

The

# Monograph

VOL. 8 NO. 3

November 2006



**Applying Knowledge from School  
World Aid's Day**

**What to do when on a Study Break!**

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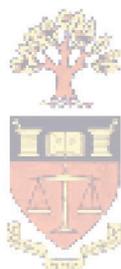
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In pharmacy and interested in contributing to The Monograph in writing, photography, shout-outs, jokes, poetry or artwork? Please contact your class Monograph representative.

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We hope everyone is enjoying these couple weeks before finals – aka the silence before the storm!! November really is a great month in pharmacy. This is when UPS organizes many of our “classic” pharmacy events. We started the month off with the Phollies – and what a great show it was! I must say, we pharmacy students have become exceptionally good at impersonating our professors! But afterall, imitation is the best form of flattery!

The semi-formal was another great night! This faculty definitely cleans up nice! Don’t forget to send your pictures to the yearbook reps so that they can post them on their site.

We’ve also noticed something else this month: the pharmacy gambling events always have the best turnout! A whole busload of pharmies traveled up to Casino Orillia AND tons of students attended the OT8 poker night! Hopefully, some people hit the jackpot ;)

But, without a doubt, the most important week in November is charity week! This is an opportunity for pharmacy to support local charities and we have a lot of fun in the meantime! The events this week include: the Pie Throw, Prof Auction, Wacky Day and a tasty bakesale! The pie throw is an annual favourite and something every president and vice-president gets to look forward to. We are going to be up there getting pied – so remember, be gentle! The Prof Auction on the other hand can get a little more intense. People can get very competitive with the bidding. Last year OT6s were on their cell phones strategizing! And I am sure you have all heard that the Dean went for a little over \$500! All the proceeds from Charity week get split among the four class charities, and half of the money raised at the Prof Auction gets donated to CAPSI’s charity of choice (The Candlelighter’s Foundation). The class charities are:

- 1T0 - Sick Kids Foundation
- OT9 - The Yonge Street Mission
- OT8 - Childrens’ Wish Foundation
- OT7 - The Daily Bread Food Bank

We encourage everyone to get involved in charity week. Let’s see which class will raise the most money and which pharmacy students will get embarrassed on Wacky day!

Cheers!

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The articles of the Monograph are not reflective of University of Toronto, the Leslie Dan Faculty of Pharmacy nor the Undergraduate Pharmacy Society. They are strictly opinions of the authors. If you find any articles that are inappropriate or offensive, please inform us and we will try to resolve it.

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*Last chance to relax before exams!*

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## Letter From the Editors

Hey everyone! Here's another jam-packed, but beautiful issue of the Monograph, the last one before the break! There's going to be lots of time to think about something to submit over the holidays, so we hope to hear from you!

**\*\*NEW\*\*:** The next issue may have a new section if there's enough interest! It's going to be called "I'm not complaining...I'm just wondering" (straight from Phollies), and is your outlet to rant. You can rant about how little sleep you get, about your selfish housemates who can't stop using electricity, or about the fact that your brain is now completely saturated and you still feel like you don't know anything. Try to make it pharmacy related, but you can also be completely creative.

Remember, if submitting an article, please include your FULL NAME and CLASS. Send your work to your class monograph reps (info is on the inside cover).

**Tentative dues dates for future submissions are: Jan. 14, Feb. 11, and Apr. 1, 2006**

All the best with exams,

**Michelle Chan and Henry Chen,  
Monograph Co-editors 2006-2007  
Undergraduate Pharmacy Society**

## Shout Outs

**To: Ellen - Happy Birthday!!!! \*birthday HUG from Lis\* -From: The Girls**

Uninhibited virus seeks reason to make me shed my protein coat -Alexander Vuong

**We'll miss you, 0T7! All the best on your SPEPs and future careers! -Elaine Tam**

Happy Birthday (in November) to Robyn and Sarah! -From your girls

**A very Happy Birthday to James -From IT0 Class Council**

Happy Birrdday to Mandeep! -From your brown sista

**J-mo, sorry for falling asleep all the time in Hollister, please don't wake me up next time. Thanks man.**

To: The Pharmacy Hockey Team

You guys are sweet, with 3 wins and 0 losses I am confident you guys will bring home another championship.- From: D. Cherry

**B: Still love you more than ever. You're the reason I wake up in the morning and sleep with a smile on my lips. 2.**

## Did You Know?

### What is sexual harassment?

Sexual harassment is unwanted sexual attention, or an undue focus on a person's sex or sexual orientation. Under the Human Rights Code it is a form of unlawful discrimination.

### It may include:

Suggestive comments or gestures, sexual innuendo or banter, leering, remarks about looks, dress or lifestyle, pressure for dates, homophobic insult, verbal abuse, intrusive physical behaviour or contact --- where any of these conducts is unwelcome.

**Don't stay silent. Talk to your friends or tell someone about it.**

**Contact the U of T Sexual Harassment Office:**

**<http://www.utoronto.ca/sho/> OR Telephone: (416) 978-3908**

# UPS Athletics

## Co-Ed Sports

---Eric Henderson (0T8) Co-Ed Sports Director

Hi Pharmacy,

As the semester winds down, so does the co-ed sports season. Our teams have shown tremendous enthusiasm on the courts and fields this year and I want to thank those of you who have participated. Special thanks to the captains - David Zhao (0T8), Rene Mader (0T9) and Alex Vuong (0T9). Congratulations are also extended to Mike Popielaty (0T7), the October Co-Ed Athlete of the Month.

The last team alive in the title hunt this semester is the co-ed ultimate Frisbee team under the leadership of Jason Chenard (0T8). Good luck guys!!

Keep your eyes posted for the bi-annual broomball tournament later this month and if you missed out on Pharmacy sports this semester feel free to join a team in January!

## Male Sports

---Rene Mader (0T9) Male Athletics Director

The Pharmacy cheer has been heard loud and often in the Intramural Program. Striking fear into the hearts of our opponents! Ok, maybe 'fear' is a little too strong of a word, but we're definitely making everyone know we're here to play hard, have fun and win!

Participation in the men's leagues is going strong with great performances by our Soccer and Flag Football teams. Both teams are heading to the Finals with a strong chance of bringing home the gold!

The flag football team captained by David Zhao (0T8) has been rejuvenated this year with an infusion of 1T0 blood. Leading the way is the quarterback John Winter (1T0), his pure athleticism and knowledge of the game has raised the quality of everyone's play. This team will be a force to reckon with for years to come!

The soccer team captained by Mena Ibrahim (0T8) (September's Male Athlete of the Month) is heading into the finals after a huge upset of the first place Romanian SA team. The game was a hard match marked by outstanding goalkeeping by Mina Faheim (0T7). Mina's hard work on the soccer field and the basketball court has earned him October's Male Athlete of the Month! Way to go Mina!

It has been an awesome season guys and let's finish it off strong!

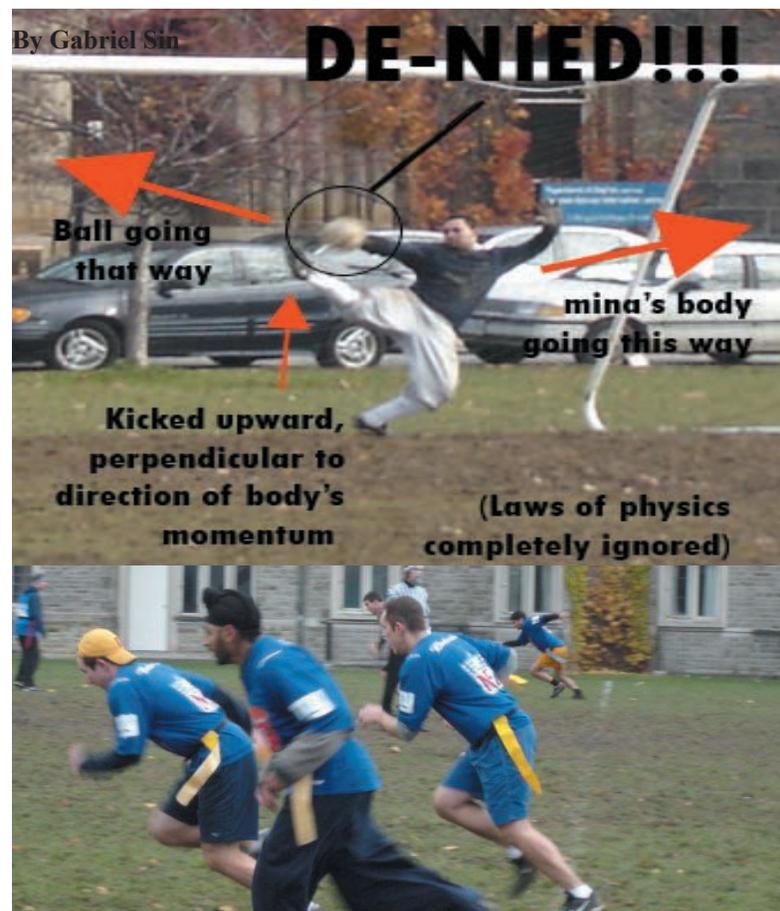
## Female Sports

---Rosanna Yan (0T8) Female Athletics Director

It was a great season for Women's Intramurals. We had a great turnout for sports this semester! If you participated, give yourselves a pat on the back because you not only played hard, you came out to represent the faculty as an enthusiastic and talented bunch. Thanks again to the team captains for making everything run so smoothly.

We have three womens' teams advancing to the playoffs. For soccer, the ladies will be playing St. Mikes in the semi-finals this month. If they win, the finals will be held out in Birchmount Stadium on a Saturday. (\*editor's note: they won!\*) In flag football, the team placed 2<sup>nd</sup> overall in the season and will be playing against St. Hilda's in the semi-finals. Pharmacy will also be playing to defend their championship title in women's div. I volleyball. Congratulations and good luck to all teams. If you have time, come out and cheer pharmacy on!

