maui Jim Venus Ponds, RRP \$389
Members \$311^{20*}



◀ Ray Ban RB2132 901L, RRP \$139
Members \$111^{20*}



➤ Versace VE2146B 1002/11, RRP \$390
Members \$312^{*}



➤ Oroton Delphine 1403199, RRP \$215
Members \$172^{*}



*Conditions apply.



OROTON

POLICE

Ray-Ban®

VERSACE

UFS
optical



RED SANDS | HCL BRONZE LENS
Available in prescription.

Colour. Clarity. Detail.

UFS in the Community

Growing the *social heart* of Bendigo



Close to our heart is The Morley Johnson Building.

On behalf of members, UFS is investing funds right now in the building to help ensure Radius can provide people with disabilities more access to community and life skills programs. This contribution will help further the mentor program.

Bendigo's most ambitious social enterprise project yet, it is all about advancing social inclusion throughout the community. The Morley Johnson Building will also create 50 new jobs in the area. Now that's got to be good for all of us.

UFS donates half all nominated membership fees (new and renewals) back to local schools, clubs and organisations.

Thank You

**UFS Pharmacies members
have helped raise \$54,000
this year for our local schools,
clubs and organisations.**

Thank you to all of our members.
To see the full list of sponsored schools,
clubs and organisations for this year,
visit bendigoufs.com.au

UFS members
SAVE here! →





NEW SEASON STYLES IN STORE NOW!



Annalise
RRP \$139.95
MEMBERS
\$111.95*



Omany
RRP \$139.95
MEMBERS
\$111.95*



Josslyn
RRP \$119.95
MEMBERS
\$95.95*



Enya
RRP \$149.95
MEMBERS
\$119.96*



START YOUR STYLISH SUMMER WARDROBE NOW!

Buy a pair of spring homypeds and go in the running to win a pair of summer homypeds* to complement your summer wardrobe! Hurry, competition closes 31.10.2015!

To enter, visit bendigoufs.com.au/winhomyped

*Conditions apply. See website for details.



Hayfever & allergies, Sorted.



**TELFAST®
NON-DROWSY
10 TABLETS
MEMBERS
\$11.16***
Normally \$13.95



**CLARATYNE®
NON-DROWSY
10 TABLETS
MEMBERS
\$9.56***
Normally \$11.95



**ZYRTEC®
RAPID ACTING
10 TABLETS
MEMBERS
\$11.16***
Normally \$13.95



**CETIRIZINE
10 TABLETS
MEMBERS
\$6.36***
Normally \$7.95



**FEXAL® 180MG
10 TABLETS
MEMBERS
\$7.48***
Normally \$9.35



**LORANO® 10MG
10 TABLETS
MEMBERS
\$6.36***
Normally \$7.95



**ZADITEN®
FOR ITCHY EYES
2.5ML
MEMBERS
\$8.36***
Normally \$10.45

Spring means warmer weather and a great time to enjoy the outdoors with your family – but it also means hayfever! Get on top of spring sniffles, sneezes and itches with UFS Pharmacies.

Our friendly pharmacists are here for you. For great advice and personal service, drop in to one of our stores or call **5441 5590** and we'll get you sorted.



bendigoufs.com.au

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