



ASIA PACIFIC PHARMACEUTICAL SYMPOSIUM

MALAYSIA 2009

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## COOL PLACES IN MALAYSIA

Malaysia's long coastline and many coral-fringed islands, with the Straits of Malacca to the west and the South China Sea to the east, give rise to a large number of fabulous beaches. Islands like Langkawi, Tioman and Redang are world-renowned resort destinations and pristine retreats with a host of exciting water sports and dazzling underwater attractions. Besides its breathtaking scenery, Langkawi is a duty-free island, offering an attractive range of goods.



EAGLE STATUE IN LANGKAWI



CAMERON HIGHLANDS

Cameron Highlands, Pahang offers a chance to cool off at temperatures as low as 16°C, perhaps kick back and relax in the cool climate and sooth tired eyes with the surrounding lush greenery of mountain jungles. Being primarily an agricultural domain, vegetable and fruit farms are abundant here. Also, Cameron Highlands is a leading producer of flowers in Malaysia.

Kota Kinabalu is a vibrant city on Sabah's west coast and the gateway to eco-adventures like mountain climbing, white-water rafting, caving, diving and river cruising. Ascending the 4095m Mount Kinabalu, Southeast Asia's highest peak, is achievable though challenging.



MOUNT KINABALU



Batu Caves to the north of the state of Selangor, is a massive limestone outcrop with huge caves. This famous destination draws people from all over the world during annual Hindu festival of Thaipusam. Scaling the 272 steps up to the main temple cave is the main highlight here.

Explore the vast rainforest of the Endau-Rompin National Park straddled across Pahang and Johor. This 80,000 hectare park is one of the peninsula's largest virgin lowland forests. It is a remote destination that appeals to adventurous explorers.



## 5 Tips to make a good first impression

Never underestimate the power of the first impression. Like it or not, people make their judgement of you the second you enter their lives. So, what can you do to stay in their good books?

First of all, *dress nice*. Always dress your best because you never know who you might meet. People are more responsive and intrigued by sharp dressers.

Next, give a *firm handshake*. When you are meeting someone for the first time, welcome the person warmly and shake hands firmly. This implies confidence on your part and not a sense of insecurity or dismissal.

Third, *smile*. It makes the other person comfortable. When you are introduced, say their name and tell them it's a pleasure to meet them while smiling. Oh, and try to make it genuine looking.

Fourth, *make eye contact*. Maintain eye contact when you are having your first conversation with someone. You want to show that you are good listener and would not get distracted easily. Make the person feel that they are the most important person to you at that moment. Don't let your eyes wander elsewhere around the room or they will be likely to think that you are not interested in the conversation and looking for someone else to talk to.

