

The

Monograph

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**Pharmacy Pets (being cute is a must)
Encounter with 3 legendary pianos
Pharmafiles is back!**

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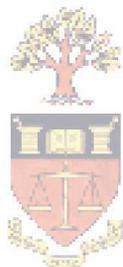
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UPS Corner

We hope everyone had a relatively pleasant reading week...although for the lucky ones amongst us, this may have been a “ski-week” or a “Cuba-week”. A number of us actually did have to engage in some diligent studying for significant parts of the week. For third years, we have already come to the painful realization that the workload never subsides and we have all gone from denial and frustration to our current disposition of nonchalant acceptance.

There is a lot to look forward to, or at least to look out for, in the upcoming weeks. UPS will be conducting elections to usher in the newest group of executives. We encourage all first and second year students to consider running for a position – there are QUITE a number to choose from. We also *highly* recommend speaking to the person who currently holds the position that you would like to run for as they can offer you invaluable insight into what the position actually entails. Please view the UPS website www.utups.ca for a more detailed list of who the executives are. Class council elections will follow thereafter, so if you have your sights set on more class-oriented student council du-ties, then this is a perfect opportunity for you!

The UPS Points and Awards Night will also tentatively take place on Tuesday, April 3, so to those of you who have been conscientious in your participation in Faculty activities and athletics, this is your opportunity to be rewarded for your efforts. This year, students have been particularly rabid about the accumulation of UPS points so a number of Pharmacy Letters (or Pharmacy ‘P’s), Plaques, and Social Awards will be given out. More details to follow soon! CAPSI Charity Week is also coming up soon, so look out for ways that you can volunteer or contribute.

The OT8s also have their OSCE (Objective Structural Clinical Exam) coming up, so we’d like to take this opportunity to wish them all good luck.

To everyone else, best of luck also on your upcoming midterms, labs, quizzes, assignments, and projects. We hope you survive the onslaught unscathed.

Cheers!

Andrea Narducci
UPS President

Habibat Aziz Garuba
UPS Vice-President

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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Letter From the Editors

As we get closer and closer to the end of the year, we tend to reminisce on the time we spend with our classmates and friends, the learning we have experienced, and what the future has in store for us.

Yes, it's sad to say that we are at our second-last issue of the beloved Monograph, and it is nearly time to pass the torch for the Monograph Editors to some fresh new faces with some new ideas and personality for the upcoming year.

Wanna be next year's Monograph Editors?

The application process is not by election through your peers, but is by interview with us, your current editors.

Applications are in teams of two. If you would like to apply, please submit to us your resumes, and a joint letter about why you are applying and why you are the best candidates for the position. Upon receiving submissions up to a certain date (yet to be determined, but very, very soon - we will inform you over the listservs), a formal interview process will be conducted, and from there, next year's editors will be determined.

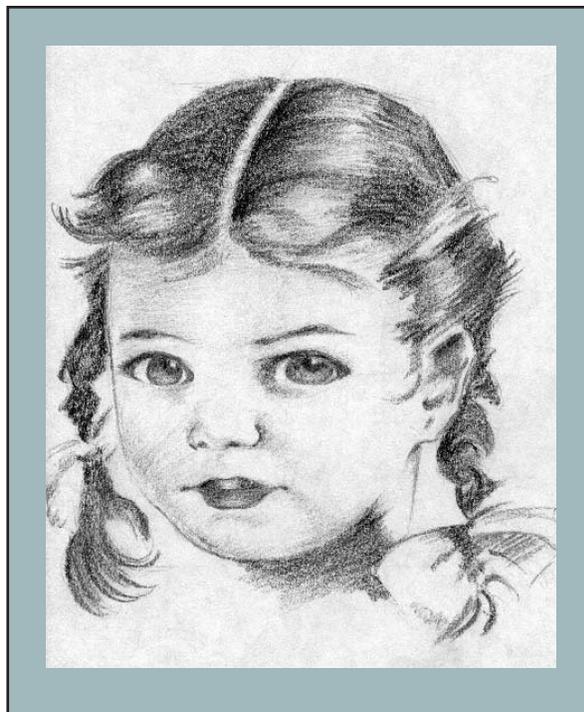
(Note: proficiency with Indesign -and grammar- is an asset. **)**

If you have any questions, feel free to contact us at
themonograph@gmail.com

Tentative due date for the final issue of *The Monograph* is April 1st, 2007.

The Monograph is the 'Voice of the Students'. Let YOUR voice be heard!

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



---Catherine Chung (0T9) - baby girl

UPS Athletics

Male Athletics

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

The intramural season started off strong for Pharmacy with many of our teams off to awesome starts. Let's keep up the good work and bring home some more championships!

Congratulations to January's Male Athlete of the Month, Vishal Ravikanti – 0T9. Vishal is having a stellar year on the basketball court, hockey rink and on the soccer field. Showing immense improvements in his game, he has helped all teams to their great starts. Way to go Vishal! Keep up the great work!

This year, the basketball court has been a battlefield between two determined pharmacy teams. The 1T0 squad (Pharmacy B) captained by Tommy Lam (1T0) has silenced their critics by playing hard and out hustling their opponents on the court. Their effort has not gone unnoticed. The Pharmacy A team, captained by Matthew King (0T9), is waiting eagerly for the rematch.

The question remains, which team has game?

Has the grind of cramming got you stressed out? Escape the madness and get active with pharmacy sports!

Update!

The Pharmacy rematch lived up to its hype as Pharmacy A (0T9s) played a strong team game and held off the Pharmacy B (1T0s) for the win. The 1T0s were serious in showing that their first win wasn't a fluke and played a tenacious defense spiced with outstanding plays by Eric Ojha (1T0) on the offensive boards. However, the 0T9s were unfaltering under the pressure. Anchored by the strong defense by Michael Gouda (0T9) and key plays by Peter Azer (0T9), the 0T9 squad could not be denied. Great game everyone! Pharmacy basketball has never been so full of talent!



Female Sports

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

Women's intramurals are again off to a good start!

The basketball team worked and played very hard. They showed strong spirit and endurance, outlasting the other faculties by far. The team is still looking for players so don't be shy and come out to play!

In soccer, we had some very close matches against Med, Phys.Ed and UC and the team displayed great improvement throughout the games. Pharmacy also showed good effort in Div I volleyball and a forced a 3rd game in 2 of their matches! A big thank you to the team captains – Lauren Mirabelli 0T8, Julie Dyck 0T8, and Janet Chong 0T8. Good luck to all players.

It's not too late to join in on the fun! Remember to check the schedules and show up at the games to earn UPS points!

Co-Ed Sports

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

The intramural season has gotten off to a strong start for our Co-ed teams. Other teams know that when they see the red and white of Pharmacy they're in for a tough game!

The Division 3 Volleyball team, captained by the enthusiastic Alex Vuong (0T9) is off to a 3-0 start. These fine athletes are hungry and focused on winning an Intramural Championship t-shirt! The innertube water-polo team, meanwhile, has compiled a record of 2-1. Playing in the most competitive division and breaking in several new rookies has not been a problem for this squad! They have been led by the 'cannon' arm of 1T0 forward Aaron Boggio.

The co-ed MVP for January is Nicole Samuel of 0T8. She has been active in many sports throughout her Pharmacy career and always brings a competitive and sportsmanlike attitude to every game. Her fine defensive play helped the Pharmacy broomball team to a 2-0 record in round-robin play in the most recent tournament before falling to Skule in the semi-finals. Great job guys, we'll get them next time!



Surviving UT Pharmacy School for Dummies: Part II

---Rosanna Yan (OT8) and Anita Yiu (OT8)

We're back! Since we've gotten some good comments on our original feature, we decided to continue and give you part II. Here's a sneak peek of the chapters of the book.

Intro: Survivor- Quicksand Island

Your future Colleagues:

Chapter 1: Surviving team meetings that go on and on and on

Chapter 2: How to share notes during panels

Chapter 3: Suffer together! You are NOT alone...or are you?

Chapter 4: Stop raising the bar unless you want the beats!

PPL/Panels:

Chapter 5: Don't know the answer? Look sad...

Chapter 6: Get used to NOT knowing what's going on

Chapter 7: When the phrase "I dunno" has lost all meaning

Chapter 8: Hail to your majesty, the TA

Chapter 9: How to mad scribble in 10 minutes

Chapter 10: How NOT to die on your patients first

Chapter 11: ~~To Diagnose~~...To treat or not to treat?

Chapter 12: Get an Oscar for your empathy!

