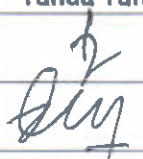

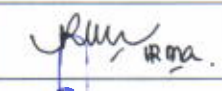









DAFTAR HADIR

Hari/ Tanggal : Sabtu, 27 Februari 2021
 Waktu : 07.30 WIB – Selesai
 Tempat : Ruang Rapat 1 Lantai 3B
 Acara : Rapat Rutin Staf Medis
 Agenda : 1) Pembahasan Formularium
 2) Pembahasan Jadwal Dokter
 3) Presentasi Produk Lintensan dan Cerecol

No.	Nama	Bagian	Jabatan	Tanda Tangan
1.	dr. Rita Tjandra, Sp.M	Komite Medik	Ketua	
2.	dr. Donny Whisnu Chandra, Sp.M	Divisi Vitreoretina	Staf Medis	
3.	dr. Noviana Kurniasari, Sp.M	Divisi Vitreoretina	Staf Medis	Sakita
4.	dr. Ria Sylvia, Sp.M	Divisi Pediatrik dan Strabismus	Staf Medis	Cuti
5.	dr. Irma Praminiarti, Sp.M	Divisi Pediatrik dan Strabismus	Staf Medis	
6.	dr. Sahata P.H. Napitupulu, Sp.M	Divisi Katarak dan Bedah Refraktif	Staf Medis	
7.	dr. Farida Moenir, Sp.M (K)	Divisi Katarak dan Bedah Refraktif	Staf Medis	
8.	dr. Dini Dharmawidari, Sp.M (K)	Divisi Katarak dan Bedah Refraktif	Staf Medis	
9.	dr. Lydia Nuradianti, Sp.M (K)	Divisi Glaukoma	Staf Medis	
10.	dr. Dewi Rosarina, Sp.M	Divisi Glaukoma	Staf Medis	
11.	dr. Nur Alim Basyir H, Sp.M	Divisi Infeksi dan Imunologi	Staf Medis	Sakit
12.	dr. Yana Rosita, Sp.M (K)	Divisi Onkologi dan Rekonstruksi	Staf Medis	
13.	dr. Muh. Valeri Al Hakiim, Sp.M	Divisi Onkologi dan Rekonstruksi	Staf Medis	
14.	dr. Dedik Ipung Setiyawan, Sp.M	Oftalmologi Umum	Staf Medis	Aket poli
15.	dr. Dyah Kusuma Arnovita, Sp.M	Oftalmologi Umum	Staf Medis	pket poli

NOTULEN

TANGGAL	:	27 Februari 2021
WAKTU	:	08.00 wib - Selesai
TEMPAT	:	R. Rapat 1 Lt 3B
AGENDA RAPAT	:	1. Pembahasan Formularium Tahun 2021 2. Pembahasan Jadwal Dokter 3. Presentasi Produk Lintensan dan Serecol dari Sanbe
PEMIMPIN RAPAT	:	dr. Rita Tjandra, Sp.M
NOTULIS	:	Rizqiyah, S.KM
JUMLAH PESERTA	:	12 Peserta
TIDAK HADIR	:	7 Peserta
PEMBAHASAN	:	1. Rapat dibuka oleh dr. Rita Tjandra, Sp.M. 2. Untuk pembahasan formularium akan disampaikan oleh dr. Farida selaku Ketua KFT. 3. Obat yang akan dibuat bahan rapat yaitu daftar obat sesuai penawaran baru. Untuk obat yang sudah ada di formularium tahun sebelumnya tidak akan dibahas kembali. 4. Penyampaian presentasi produk Lintensan dan Serecol disampaikan oleh Pihak Sanbe sesuai materi yang ada pada lampiran. 5. dr. Sahata: a. Penyelenggaraan pendidikan PPDS Mata yang bekerja sama dengan FK Unair yang rencananya dimulai pada bulan Maret namun untuk kelengkapan administrasi (surat dan adendum perjanjian) belum dikirimkan. b. Adanya permintaan dari unit pelayanan untuk jadwal dokter kembali seperti semula yaitu fix jadwal mingguan tanpa ada putaran seperti saat ini yang 2 minggu berganti. Mohon kepada koordinator pelayanan yang bertugas mengatur jadwal untuk membuat draft jadwal yang baru. 6. dr. Yana: a. Jadwal putaran 2 mingguan ini menurut kami sudah bagus karena semua pelayanan selesai diwaktu yang bersamaan. b. Selain itu, jadwal 2 mingguan adil dan memperpendek waktu antrian operasi karena seperti kita ketahui untuk operasi glaukoma dan retina antriannya panjang. 7. dr. Irma: a. Untuk mengatur jadwal yang fix dalam seminggu tidak mudah. Lebih baik ritme 2 mingguan seperti saat ini yang sudah berjalan. 8. dr. Sahata: a. Saran saya jadwal tetap dibuat fix selama seminggu, walaupun dalam bulan ini sudah ada jadwal yang terbaru. Hal ini untuk persiapan jangka panjang. b. Dokter praktek sore bisa lebih dari 2. Jika ada yang ingin menambah jam praktek mohon segera konfirmasi.

