



HOW OFTEN DO YOU FEEL LIKE THIS?



Feeling of heaviness in the stomach after a meal



Pain in the gut after a meal



'Gassy' belly



Discomfort in the stomach after a meal



Recurring diarrhoea



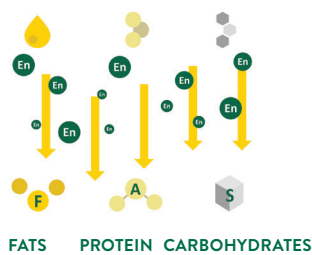
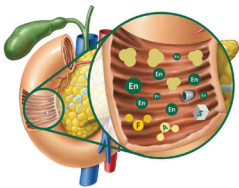
Bloating

THESE SYMPTOMS REFLECT MALDIGESTION¹

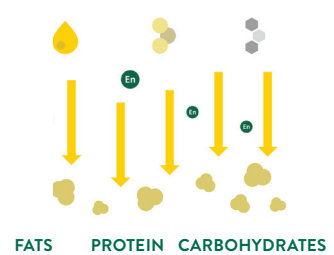
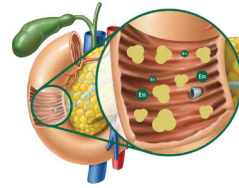
UNDERSTANDING THE RELATIONSHIP BETWEEN MALDIGESTION AND PANCREATIC EXOCRINE INSUFFICIENCY (PEI)

DEFINITION OF PEI: An insufficient secretion of pancreatic enzymes to maintain normal digestion²

ENOUGH ENZYMES



ENZYME DEFICIENCY



Digestive enzymes are a necessary part of the chemical process of digestion³

If the pancreas is unable to produce enough enzymes, it may lead to **enzyme deficiency**¹

This deficiency can lead to **malnutrition and malabsorption** of nutrients, and manifest as symptoms of **pancreatic insufficiency with maldigestion**⁴



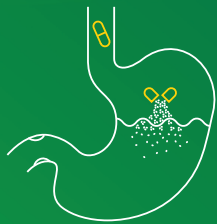
TO VIEW A FREE DIGITAL VERSION OF THIS MATERIAL AND MANY OTHER HEALTH TOPICS, POINT YOUR PHONE CAMERA HERE



DIGESTIVE ENZYMES ARE ESSENTIAL FOR THE PROPER FUNCTIONING OF THE DIGESTIVE SYSTEM⁴

HOW CREON® MINIMICROSPHERES® WORK FOR PEI

If you recognise these symptoms, you may need pancreatic enzyme replacement therapy



RIGHT ENZYME

The **small particle size** (0,6-1,7 mm) and large specific surface area help optimal mixing with chyme⁵



RIGHT PLACE

Creon® Minimicrospheres® are **enteric-coated** which helps to provide smooth passage through the pylorus to small intestine without dissolution in the stomach⁵



RIGHT TIME

Creon® Minimicrospheres® **break down and rapidly release the enzymes** in the duodenum to effectively aid the digestive process⁵

CREON® HAS THE CHARACTERISTICS OF THE IDEAL PERT THERAPY⁵

TRIAL OF PANCREATIC ENZYME REPLACEMENT THERAPY (PERT)

May help **diagnose PEI** and establish significant improvement in maldigestion-related symptoms^{6,7}

PERT shows significant therapeutic efficacy in:⁸



Reducing fat excretion



Decreasing stool frequency



Improving stool consistency

CREON® TRIAL DOSING



MEALS, WITH LIQUIDS



Creon[®] 10000

Starting dose

Starting dose is **1 CREON®** with each meal

The enzyme doses should be halved for snacks⁷

If your symptoms improve after trialing Creon®, speak to your doctor or pharmacist about stepping up to optimal dosing



CREON® CAPSULES SHOULD BE TAKEN AT THE START OF MEALS AND SNACKS



CAPSULES SHOULD BE SWALLOWED WHOLE, NOT CHEWED



OR YOU MAY OPEN THE CAPSULE, POUR THE PELLETS ONTO A SPOON AND SWALLOW WITHOUT CHEWING

CREON® MINIMICRO POWER

Improving your digestive health⁴



#1 prescribed PERT in the world⁹

PEI – pancreatic exocrine insufficiency; PERT – pancreatic enzyme replacement therapy

References: 1. Phillips M, Hopper AD, Leeds JS, et al. Consensus for the management of pancreatic exocrine insufficiency: UK practical guidelines. *BMJ Open Gastro* 2021;8:1-17. 2. Domínguez-Muñoz JE. Diagnosis and treatment of pancreatic exocrine insufficiency. *Curr Opin Gastroenterol*. 2018;34(5):349-354. 3. Felcilda-Reynaldo RFD, Kenneally M. Digestive Enzyme Replacement Therapy: Pancreatic Enzymes and Lactase. *Nurs Pharmacol* 2016;25(3):182. 4. Patricia JJ, Dharmoon AS. Physiology, Digestion. 2022. StatPearls [Internet]. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK544242/>. Accessed date: 11 July 2024. 5. Löhr J-M, Hummel FM, Pirilis KT, et al. Properties of different pancreatin preparations used in pancreatic exocrine insufficiency. *Eu J Gastroenterol & Hepatol* 2009;21:1024-1031. 6. Sikkens ECM, Cahen DL, Kuipers EJ, et al. Pancreatic enzyme replacement therapy in chronic pancreatitis. *Best Pract Res Clin Gastroenterol* 2010;24:337-347. 7. Toouli J, Biankin AV, Oliver MR, et al. Management of pancreatic exocrine insufficiency: Australasian Pancreatic Club recommendations. *MJA* 2010;193(8):461-467. 8. Domínguez-Muñoz EJ. Pancreatic exocrine insufficiency: Diagnosis and treatment. *Jnl Gastroenterol & Hepatol* 2011;26(2):12-16. 9. IMS Audited Value and Volume, October 2017.

[S1] Creon® 10000. Each capsule contains Pancreatin 150 mg. Reg. No.: 33/11/0340; Mauritius: POM Reg. No.: R7435/02/16; Namibia: [NS1] Reg. No.: 04/11/1015. [S2] Creon® 25000. Each capsule contains Pancreatin 300 mg. Reg. No.: 28/11/10645; Namibia: [NS1] Reg. No.: 04/11/1016.

For full prescribing information, refer to the Professional Information approved by the Medicines Regulatory Authority.

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