Chapter 13: "Fail" is actually normal

Chapter 14: Looking beyond "not killing the patient" as a requirement to pass

Classes:

Chapter 15: Maximize your brain to be your own PDA

Chapter 16: PROJECT- How to become a human microphone

Chapter 17: Part 1: When lectures sound like a foreign language

Chapter 18: Part 2: How to order your very own personal translator

Chapter 19: Classes a.k.a. Sleeping 101

Chapter 20: When memorization is the same as applying your knowledge

Chapter 21: It's not whether you fail anymore, it's how many times you fail

Building:

Chapter 22: It's possible to avoid using your access card for the whole year

Chapter 23: Arms hurting? How to open the glass doors with your mind

Chapter 24: Detect an artsy student?

Chapter 25: Whose building is this? Pharmacy or Medicine?

Chapter 26: Avoid being a human icicle

Chapter 27: Hunger is for the weak

Appendix: You are special! Not because you are chosen but because you survived.

The Important Things in Life

---Cynthia Leung (OT9)

"God, I hate med chem.", "I'm never going to be able to do all this work", "I'm so stressed out"....do these phrases sound familiar? I believe that every one of us has uttered similar phrases at one point this year. I recently had the privilege of volunteering at the Yonge Street Mission with a few of my fellow classmates. During my short time at the centre, I had the honour of speaking to several individuals who take advantage of the programs offered by the mission. I must say, I was very intimidated when first dumped into the fray, but soon realized that many of the people come to the mission for a bit of companionship and some conversation.

The evening I spent there with these people made me think...and I realized something – I have nothing to complain about; no, WE have nothing to complain about. By "we" I mean the entire student body here at the Faculty of Pharmacy. When we complain about school, exams, stress and the countless other things we find to complain about, I realize that we have no idea what stress is. We are here in Toronto getting an education, an education that will lead us into a secure future with a well paying job. We have the opportunity to be one of the select few to be accepted into an accredited pharmacy school. Although some of us will graduate with large debt, we are fortunate in that we will be able to pay that debt back, and let's be honest, many of the students will go on to become fairly well off (you know, being an associate at Shoppers is apparently fairly lucrative).

The individuals who frequent the Yonge Street Mission all have a story; a story which landed them with less than most – with less than us. Yet, they still have the time to laugh, they still have the time to enjoy good company, and they still have the time to sing. I realized that no matter how bad my life seems to be, there is someone out there with something worse, yet they are making the best of what they have. So I am going to take a page out of their book, and try to appreciate what I have more, and complain less (you can hold me to it, I swear...just call me on it! Mind you, the only ones who are allowed to call me on it, can't be complaining either).



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How I, a 1T0, Got Found, Got Overwhelmed, then Got Smart about it

CSHP Professional Practice Conference

---Vincent Ho (1T0)

Rule number one: when someone carpet bombs the listserv for volunteer duties when you're already busy and then decides to single you out from their database and pressures you again, chances are it's something big and they're looking to squeeze you dry for what you're worth. By the time you fumble with "thank you for bringing this to my attention," as it almost trickles out between your lips, you're going to wish you had those "how to say NO" statements committed to memory as well. However, here comes rule number two: if a fancy hotel meal is involved plus a chance to show your face to pretty much every important pharmacy person from across the country, ignore rule one and don't forget to change the email address when you hit reply. By the way, did I mention that at a national conference like this, the big companies bring out the good stuff to give away to the brass? Not your silly ball point pens or post-its, but your leather bound notebooks and pocket drug guides.

Every year the Canadian Society of Hospital Pharmacists holds a professional practice conference in which professionals from across Canada meet to enhance their skills development as well as network and socialize with other practitioners. Over the course of 5 days, participants are invited to attend various workshops, presentations, exhibitions as well as a gala dinner where individuals are awarded recognition for their achievements. Topics range from clinical practices, updates on research, socioeconomic challenges and leadership opportunities.

While it all sounds very impressive, I can already picture you asking yourself: now what in the world is a simple 1T0 doing at something like this? He probably just wanted to get his thievin' hand on some freebies while strolling pompously around with his ID badge. While that is true, my ID badge IS bigger than yours; it is important that you keep an open mind when it comes to exploring what the profession you have chosen has to offer. Yes, you might sit through a presentation on *Pharmacologic Strategies in the Management of Traumatic Brain Injury* and leave only thinking: "man, that's one messed up pictured they showed", but at the same time, a presentation on *To Pharm.D. or not to Pharm.D.* may prove to be very informative. After you attend that workshop, you might even start to find yourself focusing less on the fancy hotel buffet and start eyeing that attractive session on *Leadership Pearls*. And, who knows? By the end of the week, you might find yourself getting into some of that cyber action at the *Telepharmacy* session.

All the silliness aside however, conferences like this offer a variety of opportunities for students of any year of study as well as for practicing professionals. From having a chance to network with others, to staying informed about current issues in pharmacy, you may find answers to important questions you never even thought about asking. The subject of the Doctor of Pharmacy Program (Pharm.D.) is an excellent example of something pharmacy students could have wondered about yet know very little of. In

addition, this is not the first time you've heard that involvement in professional events such as this shows a level of commitment to the profession. By taking part, you can begin to get a sense of the professional culture that you have been initiated into and the commitment of individuals from across the country. Unless you are able to embrace that fact that you are not just a simple student, but rather a professional in training, there are lessons that cannot be learned in a classroom. As part of a professional faculty, you will leave this place with a certain trust in your abilities and character.

Various professional events are held throughout the year, each of them offering a different perspective into the culture of pharmacy and the CSHP PPC was no different. As you leave the conference, the treasures you carry away with aren't the ones tucked into your corporate gift bag, but rather the impressions and knowledge you take with in your mind. Say to yourself: I have learned something new about pharmacy these past few days and I have learned something about myself as well- something about kind of dedicated professional that you will one day become. Despite your current \$9.00/ hour job at Shoppers, you are not simply a pill-counter. If you haven't realized this by now, you might as well go back to challenging the weekly Tuesday morning crossword section again.

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Through the Eyes of a Tall

Chinese Girl

---Emily Lam (OT8)

Have you ever wondered what it's like to be taller than the average Chinese population? This only applies if you're of Oriental descent. It's awesome, right? But let me tell you, there are definitely some disadvantages. Okay, so right now you must be thinking that I'm crazy. What possible disadvantages could I write about in being a tall Chinese girl? Currently at a height of 5 ft 7 inches, I'm 4.5 inches taller than the average Chinese woman¹. I shouldn't be complaining! However, I assure you that after you read this article, you can see that there are many ways that being a tall Asian isn't the greatest thing in the world. This article is by no means a rant, but it's just some observations that I made throughout my teen years up until now. So, if you are considered "short", and don't want to take any offense, I strongly recommend that you stop reading right now.

1) People assume that you're good at sports, especially volleyball and basketball.

I admit, my favourite sport is volleyball, but it doesn't mean that I'm good at it. Yeah, I can reach the net, and possibly spike the ball when given the chance. However, I don't think this assumption is valid when you possess genes of unnatural coordination and clumsiness. I'm just glad that I don't get tangled up in the net when I'm in the front court. In basketball, the key to the game is aggression, and lots of it! The more aggression one has, the easier it will be to succeed in the game. If you're timid and "nice" like me, you're really going to suck at this sport. Sure, I can grab the ball for a rebound, but keeping the ball in my possession would be a challenge when a petite girl comes charging at me with snarling teeth and an angry facial expression. By then, I would just be obliged to have the ball taken away from me, because she could very well hack my knees or stomp on my feet.

2) Buying clothes and shoes in Asian countries can be a great challenge.

This can be very exasperating when you find clothes that you like, but unfortunately they don't fit because your arms are too long or your legs are too lanky. People would think that I can do some crazy shopping in Hong Kong because things are so cheap there. However, in reality I would be grateful if I could find clothes and shoes that fit me. It is so disappointing to hear the saleslady say, "The biggest shoe size we have is 38." (European size 38 is equivalent to women's 7.5). I could probably squeeze into them, but usually the shoes would be too slim for me anyways, that even if I bought them, the sides of my feet would hurt.

Furthermore, buying pants can be the most frustrating experience. At least when you're short, you can cut off a bit from the pant leg. But when you're tall, you can't do really do anything, because you would have to extend the leg by sewing on incompatible material to the pants. I don't know about you, but I'd rather not buy the pants than go out in public looking like a clown.

Also, when I'm browsing for shirts and I try one on, it looks like it fits when I look at it in the mirror. Sadly, when I raise my arms up in the air, I look like I'm wearing something in kid's size. I know that the market in Asian countries isn't targeted at taller and bigger people, but at least by doing this; it can boost up their economy by accommodating for unusually taller Asians.