HASIL RAPAT

- 1. Formularium obat untuk pasien BPJS disamakan dengan tahun 2020.
- 2. Penyelenggaraan pendidikan PPDS dimulai pada bulan Maret.
- 3. Jadwal dokter segera difix untuk seminggu sehingga tidak ada lagi jadwal putaran 2 mingguan
- 4. Penambahan praktek dokter sore hari bisa dimulai kembali.

TINDAK LANJUT

- Koordinator pelayanan membuat jadwal fix selama 1 minggu.

PEMIMPIN RAPAT,



(dr. Rita Tjandra, Sp.M)

NOTULIS,



(Rizqiyah, S.KM)



JAMU

LITENSAN[®]

Lutein from Tagetes Erecta Flos Extract
Capsule

Hanya
untuk
Profesi
Kesehatan



The Blue Light-Absorptive Properties For Your Best Eye Vitamin

- The antioxidant, anti-inflammatory and blue light-absorptive properties of Lutein provide its many protective role in various ocular disease especially AMD and Cataracts ^(1,2)
- Supplementation of Lutein enhances macular pigment and an increase in MPOD (Macular Pigment Optical Density) may decrease the risk of Age Related Macular Degeneration (AMD) and other visual disease conditions ^(2,5,6)
- The linking Lutein to reduced risk AMD is richer than for the link between Lutein enhanced visual performance ^(4,5,6)

SANBE

LITENSAN[®]

Lutein from *Tagetes Erecta Flos Extract*
Capsule

LUTEIN

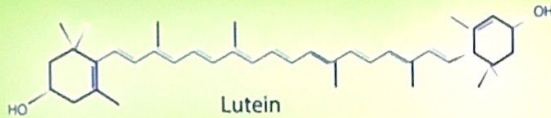


Figure 1. Chemical structures of lutein

Lutein, a yellow xanthophyll carotenoid found in egg yolks and many colorful fruits and vegetables green, such as spinach and kale^(1,2,3). Lutein and its isomers, are the only carotenoids that accumulate in the fovea of the human retina and constitute macular pigment (MP)⁽³⁾. The presence of lutein and its isomers in the retina represent the highest seen among any other human tissue type^(1,2,3).

Macular pigment has a broad band absorbance spectra peaking at 460 nm. MPOD typically absorbs about 70% of incident light at this wavelength⁽²⁾. Macular pigment consisting of lutein and zeaxanthin through its ability to filter light and by direct antioxidative properties, proposed as the most effective protective factor in the central retina and important to cut light induced oxidative retinal damage.

Lutein and its isomers are potent antioxidants, and they can also act as filters of high-energy blue light. These xanthophylls are protective against photo-induced oxidative damage, in highly exposed tissues such as the skin and eyes⁽²⁾. Catalase is a ubiquitous antioxidant enzyme that degrades oxidative stress induced by hydrogen peroxide. It helps in protecting the cell from oxidative damage⁽²⁾.

Marigold flower (*Tagetes erecta L.*) represents a rich source of lutein. It is grown for business purposes in Mexico, Peru, Ecuador, Spain, India or China. Dried Marigold flowers contain 0.1 - 0.2% dry matter (DM) of carotenoids, out of which 80% are lutein diesters⁽¹⁾.

