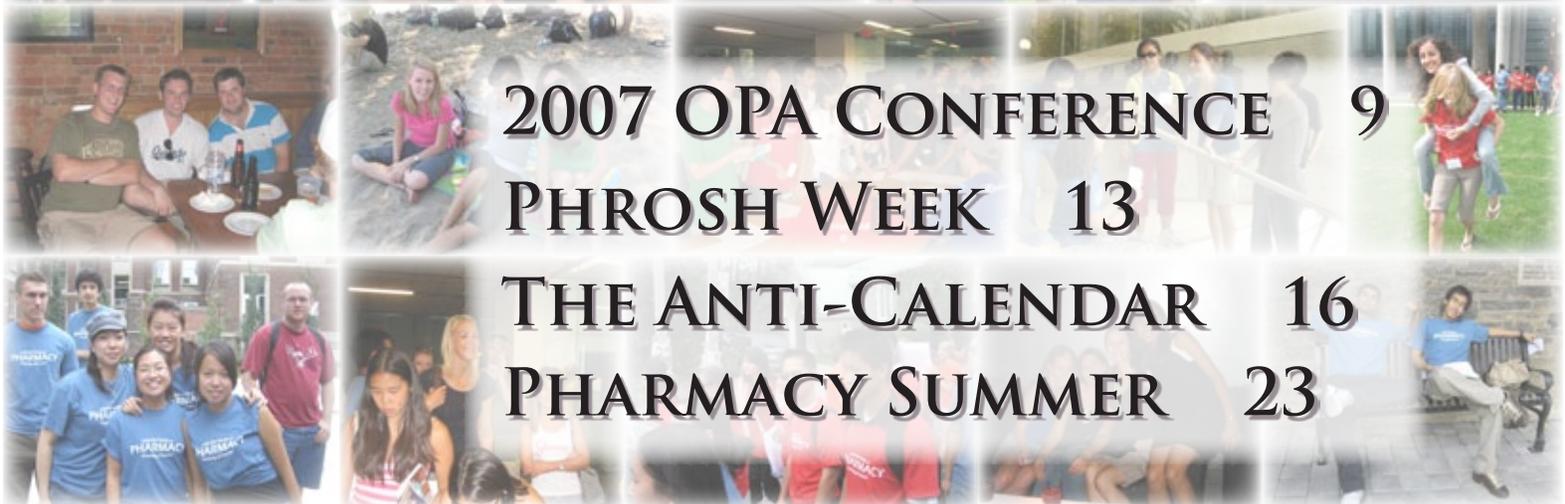


# The Monograph

Sept/O7  
Vol. 9 No. 1



2007 OPA CONFERENCE 9

PHROSH WEEK 13

THE ANTI-CALENDAR 16

PHARMACY SUMMER 23

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Are you in pharmacy and are interested in contributing to The Monograph? We are always looking for articles, stories, photograph, shout-outs, jokes, artwork and poetry. Contact your class representative for more information.

Potential advertisers can contact

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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 contact us to discuss the matter in further detail.

# LETTER FROM THE EDITORS

Whoa! What happened to The Monograph? That is likely the question that is reverberating in the halls of our pod-tastic building as people turn over the pages of this publication. Hopefully the response to the previous statement is "I really like it!" We're expecting the past editors to be fervently flipping through the pages trying to figure out how and why they selected us to succeed them. It's too late now, Michelle and Henry!

In all seriousness, we are excited to be the new editors of The Monograph and feel it is a fitting time to give our beloved student newspaper a new, edgier look! Why? Take a look at the profession of pharmacy. From the TDSPA to prescribing rights, the profession of pharmacy is undergoing a host of changes. Pharmacists are no longer just standing behind the counter; we are at the forefront of healthcare, fully participating as members of the healthcare team, fighting for our patients' health and well-being.