Intramurals will begin again in January. Watch for sign up sheets and listserv emails. There will be indoor soccer, volleyball, basketball and much more next term.



# Downfall Of Man

---Jason Lam (OT7) Monograph reppin'

A recent piece by Ian Brown in the Globe and Mail's 2006 *University Report Card* highlighted a very interesting phenomenon occurring on campuses nationwide: the student population now predominately wear bras, listen to Céline Dion and study like there is no tomorrow. Yes, "university has become a chick thing" (Brown).

Now...whenever one begins to express the differences between man and woman in a public form, one inescapably will offend members of one of the sexes (or both). So here is my disclaimer before I proceed: gentlemen, please try not to overanalyze everything I say or be annoyingly judgmental of me or this article. Seriously, all I write is not and should not offend anyone. Unless you're a prude...ok, I should stop now.

Firstly, I'd like to congratulate all the newly admitted pharmacy students of IT0 to this amazing faculty. It's a momentous occasion and I know you'll have as much fun as I do learning about innovative and earth-shattering technologies in dispensing hope and joy to the downtrodden masses. Did I sell it too much? Maybe a little, but the rhetoric will essentially be the same coming from your profs. Now, I know that some of you are eager beavers who gleaned as much information you could from pharmacists and/or pharmacy students in your quest to unlocking the "golden gates" of pharmacy. Sure I got my share of probing questions, but the answer was always the same; have good orgo/calc marks and be compassionate, truthful, caring, Gandhi-like, etc. But do you really want to know how to be a competitive candidate? Simply put, be a girl.

And it's not just pharmacy. The stats don't lie: in many professional schools, women are beginning to outnumber men. Even programs once prized as sausage fests are no longer so. I won't name them b/c some of you might have actually come from those programs. ♪But can all the players out there with slide rulers please stand up, please stand up♪

The academic environment seems to have the perfect conditions for a lot of women to successfully infiltrate once male-dominated faculties and take academia to a whole new level. The reasons are varied. Some have argued that women have naturally enduring talents such as good communication and interpersonal skills and are more focused or goal-oriented. Some suggest women are recently reaping the rewards sown by feminist movements of the past while others say guys are just plain dumb. But dammit I'm a fixer not a philosopher! So for whatever reason(s) why we're getting our butts served to us by women, we need solutions! And no, tug of wars won't help with our present situation.

There are no hard or fast rules to becoming academically equal to women en masse. Obviously we cannot go back to our once patriarchal society because that's just politically insensitive and hell hath no fury like a woman scorned. So as a collective, what are the steps men can take to ensure gender equality for our sake? I present to you, 4 principles to help us along.

1) **It all starts with you.** In university, success is performance driven. So perform! Put down that game controller and study like every course is important. Find pleasure in learning! And I know we can sometimes be stubborn and avoid asking for help. But put away the ego for your own sake. Join a study group and help each other learn and share your feelings about the stressors that impede your learning.

2) **Redefine ourselves.** In the Miller Lite commercials, Burt Reynolds and company sat down around a fine oak table to redefine how men act and are perceived by society and to set their recommendations into Man Laws ([www.manlaws.com](http://www.manlaws.com)). They covered most of the pertinent points such as crushing beer cans on foreheads but we need to also address the issue of us acting like apathetic gorillas. Patients don't like receiving pharmaceutical care from gorillas. It's time for us to smooth out the rough edges and learn to socialize and communicate. Learn to be sensitive.

3) **Girls, girls, girls, no, no, no!** We got so giddy when we entered pharmacy and acted like kids in a candy store. But it's time to stop calculating the female to male ratio in your class and start calculating pharmaceutical related ratios. Like a wise albeit very fictional and dead man once said in a movie, "In this country, you gotta make the money first. Then when you get the money, you get the power. Then when you get the power, then you get the woman."

4) **Dirty tactics.** The only things I can think of right now that seem to be able to slow a woman down, if only temporarily, is pregnancy or a clever blood-sucking boyfriend (Never both because a clever bf never gets his girl pregnant, zing!). I don't really recommend this route because while you stand there snickering and gloating about how you defeated a girl at her own game, somebody's going to be calling you daddy real soon. Idiot.



\*BLANK STARE\*

What was that BS?!?! If that's the stuff we come up with...Oh god, we're doomed.....Scratch out everything I said. **Here's the hard and fast rule: every man for himself!** You get in my way, I'll mow you suckers down....and vice versa.





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# Good-bye Student Life!

---Jessica Auyeung (0T7)

I get these waves of sentimentality.

The school year is almost over for us 0T7s and thinking about it just made me really sad. Actually I was a lot like this when I was graduating from my other degree.

It's a combination of the end of the familiar and the start of the unknown. As of now, I think most of us do not know where we will be after June. Residency? Internship? Hospital, community or industry? Will we be in the GTA, or even in Ontario or Canada? It's all up in the air. Applications have been sent out, resumes distributed, and interviews are currently being held.

I'm not sure I want this life to be over. I know others will think I'm crazy and are literally counting down the days until our last exam. I've been a university student for about 8 years now, but I am so content where I am. Exams and studying can be really, really bad, but the good things about being a student just outweigh the bad things.

The good things come in forms like being around your friends *all the time* in classes, between classes, and after classes or like living with your friends. It's also about having the freedom to sleep in because you don't have class till 12 pm or not being exhausted from being at work everyday. The real world can be a scary place. I'm really attached to the way things are right now!

Well like it or not, change is coming. And I guess I should try to focus on the good stuff. Once in a while, when not feeling too sentimental, I get excited about the future – starting my career, getting rid of my debt, not having to restrain myself in the shoe department of Winners... I guess those are things to look forward to.

---

## TO MY TEMPORARY FRIENDS:

---Sandeep Hehar (0T7)

thanks for the good times,  
thanks for having my back,  
thanks for picking me up when i fell,  
thanks for the dirty tissues when i cried,  
thanks for setting me up with stalkers,  
thanks for making me feed u all the time,  
thanks for the hugs, smiles and the fros,  
thanks for keeping my secrets a secret,  
thanks for making me drive your passed out bf home,  
thanks for pretending you were brown,  
thanks for the slaps in the face & dirtying my water,  
thanks for me being the last to know

I'll be forever grateful  
love u all....

# Random rants from a third year student....

---Janet Chong (0T8)

Aaah.... 3<sup>rd</sup> year, I can almost smell the freedom - If you take away the stench of manure after hitting rock bottom. I love the "smooth" transition from 1<sup>st</sup> to 2<sup>nd</sup> year... and now from 2<sup>nd</sup> to 3<sup>rd</sup> year. **I have gone from 'no homework', to 'no free time' to 'no time to perform normal bodily functions'.** I guess we're all supposed to learn to smoothly adapt from mastering the definition of 'professional' to knowing every excruciating detail about GPCRs (G-protein coupled receptors) and suddenly becoming experts on infectious diseases (it's just so natural, you know).

When your typical week consists of averaging 5-6 hrs of sleep, panels, cases, midterms, and assignments – **it's no surprise that my friends and I have gone insane.** I LOVE the chronic excess amount of cortisol in my veins, the tachycardia I experience on a daily basis, and the permanent eyebags I sport on what is known as my 'face' (which is now of similar consistency to leather). It's exhilarating when I blank out during CSS (Case Study Seminar) when my assessor is staring me down; anxiety, where would I be without you?

Still, despite my complaining and hatred for the insanity known as 3<sup>rd</sup> year, I think that **everything I'm attempting to absorb into my brain is actually worth learning and useful for practice.** Learning about UTIs, STDs, gout, and diabetes beats Technetium-99 and empathy statements any day. So why am I complaining?? Because I'm bitter, dammit. I miss the days when studying hard = getting good marks. I miss the days when Friday nights did not entail an intense night of readings. I think about the days when *P. acnes* and eczema were not permanent residents on my face =P. I'm bitter, because I still have a year of this madness!!

At least **I'm not alone.** There are others in this hell hole with me, others who have a few screws loose like myself. There are people just waiting to snap and I find comfort in that \*maniacal laughter\*. This is a path that many have taken, and I know.... (I hope), that I will eventually crawl out alive....

So while I wallow in self pity and wonder why my DRPs are never right, I slack off by going on MSN to check the status of my friends' sanity. I think the following names should be sufficient evidence that pharmacy will indeed rob you of your mental and physical health.... 1T0s, 0T9s... it'll only get worse!

<to the chorus of *Puttin' On the Ritz*>

♪ *If you're screwed and you don't know what to do then why don't you go on MSN..... and look at screen names...* ♪

"oh sh!t, gotta buy me some Plan B (Med Chem, I refuse to have your illegitimate children)"

"it's sofa-king over"

"the fat lady is singing to me"

"\*runs over textbooks a few times\*"

"royally F\*\*ked!!!!"

"Yoo hoo.... Brain, where are you?"

"Pharmacy: 41235019238741082374, me: -5"

# Application is Key

---Lauren O'Connor (OT8), Monograph Rep

In the past few years in pharmacy, I have learned countless things. First year it was how to read sigs and use “I feel” statements and how to properly compound and geometrically dilute were concepts from last year. This year...well let's just say I've learned so much that's relevant to practice...I'm starting to wonder how pharmacy school can only be a year more (but I'm glad it is...I don't know how much longer I can run on this little amount of sleep).

I'm beginning to understand, however, that although the numerous things that we learn in school are very important (with some exceptions...CHM 254 \*cough\*) they are just pieces to an even bigger complex puzzle. I have realized, that it's actually work experience with patients that helps to solidify all of this information and more importantly teaches those lessons that even the most realistic pharmacist-patient interactions staged in class could never mimic. So here it is...some of my experiences working in retail, and some of their associated lessons. (Okay, I understand this sounds cheesy, but whether you have had similar work experiences, you feel like nothing you learn in school will ever be used in practice (aka if you are in first year), or if you just need to waste some time instead of studying – I hope this article will be informative, or at least, a little entertaining.)