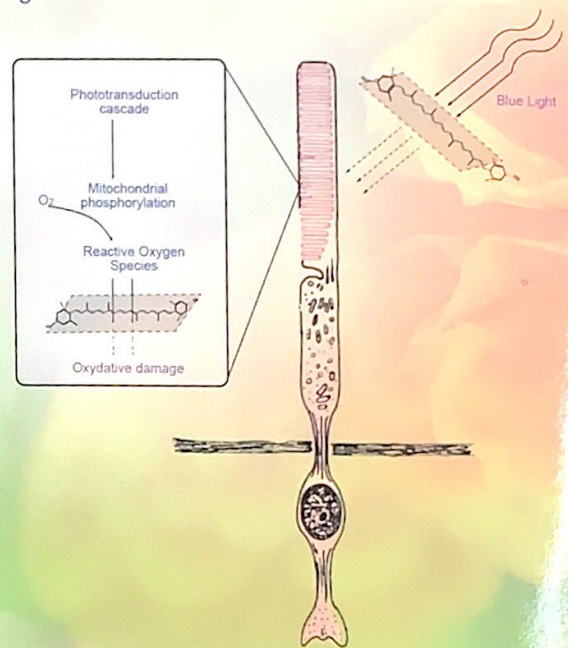


Figure 3. Proposed mechanisms for the protective role of lutein against cellular damage. Lutein reduces the amount of blue light that reaches the photoreceptors. In addition, lutein directly scavenges the reactive oxygen species, thereby preventing them from damaging DNA and protein molecules⁽³⁾.

A. Catalase Activity

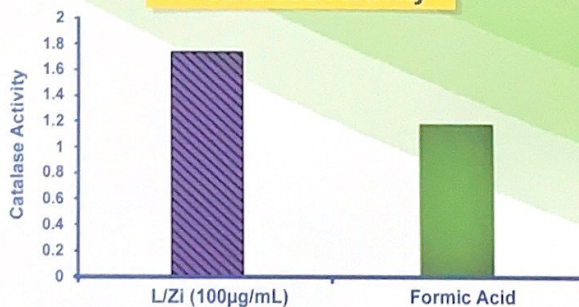


Figure 2. Lutein significantly increases catalase activity⁽¹⁾.

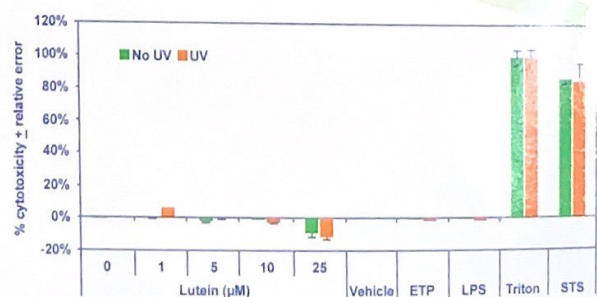
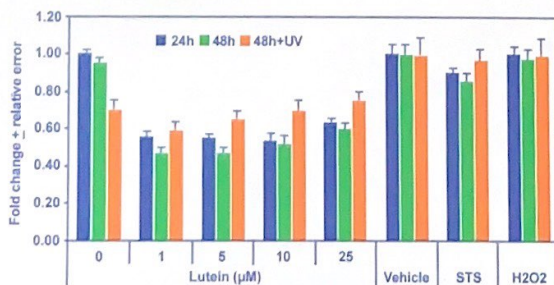


Figure 4 & 5. Cytoprotection and Cytotoxicity Effects in UV Exposed ARPE cells. (A) MTT analysis of L/Zi Treated Cells; (B) LDH Analysis of L/Zi Treated Cells