Faithful followers do not be too alarmed! The Monograph will still contain familiar features, such as the ever-so-popular Anti-Calendar, Pharmafiles, The Dispensary, as well as all your pharmacy news and incredible submissions. It is our hope that The Monograph's fresh new look (in addition to monthly contests) will inspire more of you to submit articles, photos, drawings, or whatever! Remember The Monograph is your voice...just louder!

Reality check: As editors and members of The Monograph team, we're here to keep you informed and entertained. If you feel we are doing a great job let us know. Conversely, if you don't like what you see, write to us and we'll include all your comments in our 'letters to the editors' section. This section will be your forum to relay your opinions on our articles and other content.

We would like to take this time to welcome Adam Calabrese (1T1) to The Monograph team. We would also like to congratulate Rabiah Siddiqui (0T9) for winning the first contest about her summer experience at CSHP! For the *next contest* we would like you to *submit a comic strip* (pharmacy-related or not). So, keep the submissions coming! **The tentative deadlines for the next issues are: Oct. 22, Nov. 26, Jan. 21, Feb.25, and Mar. 31, 2008.** Please send submissions to your class reps (info on the inside cover).

Truckin' On,

Matt Fong (0T9) and Lara Tran (0T9)



The Monograph is available  
in full colour, online at:  
[ups.uoftpharmacy.com/  
Monograph.php](http://ups.uoftpharmacy.com/Monograph.php)

## UPS CORNER



On behalf of the Undergraduate Pharmacy Society (UPS) Council, we would like to welcome you all to a new academic year!! A kindhearted welcome should also be sent to the incoming class of 1T1. Congratulations on your admission to the program and I wish you the best of success on your four year journey.

The curriculum is difficult and rigorous but UPS is here to help you cope! Our basic mission is to promote social, athletic and professional activities to you, the undergraduate pharmacy students, with the sole purpose of enhancing your educational experience. From intramurals, to social events and then CAPSI events-the range and variety of events to attend will help make the school year pass a little faster. Learning is not always done in the classroom and associations such as the OPA, CAPSI, CSHP and CPhA provide opportunities for pharmacy students to promote the profession and make their voices heard at both the local, provincial and national level. Pharmacy students have a fresh prospective and can certainly make a difference. I would encourage all of you to support these organizations in some way-whether it being a membership registration, or taking a role on committees or council.

To access information and announcements about UPS visit our website at: <http://www.ups.uoftpharmacy.com>. If you have suggestions on what UPS Council can do for you this year, please let us know! Council is at your service and our contact information can be found in the Key and the website. If you have a great idea for a new event and want to put some legwork into organizing it, UPS also has a Student Initiatives program. The request for support form and more information is found on the website. Past recipients included funding for the creation of the Pharmacy Choir.

We look forward to a great year full of extra-curricular activities for you to participate in. Use your time management skills and make sure to schedule in some UPS events into your agenda!

Regards,

Alexander Vuong (UPS President)

Stacy Yeh (UPS Vice President)

Here's your Undergraduate Pharmacy Society! Find out what they do for you and what Pharmacy-Superhero they would be if they had the choice. Maybe some are already Super heroes!?

# UPS COUNCIL



**ALEXANDER VUONG**

Year - OT9  
 Position - UPS President  
 Position description - The role of the UPS President is to oversee all activities of the council and to be responsible for the efficient operations of UPS. The President also acts as a liaison between UPS and the Faculty.

Superhero name and power - The connector - The ability to connect students to UPS, the faculty, and themselves.



**STACY YEH**

Year - ITO  
 Position - UPS Vice-President  
 Position description - Organize Phrosh Banquet, create the Key, keep record of UPS points, organize UPS Awards Night

Superhero name and power - I'd be a pink Mighty MorPHINE Pharma Ranger and give morphine to anyone and everyone who's in pain (only for the good guys though).



**LAURA WANG**

Year - ITO  
 Position - Executive Secretary  
 Position description - The Secretary is responsible for the listservs, the summer mailings, meeting minutes, and other housekeeping stuff.

Superhero name and power - 'The Empathizer' with the power to connect emotionally to every living thing.