One of the first surprises that I had after first year was that the whole drug information section of PHM 128 is used everywhere. Sure, I understood the relevance of the section: understanding the differences between the available resources, how to search “smartly”, and being able to decode the pharmacy Holy Grail known as the CPS in the blink of an eye, but Martindale's? I didn't think working in my small northern town, population 9,000, I would ever crack open that beast world compendium of drugs...I wouldn't have even been able to find it in the dispensary. But, low and behold, one day a patient came in with the name of a drug written down from another country. As fast as you can find the lilac pages (and making myself look like the biggest geek ever) I bounded for Martindale's, impressed that SOMETHING I learned first year could be applied directly to work, since patients sure weren't asking about para substituted benzene rings.

Another shocker was that empathy really does work. I know, they tell you this all throughout first year...but I thought that this was just a pharmacy urban legend...like the one floating around that you can get picked for more than two panels (that IS a rumor right?). Much to my surprise... I tried it once when a patient seemed sort of angry, and they actually thanked me for letting them have their rant for the day. I swear, it was like something out of a textbook...so when you just don't want to say: “You seem frustrated...” one more time...remember...it is better than getting yelled at.

Something else that I learned this year was that pharmaceuticals can be applied to patient care. Who knew, right? Seriously, I had a patient ask me what the trihydrate meant in amoxicillin trihydrate. Shocked by the question, I later realized that I probably could have explained it in terms of dissolution, absorption, and distribution...I never thought that pharmaceuticals questions would come up in a patient counseling session, but you learn something new everyday.

But that's enough about the stuff that they actually teach us in school.... How about the things that you learn from patient interactions? Through my summers of work, I have realized that patients can sometimes speak a language that requires translation. I have heard people ask for Bethlehem cream, sticks for a sugar machine, Lowsack, Ibuplant, and my personal favourite “those pills....you know...the white ones” (they're ALL white). Although we do learn a somewhat new language in pharmacy (we have the \$100 book to prove it), you never really can guess what people are going to call things, so just remember the key question: “what is it for?”.

Also, mistakes are inevitably made in the pharmacy. We all understand that some of these mistakes, like dispensing errors should be carefully avoided, but some things, like accidentally punching in the wrong price and overcharging the patient sometimes happen as well. I know, for me at least, it is the first instinct if you know a mistake has been made to try to “creatively” justify it (usually with a half page explanation on a test why your answer COULD be right). Working in a pharmacy has shown me that patients are a lot more accepting of these happenings if you both admit that it was your mistake (or “our” is a good umbrella term...especially if it wasn't you), and take action to correct it...another good point to remember to avoid getting yelled at.

All in all, my summer job has not only allowed me to practice knowledge that I learned in school, but also gave me a whole new knowledge base that I could never really learn from a book. My recommendation is to try working in community if that's where your interest lies...it is awesome practical experience...and a few more dollars towards that little \$11,000 expense we affectionately refer to as tuition.



*Angelina Jolie*  
by: Catherine Chung (OT9)

# What does it take to stand out in a crowd?



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# Prescribing Rights

## Letter to Barry Power (CPHA)

Dear Mr. Power,

My name is Allegra Connor and I am a second year pharmacy student at the University of Toronto. I have heard many mixed and convoluted opinions regarding prescribing rights, most recently today in a CAPSI symposium at U of T, and I have formulated a clear, concise response of my own, which I sincerely hope you will take the time to read.

The real question behind whether to grant prescribing rights in Ontario to pharmacists is whether or not U of T pharmacy provides students with an adequate body of knowledge to do so. The answer is yes, absolutely. If pharmacy students manage to retain the expertise that they learn, they are most certainly overabundantly qualified to make appropriate therapeutic decisions for patients. Therefore, pharmacists deserve the fundamental right to prescribe medications.

Note that the right does not imply the obligation. Naturally, not all pharmacists have the same capacity for understanding material, nor the same affinity for knowledge, and those pharmacists are under no obligation to prescribe, should they feel uncomfortable in so doing. In fact, any pharmacist who attempts to prescribe without being confident in his decision is not putting the patient first, and is thus violating the standards of practice. Any pharmacist who does not put the patient first in the case of prescribing would fail to do so in any other role (ie dispensing, compounding), and so I do not see the risk in granting the right to prescribe to pharmacists, beyond those that already exist.

Moreover, I think it is wrong for pharmacists who have expressed reluctance to being given the right to prescribe due to either insecurities or unwillingness to take responsibility, to hold back those that are ambitious, confident, and eager to make full use of their extensive pharmaceutical chemistry expertise to improve patient outcomes. This became very obvious to me in today's symposium, in which the pharmacist speakers were against prescribing, while the MD was in favour, demonstrating that it is in fact not the reprimand of the medical association that will be the biggest barrier to pharmacist prescribing rights, but the pharmacists themselves.

Sincerely,  
Allegra Connor, OT9  
Undergraduate Pharmacy Society Webmaster 2006-07  
Leslie Dan Faculty of Pharmacy  
University of Toronto

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## Research update: Painful channels

---Mayce Al-Sukhni (OT7)

### What can tarantulas and hot peppers possibly have in common?

Recent research, published in *Nature*, has found that molecules in hot peppers and those in the venom of a certain species of spider both target the same receptor on nerve cells. Previously, scientists had identified a channel on neurons that is opened by capsaicin, the molecule responsible for the burning sensation of peppers. This channel is a member of receptors that sense both chemical and temperature stimuli.

To see if the pain-inducing components of spider venom also affected these channels, researchers applied venom from a variety of spider, scorpion, and snail species known to have painful bites to isolated human and mouse cells. Only the venom of the tarantula species, *Psalmopoeus cambridgei*, was found to activate the receptors and open the same neuron channels affected by capsaicin.

Further understanding of how these channels work can aid in the development of pain-reducing drugs that block these channels.

# The Dispensary

---Josh Lieblein (1T0)

The inhabitants of the Faculty of Pharmacy can rest easy, for The Dispensary, the only of *The Monograph* to be verified by multiple scientific sources, has returned for an unprecedented second installment. As of this writing, the humble compiler has received one bit of feedback via e-mail and no requests from pharmacy students to have their names mentioned in The Dispensary.

The compiler suspects that this may have something to do with him being placed on Page 17 of the previous issue, or maybe it is because his fellow 1T0's have better things to do with their time, such as flooding the listserv with reply-all e-mails requesting songs for semi-formal. (For the record, the compiler hopes they play "I'm Your Pusher-Man" by Curtis Mayfield, in the name of general pharmacy appropriateness.)

Let's see what's making news in Pharmacy this month:

## PHM122 Lecturer Continues Adding Rules to Stats Assignment Marking Scheme As He Goes Along

Biostats lecturer J. Charles "Charles" Victor has instituted a new rule for the marking of his statistics assignments. Now, students must guess the "magic word" in order for their assignments to be marked. "Charles", who is rumoured to actually prefer being called "Professor Victor", has provided the following equation as a helpful guide to solving the riddle of what the magic word is:

$$\frac{1}{2\sqrt{\pi}\sqrt{t}} \left( -e^{-\frac{(-1+x)^2}{4t}} \sqrt{t} \left( 2\sqrt{t} + e^{\frac{(-1+x)^2}{4t}} \sqrt{\pi} \times \text{Erf} \left[ \frac{-1+x}{2\sqrt{t}} \right] \right) + e^{-\frac{x^2}{4t}} \sqrt{t} \left( 2\sqrt{t} + e^{\frac{x^2}{4t}} \sqrt{\pi} \times \text{Erf} \left[ \frac{x}{2\sqrt{t}} \right] \right) \right)$$

**Fig. 1: Equation which is only slightly less complicated than some of the stuff we've seen in PHM122 lately.**

Charles has also been quoted as saying that the magic word must be quoted to the appropriate number of decimal places and that the students' guess of the magic word must be accurate 19 times out of 20. When pressed for comment, Charles rejected the null hypothesis that there are too many rules governing his assignments at a significance level of  $\alpha = 0.05$ .

## Asian Pharmacy Society Reports Record Number of Non-Asian Members After Employing Slogan "You Don't Have to Be Asian to Join"

In what is being called a case of political correctness taken too far, the Faculty of Pharmacy's Asian Pharmacy Society is experiencing a great

deal of confusion over its Asian-hood after a significant number of people of non-Asian descent joined the society after being told they didn't need to be Asian to join.

"They were selling candy-grams in the Atrium and signing up new members, and I asked what the admission criteria for joining the society was, just out of curiosity," said Chad McGarry (0T9), a fourth generation Canadian. "They said, 'Well, it is the Asian Pharmacy Society, but you know you don't have to be Asian to join'. That was all the incentive I needed. I signed up immediately."

"After what we've seen here, I'm not sure who's in the minority anymore," an APS rep was quoted as saying.

## CAPSI Backpacks Suffer From the World's Longest Printing Delay

At the beginning of the year, 1T0 students were informed that they would be receiving free backpacks from CAPSI, only to be told that the backpacks has been delayed due to a printing problem. The Dispensary has learned that the "printing problem" is actually a disaster the likes of which have not been seen since the Great Backpack Depression of 1872.

"Extreme cutbacks have left our backpack printers printing backpacks at a rate of one letter per week", a CAPSI representative said. "Initially it wasn't going to be so bad because there are only 5 letters in 'CAPSI', but then they decided to print the whole of 'Canadian Association of Pharmacy Students and Interns' on every backpack, so now things have slowed to a crawl."

Although some are disappointed with the lack of progress on the backpack front, many seem to understand that CAPSI is staffed by overworked pharmacy students, and as a result the lack of productivity is seen as understandable.

That wraps up another edition of The Dispensary. In the next edition, we will take a special in-depth look at the thriving UPS Point black market and how this underground network of buyers and sellers presents a greater threat to the profession of pharmacy than the actual prescription drug black market.

