

FACULTY OF PHARMACY  
PARTICIPATES IN THE LAUNCH OF**“Me. NO PAUSE”****WOMEN’S HEALTH INITIATIVE**

By Assoc. Prof. Dr. Mahmathi Karuppannan

**OBJECTIVE**

*Promote greater awareness of iron deficiency and the importance of early health screening.*

**EMPOWER HER**

On **6 July 2026**, representatives from the Faculty of Pharmacy, Universiti Teknologi MARA (UiTM), Assoc. Prof. Dr. Mahmathi Karuppannan, Assoc. Prof. Dr. Shubashini Gnanasan, Dr. Farhana Fakhira Ismail and Mdm. Nur Syazwani Taridi, attended the launch of **Me. NO PAUSE**. It is a women’s health initiative introduced by Alpro Pharmacy to promote greater awareness of iron deficiency and the importance of early health screening.

- Alpro Pharmacy
- Faculty of Pharmacy, UiTM
- Powerlife
- Global Science
- Malaysian Pharmacists Society (MPS)
- SIG on Women and Child Health





## DON'T IGNORE THE SIGNS

The initiative focuses on women aged 35 years and above, particularly those experiencing persistent tiredness, brain fog, hair loss or brittle nails. Such symptoms are often attributed to stress, ageing or demanding personal and professional responsibilities; however, they may also be associated with low iron stores. Through **Me. NO PAUSE**, eligible women are offered a subsidised ferritin check at RM1, compared with the usual price of RM35.

## SCREEN FOR STRENGTH

Ferritin is a protein that stores iron in the body, and ferritin screening can help identify depleted iron stores before the condition progresses to iron-deficiency anaemia. The programme combines accessible screening with pharmacist counselling and appropriate referral pathways, allowing women to better understand their health status and seek further medical assessment when necessary.



## CHECK. KNOW. ACT.

The initiative brings together Alpro Pharmacy, Powerlife, Global Science, the Malaysian Pharmacists Society (MPS) Special Interest Group (SIG) on Women and Child Health, and Faculty of Pharmacy, UiTM. This collaboration highlights the important role of community pharmacists, industry partners and academic institutions in improving access to preventive healthcare and supporting informed health decisions.

# TO ALL WOMEN

Listen to your  
body and  
consider  
checking  
your ferritin  
level. Your  
health  
matters  
because you  
matter!

## EMPOWER HER

The launch of **Me. NO PAUSE** represents an important step towards encouraging earlier conversations about iron deficiency. More importantly, it reinforces the message that persistent fatigue and cognitive difficulties should not simply be accepted as an unavoidable part of a woman's life, but should be recognised, assessed and addressed through appropriate professional care.

The participation of UiTM in this initiative reflects the faculty's continuing commitment to community engagement, collaborative research and the advancement of evidence-based healthcare. By strengthening links between academia and community pharmacy practice, the collaboration may also create opportunities for future research, public education and health-promotion activities.

