



Bahamas Medical & Surgical Supplies Ltd.

# THE BAHAMASMED MONTHLY

SPRING INTO WELL: MAY HEALTH EDITION

Newsletter 2026



May  
**MENTAL HEALTH**  
— AWARENESS MONTH —

**MENTAL HEALTH AWARENESS MONTH**

### Your Mind Matters

This May, we join the global movement for Mental Health Awareness Month. At Bahamas Medical, we believe that true wellness is holistic—it's about how we feel on the inside just as much as our physical fitness. In the hustle of our daily deadlines, prioritizing our mental well-being is what allows us to stay focused, resilient, and ready to serve the healthcare community. This month, we're committed to breaking the stigma and fostering a supportive environment where everyone can thrive. Remember: a healthy mind is the foundation for our best work.

## MAY IS CELEBRATED AS NATIONAL NURSES MONTH



### "Empower Nurses. Save Lives."

This May, we honor the incredible dedication, compassion, and expertise of our nurses. Nurses are more than just healthcare providers; they are the heart of our patient experience and the backbone of our community's health. Whether they are providing life-saving care or a comforting word, their impact is immeasurable. Join in this month in saying a huge **Thank You** to the nurses who give their all, every single day.



## EMPLOYEE SPOTLIGHT IN TRAINING

We are thrilled to share that Allana and Princess recently attended the Commercial & Clinical Training Program: Pathway to Clinical Excellence in April. This intensive session was strategically designed to sharpen our field impact, ensuring we are better prepared than ever to deliver high-performance results.

A major focus of the training was the J&J portfolio, where the team got hands-on experience with upcoming product launches. They gained valuable insights into the specific strategies we will use to introduce these innovations to our market, ensuring a seamless rollout.

Please join us in congratulating Allana and Princess on completing this vital program!

## Action Saves Lives: The Future of Hands-Free Care

On May 5, **World Hand Hygiene Day**, we're reminding everyone that clean hands are the first line of defense against infection. Whether you're driving or at your desk, let's keep our community healthy—one wash at a time. Wash. Sanitize. Protect.

## The Science of Postpartum: Comfort Beyond the Hospital

This May, we shine a light on **Maternal Health Awareness**. We are proud to offer a range of Lansinoh products designed to provide comfort, confidence, and care during every stage of your feeding and recovery journey.

## The "Heart-Healthy" Bridge

This May, as we celebrate **National Physical Fitness and Sports Month**, we also turn our focus to **World Hypertension Day on May 17**. High blood pressure is often called the 'silent killer,' but the good news is that movement is medicine! Whether it's a 5-minute stretch or a full workout, every move counts toward lowering your blood pressure and strengthening your heart.

MAY 2026

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# KEY HEALTH *Awareness Dates*



**WORLD HAND HYGIENE  
DAY**

May 5



**NATIONAL NURSES  
WEEK**

May 6-12



**WORLD HYPERTENSION  
DAY**

May 17

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MAY 2026

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# COMPANY NOTICES

**May 6: Lab - HACH Webinar**  
**11am**  
**Microsoft Teams**

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**May 18-22: Know Your Numbers**  
**9 AM - 12 PM**  
**Nassau /Freeport Retail Stores**

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**May 20-22: Pharmacy - "Sip & Shop"**  
**11am-4pm**  
**Nassau Retail Store**

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# SUPPORT AT YOUR FINGERTIPS: YOUR MENTAL HEALTH BENEFITS



# COLINA

Did you know our Colina Healthcare plan includes dedicated support for mental wellness? Whether you need professional guidance or a listening ear, your benefits are designed to help you thrive.

**Provider Network:** Access the 2025 Bahamas Provider Directory for a full listing of specialists (p. 1).

**Specialist Consultations:** You may choose to utilize a Psychiatrist or Psychologist (see pages 13 & 14) or Counseling services (see page 3).

**Your Benefit Coverage:** Annual Limit: \$1,000 per member.  
Co-pay: Colina covers 50% of the consultation charge. (based on UCR) up to the annual limit.

# WORKING OUT TODAY FOR A HEALTHIER HEART TOMORROW



## HAPPY WORLD HYPERTENSION DAY! MAY 17

**Know Your Numbers:** Use World Hypertension Day as a reminder to get your blood pressure checked

**The Power of Potassium:** Pair your workouts with heart-healthy foods like bananas or spinach to help manage sodium levels.

**Movement as Management:** Regular cardio (like walking or cycling) helps your heart pump more efficiently, naturally lowering the pressure on your arteries.