As always, the compiler may be reached at [obsidian\\_17@hotmail.com](mailto:obsidian_17@hotmail.com).

\*permission granted by Professor Victor to use his name

**Wyeth**  
Consumer Healthcare

# PharmaFiles

*Your Rx for Success*

Hi Pharmacy,

In keeping with our monthly pharmacist profiles, this November's feature is Debby Mavriyannakis (soon to be Costas). She is a recent graduate of the U of T Faculty of Pharmacy and in her short time as a pharmacist has accomplished and experienced much to be proud of. We hope her enthusiasm and motivation help inspire you to get involved in pharmacy. Congratulations and best wishes to Debby for your wedding!

Again, if you know of a specific pharmacist you would like to see profiled, let us know by emailing up at [cathryn.sibbald@utoronto.ca](mailto:cathryn.sibbald@utoronto.ca) or [angeline.ng@utoronto.ca](mailto:angeline.ng@utoronto.ca) – good luck with exams!

Cathryn Sibbald (0T7) and Angeline Ng (0T8)  
UPS External Affairs

## Demographic Info

**Name:** Debby Mavriyannakis

**Year/Place of Graduation:** 2001, University of Toronto

**Do you participate in any other professional activities (eg. committees, professional associations)?**

OPA District 3 Board Member and Chair of the OPA Membership Services Committee.

## Job Description

**What position do you hold or what is your current practice?**

Full time pharmacist at a Shoppers Drug Mart in Ajax.

**How did you get to where you are today? What was your career path?**

Hard work and perseverance. I always knew that I wanted to be a community pharmacist. At 17 years old, I started as a technician and was lucky enough to get into the Faculty of Pharmacy.

**If someone was going to make a movie called “A Day in the Life of Debby Mavriyannakis”, what would the plot be? (i.e. walk us through a typical day for you)**

There are no typical days in this profession. Let me say though, without a coffee in the morning I am as good as done. A nice leisurely drive on the 401, with a short stop at the coffee shop and off to work. On a serious note though, I spend a lot of my time with patients in the pharmacy. The population base at the pharmacy I work at consists of young families. Most of the time I am making OTC recommendations, counseling patients on their prescriptions, and answering questions on the phone.

**What do you like most about your job?**

I like the versatility that I can take advantage of. One day I can be in the pharmacy all day, the next day I can be at meetings and the day after that I may be making a presentation to patients. The sky is the limit and I love that there is so much I can do with my degree and my license.

**Have you experienced any challenges that you had to overcome?**

The profession of pharmacy is complex and sometimes very draining. I think the only thing that I find difficult at times is that there is so little time in the day and so many people want your help. It is balancing everything that is the hardest.

## Fun Questions

**What is your best memory of pharmacy school?**

There are so many. Cracking open a beer after our last exam in 4<sup>th</sup> year.

**What is your most embarrassing pharmacy moment?**

Embarrassing...I don't get embarrassed. I think it would have to be getting a little “tipsy” at a CPhA conference...also the same weekend at my OSCE test. Thank goodness I was in Halifax and not in Toronto.

**Tell us something very few people know about you (eg. hidden talent).**

I can make a knot with a cherry stem using only my tongue.

**What is your favourite drug and why? ☺**

Urispas....I just like the word. Hee hee.

## Advice Questions

**Did you have a pharmacy role model in school? If so, who was this person and why did you admire him/her?**

I have had many. There were so many professors at the faculty who were there for me on so many occasions. The person who made the biggest impact on how I counsel patients was my SPEP preceptor, Marie Chambers. She taught me more in 2 months than I learned in so many years at school. She has such a way with patients and knows exactly how to explain terms to them so that they understand the most complex ideas. It was my greatest placement.

**What advice do you have for current pharmacy students or new graduates?**

Never think of your work as a job. This is your career and your profession. You must take pride in it. The minute you lose your passion for the work we do, that is the time you know it is time to try something new. Pharmacy has so much to offer, so many opportunities. Never feel like you can only do one thing...explore all your options. I have and it has definitely paid off.

*~profile coordination: Angeline Ng (0T8)*



# Sleeping Your Way to Better Grades

---Tulika Singh (1T0) Monograph Rep

Being enrolled in Pharmacy at University of Toronto automatically implies that you are a keener and the primary motivation of your existence is to get top marks. So, if you feel that scheduling eight hours of sleep is a waste of time, then you might want to rethink your strategy.

Lack of sleep has serious effects on the brain's ability to function. After just one night of no sleep, it is more difficult to concentrate as attention span shortens considerably. Continued lack of sufficient sleep causes the part of the brain that controls language, memory, planning and sense of time to nearly shut down.

Since we can all agree cognitive functioning is important when taking a test, here are some suggestions on how to further increase those 'A' class averages:

## 1. Get the right amount of sleep

Experts agree that the average person needs between six to nine hours of adequate sleep each night. Seeing as this range varies, to find out more about your specific sleep needs, take the quiz "How's Your Sleep?" at <http://www.sleepfoundation.org>.

## 2. Make and stick to a sleep schedule

Now that you know how much sleep is right for you, you should try to have a consistent sleep pattern. Contrary to what you may think, sleep is not like money. You can not save up on sleep and borrow it at later time.

## 3. Avoid naps for the real thing

Power naps are great, but they cannot substitute for a full night's sleep. With a proper night's rest, you will find yourself more alert while doing homework and less likely to doze off in class during lectures (hard to imagine for some classes, but yes, it is possible).

## 4. Do not try to compensate for sleep with caffeine

Using coffee, tea, soft drinks, and chocolate to compensate for lack of sleep is not worth the potential for developing diabetes, heart attack and addiction.

In conclusion: improving sleep = improving grades

Given that midterms are (almost) over and the final exam period is still far away, now is the perfect time to figure out how to incorporate those eight hours of sleep to ultimately enhance your marks.

### References

BBC Science & Nature. (2006, November). *Science of Sleep*. Retrieved November 14, 2006, from <http://www.bbc.co.uk/science/humanbody/sleep/articleswhatissleep.shtml>  
Suite101. (2001, July). *College Study Skills*. Retrieved November 14, 2006, from [http://www.suite101.com/welcome.cfm/college\\_success](http://www.suite101.com/welcome.cfm/college_success)

# Just 1776 Steps to go!

---Leanne Drehmer (0T9) & Cynthia Cho-Kee (0T8)

On October 19<sup>th</sup> and 21<sup>st</sup>, UofT's pharmacy students got their hearts pumping for a great cause! 59 students from all four years of pharmacy participated in the CN Tower Stair Climb for the United Way. They climbed 155 floors, comprised of 1776 stairs, and raised a total of \$3983.84 to help children living in poverty, isolated seniors, the homeless, and abused women. Way to go team!!! Special recognition goes to Angel Li of 0T8 who raised the most money for the United Way at \$304, and earned herself the UPS Prize of a free ticket to Semi-Formal!

Times accomplished by climbers varied greatly, from 16 minutes (congratulations to Maeghan Walsh and Andrew Tolmie of 0T8) to 1 hour and 14 minutes (booyah to Leanne Drehmer of 0T9 and Harsit Patel of 0T7 bringing up the rear...and yes, I would still like that time written on my t-shirt!), but the sense of accomplishment was universal. We are very proud of everyone who showed such dedication to this event and to the cause. Whether you pushed your body even further after an already strenuous day of classes, or pressed through getting up at 6am on a Saturday morning, your efforts were outstanding, and you represented pharmacy well!

Congratulations all! Remember, the view is better from the top, and welcome to the 'Quarter Mile High Club 2006'!



# Alcohol abusers, meth and cocaine addicts—you no longer have to look like this!

---Stacy Yeh (IT0) IT0 Class President



*Disclaimer:* All quotes and material surrounding Heather are fictitious; however, facts pertaining to Prometa drug treatment and Hythiam Corp. remain true-to-life. Permission granted from Dean Hindmarsh to use his name.

A few weeks ago, the IT0 class was regaled by Dean Hindmarsh as he dazzled us with his knowledge of methamphetamine and cocaine, and introduced us to Heather, the unfortunate-looking 41-year old woman above, post-meth use. If the glaring bald spot on Heather's head has you confused, you are certainly not the only one. Unless it is due to the common side effect of forMication, all I can say is: note to selves—avoid razors when under the influence.

The Dean was very clear in the near impossibilities of overcoming a meth addiction, thus how coincidental that only days after his lecture, I should catch wind of a novel treatment in the U.S called the Prometa protocol, manufactured by Hythiam Corp., intended to target the adverse changes in brain chemistry that occur with alcohol, cocaine, or meth dependence. The Prometa treatment is unlike all other addiction treatments in that it is an outpatient delivery protocol using a combination of addiction treatment drugs along with nutritional supplements and therapy. All of the drugs included in Prometa are manufactured by other companies, thus Hythiam holds no patents. The company is, however, seeking a patent on its methodology. Substance abuse experts currently stand divided about Prometa—those who swear by the positive effects of Prometa and those who believe it has been thrust into the market without being properly tested. Meanwhile, the company continues to push this treatment into the mass market, asking governments and insurers to foot the bill.

Prometa is currently being advertised in the U.S. on billboards, radio ads, online marketing etc. using Chris Farley, the late SNL comic who died due to a cocaine and morphine overdose in 1997, as their not so outspoken spokesperson. Their slogan reads, "The problem is physical, the solution is medical." This drew some attention due to cries of offensiveness and because it may have

crossed a line since FDA does not permit ads to consumers on off-label drug such as Prometa. If we can dish dirt about behind their backs, why not do so while they lie 6 feet under. Hythiam allegedly paid Farley's camp \$25 000 for the right to use his face and is also negotiating with other famous dead people's families.