It also doesn't help if you're not of "average" height in these countries either. For example, when I'm on the streets in Hong Kong, I constantly get stares and whispers from people. I'm like a walking oddity! It also sucks when you hear some of their comments. This one guy who was walking behind me said to his girlfriend, "waahh, why she so tall?!" How exactly do you respond to that? I was so tempted to turn around and say, "Were you talking to me... little man?"

3) Short people are always using your height to their advantage.

Hey, don't get me wrong, I love helping people. But it can get pretty darn annoying when you're asked to grab a cup or a plate from a shelf for someone who's shorter than you. You know, there is a purpose to using a step stool. Another incident is when it's raining outside. Most of my Asian friends are shorter than me. I know they're trying to be nice by whipping out an umbrella and protecting me from the rain. But it doesn't help if I get a concussion from being hit too many times because their arms are too short to fully extend upwards. So, being the nice friend that I am, I offer to hold the umbrella for them instead. I take this as a learning experience, as I've gotten into the habit to bringing my OWN umbrella when the skies get gray and gloomy. I also find it irritating when shorter people use me as a shield or a bodyguard. In one particular incident, one of my friends was trying to hide from someone who she saw from a distance. Her initial reaction was of course to hide behind me. I didn't mind it too much, but I did feel like a pillar or something of that nature.

4) Wearing high heels is a risk to health and other people's self confidence.

This might be my own personal thing. I always feel like I'm towering over people when I'm wearing high heels. I'm already taller than the "general" female population, but to add an extra 2-3 inches to my height, this could be an extra blow to other girls' self esteem (maybe to other guys too, LoL). When you're tall, you don't have good balance either, because you're farther from the ground, so your body mass is more stretched longitudinally. Wearing high heels adds extra risk, since the body is tilted forward by the two sticks that are attached to the shoes. These enforcements make the ankles more susceptible to sprains and injury. To prevent all this, I only buy shoes that are 1 inch in height. If heels are absolutely necessary, then I look for shoes that are somewhat protective against falls (ie. protection around the whole foot and/or ankles).

5) Difficulty in finding an Asian guy to dance with or to date

I believe this is the BIGGEST challenge in being a tall Asian girl. How would you feel if 80-90% of the Asian guys were shorter than you? You must be thinking, but personality is more

important... blah blah blah. But hey, I bet you wouldn't say the same thing if you have to look down at a dude when you're a) dancing with him, b) hugging him or c) mutually leaning in for a kiss. This might be my own personal belief, but I think it's a little bit awkward if the guy is shorter than the girl. (No offense to the Asian guys out there). Being taller can seem dominating or maybe threatening to the guy. The last thing a guy needs is to have the girl towering over him, and feeling EXTRA small when she wears high heels. This is quite evident when tall Asian girls go to Asian clubs, like Tonic. I know for me, when I walk into the club and scan the dance floor and bar, I rarely find guys that are of comparable height. It is definitely a challenge to find an Asian guy whose height is above 5'9". And if you do find one, then he's definitely a keeper ☺

So it's near the end of my article, and you must think that I hate being tall because of all the things that I just stated. Well, I can tell you right now, that I absolutely do not despise my dad for giving me the tall genes. I am thankful for my height, because it's part of who I am. I can look above people's heads when I'm trying to find someone in a crowd. I don't have to readjust the car seat because my legs *can* reach the gas and brake pedals. I also don't need to put extra cushions on my seat so that I can see over the dashboard. Everybody is unique in their own way, and we need to learn to accept and live with it. In the meantime, I'll be patiently waiting for an angry rebuttal to this article. =P

¹ http://en.wikipedia.org/wiki/Human_height#Average_adult_height_around_the_world

--- Lucy Wang (1T0)- Slytherin



summer children, we were'

ii.
 we carved animals
 from ivory castles
 floating in the sun. we were
 the dotting spring mayflies
 twisting upon meadows,
 wreathing lilies between
 toes, breathing --

iii.
 between the sheets
 of golden chaff,
 she whispered, "let's dance in the rain
 on the cobblestone streets
 before the singing rosebud
 mutes her swollen gown."
 :
 past the shivering
 moon we snuck
 with shadows tucked
 into dreams. we were
 waltzing toy soldiers,
 our peace-broken holsters
 licking the finger-drawn creases.
 :
 her humid words lingered
 against my pallid cheeks.

iv.
 over breakfast she spilled
 her warm cherry wine
 and the tablecloth sea bled.
 'hell hath no fury
 for the dead,' she wept,
 'look, love
 it snows --

i.
 strangers, we were
 :
 our lost nets crossed
 over a butterfly. i caught
 the swallowtail, she,
 my heart

clumsily, we exchanged
 names --
 i, orpheus;
 she, Persephone

---Jonathan Lu (1T0)

MY PERSPECTIVE

A Blurry Line: anxiety disorders vs. pharmacy students

---Christobelle (1T0)

There are many invisible lines that govern daily decisions we are forced to make. All of these lines can be subdivided into two sets: the 2-sided or the blurry. The simple 2-sided lines include the ones like yes or no, agree/disagree, up or down etc.

However, 99% of the time you're faced with the blurry ones. This group encompasses subjective the things like legal vs. illegal (something's only illegal if you get caught, right?)

The particular blurry line that has caught my attention is the line between obsessive compulsive disorder (OCD), generalized anxiety disorder (GAD), panic stress disorder (PSD) with an added touch of neurosis vs. --- the pharmacy student.

Note: this 'blurry line' can only be understood if you are affiliated with the profession of pharmacy (all other individuals should refrain from attempting to comprehend this article)

We like to think that we are completely 'normal' with a few weird habits. But from one time to another I'm sure we've wondered if our so-called strange behaviours could be attributed to something else.

For instance, the criteria for OCD, GAD, PSD or neurosis usually starts out with something like:

- need to engage in certain rituals before an event** (i.e. you always use a particular pen/pencil during a test or exam)
- constant worry above and beyond necessary** (i.e. you are worrying about your PPL final exam because if you FAIL you could be kicked out of pharmacy)
- failure to relax** (i.e. you can't watch Grey's Anatomy with feeling guilty because every time they say sphygmomanometer you know you should catching up with your language of medicine text)
- constant checking over things** (i.e. in your PPL, you go to the Rx checking station, check the Rx, determine what's wrong-but don't write anything down, then you walk over to a friend and ask what they thought, then you walk back to the station to validate what your friend said, then you walk back to your friend and say 'yep that sounds good', then you walk back to the station and write down the error)
- stress and panic take over** (i.e. your definition of 'enough sleep' has dramatically decreased)
- noticeable change in behaviour** (i.e. your friends recognize you have some new crazy habits...chances are they are neurotic too and will think your new thing is brilliant though)

...and the list goes on. But my point is if a pharmacy student shows signs of OCD, GAD, PSD and neurosis, what does that show for the profession of pharmacy???? Is our systematic training and professionalization turning us into a bunch of nutcases???

This is a blurry line in need of immediate reformation.
(Christine.Truong@utoronto.ca)

“Bosh, be my valentine!!”

A magic night for Bosh and the Raptors

---Hayley Fleming (1T0 Female Athletic Rep)

On Wednesday February 7th, nearly 85 of us pharmies and friends took over section 301 of the ACC to cheer the Raptors on to a win. It was a very close game right down to the 4th quarter when the Raptors pulled out a 113-103 win over the Orlando Magic. All-star, Chris Bosh, had a career high night with 41 points!! Clearly the Raptors are worthy of leading the Atlantic division.

With our unbeatable signs – “onions” and “salami and cheese”, we desperately tried to get on the jumbotron. Props to Josh, Nav, Alim and Nasim (of 1T0) who did manage to get on the jumbo screen in the second half of the game, after switching to a section in the lower bowl. And, in case you weren't informed, Cindy and Robyn (of 1T0) made it on national TV with their sign “Bosh, be my valentine!!” Also, honorable mentions go out to Alex (representing 0T9), for his continuous cheering that nearly left him without a voice, in addition to Wendy and Tulika (of 1T0), who even pulled out the chemistry goggles and nitrile gloves. Together they attempted to bust out a new and improved “DE-fence” cheer.

The Raptors scored over 100 points, so we all scored a free slice of pizza from Pizza Pizza. Thanks to everyone who came out – it was a lot of fun, and there certainly was no shortage of laughs. O-layyy, olay olay oo-layyy... get out that salami and cheese folks because this game is over!!!

Pharmie Pride! Salami and Cheese!