Bahamas Medical &  
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FREE



**“KNOW  
YOUR  
NUMBERS!”**

**MAY 18-22 ,2026**

9:00 AM -12:00 PM

Glucose Testing

Temperature Checks

Blood Pressure Testing

Pulse & Oxygen Level Testing

**SEE YOU THERE!**

#9 Fifth Terrace, Centreville  
Tel: (242) 603-2310 & (242) 242 328-5057  
Nassau, New Providence

#3 Lucaya Shopping Centre,  
Tel: (242) 602-7940 & (242) 602-7941  
Freeport , Grand Bahama

# KNOW YOUR NUMBERS



Meet Dr. Allyah Dames

## A Message from the Doctor: Your Most Important Numbers for May

I want to challenge you to be your own health advocate this May. Knowing your baseline numbers isn't just about data; it's about giving yourself the best chance at a long, healthy life.

WHEN YOU CHECK YOUR NUMBERS, HERE IS  
WHAT I WANT YOU TO LOOK FOR:

# THE BIG FOUR: WHY THESE NUMBERS MATTER



## YOUR BLOOD PRESSURE (THE "SILENT" MARKER)

Blood pressure measures the force of blood against your artery walls. If it's too high, it puts a massive strain on your heart and kidneys.

The Goal: Work with your doctor to reach a healthy range, typically considered below a certain threshold.

The Check: Visit our Retail Store to purchase an automated machine you can use today.

## Your Blood Sugar (Glucose)

1. The Goal: A fasting blood sugar level should be in a target range determined by your doctor.

2. The Check: Ask your provider for a simple A1C or fasting glucose test during your next visit.



## Doctor's Orders for May

Take charge of your health this month by stopping by our Retail store to purchase your monitoring essentials and remember to schedule your fully-covered annual physical, and reaching out to your primary physician to discuss exactly what your numbers mean for your personal health history.



## Your Cholesterol (Heart Health)

High LDL (the "bad" stuff) can build up in your arteries, increasing the risk of heart disease.

The Goal: Monitor your total cholesterol to keep it within a healthy range.

## BODY MASS INDEX BMI

## Your BMI (Body Mass Index)



This is a quick way to see if your weight is in a healthy range for your height.

The Goal: Aim for a range determined in consultation with your doctor.





THE ART AND SCIENCE OF  
CHOOSING HAND  
HYGIENE



World Hand Hygiene Day-May 5



Bahamas Medical &  
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# ACTION SAVES LIVES

START YOUR CLEAN HANDS HABIT TODAY

WORLD HAND HYGIENE DAY - MAY 5

CLEAN CARE  
STARTS HERE



## 3-STEP HAND HYGIENE HABIT



**Apply**  
(Sanitizer)



**Rub**  
(Hands together)



**Dry**  
(Let it air dry for  
20 seconds)

*\*Available while supplies last*

9 FIFTH TERRACE, CENTREVILLE  
TEL: (242) 603-2310 & (242) 328-5057  
NASSAU, NEW PROVIDENCE

3 LUCAYA SHOPPING CENTRE,  
TEL: (242) 602-7940 & (242) 602-7941  
FREEPORT, GRAND BAHAMA



Bahamas Medical &  
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THE  
**PHARMACY  
DEPARTMENT**

HOSTS

**SIP & SHOP**

**MAY 20 - 22, 2026**

RETAIL STORE  
#9 Fifth Terrace, Centreville  
Nassau, Bahamas

**RSVP: [pharmacy@bahamasmed.com](mailto:pharmacy@bahamasmed.com)  
or (242) 807-4515**

[www.bahamasmed.com](http://www.bahamasmed.com)



**Bahamas Medical &  
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# **RETAIL PROMOTIONS**

**SHOP ONLINE : [WWW.BAHAMASMED.COM](http://WWW.BAHAMASMED.COM)**



# LANSINOH RECOVERY

## BREASTFEEDING A HEALTHY START

Bahamas Medical & Surgical Supplies Limited Retail department provides the Lansinoh brand of products for breastfeeding and postpartum.



# NEW RELEASES

vive health

## RUNNING BELT

*A running belt is the perfect companion for active lifestyle goals.*

### Features:

- **Secure Storage:** Water-resistant, bounce-free pouch for phones, keys, and cards.
- **High Visibility:** Integrated reflective strips for safer low-light runs.
- **Custom Fit:** Adjustable elastic strap ensures a snug, chafe-free fit for all sizes.
- **Performance Build:** Durable, sweat-wicking, and machine-washable material.

**Product Tip:** Wear your running belt at the narrowest part of your natural waist rather than your hips. This prevents it from sliding up or bouncing while you move.