After dragging its feet for quite some time, Hythiam has finally begun performing scientifically-sound double-blind placebo-controlled studies at UCLA to test the efficacy of Prometa. Results will not be final until 2008 but nevertheless, the company insists that the field trials have proven successful and therefore use of Prometa should not be delayed. According to CEO of Hythiam, Terren Peizer, "Meth addicts don't care about double-blind placebo-controlled data." When questioned if he is aware of a drug by the name of thalidomide, Peizer looked at me with what can only be described as sheer pity for my utter daftness and responded, "What do defunct babies have to do with this?"

Heather and I recently sat down in her prison cell for an interview, only 1 week after she began the Prometa treatment. It has been a tough journey for Heather since hitting rock bottom 2 weeks ago when she was found and arrested in a room at Motel 8 shaving her two Chihuahuas. She expressed to me her hopefulness in recovering and anticipation in living a life free of "high speed chicken feed". When asked if regaining the anterior portion of her hairline was a source of excitement, she responded "Not really, I've never been a huge fan of bangs." Heather is looking forward to being a mother to her now 1 year old son, Sudaf Ed.

Perhaps equally alarming would be the tainted history of Terren Peizer, the CEO of this small Los Angeles based firm. Peizer once worked for a successful Wall Street investment firm under Michael Milken, who was later tried for securities fraud. Peizer testified against Milken, in return, receiving immunity from prosecution. He was sued for cheating on customs while CEO of a shoe company and also invested in a company which made exaggerated claims of a no-flat tire for the bicycle market in China. I was curious about Peizer's more than shady Wall Street career, so I asked if he was an adherent of the Ken Lay school of thought. Peizer expressed his disgust in the comparison but did praise the business prowess of Kevin Trudeau, author of "Natural Cures They Don't Want You to Know About." Peizer has also had a bad track record with an inadequately tested AIDS drug, which flopped in spite of his claims it was something "special". Fast forward to 2006 when Peizer has stated that bringing Prometa to market would be the most important thing he had done in his career, even if the company never becomes profitable. Needless to say, shares for Hythiam Corp. have increased 60% in the last 3 months. A little déjà vu perhaps?

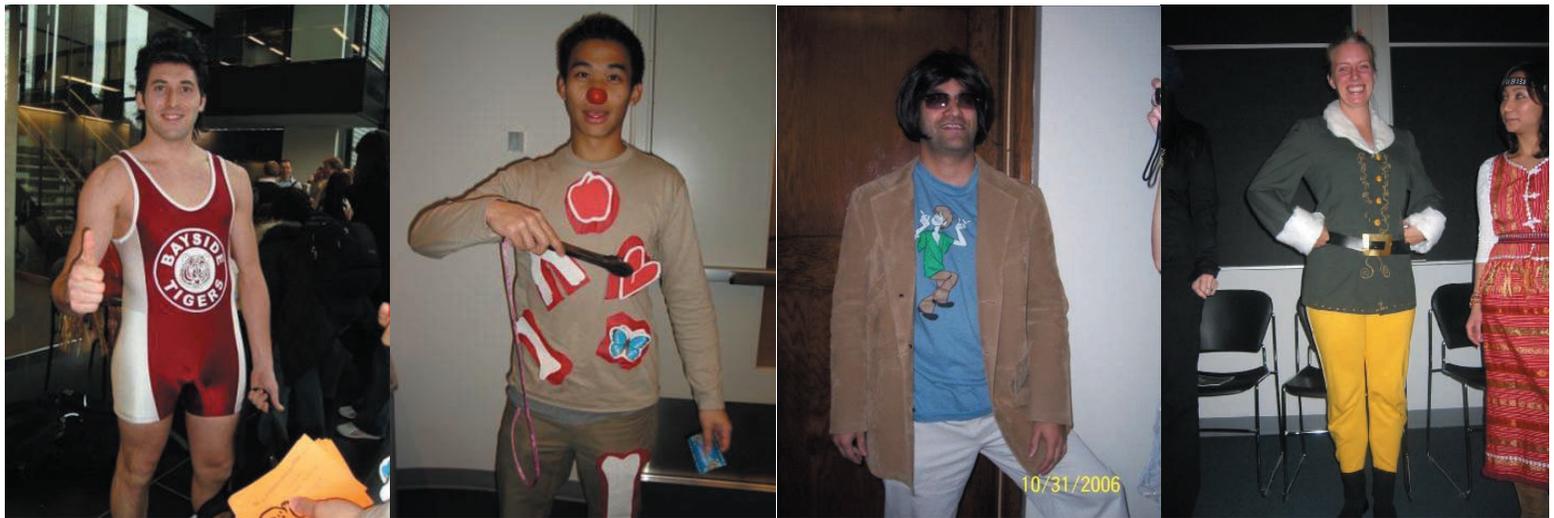
In conclusion, while I do not argue Prometa is ineffective, I am suspicious of how a prematurely tested drug should be able to find its way to the market. This treatment may be the next big thing in the world of addiction, but why not get the FDA perform some tests before a cadre of profit-hoarding investors cash in on the misery and vulnerabilities of addicts like Heather?

# UPS Halloween Costume Competition

What else can you do instead of studying for midterms? Hmmmm... rummage through your basement, go to thrift stores, visit Kensington market? That's right, you found Halloween costumes! On October 31<sup>st</sup>, the Faculty was haunted by ghosts and ghouls as numerous students vied to win the title of BEST Halloween costume! Headless men, witches, Sponge Bobs, vampires, Borats and many more innovative costumes were seen roaming the halls, and ultimately, one winner from each class was chosen. From 1T0, Paolo Valente dressed as AC Slater; from 0T9, Mike Pe dressed as the game 'Operation'; from 0T8, Vijay Rasaiah dressed as Shaggy from Scooby Doo; and from 0T7, Stephanie Linney dressed as an elf. With these great efforts, the decision of BEST costume of the entire Faculty came to a battle of applause at the Pharmacy Phollies. With thunderous applause and ear-piercing whistles, **Mike Pe** of 0T9 came out victorious! Congratulations to Mike, who was the winner of a free USB memory key, and who will forever hold the title of best Halloween costume for 2006!

Thank you to everyone who participated!

**Leanne Drehmer**  
UPS Social Director



## 21 reasons you know you're a pharmacy nerd...

---Matthew Fong (0T9) Monograph Rep

So I'm out with my friends having some scrumschielescent Asian food when all of a sudden I realize...we are all really big nerds! Now I can't speak for all of my friends but I really think this is due to my exposure to the world of pharmacy. When you find a way to make fun of deflocculation, I think a problem has arisen that must be addressed. I have 'cleverly' named this new condition pharmanerdosis. While there presently is no cure, top researchers have compiled a list of 21 signs and symptoms to help you determine the degree of pharmanerdosis you may currently be experiencing:

- 21) You think you might enjoy reading this article
- 20) You own more pharmacy clothes than regular clothes
- 19) Every other sentence begins with 'Gee...' or 'That must be frustrating'
- 18) You manage to work pseudoplastic flow into everyday conversation
- 17) Your study group's name has an acronym

- 16) Every word starting with 'F' now starts with a 'PH'
- 15) You're worried your name will appear on this list
- 14) You spend weeks trying to decipher the algorithm that Debra Sibbald uses to set up panels
- 13) The only emails you get are from Listserv
- 12) You contemplated testing out the rectal rocket just for fun
- 11) Your copy of the CPS isn't being used as a door stop
- 10) Your MSN name contains at least one reference to how you got destroyed by Pang's section of the Med. Chem. exam
- 9) You watch Doris Kalmuts' compounding video more often than reruns of the Simpsons
- 8) A night out on the town includes hitting up Gerstein, Pratt AND Robarts
- 7) You tell your friends that you're playing foosball or ping-pong but really you are secretly studying
- 6) Everything you count is by multiples of 5
- 5) You attend Phollies hoping to learn 'how drugs really work'
- 4) You can't stop thinking about Poon
- 3) Your bathroom cabinet looks like a mini Shopper's Drugmart and the schedule 1 drugs are locked in a separate container
- 2) You can think of at least 20 ways that you are a pharmacy nerd
- 1) Your name is Joel Donnelly

# An Intangible Claustrophobia

---Elaine Tam (OT9)

Someone once told me that you never know if you are truly claustrophobic until you try crawling through a tunnel drilled deep into a cave – a tunnel so narrow that the jagged rock seems to bore into you from all sides and you can barely squirm through with your elbows almost straight in front of you.

Life takes you through tunnels like this sometimes. It is the most disheartening feeling when everything weighs heavy upon your heart and you feel as if the world has forsaken you. Light and warmth disappear and are replaced with darkness and cold. Kindness, friendship, and love seem to be erased cleanly from existence. There is no more desire to laugh or to smile, and a feeling of hopelessness overwhelms you. Life is mundane, meaningless, and futile. If a hole were to open up in the ground in front of you, you would step in and hope it would swallow you forever. For what is the reason in going onwards, only to suffer? People are cruel; the world is cruel. And you are suffocating as the walls of the tunnel close ever more tightly around you.

Nevertheless, you have no choice but to keep crawling. Your progress may appear insignificant and all your efforts may seem in vain, but you must tell yourself that there is always some light at the end of the tunnel. However small that speck of light may be, it *is* there and it is the only way out. You will get through the tunnel in time, and then light will flood into the world again. There will be several more tunnels up ahead, but you will be ready to tackle them with increasing strength and agility.