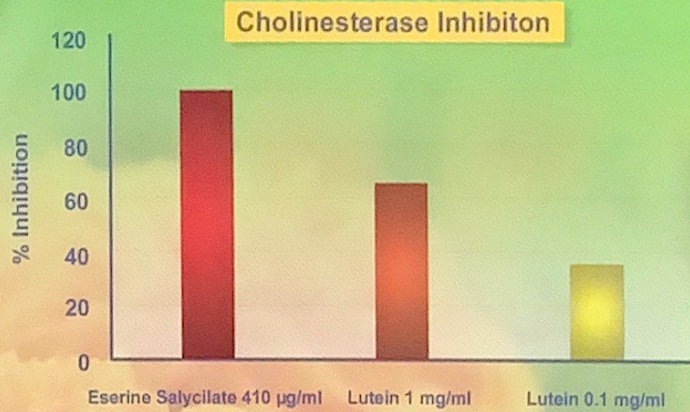


Figure 6. Inhibits cholinesterase⁽²⁾

- Lutein treatment improves antioxidants, gene proteins and antioxidant activity.
- Decreases oxidative stress and eye fatigue due to inhibition of cholinesterase activity
- And mild UV irradiation on RPE cells reduced oxidative stress and inflammation as shown by expression of genes involved in cell proliferation, inflammation, immune function and wound healing.^(2,3)

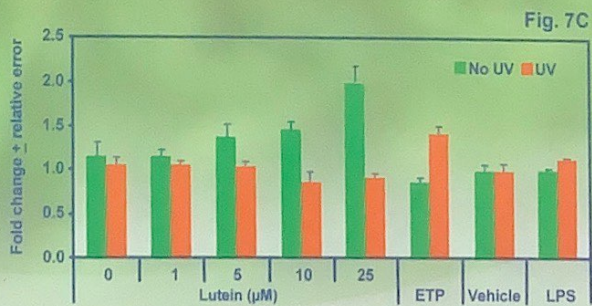
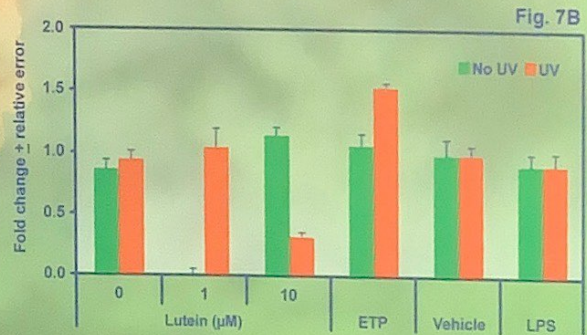
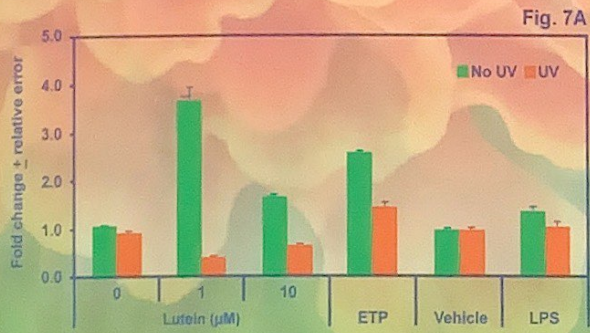


Figure 7. Show a decrease in catalase activity as an effect of UVA exposure and the tendency of the irradiated cells to restore the antioxidant activity of catalase in an exposure time-dependent manner (Figure 7A, figure 7B and figure 7C)⁽²⁾

LITENSAN[®]

Tagetes Erecta Flos Extract Capsule

Each capsule contains :
Tagetes Erecta Flos Extract 300 mg Contains : Lutein 30 mg

USAGE

Help to maintain visual health

DIRECTION FOR USE

Adult : 1 capsule, once daily

PRESENTATION

Box of 3 strips @ 10 capsules
Reg. No. : POM TR 192326011

STORAGE

Store below 25°C, in tightly closed container,
protect from light and humidity



References :

1. Miroslav Sivel, et. al., *Lutein content in Marigold Flower (Tagetes Erecta L.) Concentration used for production of food supplements*; Czech J. Food Sci, Vol 32, 2014, No. 6 : 621 - 525.
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4. Katherine M. Ranard et. al. *Dietary Guidance for Lutein: Consideration for Intake Recommendations is Scientifically Supported*; European Journal of Nutrition (2017) 56 (suppl 3): S37 - S42.
5. Li B, Vachali P, Frederick JM, Bernstein PS (2011) Identification of StARD3 as a lutein-binding protein in the macula of the primate retina. *BioChemistry* 50:2541-2549.
6. Leung IY, Sandstrom MM, Zucker CL, Neuringer M, Snodderly DM (2004) Nutritional manipulation of primate retinas. II: effects

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