## BUNION SPLINT



### Features:

- **Gentle Realignment:** Integrated aluminum brace provides constant, corrective pressure to the big toe.
- **Pain Relief:** Reduces friction and inflammation to soothe sore joints and slow bunion progression.
- **Customizable Support:** Adjustable Velcro straps ensure a secure, personalized fit for any foot size.
- **Versatile Wear:** Low-profile, breathable design fits comfortably under socks and during sleep.

## RUNNER'S HEALTH TIP:

*While bunion splints are often associated with rest, they can be part of a proactive running recovery routine*

**Post-Run Realignment:** After a run, your foot muscles and joints are warm and more pliable. Wear your *Vive Bunion Splint* for 20–30 minutes immediately after your cool-down. This provides a gentle, corrective stretch to the big toe joint that has been under repetitive pressure during your miles.

SHOP ONLINE :[WWW.BAHAMASMED.COM](http://WWW.BAHAMASMED.COM)

## NEW RELEASES: ENHANCING MOBILITY & CARE AT HOME



**Vive Turning Cushion:** A game-changer for home care, this ergonomic U-shaped cushion allows for the safe and easy repositioning of patients. By simplifying the turning process, it reduces physical strain on caregivers and plays a vital role in preventing pressure sores and improving patient circulation.

**Vive Car Door Assist:** Independence starts with confidence. This portable, non-slip handle provides extra leverage and stability when entering or exiting a vehicle. It's the perfect companion for those with limited mobility, ensuring every journey begins and ends safely.

### Versatile Use

Assist patients with various positioning options



Turning Cushion

### Comfortable To Hold

Comes with a non-slip grip handle for extra safety



Car Assist

9 FIFTH TERRACE, CENTREVILLE  
NASSAU, NEW PROVIDENCE  
242-328-5057 OR 242-603-2310

3 LUCAYA SHOPPING CENTRE  
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**Bahamas Medical &  
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# **OVER THE COUNTER PROMOTIONS**

**SHOP ONLINE : [WWW.BAHAMASMED.COM](http://WWW.BAHAMASMED.COM)**



Bahamas Medical &  
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# “WOMEN’S WELLNESS AT EVERY STAGE”

-Prenatal, PMS & Menopausal Support



**PMS Support Gummies**



**Prenatal Gummies Gummies**



**Menopause Support Gummies**

**“Your Health. Your Hormones. Your Balance.”**

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# SPRING WELLNESS

May is the perfect time to help patients renew their commitment to health. Our Spring Wellness showcase features the YumV's Vitamin Collection—a premium, pectin-based lineup designed to bridge nutritional gaps with clinical precision and exceptional taste.



## Multivitamin + Minerals

The ultimate "Retail Anchor" providing 15 essential vitamins and minerals for daily growth.

**Vitamin C (High Potency)**  
A "Patient Favorite" for seasonal immune defense as we transition into April's outdoor activities.



Essential for bone health and immune function, especially important for those still catching up on spring sunlight.

## Vitamin D3 (The Sunshine Vitamin)



Essential for bone health and immune function, especially important for those still catching up on spring sunlight.

## Magnesium Citrate



A top-tier "Clinical Choice" for muscle relaxation and supporting a calm

# SPRING INTO VITALITY

April is the perfect time to help renew YOUR commitment to health, whether for growing families or active adults, these essentials are perfect



## Iron with Vitamin C

Specially formulated for high absorption without the common metallic aftertaste—a hit for families.

## Apple Cider Vinegar with "The Mother

A premium wellness favorite for supporting healthy digestion and metabolism—perfect for a spring wellness reset.



## B-Complex with Vitamin C

A powerful blend that supports cellular energy production and metabolic health to keep patients active all season long.

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# **EQUIPMENT PROMOTIONS**

**SHOP ONLINE : [WWW.BAHAMASMED.COM](http://WWW.BAHAMASMED.COM)**

# TECHNOLOGY SPOTLIGHT: PRECISION IN EVERY READING



In recognition of Maternal Health Awareness Month this May, we are highlighting The GE HealthCare Voluson™ Swift

The GE Voluson™ Swift is a powerhouse for Labor & Delivery units, designed to simplify clinical workflows through high-end automation. The birthing process is filled with excitement, anticipation and sometimes uncertainty. With extraordinary imaging and innovative labor progression tracking, Voluson SWIFT can help you monitor labor progression as well as baby and mother wellness, helping you make more informed clinical decisions.

