

NEWSLETTER

Malta Medicines Authority

SUN RAYS ATTACK, SUNBLOCK FIGHTS BACK!



IMPORTANT NOTE

All skin types need sun protection. Excessive sun exposure can cause sunburn, premature skin ageing and increase the risk of skin cancer.

Protect your skin every day – **SUN DAMAGE
CAN AFFECT EVERYONE**

Sun safety tips

Wear a cap and sunglasses, and look for shade



Don't stay in the sun for too long



Take extra care with children and elders



Avoid sun exposure between 12 p.m. and 4 p.m.



Use sunblock against UVA and UVB



Use at least factor 30 (SPF) sunscreens



Understanding SPF labels

- SPF (Sun Protection Factor) measures protection against UVB rays, which cause sunburn
- SPF 30 blocks about 97% of UVB rays
- SPF 50+ provides very high UVB protection
- Use a sunscreen that has UVA + UVB protection

How to use sunblock?

1. Apply sunblock 30 minutes before going outdoors
2. Apply generously to all exposed skin, including the face, ears, neck, and feet
3. Reapply every 2 hours and after swimming, sweating or towel drying
4. Combine sunblock with shade, protective clothing, a hat and sunglasses for better protection
5. Follow the instructions on the label and respect the expiry date or period after opening

Stay hydrated – choose water first

Summer in Malta can be very hot! It is important to stay well hydrated, especially if you are physically active. Water is the best choice, but milk and diluted drinks can also help maintain fluid intake. Try to limit alcohol, carry a water bottle when you are out and increase your fluid intake on particularly hot days. A simple way to check your hydration is by looking at the colour of your urine – it should be pale yellow.

If you are taking medications that can increase fluid loss, such as:

- diuretics ('water tablets')
- laxatives
- antidiabetic medicines
- medicines that may cause vomiting or diarrhoea

take extra care to stay hydrated and follow the advice from your healthcare professional.

Who is at high risk?

- Older people (65+ years)
- Babies and young children (under 5 years)
- Pregnant women
- People taking certain medicines



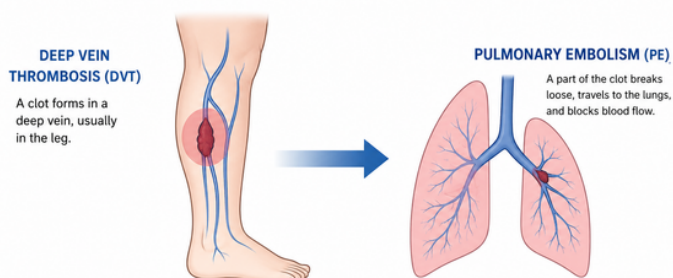
IMPORTANT NOTE

If you are unsure whether any of your medications may increase your risk of dehydration, consult your doctor or pharmacist.

Enhanced access to anticoagulant treatment for VTE

VENOUS THROMBOEMBOLISM (VTE)

A blood clot forms in a vein and can travel to the lungs.



Know the signs: leg swelling, pain, redness, warmth, shortness of breath, chest pain, rapid heartbeat, coughing up blood.



Prevention is key: Stay active, stay hydrated, follow your doctor's advice, and take medications as prescribed.

What is Rivaroxaban?

Rivaroxaban is a widely used direct oral anticoagulant (DOAC) used to treat and prevent life-threatening blood clots, reduce stroke risk associated with irregular heartbeats, and treat conditions such as Venous Thromboembolism (VTE).

What has changed regarding Rivaroxaban?

The Government announced that access to Rivaroxaban will be extended for both the treatment and prevention of VTE.

IMPORTANT NOTE

Never skip your blood-thinning medications. If you have any questions or concerns, consult your doctor or pharmacist.

Who will be eligible for Rivaroxaban?

Eligibility will be determined based on each patient's clinical risk rather than being limited to specific conditions. It is prescribed only following a medical consultation.

HIV - HAART therapy

HAART is a daily therapy used to manage HIV. It is a combination of medicines that prevents the virus from multiplying, reduces the amount of virus in the body to undetectable levels and protects the immune system. With consistent treatment, people living with HIV can maintain good, healthy lives.

When is it used and for what?

After receiving a medical diagnosis and agreeing to therapy, treatment is started as soon as possible and continued for life.

The goal of treatment is to achieve a low viral load, meaning that the viral load tests (tests that measure how much HIV is in your body) can't detect HIV in your blood. This allows patients to lead normal lives.

Is it available in Malta?

Yes. It is widely accessible and free through GU Clinic services for residents in Malta. HAART therapy is available on a doctor's prescription through:

- Hospital formulary (used in Mater Dei and government hospitals) and/or
- Outpatient formulary (dispensed via POYC scheme)

Is it safe to have sexual contact while using HAART therapy?

Yes. If you take HAART therapy every day, it lowers the amount of HIV in your body. When the virus is undetectable, it cannot be passed on through sex.

(UNDETECTABLE = UNTRANSMITTABLE)

For more info visit



<https://sexualhealth.gov.mt/sexual-health-topic/hiv-aids/>



Need help?

After an HIV diagnosis, no one has to face the journey alone. Healthcare professionals provide guidance and support in a safe, confidential environment where individuals can openly discuss any concerns. Additional support is also available through organisations such as the Rainbow Support Service, which offers emotional support, practical advice and a listening ear.

Medical devices: Reporting an incident

A medical device is a product used to help diagnose, monitor, prevent or treat a health condition or injury. Medical devices range from items such as thermometers to devices such as pacemakers.



What is an incident?

An incident occurs when a medical device causes or may cause harm to a patient or other person due to:

- Malfunction
- Incorrect or unclear instructions
- User errors caused by poor design
- Unwanted side effects when using the device

Why report?

Incident reporting is important to help detect risks, protect patients and ensure that unsafe medical devices are investigated and corrected to prevent future harm.

Who can report?

Incidents can be reported by healthcare professionals and patients/users.

How to report?

If you are a member of the public and experiencing an incident with a medical device, please report it by scanning the QR code and completing the form.



If you are a healthcare professional and experiencing an incident with a medical device, please report it by scanning the QR code and completing the form.



Once you have completed the form, please send it to: mdvigilance.medicinesauthority@gov.mt

Need help?

If you are unsure whether a product is a medical device, or if you need help filling in the form, please ask your doctor or pharmacist. You can also contact us by email at devices.medicinesauthority@gov.mt



FOR MORE INFO...

Contact us



+356 23439000



Malta Medicines Authority, Sir Temi Zammit Buildings, Malta Life Sciences Park, San Gwann SGN 3000, Malta



<https://medicinesauthority.gov.mt>



info.medicinesauthority@gov.mt / communication.medicinesauthority@gov.mt

Side effects reporting

postlicensing.medicinesauthority@gov.mt

Cannabis for research and medicinal purposes queries

cannabis.medicinesauthority@gov.mt

Shortages of medicines

miau.medicinesauthority@gov.mt

Product defect report link

<https://medicinesauthority.gov.mt/form-details?surlID=39&cat=3>

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