Always remember that the journey to paradise is never without hardship. Good luck with exams everyone!



by: Allegra Connor (OT9)



by: Mayce Al-Sukhni (OT9)

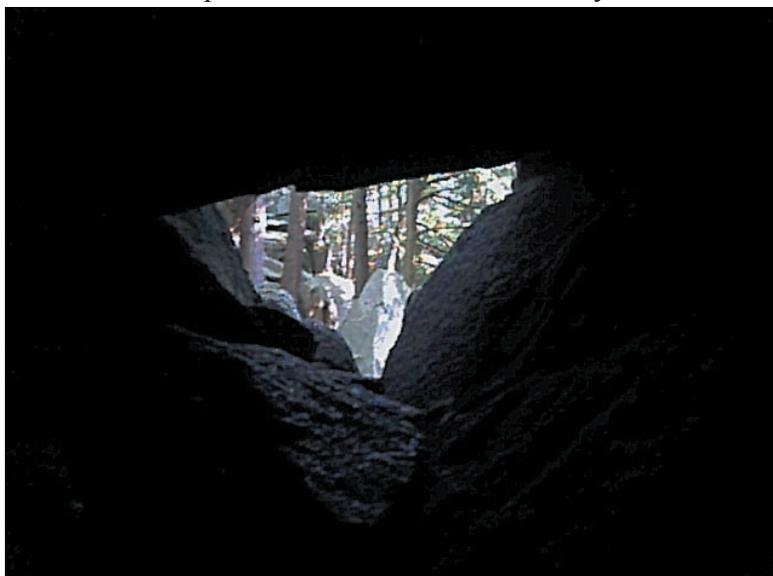


Image: <http://strangene.com/underworld/pcaves2.htm>

# Study Break!

---Terri Chan (0T8)

Situation: You have been sitting at your desk for the past 5 hours reading therapeutics or pathophysiology and need a break. What should you do? Shop online? Play a computer game? Play video game? Watch TV? Eat? Drink? Now, if you're studying at home or at a library, I bet you have access to a computer, so you're in luck! Here's a list of fun things to do on the internet that I have compiled over all those study breaks (and there have been many) during my university years.

1. [www.pinkisthenewblog.com](http://www.pinkisthenewblog.com)

Check out this site for another funny site about celebrities. The comments in pink block letters over celebrity photos always make me smile.

Of course, I'm still a huge fan of [www.laineygossip.com](http://www.laineygossip.com), which I wrote about in a previous edition of the Monograph. Many students have told me they actually went to the site and signed up for the weekly emails and visit this site regularly. With the Britney and FedEx divorce and Denise Richards throwing laptops at elderly ladies, there is much new info to keep up to date with.

2. <http://gofugyourself.typepad.com/>

The legging jokes, the Tara Reid jokes, the Lindsay Lohan jokes... The clothes, the comments, the mock stories and letters... Hehehe... So mean, yet so true sometimes.

3. <http://zone.msn.com/en/bejeweled/default.htm>

Bejewelled is so much fun. Mindless, yet captivating. Give it a try. Words aren't enough to describe it.

4. <http://www.thevarsity.ca/>

I like reading the online edition because it gets delivered by email to me (sign up online for free) and you save some trees in the process. Perfect if you have a laptop and those early morning classes breaks. Keep up to date with what's going around U of T and what non-pharmacy students are saying.

5. <http://www.theweathernetwork.com>

Ok, this isn't a very fun website, but it's pretty useful. Out of all those weather forecasts, this one remains one of the best in my opinion. Don't get caught in the rain without an umbrella again! You can also find out pollen counts, highway reports, and weather statistics.

6. [www.xanga.com](http://www.xanga.com)

Get your own blog and join other pharmacy students hit by the blog bug! I like this site because it's very easy to use and you can sign up for emailed subscriptions to your favourite blogs as posts are updated. Keep up to date with what your long lost friends are doing and comment on their posts. It's a great way to keep in touch with your friends and family and view/upload pictures.

## MY PERSPECTIVE:

### Over-qualification???

---Christobelle (1T0)

Before even arriving to Toronto, I was thinking about getting a part time job for the school year to help off-set the cost of the ridiculous amount of tuition we all pay. So weeks into the school year, I went around the downtown area looking for potential employment. I wanted something that was flexible, easy, close to my house and perhaps a little fun.

As always, one must prepare a resume before applying for a job. So I took out my old resume and updated it by adding the fact I was now a pharmacy student at the University of Toronto. I also added some of my recent experiences and jobs I held within the last few years. Now, not to sound smug or anything, but the recent jobs I have had were through the co-op work program at the University of Waterloo, so they were pretty impressive.

Next, I took my resume to my sister, who is a business consultant and is constantly presented with resumes to screen. She read it over and looked at me and said, "Exactly what kind of job are you expecting here?" I wasn't exactly sure where she was going with this so I decided to play along and replied, "Just a part time job in a restaurant, retail clothing store or something simple." She laughed and said, "Well you're resume looks like you're applying to be a brain surgeon's assistant."

And the more I thought about it, the more I decided she was right. Although I was not even looking for a job geared toward healthcare, my resume was very healthcare focused. Since all I wanted was a normal, simple part time job that a high school student held, my sister suggested redoing my "overachiever" resume.

So what did I do?? I took out the part about being a pharmacy student and decided to just say I was a student at the University of Toronto. I took out many jobs and only left the ones directed to customer service, retail etc. I never would have thought that one day I would be down playing my credentials and qualifications to obtain a job I wanted. But really, it all has to do with the social-economical aspects of today's society. This is a whole new topic that I don't want to get into right now. But like, would you ever have thought that the waitress serving you at the little restaurant around the corner would have a Bachelor of Science and be currently attending a professional pharmacy program???

-Christine Truong (Christine.Truong@utoronto.ca)

# What pharmacy students can do on World AIDS Day December 1, 2006!

--- Stacy Yeh (IT0 President)

With over 40 million people worldwide living with HIV/AIDS, it is certainly not an issue that will disappear with our indifference or ignorance. An astounding 95% of these individuals reside in the developing world where only 1.3 million have access to anti-retroviral medicines. In 2003, the World Health Organization, in an effort to move towards providing universal access to HIV/AIDS prevention and treatment, launched the "3 by 5" Initiative, aimed at having 3 million people living with HIV/AIDS in low- and middle- income countries on antiretroviral treatment by the end of 2005. While many have been placed on antiretrovirals as a result of this initiative, it is fair to say the deadline was not met, due in part to the lack of dollars from wealthy countries such as Canada.

World AIDS Day is quickly approaching on December 1, 2006 so whether you might be interested in learning more about the state of HIV/AIDS in the world or curious about how you can get involved in the global fight against AIDS, opportunities are abounding! It is a day for the world to coordinate its efforts to bring awareness about HIV/AIDS and in the last few years, the Faculty of Pharmacy and faculties across the University of Toronto have done just that.

This year, as part of the student effort to raise awareness about global HIV/AIDS, **Global Medicines Initiative (GMI)**, a faculty-based student group alongside **Students Against Global AIDS (SAGA)**, a campus-wide student group are teaming up to push forward the **Global Treatment Access Group (GTAG)** platform. GTAG is a Canadian coalition of AIDS-related non-governmental organizations (NGO's) committed to improving access to essential medicines and other aspects of HIV prevention and care, treatment, and support for those living with HIV/AIDS in developing countries. The GTAG platform consists of 4 recommendations on what Canada should do in order to stop the further spread of HIV/AIDS and to do its fair share in addressing the global pandemic. Below is the summarized version of the platform:

## **HIV/AIDS Treatment and Prevention: 4 Steps to Universal Access**

### **1. PAY OUR FAIR SHARE**

Canada must devote a fair share to cover the costs of HIV prevention, care, treatment and support programs which address HIV/AIDS.

We call on Canada to:

- Double financial support of domestic and international research and development of new HIV prevention technologies
- Contribute 5% of the resource requirements of the Global Fund to Fight AIDS, TB, and Malaria over each of the next 5 years
- Declare a timeline for reaching Canada's promised target of

providing 0.7% of GNI to development assistance, as other countries have

### **2. INVEST IN PUBLIC HEALTH CARE SYSTEMS**

An essential prerequisite for improving health and fighting disease is a functioning public, not-for-profit health care system.

We call on Canada to:

- Provide development assistance for public health care system in developing countries to sustain HIV treatment and prevention
- Support greater retention of health care workers in developing countries
- Work with provincial governments, universities, health care institutions, associations of health professionals and health worker unions to invest in training and retention of personnel in Canada and to discourage active recruitment of health professionals from developing countries
- Work with other countries and international organization to implement migration and recruitment policies that mutually benefit source and destination countries

### **3. CANCEL THE DEBT**

On average, African governments spend on debt service 3 times per capita what they spend on health care.

We call on Canada to:

- Promote immediate and unconditional cancellation of 100% of the multilateral and bilateral debt owed by countries burdened by AIDS, debt, and poverty
- Ensure that debt cancellation is not conditional on requirements that hinder the fights against the pandemic

### **4. MAKE MEDICINES AFFORDABLE**

The price of patented medicines is a major obstacle to achieving universal treatment, including urgently needed fixed-dose combinations and paediatric formulations of HIV/AIDS drugs. In 2004, Parliament unanimously passed the Jean Chrétien Pledge to Africa Act to help developing countries obtain more affordable generic medicines from Canadian manufacturers. Though the law came into effect in May 2005, not a single generic drug has yet left Canada as a result. Disincentives built into the legislation have discouraged Canadian generic companies and developing countries from using the law. In the absence of concerted efforts by generic manufacturers and the federal government, there will be little concrete benefit to report when Parliament reviews the legislation in 2007.

We call on Canada to:

- Promote in developing countries the opportunity to obtain more affordable medicines from Canadian generic manufacturers
- Broker exploratory meetings between Canadian generic manufacturers and health ministries in developing countries
- Remove unnecessary red tape that dissuades generic drug manufacturers and developing countries from using the legislation.

We call on the generic drug industry in Canada to:

- Seek opportunities to export generic medicines to developing countries

- Collaborate with developing country health ministries and NGOs in identifying medicines Canadian generic manufacturers can produce
- Make special efforts to develop fixed-dose combinations and pediatric formulations of HIV/AIDS drugs

The platform in its entirety is available at [www.aidslaw.ca/gtag](http://www.aidslaw.ca/gtag). This will be in distribution in our very own Pharmacy Building Atrium on December 1 from 9am-3pm. I urge you to take a minute on World AIDS Day to drop by the Atrium and sign onto this platform and all that it stands for.