- It's Fast and Smart (AI Power): The machine has a "smart brain" that automatically finds and labels the baby's parts on the screen. This means the check-up is much faster, so the doctor can spend more time talking to the parents.
- It's Very Easy to Clean: Traditional machines have 60+ buttons that can hide germs. The Swift is mostly a smooth touch-screen. It only has a few buttons, making it incredibly fast for nurses to wipe down and keep everyone safe.
- It Goes Anywhere: It's lightweight and runs on a battery. If a mother needs a quick check-up, the medical team can wheel it right to her bedside without needing to find a wall plug first.



## PRODUCT OF THE MONTH

### NATROX TOPICAL OXYGEN DEVICE

Small, wearable, lightweight, discreet. NATROX® O<sub>2</sub> gives patients complete freedom of movement and uses the natural properties of oxygen to heal wounds faster

**Simply click it, check it, and go.**

Designed simply to **HEAL**  
**WOUNDS**

**RENTAL PROGRAM:  
\$200 PER MONTH FOR DEVICE  
\$51 FOR ACCESSORY**



**Shop Online [www.bahamasmed.com](http://www.bahamasmed.com)**

**EXCLUSIVE  
OFFER**

## PRODUCT OF THE MONTH

### FISHERBRAND™ REFRIGERATOR/FREEZER PLUS™ THERMOMETER

May be used for liquids, air/gas, semisolids, water baths and refrigerators  
Monitors temperatures accurately in freezers, water baths, heating blocks, incubators, and refrigerators with enclosed temperature-buffered sensor. Fisherbrand™ Refrigerator/Freezer Plus™ Thermometer includes sensor with 5mm diameter and 19mm length. May be used for liquids, air/gas, semisolids, water baths and refrigerators.



**\$145**

- Minimum and maximum temperature memory
- Triple display simultaneously shows minimum, maximum and current temperatures
- High and low temperature alarm programmable in 1 degree increments

Shop Online [www.bahamasmed.com](http://www.bahamasmed.com)

**EXCLUSIVE  
OFFER**

## PRODUCT OF THE MONTH

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### MOBI F650 PRO MULTI-LEVEL MORTUARY STRETCHER

**\$2600**



- 600 lb Weight Capacity
- HD Stainless Steel & Anodized Aluminum Alloy Construction
- Cot Cover, Straps and 1 Inch Pad Included
- Multiple height levels ( 5 ) at both ends
- Easy Grip On Operator End
- Comes Fully Equipped and Assembled!

**Shop Online [www.bahamasmed.com](http://www.bahamasmed.com)**

# MONTHLY PROMOTION

## DENTISTRY

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### X-Vision Handheld Portable X-Ray



**15% off, Promo Code: Q1XRAY**

The Flight X-Vision Portable Handheld X-Ray is an ultra-safe state of the art system that has lower radiation levels than your traditional wall mounted x-rays.

## FEATURES



Pre-set settings to avoid any unnecessary manipulation of parameters needed to generate X-Rays



Largest battery capacity on the market of any handheld X-Ray



2900 mAh battery allows for over 800+ exposures before needing to charge (40+ patient's full mouth series)



Oiled cooling allows for less refractory time between exposures

# MONTHLY PROMOTION

## PHYSIOTHERAPY

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### LIGHTFORCE® XPi THERAPY LASER



**Price: \$19,800**  
**(List Price 25K)**

The LightForce® 25W XPi provides customized treatments and consistent results. The LightForce® intelligent hand piece and onscreen recommendations increase dosing accuracy and help technicians treat with confidence.

## FEATURES



Built-in dosing feedback technology with embedded finger switch and indicator lights.



The on-contact massage ball compresses superficial tissues, displacing excess fluid and helping to enhance laser penetration to deep structures.



Quick release and change-out treatment heads for better ease of use and versatile delivery options.



Ranging from 15 all the way to 40 watts of power, LightForce® Therapy Lasers provide the power needed to reach deep tissues.

# MONTHLY PROMOTION

## PHYSIOTHERAPY

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### Intellect RPW 2 Shockwave



**Price: \$16,560**  
**(List Price 20K)**

The Intellect® RPW 2 brings the next generation of shockwave therapy to the treatment room using Radial Pressure Wave technology. Designed to activate connective tissue from the surface level to difficult-to-reach pathologies, the new Intellect® RPW 2 is a modality for addressing pain and inflammation in orthopaedic conditions.

## FEATURES



Reduce muscle pain and aches



Temporarily increase blood flow



Activate connective tissue.



Available with a broader range of pressure settings and 21 unique transmitter attachments.

HAPPY  
*Mother's Day*



**MAY 10**



"A mother is she who can take the place of all others but whose place no one else can take." — Cardinal Mermillod".

This Mother's Day, we honor the women who fill so many roles in our lives. Because your place is irreplaceable, your health is our priority.



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