Disinhibition

The anxious awaiting of her arrival., coffee an influence.
The excitement ajar and karate begun.
The wind and satisfaction given birth through spin kicks.
The snap, the worry, curiosity's pain.

Confusion, a glance of most in seeing a twenty-two year old
walking at aid of a cane.

At the year's beginning,
if a savior were chosen:
hockey, karate, fiends, family perhaps.
I never would have guessed that wooden stick with rubber stub
or the frozen bag of veggies.

Physiotherapy, doctors, MRIs and x-rays.
Elevating a leg while studying, the appalling stairs and most importantly: no hockey.

Pharmacy students are taught the principles of disinhibition:
removing a negative influence yields a net positive result.

Bruises fade, inflammation normalizes, ligaments fuse.
Disinhibition is eternal.

A concept I will never forget,
as a little bit of negative is metabolized from my knee daily,
knowing shortly,
I'll be jumping the boards onto the ice and dancing with my girlfriend.

J. R. Chenard
Unpublished, 2006



--- Allegra Connor (OT9)



Just a Smalltown Girl...

---Lauren O'Connor (0T8) Monograph Rep

One of the best things about moving to a new city and making new friends is learning about other people's backgrounds. Comparing those things that you had in common growing up is a tie that binds us all, but learning about our differences, like where we grew up, is also something that brings interest and many long conversations to a friendship. I always love to hear my friends' stories about growing up in different cities, provinces, or even countries, especially because they are usually different from my own experience growing up in northern Ontario.

The first 18 years of my life were spent in Kirkland Lake, a smaller town located north of North Bay and south of Timmins. The town was initially famous for its gold mining (at one time its mines produced the most gold in the world), and is also well known as the origin of more NHL hockey players than any other town in the world. But, to me KL has first and foremost has and always will be one thing: home.

There are times when living in a small town seems to have its disadvantages. When I was younger, I could only imagine what it would be like to see the REAL Santa Clause parade on Yonge Street instead of only watching it on TV. As I got a little older, I thought it would be pretty cool to be able to skip down to the ACC whenever my favourite band came to town, instead of trying to plead with my parents to take a weekend trip to T.O. Even now when I go home, there comes a time in the middle of the summer when I would do anything for a latte and sushi (Wasabi rice crackers just aren't the same).

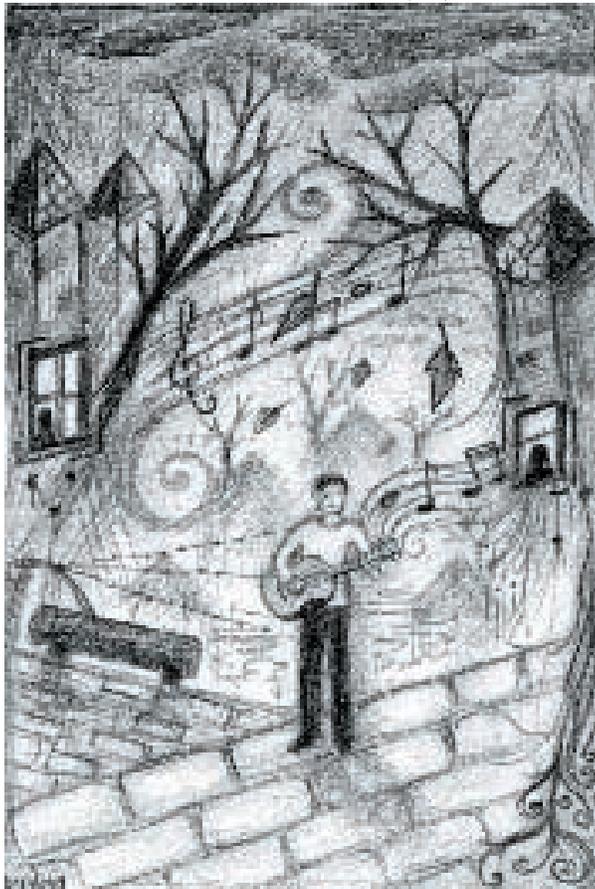
As cool as living in a big city is, however, there are certain things that can't be replaced about living in a small town. Actually having a front

row spot in front of my parents' store to watch my friends in the KL Santa Clause parade, or being in it a few times myself seems to stick out more in my mind than watching anything on TV. Watching someone you know play in a band, even if they had yet to become "famous", being able to walk pretty much anywhere you want to go, and paying \$3 to get into a movie are fond memories of being a teenager. And truthfully, I have yet to taste an eggroll as good as those at our Chinese take-out place at home....a meal at the Pagoda is always a KL treat.

Probably the best thing about living in a small town, however, is the people. Whether it's a hello when you're walking to work, or someone you think won't remember you from when you were a kid asking: "how's school, you're in pharmacy right?", the friendliness of Kirkland Lakers is unmistakable. The only thing that tops Klers friendliness, however, is their generosity. This has been shown time and time again, when rallying together to help fundraise for a family in need, or volunteering, as they have done countless times to raise money for everything from school playgrounds to the development of a new medical clinic. No matter who you are in Kirkland Lake, it is inevitable that you benefited from someone's good will.

I decided to write an article about this, not because I felt the urge to publish an exposé about my life (don't worry, that will be available from your local Chapters/Indigo in the 90% off pile shortly), but because there are a lot of pharmacy jobs available in small towns. These towns, facing shortages of health care professionals of every kind could really benefit from your intelligence and expert DRP solving skills (and no, not only about assessing the need for gonorrhoea and Chlamydia treatment as was alluded to in the last therapeutics exam). So next time you play that game, "Where will I be in 5 years?", I'm just asking you not to rule out practicing in a small town, because living in one definitely has its benefits.

(Art) ---Mavra Zvenigorodskaya, (C.L.) (1T0)



Singing



Mountain

Diddy Knows Best: A Brand New Strategy for Respect

---Allegra Connor (0T9)

It is well known that for years, the profession of pharmacy has struggled to gain public faith and respect. In the ancient days of the friendly neighbourhood apothecary, we already had that trust that we now so richly desire. Sadly, however, since the advent of the modern pharmacist, it has eluded us. We have since attempted with corny ads, such as the walking heart, to redeem it, but alack, to no avail.

It is time to move on, cut our losses, and explore a brand new strategy to instill a sense of faith in our abilities into the public. I am not suggesting a completely unheard-of strategy, as it has been implemented successfully several times by someone who knows how to get ahead in life, under several different, and yet similar, personas.

Many winds have blown since the time of the apothecary, and that name has long been forgotten by the public. We are now commonly known as “pharmacists”. But that term is so ambiguous, it possesses no practical connotations whatsoever, except in how it relates to our profession. So, if someone is convinced that their “pharmacist” is only interested in their money, we would be hard-pressed to alter their definition of the term, since it has no other inherent definition for them.

By law, however, we are not only referred to as “pharmacists”, but we can also legally claim monopoly over the titles “pharmaceutical chemist” and “apothecary”. While the designation “apothecary” did once yield enormous reverence for our profession, by the modern connotation, patients might expect that we spend our time in the dispensary stirring potions in a large iron cauldron. That ship has sailed; we must keep up with the times and increase public expectations in the context of modern medicine.

The term “pharmaceutical chemist”, on the other hand, already has scientific connotations for the modern man, and in fact, in Great Britain, citizens already pick up their drugs from “the chemist”, not from “the pharmacist”. According to Webster, a “chemist” is “1. one trained in chemistry, 2. a pharmacist”. I don’t know about you, but he sure sounds smart, capable, and trustworthy to me! And he doesn’t sound very interested in my money...

Of course, there will be skeptics. Our aforementioned friend Diddy suffered his fair share of comments along the lines of, “It’s a new package for the same old product”. But when was the last time you heard him being called Puff Daddy? He pulled it off by choosing a name that was very similar to his old one, but with a brand new edge (I still don’t know what edge it has, but it worked). Given the other revolutionary changes happening in our profession right now, such as compensation for cognitive services, registered technicians, and prescribing rights, to name a few, it’s the perfect time to take such an authoritative step. “Pharmaceutical chemist” (which is already one of our legal names, though not publicly known) is similar enough to “pharmacist” not to confuse the public, but sounds more intelligent, more proficient, and more responsible, because it is backed by a related supportive connotation of the term. It is indeed the same old product, but it will finally get the recognition it deserves, because it’s a great one!

So the next time you are asked about your profession, proclaim that you are a pharmaceutical chemist, and watch eyebrows rise in admiration!!

Pre-SPEP Boot Camp (October...or was it November?)