While HIV/AIDS is very much present in Canada, the problem is significantly exacerbated in developing countries due to the reasons listed above. Though it might seem that it does not directly impact our lives, HIV/AIDS does not exist in a vacuum and we live in an increasingly globalized world where our neighbours across the ocean are becoming ever less distant. As students, as future health care professionals, and citizens of this world, we share a collective responsibility in ensuring that we do not idly watch and wait as millions perish at the hands of a pandemic which can be prevented and stopped. We share immense power in effecting change and it is hoped that through this GTAG platform, we prompt the Canadian government to take effective and substantive action.

**GLOBAL MEDICINES INITIATIVE**  
**on behalf of the**  
**FACULTY OF PHARMACY**

**PRESENTS**

**World AIDS Day Open House**

**DECEMBER 1, 2006**  
**9:00am - 3:00pm**

**What:** An open house focused on promoting awareness of issues relating to HIV-TB co-infection.

Featuring:

- Photo exhibition
- Poster display on HIV-TB drug access
- Viewing of short films
- Bake sale with proceeds going towards CANFAR (Canadian Foundation for AIDS Research)

**Where:** Leslie Dan Faculty of Pharmacy Building Atrium  
 144 College Street



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*Through the Ontario Pharmacists' Association*

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- Access the members only section of the OPA website
- Access affordable insurance for your car or home
- Attend Conference 2006 at a significant discount
- Receive subscriptions to publications with relevant, current educational content
- Save money on Bell Mobility, the Science Centre, Hockey Hall of Fame and more

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For every year that you are a student member with OPA, you will receive a \$50 gift certificate. This certificate can be used towards your OPA membership fees once licensed.

Join today - call Wendy Furtenbacher, OPA's Membership Coordinator at 416-441-0788 x 4224 to register.



**External Affairs and UPS**

*Presents...*

**The External Affairs Student Writing Award**

Two annual awards which recognize students who promote and raise awareness about opportunities offered by OPA and CSHP (1 award for each organization)

*Criteria:*

- student member of either CSHPA or OPA
- completion of an article submitted to the Monograph between September-April which is about a service provided by the organization that you are a member of
- Examples include conferences, CE events, social events, other membership benefits etc...

*Award value:*

- a 1 year membership in the organization
- a plaque with your name on it presented to you at the UPS awards night in April

**Questions?**

[cathryn.sibbald@utoronto.ca](mailto:cathryn.sibbald@utoronto.ca) or [angeline.ng@utoronto.ca](mailto:angeline.ng@utoronto.ca)

# Parlez-Vous Francais?

---Alexander Vuong (OT9) Class President

Canada has two official languages, and I think it is necessary that Canadians are proficient in both. There are lots of advantages to be bilingual. For pharmacy students in community pharmacy, a lucrative niche market can be tapped into and more effective patient counseling can occur without these language barriers. To boot, French is a very sexy and romantic language and can be used to increase the erotic arousal of your significant other!

In their attempt to learn French, three pharmacy students had an unforgettable summer in Montreal studying at the Université de Montreal. James Hull (OT7), Michael Popielaty (OT7) and I went on a government sponsored program called "Explore", formerly known as the "Summer Language Bursary Program". It is a program that lets English students learn French at different educational institutions across the country! More information can be found at this website: <http://www.jexplore.ca/english/index.html>. I have completed the program four times already, and can only describe it in superlatives. But learning French is only one part of the program-students in the program get to explore a different region than where they are used to and learn a little about themselves in the process!

Students in the bursary program receive a \$2,000 bursary which covers the cost of tuition (a full year French as a Second Language course), textbooks, lodging and meals. You could even use the course as credits if you need Humanities electives to complete your pre-pharmacy undergraduate degree. The only cost students are responsible for include the \$150 registration fee, transportation to the city in which they are taking the program and costs associated with optional activities/weekend excursions.

For students with no prior French knowledge, it is not a problem! The bursary is awarded randomly and does not take into account any French proficiency. At the start of the program, all students write a proficiency exam, and are placed into appropriate classes accordingly. For advanced students, there are more comprehensive courses to brush up and review oral French.

There are schools in most provinces where you can do the program, all the way from Vancouver to Moncton. While it may not seem ideal to learn French outside of Quebec, the point of the program is also to "explore" another part of Canada. There, you will be exposed to a culture that is different than what you are used to, reiterating Canadian multiculturalism! A French bubble is created on residence or at the home-stay family you will be staying at; thus the student must speak French at all times. The schools where I have studied include:

- 1) College de Riviere-de-loup in Riviere-du-Loup, QC
- 2) University of Victoria in Victoria, BC
- 3) Glendon College Campus at York University in Toronto, ON
- 4) Université de Montreal in Montreal, QC

While completing the program the student lives with either a home-stay family or on residence. Meals are provided in different manners. In some programs, you eat all of your meals with the home-stay family. Others had buffet style cafeterias where you could enter the meal hall 19 times per week. At University of Victoria, students had the equivalent of about \$600 programmed on their UVIC ID cards, to be spent at Food Services outlets across campus. At l'Université de Montreal students were given \$600 in twenty dollar bills.

While doing the program, the days are unevenly scheduled so you will not have time to hold a part time job. Because it is a full credit course done in 5 weeks, long days at school occur every day. There are also workshops and excursions that are mandatory which help enforce concepts learned in the classroom. These workshops are led by a group of energetic "camp counselors", called "moniteurs" or "animateurs". Some schools did have a better ratio of counselors to students; i.e. at College de Riviere-de-loup, there was a 1:15 ratio, while the ratio at l'Université de Montreal was 1:50. The organized excursions really helped one explore a new city. While I was in Toronto, I got to attend Toronto highlights at reduced fares or free, with a fun French twist incorporated when possible: the ROM, the AGO, an Argos game, a Blue Jays game, Mamma Mia, Casa Loma, Wonderland, the Zoo, Pioneer Creek Village, CN Tower, Government, etc.

Attending this program really influenced my decision to attend pharmacy school in Toronto (I am from Calgary, Alberta). The program is a great way to avoid work for 5 weeks and can be classified as an educational experience and not just a vacation! So take a break from the dispensary and 'Explorez Votre Pays!' The deadline to apply is February 28, 2007 and you can start applying mid November of 2006. Please add me to MSN and message me if you have any questions regarding this program! [Alex\\_Vuong@hotmail.com](mailto:Alex_Vuong@hotmail.com)



## Twas the night before Christmas (...with drugs involved)

Twas the night before Christmas and all through PB  
Not a creature was stirring, not even Lesley.  
The pod was lit up by a soft purple glow  
The whole building was quiet above and below.

Doris asleep, dreamed of a hot toddy,  
While a freshly popped statin perfused Zubin's body  
Dean Hindmarsh had just settled in for the night  
He took off his black frames with such a delight.

When all of a sudden, there was noise on the roof  
It woke up the profs and it set them aloof  
Up 3 flights of stairs they flew like a flash,  
And then took the elevator the rest of the way up because their legs got  
tired and Zubie was panting a little bit.

The U of T campus all spread out below.  
Was easy to see from the walls of window.  
What they did not see until they reached the top,  
were the sleigh and reindeer that were making a stop.

The little old driver looked a little distraught,  
They thought it was Santa but now, maybe not.  
Heffer was thinking about what he could say,  
"You look frustrated Santa. Can I help in some way?"

"My blood pressure's high. My back is in pain.  
My arthritic fingers can't hold on to this reign.  
Cholesterol's rocketing. My sugars are worse.  
All these cookies and milk are like a health curse.

My bum is so sore from this hard wooden sleigh..."  
"PRESSURE ULCER!" Sibbald shouted, without a delay  
"Do you think that it's urgent? What colour and size?  
Guys, pull out your clickers, what would you advise?"

Now Jana Bajcar, could not be contained.  
"DRP! DRP!" she yelled, vocal cords strained.  
Page 11 was out and then the flow chart.  
She introduced herself to Santa because that's where you start.

Meanwhile, Doris was on the phone with a goal.  
Speaking to the one doctor in all the North Pole.  
She was taking down verbals and looking quite taxed,  
"I can't take that verbally! That must be faxed!"

"They've got you on Celebrex, captopril and Zocor  
And now starting Norvasc, have you had that before?  
Do you have 7 minutes? Would that be alright?  
I know that those presents must be given tonight!"

Would you like to move somewhere or are you ok right here?"  
"A more private place please. I mean, Rudolph could hear!"  
They counseled and told him what he needed to know  
When he repeated the steps back, then they said he could go.

We'll just be right here. You can give us a call  
We know that you're busy with Christmas and all.  
He hopped in his sleigh and he wolfed two big pills  
"These weren't prescribed but I take them for thrills!"

His sleigh took off with a rattling of vials,  
While the profs all just stood in a state of denial.  
This excitement had Jana just trembling with glee  
Doris slipped some lorazepam into her tea.

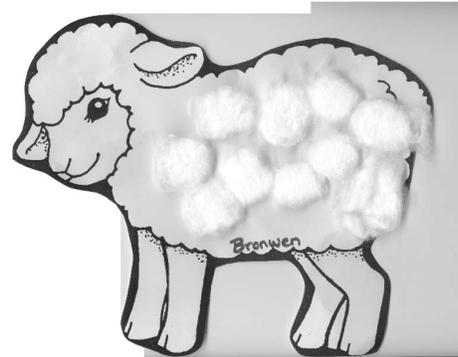
The magic was over. They went back to sleep.  
All through the building there wasn't one peep.  
The students were all having nightmares of the torsion.  
And Pang was still dreaming of degrees of absorption.

The dean settled down. It had been a long night  
But he glanced out the window to see Santa in flight.  
And he heard him exclaim, flying over Second Cup,  
"Happy Christmas Pharmies, you have hooked Santy up!"

by Becki Hughes (0T9)

## My Daughter's Awesome Art

by: Jason Lee (0T9)'s daughter



# Pharmacy Phollies 2006: Amazing!

---Evgenia Cheveleva (OT9) UPS Events co-Director

## From Evgenia's notes:

### Sunday, Oct 29<sup>th</sup> – Technical Rehearsal

6pm...off to a slow start. Seems like us Events Directors aren't the only ones that don't really know what we're doing at first – what do you mean we can't go through everyone's acts? What does light cue mean?