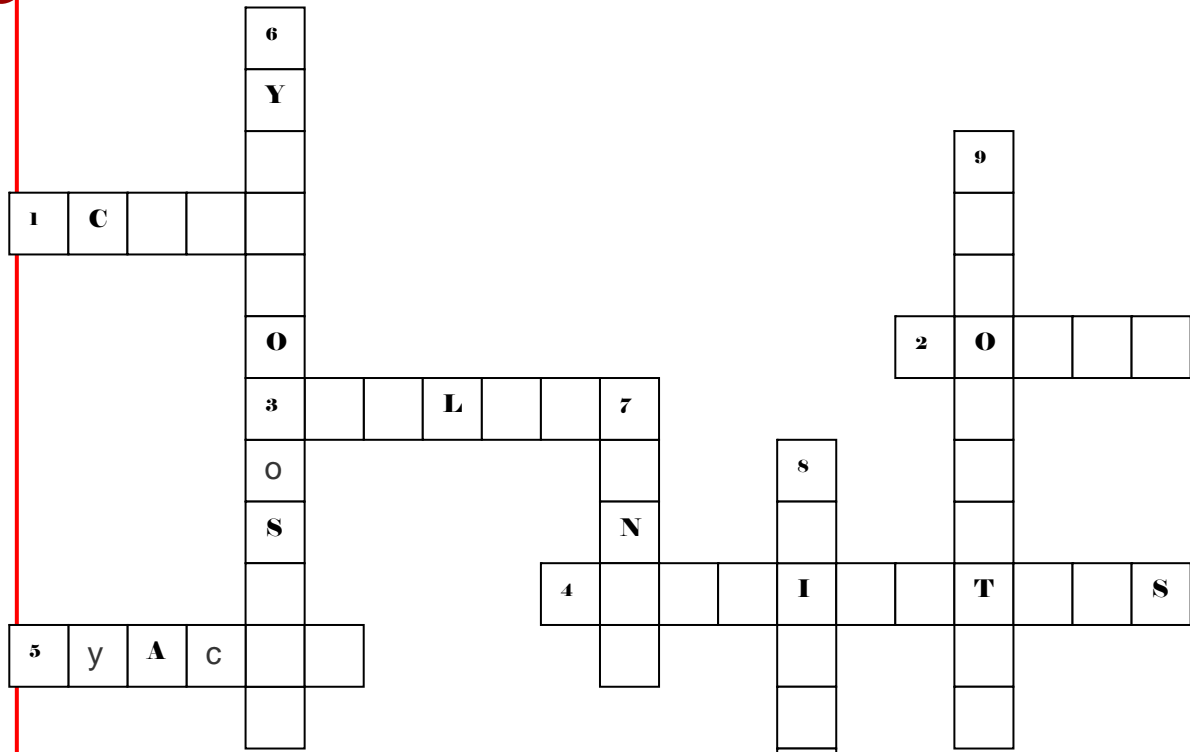
Fifth, *repeat their names and questions*. It makes it easier to remember the person's name and the person also likes hearing their names said in a conversation. Always ask questions. It shows you are interested in who they are and what they have to say. You will come off as attentive and a good conversationalist.

Finally, go make your first impression today!

Source: [www.essortment.com](http://www.essortment.com)



# pharmacrossword



**Across**

1. Sharp, severe; having rapid onset and short course; not chronic
2. Slight, continuous contraction of a muscle which aids in the maintenance of posture and return of blood to the heart
3. Muscular pain
4. A common adverse drug reaction associated with the use of sulphonamides in babies, with high levels of bilirubin in the blood
5. Failure of muscular coordination; irregularity of muscular action

**Down**

1. One of the common side effects for male patients taking ketoconazole
2. Cessation of breathing
3. Nose bleed
4. Secretion of viruses in milk

Answers:  
 1. acute  
 2. tonus  
 3. myalgia  
 4. kernicterus  
 5. ataxia  
 6. gynecomastia  
 7. apnea  
 8. epistaxis  
 9. viro lacta

## Misleading???

Customer gets a topical cream. Direction: apply locally two times a day. Customer says to the pharmacist: "I can't apply locally, I'm going over-seas."

## Salvage measures

A pharmacist looks out the front of the store and sees a woman holding a bottle jumping up and down in the parking lot. The pharmacist walks out to the parking lot and asks the woman what's the matter. She replies "I saw it said 'Shake Well' after I took it"



## ANNOUNCEMENTS

### Good news!!!!

**Registration for APPS 2009** is officially open this February 2009. For more info and to register, log on to [www.usm.my/apps2009](http://www.usm.my/apps2009)

### Wait, there is MORE!!!!

Visit our **blogspot** at <http://apps2009.blogspot.com>

Or

Contact us at our **official email address** which is:

Kindly contact our chairperson for any comments or information:

#### **CHAIRPERSON**

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Please be informed that the USM server is on construction for improvement. Some parts of the webpage might not be accessible for the few days of February. We express our deepest apology for the inconvenience incurred.

NEXT ISSUE



Wonderful  
Places of Malaysia  
10 Tips for a Happier Life