---Jason Lam (0T7 Monograph Rep)

I wake up groggy. “*Hey guys, is it time for lunch already?*” It is always a miracle how lectures are such powerful stimuli of sleep. Even the most studious of students succumb to the Sandman’s seductive powers. “*No Jason, we have an SPEP lecture next. Whoppers will have to wait for another time.*” My mind races to try to understand the seemingly cryptic message. What’s an SPEP lecture? Perhaps it had something to do with all those countless emails I received. Perhaps it had to do with that thick manual I picked up after lining up for no apparent reason at the time. Right...the Structured Practical Experience Program...S-PEP!

Two women enter whom I have never met before; their facial features barely distinguishable from high above in the nosebleed section of the OPA lecture hall. I’ve been here for 3 or so years now and I thought I met all the professors I would ever need to meet. But upon inquiry, I discovered that these women were the last line of defense against producing incompetent, half-witted, and unprofessional pharmacists. God bless them.

For the next half hour, we synchronously flip through colourful pages; the sound of the sheets like rudimental music set to a background light show. Professional behaviour, Form PC1B, Form 2/3/4...eyelids getting heavy...drifting...floating...gone.

SPEP Journal Entry 1: Community rotation

In keeping with the tradition started by my predecessor, Jonathan Wright, I will attempt to summarize my SPEP experience for you.

Currently, I am doing my community rotation at two of the many pharmacies owned and operated by Shoppers Drug Mart. Though it may seem unusual to be at two sites, I can certainly say that splitting my time between different pharmacies gives me the opportunity to interact with different patient populations. Whereas one store is found in a mall near Brock University, and I am thus able to counsel teens and university students on oral contraceptives and Plan B, the other store deals more with elderly patients, which allows for more counseling on medications related to issues such as: diabetes, anti-hypertensives and antibiotics.

Though the initial shift from theoretical to actual

Article continued on page 15

The Centre of the Universe???

---Alexander Vuong (OT9 Class President)

Born into an immigrant family who went through great lengths to come to Canada, I was raised to have a large sense of appreciation and pride for my country. But the one Canadian thing that everyone around me seemed to be ashamed or embarrassed about was its “centre of the universe”- Toronto. At first glance, all the amenities you could think of in a world class city come to mind: an aura and buzz in its nightlife, the bustle of urban utopia and a fine representation of what Canada is all about- a mosaic of unique citizens who have come from all over the world.

Growing up, I never heard the words Toronto and great people in the same sentence. I heard about how an ice storm shut down the entire city and how Torontonians over-exaggerated its hardships there. I heard how Torontonians think they are from the centre of the universe. I heard that its commuters run for subways when they run every 2 minutes in the morning. Everyone felt jaded that there were more Leafs games on TV than both Flames and Oilers combined.

But since coming here for pharmacy school, all my preconceptions of Toronto were shattered. I’ve had so many positive experiences here that have made me fall in love with the city. It’s no wonder why so many immigrants flock to the city each year. I’ve ate delicious food, attended amazing concerts and most importantly got to see just what makes Toronto so awesome. Here are some of the reasons why it’s so awesome:

The Food

-Before coming to Toronto, I’ve never had Korean BBQ. Here, I’ve had Korean BBQ at 4 different restaurants! The quantity and variety of restaurants that reflect Toronto’s citizens is amazing. Walk down Baldwin Street, where you can see a strip of restaurants that reflect Indian, Thai, Chinese, Japanese, Vietnamese, French and Italian restaurants. The Winterlicious program is also amazing—so much that I’m a huge repeat customer.

The Concerts

-What other Canadian city gets the same quantity and quality of bands that Toronto does? From the big stadium showstoppers like Justin Timberlake to the raw emo feel of Brand New at an airport hanger— Toronto has it all! What’s also great is the free concerts from the big names ie. Beyonce, John Mayer, Stabilo, Philosopher Kings, etc.

The Communities

-In Toronto you can never get bored on a weekend as there is also a new

community or part of town that you can explore. Why not take a moment to have lunch in the historic Distillery District? Cabbage town is not too far away either. Or take in the wonderful scents of the Gerrard Indian Bazaar? Go shop in the unique stores of Kensington Market. Go for bubble tea in China Town. See the tiny cottages of CorkTown. I’ve seen so much outside my downtown bubble.

Sports

-What other Canadian city sports a professional hockey, baseball and basketball team? Toronto has so many sports teams to reflect the varied tastes of its citizens. The fans are also some of the most hardcore fans that I have ever seen! I wouldn’t be too surprised if David Beckham made his way here in the future!

Shopping

-There’s sometime to cater to every crowd - the preps on Bloor Street, the surfer types at Hollister/Abercrombie & Fitch, the spendthrift in Kensington, the trendsetters on Queen St. etc! Now the malls need to carry more J. Lindeberg, Diesel and G Star Raw like Calgary malls and it’d be perfect!

The People

I’ve had the opportunity to meet and befriend so many people here. What perfectly encapsulates the awesomeness of Toronto’s people was my experience volunteering for the OT9 class charity - the Yonge Street Mission. The workers and volunteers all came from a varied background and did a heartfelt job of serving to those who are a little down on their luck. The recipients there were very appreciative and took keen interest in befriendng the new volunteers from the OT9 class as well.

Leslie Dan Faculty of Pharmacy

-I just HAD to include this. I have never been so proud of being associated with something until now. I see the comraderie in the students that extends beyond the years which brings me a huge smile. It is great to see students hard at work organizing events to benefit their colleagues. I love the passion in the students who serve on council. The study groups are cute. The fooseball fever that has struck many of the guys is hilarious. We are in a faculty with a lot of spirit!

I’m so glad to have come to Toronto for school to experience the sights and smells of such a vibrant city. Sure there are some setbacks to the city, but there is so much good that outweighs them. Every Canadian should be proud of Toronto and what it has become. I don’t ever hear of Americans bashing New York or the French dissing Paris. Toronto is the best! (Uh-oh, did I convert to being the kind of Torontonian who thinks it’s the centre of the universe? LOL)

Wyeth
Consumer Healthcare

Great Expectations: A First Year Student's Report from the CSHP Career Opportunity Evening

---Joshua Lieblein (1T0)

On Sunday, January 28th, the Canadian Society of Hospital Pharmacists (CSHP) held a Career Opportunity Evening at the Westin Harbour Castle Hotel in downtown Toronto. The Career Opportunity Evening was part of the CSHP's 38th Annual Professional Practice Conference, and representatives from hospitals all over the country were on hand to offer eager Pharmacy students the chance to begin challenging yet rewarding careers in the field of hospital pharmacy.

Although I am only a first year student, I have been considering a career in hospital pharmacy ever since I began my professional pharmacy degree. Because the hospital pharmacist works in an environment that is specifically geared towards restoring sick patients to health, he or she is in an ideal position to deliver the kind of patient-centred care that will become the standard for pharmacists as the profession of pharmacy moves from a product focus to a patient focus. The hospital environment also gives the hospital pharmacist the opportunity to interact with a variety of health care professionals, which can lead to improved relations between health care disciplines and the chance for pharmacists to work directly with other members of a health care team.

With these lofty goals in mind, I practiced my handshake on my housemates, filled a folder full of resumés, and boarded the TTC with the Westin Harbour Castle as my destination.

"But, Josh," you may say to yourself. "You're only a first year. You've barely scratched the surface of pharmacy. Don't you think it would have been better to wait until second year, when you have more knowledge and experience?"

Well, I don't see it that way. In fact, I would recommend that every first year attend the Career Opportunity Evening, because it's never too early to start thinking about where you want to practice. At the very least, I knew that I could learn a lot more about hospital pharmacy and whether it was actually for me.

When I arrived at the hotel and (after one or two wrong turns) found the room where the displays had been set up, I knew that I had come to the right place. Representatives from over 25 hospitals- some from as far away as Calgary, Moncton, and Kelowna- were actively recruiting students and acquiring large piles of resumés in the process. Pharmacy students from our faculty congregated in groups around the display boards while the hospital representatives spoke at length about the exciting opportunities that they were offering.

Many students seemed to favour the large hospitals in downtown Toronto, especially Mount Sinai, while I achieved a 50/50 split between the large Toronto hospitals and the smaller health centres outside the GTA. I was pleased to discover that many of the hospitals did indeed offer job opportunities to first year students. Representatives from several hospitals congratulated me upon

Continued from page 13 "Pre-SPEP Boot Camp"

practice is frightening at first, it is pleasantly less stressful than PPLs. I quickly discovered that it is not uncommon for physicians to write scripts and send clueless patients on their merry way. This is where I need to intervene and educate them. A newly diagnosed patient with diabetes: time to talk about basic pathophysiology, hypoglycemia, blood monitoring. A phone call from a pregnant woman concerned with taking T3s: shouldn't be a major concern. A teen calling because she mistakenly inserts an antifungal capsule into her left ear for a vaginal infection: my jaw drops, I panic more than her. Mental note: never underestimate benign dispensing errors.