7pm: We're the technical directors now? I sit in the booth? I'm supposed to be on stage with Andrea...well at least I have the headset now – whee hee hee I'm like the person in the box!

9:45pm: [nazi mode from the booth] VE ARE NOT GOING TO FINISH ZE PROGRAMMING OF ALL ZE LIGHTS! SCHNELL!!! [/nazi mode] ...cry....

10:30pm: the OT7s have a midterm tomorrow?! But their grad song? What do you mean we need to stop now and clean up? Sounds like my pharmaceuticals lab.

[just after midnight]...the subway is rolling and I don't feel anything...used up all my neurotransmitters and incapable of feeling any emotion. I feel like dropping dead.

### Thursday, Nov 2<sup>nd</sup> – Dress Rehearsal

6pm: (after a non-stop run from Gerstein to George Ignatieff, with 30 pages of script) Oh, you edited the script...guess we'll need to print off another copy....

7:30pm: I thought a dress rehearsal was supposed to go at the speed of the show! Ai-ai-ai! Oh joy! Many people who did all the lights and technical stuff last year and before came to help!

8pm: This is actually coming all together! Backstage directors rock! Props to technical team in the box!

[don't remember the time] We're done! It's going to happen tomorrow!!!

### Friday Nov 3<sup>rd</sup> – Premiere

The theatre's packed!!! The Dean is here, so is Lesley Lavack and more staff and profs! I wonder how they're going to take all those jokes we have about them....

The house crew's busy seating people and taking their tickets. It's starting! Harsit and Usman are going to do a great job mc'ing tonight. WHAT? They have to go to a recruitment dinner and leave Andrea and me to MC??? AAHHH!!!!!! Hmm...could this have been scripted?

Everyone's acts are amazing!!! I saw them all at the 2 rehearsals, but tonight, of course, they're at their best! And we have so much variety! Hilarious skits, great dancing, singing...this really looks like something from Broadway...acrobatic piano duets, electric guitars & Chinese guzhengs, superb films, even a better version of SexyBack, a pharmacology lesson about steroids that just knocks your socks off, a superb grad song from the class of OT7...and even a business proposition to the Dean about spicing up our new building and turning the Atrium into the hip new nightclub "Atrial Fibrillation" amongst other things. This is great!!

### Saturday, Nov 4<sup>th</sup> – 2<sup>nd</sup> Show

Not as packed as Friday, but many more OT7s came out! Once again, the show was fantastic, everyone was laughing and cheering. The OT7s' grad song "OT7 Rhapsody" was sung in greater numbers and I even learnt the words! 'Debra...ooo... .didn't mean to fail this lab, if I'm not back again for my remedial, carry on, carry on...I'll be back for another one....'

Once again, one gigantic **THANK YOU** to all those who helped out, the 2 nights were an absolute success due to everyone's efforts, talent and dedication! And to those that came out – hope you had a good time! Best of luck to all in these final few weeks of studies for this year!!! And OT7s...all the best, you're almost done!

---

**To Sylvie Brunet,  
thanks for asking.**

---



### A Pharmacist's Role

---

A friend once asked,  
"What is so exciting about making drugs your life?"

My immediate response, chased by laughter through my teeth,  
explained that drugs are not my life,  
people are.

Without people,  
medicines serve no purpose.

However, perhaps more accurately:  
all that come into the pharmacy with questions and problems,  
leave with answers and solutions.

Not all leave with drugs.

**J. R. Chenard**

Unpublished, 2006

# A Lost Sire, In Love

## I. A Love

The stars stab holes upon my palms,  
with nightfall's impetus;  
my sun-set eyelids – it embalms --  
bandaged with a kiss

:

I scale the lonesome, prickly pine,  
to touch your silhouette.  
My sap-stuck lips, incarnadine,  
seize with cruel debt.

:

My fingers leak your flowing soul.  
Horizons dripping down  
the glowing nettled hills exfol-  
-iate my hollow crown.

:

Your limbs, like branches, blackly sin-  
-ous against the sky,  
pierce my cavity within.  
I bleed a songbird's cry;

/

and, should the leaves fall from your barren  
oak, the moon would blush  
into the wine-dark sea to marin-  
-ate my fallen thrush.

:

How sweet his flesh like yours once was;  
oh drink his eulogy!  
His proud breast's bittersweet and az-  
-ure wine ferments in me.

## II. A Hate

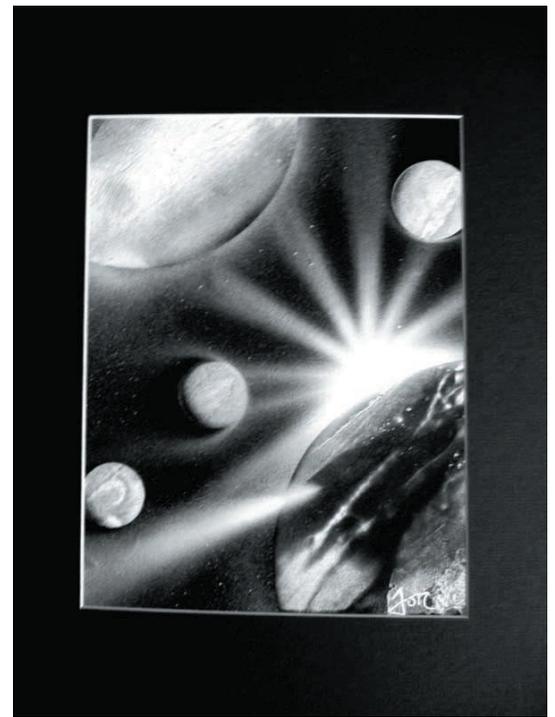
Now drunk, my muse, your tendons drag  
my tongue against the field  
of porcupines whose blessings frag-  
-ment upon my yield.

:

Forgive the brutish needles stuck --  
like quills -- enraged they merge  
into your spine. The rooster's cluck  
drowns my morning dirge.

:

Between the pause, a timid bell  
calms the crickets hushed.  
The scythe awakes to find your skel-  
-eton askew and crushed.



*Atramentous Canvas (Painting)*  
by: Jonathan Lu (1T0)

## III. A Book

A diary that drew the heart,  
dragged through throat and lips,  
fell upon his palms apart  
and calloused fingertips.

:

The rowan ink of nectar sweet  
and vinegar refrained,  
begged upon his lover's feet,  
and by such pleas they stained

/

the forest floor with foliage.  
The moon remained pale white.  
A clumsy poet and his bridge --  
the former took to flight.

:

A tear cast off the eyelid crag  
to join the restless sea.  
He left the world -- a limpid sag-  
-ging skull beneath a tree.

:

And on his tome, the last line read  
Upon the tattered cover,  
'Oh shallow soul, oh Orphic head,  
you'll never be my lover.'

- Jonathan Lu (1T0)

---

## WANTED:

**Innovative 3rd Year Pharmacy Student for Unique  
Pharmacy Innovation Studentship**

---

Are you a third year pharmacy student with a passion for community-based practice? Want to work in a position that gives you incredible opportunities & unforgettable experiences?

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Located at Warden and Highway 7 in Markham, our Region Office is seeking a highly motivated and enthusiastic individual to become a part of their team.

As the Pharmacy Innovation Student, you will be actively involved with the development and implementation of Professional Services programs and resources for Pharmasave Ontario. This includes organizing seminars and clinics for various stores, coordinating the annual Pharmasave summer student forum and planning Pharmasave's student programs for the 2007-8 academic year.

---

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work week.**

---

To apply, submit your cover letter and resume in confidence to Peter Zawadzki by email, fax or postal mail. The contact information is below.

**Application Deadline:** Friday January 5, 2007

**For more information, contact:**

Peter Zawadzki, B.Sc.Pharm., R.Ph.  
Manager, Pharmacy Innovation  
Pharmasave Ontario  
Tel: 905.477.7820 ext 232  
Email: [pzawadzki@on.pharmasave.ca](mailto:pzawadzki@on.pharmasave.ca)

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# Hot Topics in Pharmacy:

## Regulation of Pharmacy Technicians!

This month is all about the proposed regulation of pharmacy technicians which may be introduced as early as this fall (but everything will be optional for now). So, as per our new tradition, here are 5 fast facts to keep you in the loop!

1. pharmacists will still be responsible and accountable for the therapeutic accuracy of all prescriptions
2. a registered pharmacy technician will need to complete an accredited education program as well as an exam with knowledge, performance and jurisprudence components
3. their role will include confirming accuracy and completeness of pharmaceutical products as well as checking and signing off of filled prescriptions
4. they will be fully accountable and responsible for their actions
5. "Technician" will become a protected name but if you are not accredited, you may still work as a technician (you just won't be a registered one)

For more details, you can visit OCP's website at:  
[www.ocpinfo.com](http://www.ocpinfo.com)

If you want more information or clarifications about this or other current issues facing the profession, just let your external affairs directors know!

([cathryn.sibbald@utoronto.ca](mailto:cathryn.sibbald@utoronto.ca) or [angeline.ng@utoronto.ca](mailto:angeline.ng@utoronto.ca))

Cathryn Sibbald  
Senior External Affairs Director

## Pharmacy Semiformal 2006!

Finally, a time of relaxation and for taking our minds off anything school related. A time to actually use 2 hours to get ready, rather than waking up in the morning, brushing our teeth, and then rushing to class.

This year the semiformal was at the Grand Taj Banquet and Convention Centre in Mississauga. We hope everyone had a great time hanging out with your friends and lookin' alllll pretty!

You can find more pictures on the yearbook's website:  
<http://pharmakon.smugmug.com/>