More often than not though, I find myself standing around waiting for the end of my shift. In community practice, patients come in bunches, followed by moments of absolute calm. This leads me to wonder how I could ever become a community pharmacist—or work in general for that matter! I have learned how to master the art of concealing my concerns; they should never be made public to patients. As far as they are concerned, we are their friendly neighbourhood pharmacist (err, pharmacy student). We are here to: Identify and resolve DRPs. Counsel and educate. Provide care.

approaching them, saying that I was one of the very few first year students who typically applied for summer jobs at hospitals, and that they were happy to see that I was taking an active interest in a hospital pharmacy career. Finally, when both my supply of resumés and my feet were exhausted from traveling back and forth from booth to booth over the course of two hours, I headed home, secure in the knowledge that I had sown the seeds of my future in hospital pharmacy.

After a week had passed, e-mails from hospitals all over Ontario began to appear in my inbox. My calendar for February quickly filled up as I worked to schedule interviews and transportation to and from various interview sites. For their part, the hospital representatives were very flexible and understanding, but even so, I was very thankful for Reading Week, which allowed me to fit more interviews into my timetable.

Before the Career Opportunity Evening, I was a first year student wondering what the next few years would bring. Now, I have the chance to work at a major health care facility in Ontario during the summer of 2006-2007. I'm very grateful to the CSHP for providing Pharmacy students with this opportunity, and I look forward to next year's Career Opportunity Evening. For those of you who missed the job fair, I would strongly suggest that you make it a priority next time. Who knows: you may be surprised to learn how much you and hospital pharmacy have in common!

Pharmacy Pets

As future health care professionals, pharmacy students are well versed with the therapeutic effects of having a pet. Medically speaking, having a pet can decrease one's blood pressure levels, cholesterol levels and triglyceride levels at the same time as increasing opportunities for exercise and outdoor activities.

Looking beyond the health benefits however, pets give us unconditional love throughout the year, Valentine's Day or not. So this column was put together for the month of February to give a shout out to all the beautiful pets of pharmacy!
<See Owner and Pet information on Page 19!>



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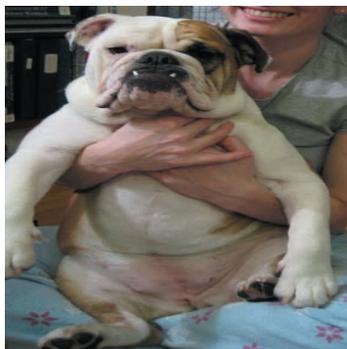
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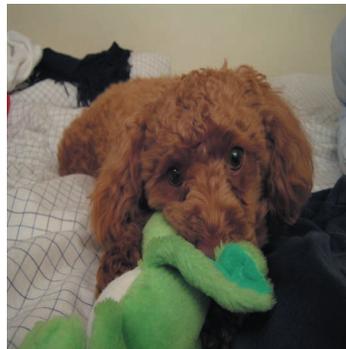
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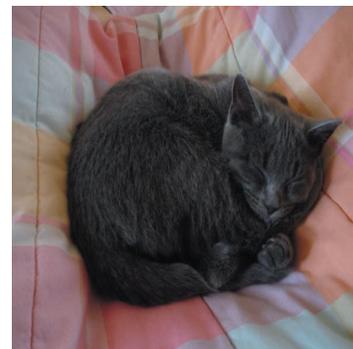
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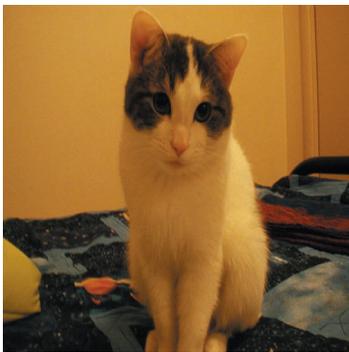
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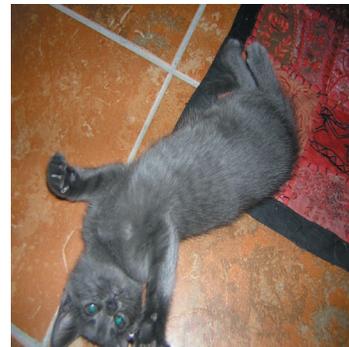
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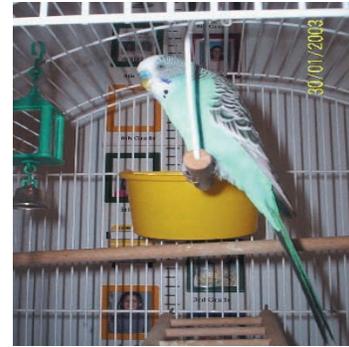
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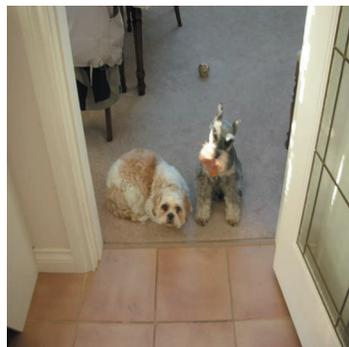
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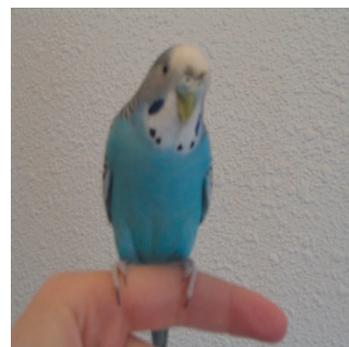
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Serving a meal to those who need it

---Sara Rosaline Lavoratore (OT9 Social Rep)

As many of you know, the OT9 class chose the Yonge Street Mission's food access program as our charity last year. This term I organized an opportunity for students to help those in need by cooking a meal, serving a meal, cleaning-up, participating in activities after the meal, and handing out essentials to the patrons.

On February 8th, 10 members of the OT9 class went down to the mission. When we were there we had the opportunity to meet the wonderful directors and volunteers that make the 'New Hope Fellowship' dinners happen. While the patrons were arriving, Seema Mistry and Becki Huges charmed the patrons with their sweet smiles and conversed with them over coffee. Puneet Johal and Laura Savatteri cooked with the wonderful chef Ben Mielke who cooks with whatever donations are available. When we were there a lovely rack of ribs were cooked --for the patrons along with some rice, veggies, and ice cream – mmm. Before the meal, the wonderful YSM choir sung us a Valentine's day – What is Love? Also, Anna Wong, Sandra Porter, and Hermia Cheung helped serve the meals to the patrons and tidied up afterwards. After dinner there were lots of activities for the patrons; there was ball hockey and Valentine's Day arts and crafts. Alexander Vuong, Cynthia Leung, and myself enjoyed making Valentine's with the patrons over chips and punch. Also, after dinner Seema Mistry gave out cookies as the patrons left.

Looking back on the evening I was very impressed by the wonderful work of the mission. Daily, Evonne Komaromi works in the resource room giving resume skills, interview techniques, and companionship. Also, Heather Hogben-Bruce, the New Hope Fellowship Coordinator, organized the entire evening and promoted more events to come. Overall, it was wonderful to see where our charity week dollars go, and I hope more members of the class can have the opportunity to see the wonderful workings of the YSM.



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Some benefits of membership:

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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

OPA Student Reward

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 or angeline.ng@utoronto.ca



Research Briefs

---Mayce Al-Sukhni (OT7)

The perils of freedom

While former inmates may not start clamouring to get back into prison, new findings may give those vying for parole something to think about. Researchers found that former inmates have a risk of death that is 3.5 times higher than other residents. Immediately after release, the risk of death for inmates is at its highest, at 12.7 times the general population. The risk of death for former inmates was also higher than that for current inmates. Among those released from prison, the leading causes of death were drug overdose, heart disease, homicide, and suicide. Interventions for decreasing the risk of death may include planning for the transition from being incarcerated to being in the community, as well as education on susceptibility to drug overdose after relative abstinence in prison. These measures could have secondary benefits to society in the form of increased public safety.

Source: NEJM

Pharmacy Pets Owners List

Continued from page 16 and 17

1. OT7 - Harsit Patel - Blueie, Yellow 1 and Yellow 2
2. OT8 - Ann Varickanickal - Winston
3. OT8 - Katie Bateman - Hamish (left) and Finnegan (right)
4. OT8 - Melissa Lee - Honey Bunny
5. OT8 - Andrea Tofano - Buddy
6. OT8 - Dana Kennedy - Kylee
7. OT8 - Lisa Tse - Popeye
8. OT8 - Amy Kim - Cody
9. OT8 - Nicole Samuel - Hubert
10. OT8 - Sandra Yeung - Yogi
11. OT8 - Abbie Chan - Tom and Jerry
12. OT8 - Amy Kim - Cody
13. OT9 - Allegra Connor - Paris
14. OT9 - Carmen Li - Smartie
15. OT9 - Emily Charlesworth - Alfie
16. OT9 - Farzana Chowdhury - Lia
17. OT9 - Shaun Lee - Cotton
18. OT9 - Laura Minns - Abby
19. OT9 - Rabiah Siddiqui - Beta
20. 1T0 - Aaron Boggio - Monty
21. 1T0 - Aaron Boggio - Rocky
22. 1T0 - Alana Minty - Zorro
23. 1T0 - Amanda Slobojan - Maya
24. 1T0 - Choonchu Kim - Bear
25. 1T0 - Daniela Cosentino - Chloe
26. 1T0 - Gigi Wong - Pancake (left) and Haydn (right)
27. 1T0 - Jacqueline Ma - Mashie
28. 1T0 - James Morrison - Ally (left) and Ginger (right)
29. 1T0 - Lisa Levangie - Patches
30. 1T0 - Lynn Strybosch - Tegan
31. 1T0 - Maari Wotherspoon - Tinkerbell
32. 1T0 - Mei Shi - Tigger
33. 1T0 - Sassa Orser - Finny
34. 1T0 - Suzy Zhang - Fatty
35. 1T0 - Tulika Singh - Princess
36. OT8 - Janet Chong - Willy

Smoke signals

Not all cigarette warning labels are made equal. Results from a multi-country study show that the effectiveness of these labels depends on the design as well as the “freshness” of the messages. Researchers analyzed data from four waves of surveys taken during 2000-2005 in Canada, the United States, the United Kingdom, and Australia. Smokers were surveyed on their awareness of the messages, any changes in understanding the smoking risk, their intention to quit, and any personal behavioural changes. It was found that more prominent text messages and graphic pictures on the cigarette packages were more effective in affecting smokers’ behaviours. As well, recent changes in health warnings were associated with increased effectiveness, while health warnings on U.S. packages – last updated in 1984 – were associated with least effectiveness.

Source: American Journal of Preventative Medicine

More guns = More homicides

Talk about a no-brainer! A recent study concluded that homicide rates among men, women, and children are higher in American states with higher gun ownership rates. The Harvard researchers obtained their data from the world’s largest telephone survey with over 200,000 respondents in the United States. It was found that approximately one in three American households reported firearm ownership. With two out of every three homicides being gun-related, these results now provide a direct link between firearm ownership and homicide rates in America.

Source: Social Science and Medicine

From PDW to Africa and beyond – A new direction in life

---Matt Fong (OT9 Monograph Rep)

At one point in our lives, we all feel out of place, like pieces of a puzzle put in the wrong box. Sure you might fit in somewhere, but the big picture just won't look right. Then at some epiphanous moment you find yourself. For many, like me, this may have occurred at PDW 2007.

The setting:

On January 17th, eighty-some students from U of T packed up and prepared to embark on a journey that would promise to be nothing less than out of this world. Threatened by the possibility of having to face four days of bone-chilling weather, with temperatures creeping near -45°C, we parka'd up and took flight for PDW 2007 in Winnipeg, Manitoba.

Throughout the four-day conference, delegates dined and danced, drank and conversed, tried on indigenous clothing, made new friendships, and strengthened existing ones. We also learned about pharmacy and were first-hand witnesses and participants to the shaping of its future...and we did it all while having a tremendous amount of fun!

We all took something back from this remarkable event...some more than others. For many the journey ended on the tarmac at Pearson airport but for others the journey had only just begun...

Catalyst for a change:

During the last day of the conference, Stephen Lewis, world-renowned philanthropist, inspired the crowd with a motivational discourse. With his verbal prowess and masterful rhetoric, Lewis reminded us how the international community is desperately falling short of the goals set out for helping developing countries face one of the most devastating pandemics of the 20-21st centuries; that of HIV/AIDS.

It would be quite difficult to achieve in prose what Lewis could accomplish with even just one minute of your time, so I won't even attempt. What I can say is that through his address, Lewis lulled the crowd, entrenching them with anecdotes depicting the reality of the atrocious conditions in Africa while drawing attention to the limited efforts of governments, policy-makers and people, both in Africa and around the world.

Anyone who has ever heard Lewis speak would profess that nothing could quite emphasize the seriousness of the plight of these people. The resultant effect of his speech, which I now proclaim as the 'Stephen Lewis Effect', left audience members awakened, with a newfound sense of duty, and an extreme desire to get more involved.

A new direction:

I felt particularly motivated, being from a health care background, and knowing that as pharmacists we have a unique set of skills, knowledge and experience with which we can contribute to this cause. Stephen Lewis, like many other influential people who enter our lives, has come to open new horizons. Not knowing exactly where we will end up with our careers, encouragements like his may just be the insight we need to point us in the right direction and give us a chance to make a difference. I know that during this life time I will endeavour to work for a better tomorrow for the entire global community.

I'm not Jerry Maguire and this isn't a mission statement. But I hope that some of you will see this and think about how you can get involved. The way we see the world now must change. As health care workers we need to take our god-given talents to help others both here at home and abroad. We are Canadian citizens but let us not forget that we are also citizens of this world. Let's not turn our back to the world and help those who need it the most.



Attention all artists, poets, writers, and performers!!

PHARMACY ARTS NIGHTS

Tentative date: Thurs. April 5th
5:00-7:30PM

If you would like to perform for Pharmacy Arts Night, please e-mail Janet Chong (pharmacy.choir@gmail.com)

If you would like to submit a piece of artwork for the show, please email Catherine Chung (sdcathc@gmail.com)



My Encounter with Three Legendary Pianos

---Elaine Tam (OT9)

Can you imagine playing a game of hockey using Wayne Gretzky's hockey stick? How about dancing a ballet wearing Karen Kain's ballet slippers? Playing a match of tennis using André Agassi's tennis racquet? Or giving a concert on Elvis Presley's guitar?

Well, I recently had the honour of experiencing such a surreal brush with sheer genius. From February 15th to 24th, Remenyi House of Music on Bloor Street was host to three legendary Steinway pianos that are on a world tour to inspire piano enthusiasts everywhere. Pianists of all ages and skill levels were invited to book a 15 minute appointment at Remenyi to actually *play* these pianos. I jumped at this once-in-a-lifetime opportunity and booked my appointment right away.

One of the pianos, a Steinway CD 503 Concert Grand, was the last piano owned by the immortal Vladimir Horowitz (1903-1989). Of Ukrainian birth, Horowitz is considered to be one of the most brilliant pianists of all time. The Steinway CD 503 Concert Grand was the same piano on which he performed during his triumphant tour of Soviet Russia in 1986. It was also the identical piano he used to record his final album, "Horowitz: The Last Recording," which won a Grammy Award for Best Instrumental Soloist Performance in 1991 – only one of dozens of Grammy awards he achieved throughout his lifetime.

So you can imagine the thrill of exhilaration I felt as I sat down at the keyboard of this fabled Steinway! I certainly did not feel worthy of *touching* Horowitz's piano, let alone to play it! Breathless, I performed an abridged version of Chopin's Grande Polonaise Brillante in E flat major, Opus 22 (originally written for piano and orchestra). Horowitz was renowned for his outstanding interpretations of Chopin's music, so it only seemed fitting for me to choose a masterwork of this great composer to bring to life on *this* piano, of all pianos. The only thought running through my head as my fingers ran the length of the keyboard was, "I can't believe I'm playing Horowitz's piano!"

I still had about seven minutes left to tinkle the ivories of a second legendary Steinway that belonged to the American piano virtuoso Van Cliburn (b. 1934), winner of the very first Tchaikovsky Piano Competition held in Moscow in 1958. Cliburn's illustrious career is deeply tied to the Cold War; he won the Tchaikovsky Piano Competition only months after the Russians outdid the Americans in launching the Sputnik, the first spacecraft in the Space Race between the two nations. Cliburn soon became a musico-political sensation, and he was invited to perform for Ronald Reagan and Mikhail Gorbachev at the White House in 1987. He later returned to perform in Russia on numerous occasions, and extensively recorded the works of the Russian masters Tchaikovsky and Rachmaninoff.

Thus, I felt that it was only appropriate for me to play a piece by either Tchaikovsky or Rachmaninoff on Cliburn's piano, and I chose to perform the Prelude in C sharp minor, Opus 3 Number 2 by Rachmaninoff. I have always been drawn to the passionate outburst of emotion in this piece, framed by a deeply contemplative and throbbing introduction and conclusion. I can only begin to imagine the intensity with which Cliburn must have poured out his soul as he played this piece on this very same piano.

Unfortunately, my 15 minutes was up by the time I finished playing the Rachmaninoff, and I did not have a chance to play the third Steinway piano: the Rhapsody in Blue Art Case Piano that was specially crafted by Steinway & Sons to commemorate the 100th anniversary of George Gershwin's birth. I did manage to steal a quick glance at the beautiful blue piano, inlaid with 400 mother-of-pearl stars hand cut into the piano and the word "Rhapsody" elaborately etched into the music stand.

For a small donation, Remenyi made a professional recording of my performances on Horowitz's and Cliburn's pianos. Although the calibre of my performances will never come near those of Horowitz or Cliburn, I will always treasure the recording as my very special encounter with three legendary Steinways and the spirits of two great masters.

PharmaFiles

Your Rx for Success!

Hi pharmacy,

We're back! We hope you enjoy reading the first pharmacist profile of the new year. Jeff Nagge is a recent grad from 2000 who has already made a huge name for himself in the world of pharmacy (which gets smaller every day so it seems!). I'm sure you'll find his profile incredibly interesting to read and it will hopefully give you a glimpse of other things available for you to do once you graduate, of which there are so many. On an additional note, if you know of a specific pharmacist you would like to see profiled, or have any other feedback, just let us know by emailing us at cathryn.sibbald@utoronto.ca or angeline.ng@utoronto.ca.

Take care,

Cathryn Sibbald (OT7)
UPS External Affairs

Angeline Ng (OT8)

Below: Jeff with his wife



Demographic Info

Name: Jeff Nagge
Year of Graduation: 2000

Which pharmacy school did you graduate from?

University of Toronto

Have you completed any advanced training or certification?

Hospital residency (McMaster University Medical Centre, 2001), Doctor of Pharmacy program (University of Toronto, 2004)

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

Canadian Society of Hospital Pharmacists: Member of the Educational Services Committee

Job Description

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

I am the pharmacist at the Centre for Family Medicine, a Family Health Team in Kitchener, Ontario. I also have an academic appointment at the new School of Pharmacy at the University of Waterloo.

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

Prior to my current place of practice, I practiced in the Coronary Intensive Care Unit, and was the clinical leader of the Cardiovascular team of pharmacists at Toronto General Hospital (TGH). I found my position at TGH both challenging and rewarding. However, when I was presented with the opportunity to participate in the development of the new School of Pharmacy at the University of Waterloo, I made the decision to move closer to friends and family in Waterloo region.

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

I have a medical directive that allows me to dose warfarin for patients of the ten physicians at my clinic. On Wednesday's, I run an anticoagulation clinic at which patients come in to have their INRs tested by a point-of-care device that gives a result in 10 seconds. I provide dosing instructions based upon the results. On days other than Wednesday's, I begin my day with a review of INR results that have come in overnight from patients who were unable to attend anticoagulation clinic. I send a message to our venipuncture nurse to call the patients with therapeutic INRs, and I personally call patients with INR results outside of their therapeutic range to problem-solve and provide dosing instructions. After completing warfarin dosing, I spend the rest of my mornings seeing patients that the physicians have referred to me for consultation. I may be asked to assess a patient for recommendations regarding treatment-resistant hypertension, antithrombotic strategies for atrial fibrillation, treatment alternatives to delay progression of chronic kidney disease, determining the causality of medication-related adverse effects, etc.

In the afternoon, I have time to work on various projects such as measuring the outcomes of our pharmacist-managed anticoagulation clinic versus traditional management of anticoagulation in the community, or developing new clinics such as pharmacist-managed dyslipidemia clinics.

Over the course of the entire day, the physicians at our clinic will grab me whenever I am present to ask questions that they encounter while seeing their patients.

What do you like most about your job?

I enjoy the variety that my career offers. I have a rewarding clinical practice, time in my day to perform research, and opportunities to teach both pharmacy and medical students.

Have you experienced any challenges that you had to overcome?

My recent change in practice sites was quite a challenge. One day I'm assessing a patient with cardiogenic shock requiring ventilatory and circulatory support at Toronto General Hospital, and the next day I'm being asked to discuss treatment alternatives for a post-menopausal woman with hot flashes at the Centre for Family Medicine. What made this change so challenging, is precisely what makes it so rewarding. I actually get paid to learn something new every single day (please don't tell my boss that I'd do that for free!).

Fun Questions

What is your best memory of pharmacy school

The extra-curricular "events" that my housemates and I hosted at 102 Spadina Road.

What is your most embarrassing pharmacy moment?

Telling a jogger who was hogging the sidewalk to get out of my way while roller-blading to class, only to discover that it was Dean Hindmarsh. (It's a wonder that I graduated on schedule!).

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

I used to play competitive baseball (Provincial and Varsity teams).

What is your favourite drug and why? ☺

My favourite drug is warfarin. Warfarin is the Montreal Canadiens of drugs – a true dynasty. Despite its narrow therapeutic range, warfarin has stood the test of time in this era of "newer is better".

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 had a number of role models in school. Common attributes that these individuals possessed included professionalism, enthusiasm, expertise, and an approachable demeanour.

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

The Health Care system in Ontario is evolving rapidly. There are plenty of opportunities for pharmacist to develop new and exciting practices that enhance the care provided to patients. As a pharmacy student or new graduate, I encourage you to:

- find a mentor (as early as possible)
- seek out challenges (instead of avoiding them)
- not be afraid to try something different, despite hearing "that's not the way we do things around here"

Shout Outs!!

Congratulations Olivia Tomiczek 1T0 on your marriage to Matt LeBelle! From James

Shout out to my sister, Abby the Cat. From Maisy (Monica's 2 year old English Bulldog)

James, you are too cool for school! Anonymous

Char,

Happy Birthday!!! Hope you have a good one! =) *birthday hugs from all of us*

- the girls

To the bestest BB,

Thank you for all your time and your support.

2MB4EVR - lol. *wink*

Anagrams – a word or phrase formed by reordering the letters of another word or phrase

Debra Moy: ready mob

Zubin Austin: Nazi subunit

Raymond Reilly: royally remind

Paul Grootendorst: drugstore platoon

Christine Allen: Hellenic trains

Lesley Lavack: cleaves alkyl

Olavo Fernandes: Do no anal fevers

Jim Wells: Jews' mill

Doris Kalamut: sour milk data

Scott Walker: talk to screw

courtesy of: <http://www.anagramsite.com/>
anonymous 0t7

Let's Get Personal...

...with Personal Health Solutions!

Personal Health Solutions is an exciting professional pharmacy program which gives our patients an opportunity meet one-on-one with a trained pharmacist to learn more about how to decrease their health risks and optimize their quality of life. These consultations are available year-round by appointment and are perfect for patients who would benefit from personalized health education.

Not only does the patient gain valuable knowledge, but the pharmacist also gains an opportunity to charge for his/her valuable skills and expertise! At Pharmasave we believe in the value of our pharmacists and Personal Health Solutions.

Other patient care programs we are willing to charge for include: community seminars, in-depth medication reviews, disease management clinics, and much, much more.

If you're interested in a rewarding career, working in a unique environment where you can be paid to integrate professional services such as consultations, community seminars, and disease management clinics into your daily practice, consider a position as a student pharmacist or a pharmacist with Pharmasave.

For more information, contact:

Peter Zawadzki, B.Sc.Pharm., R.Ph.
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Pharmasave Ontario
Tel: 905.477.7820 ext 232
Email: pzawadzki@on.pharmasave.ca

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Pharmacy Humour!

Contributed by Peter Shalvardjian (OT8)

Joe walks into a pharmacy and asks the assistant for some bottom deodorant. The pharmacist, a little bemused, explains to Joe that they don't sell bottom deodorant, and never have.

Unfazed, the Joe assures the pharmacist that he has been buying the stuff from this store on a regular basis, and would like some more.

"I'm sorry," says the pharmacist, "we don't have any."

"But I always get it here," says Joe.

"Do you have the container it comes in?"

"Yes!" said Joe, "I will go get it."

He returns with the container and hands it to the pharmacist who looks at it and says to him, "This is just a normal stick of underarm deodorant."

The annoyed Joe snatches the container back and reads out loud from the container, "To apply, push up bottom."