**ANNA WONG**

Year - OT9  
 Position - UPS Speaker  
 Position description - My job is to chair all UPS meetings, and be responsible for knowing and updating the constitution.

Superhero name and power - My name would be "Ann-usol Girl" and my power would be the ability to go where no superhero has gone before in order to save the day!



**KIRK WONG**

Year - OT9  
 Position - Senior Finance Officer  
 Position description - Making a budget and ensuring that UPS stays on it, amongst other things.

Superhero name and power - My name would be Slow-K, and my superpowers would be to induce muscle fatigue in villains.



**KEITH WONG**

Year - ITO  
 Position - Junior Finance Officer  
 Position description - Collect, deposit, reimburse money and whatever else the Senior Finance Officer gives me to do.

Superhero name and power - <sup>26</sup>Fe-man. Curing anemias around the Universe.



**ANGELINE NG**

Year - OT8  
 Position - Senior External Affairs  
 Position description - I act as your student liaison on the OPA Board of Directors, and fundraise for student initiative including the Key and the Pharmakon.

Superhero name and power - The Phantastic Pharmacist who has superhuman power to detect DRPs



**MIKE PE**

Year - OT9  
 Position - Junior External Affairs  
 Position description - I work with Angeline to fundraise for the Key and Pharmakon. I also sit on the board for the Ontario Branch of CSHP (Canadian Society of Hospital Pharmacists) to not only keep you informed on pharmacy issues, but to also

be your representative and voice.  
 Superhero name and power - The Amazing Spidercist - I have 8 arms and legs to enter, fill, and check prescriptions.

# WHO'S WHO



**JOSHUA LIEBLEIN**

Year - ITO  
 Position - Events Co-Director  
 Position description - Creating and producing fun Pharmacy events, such as the Pholies, the Fall Info Night, Pharmacy Awareness Week, and the Pharmacy Arts Night!  
 Superhero name and power - Pharma Claus, and I'd bring joy to all the good little patients who complete their medication dosing regimens by providing professional counselling sessions and medication reviews. Those who know me know that a superhero persona associated with Christmas is perfect for me in every way!



**CHRIS SAWLER**

Year - ITO  
 Position - Events Co-Director  
 Position description - Organizes several events throughout the year, such as the Pharmacy Pholies, Fall Info Night, etc

Superhero name and power - I would be... The Masked Hero 'Decodapharm' who can decode any Doctor's Scribbles!



**MARIE-HELENE IRVINE**

Year - OT9  
 Position - Senior CAPSI Representative  
 Position description - To oversee the running of all CAPSI local events and services.

Superhero name and power - TIME-STOPAM, I would be able to stop time (hence the name) so I could get more study time in before an exam!



**RACHEL KNOTT**

Year - ITO  
 Position - Junior CAPSI Representative  
 Position description - Promote, organize and oversee CAPSI competitions, symposiums, PDW, etc., as well as act as a liaison between U of T pharmacy students and the CAPSI national council.

Superhero name and power - I would be 'Penta' with the unparalleled ability to count by 5's.



**SARAH LUONG**

Year - ITO  
 Position - UPS Social Director  
 Position description - Co-ordinate Social happenings and events for Pharmacy so that you're not just bored in class.

Superhero name and power - The Pharmagal Socializer with the ability to produce pharmacy social events for all years to enjoy.



**JENNIFER TENG**

Year - OT9  
 Position - IPSF Representative  
 Position description - To Promote all International Pharmaceutical Students' Federation activities and initiatives to the student body: Student Exchange Program, IPSF Internships, IPSF World Congress, HIV/AIDS Awareness!

Superhero name and power - I'd be the ULTIMATE BIN FILLER. 5 Carts, 5 seconds! Can you imagine it? If you've filled patient specific bins at a hospital, you understand. :)



**MATT FONG**

Year - OT9  
 Position - The Monograph Co-Editor  
 Position description - Responsible for the funding, layout and overall awesome-makingness of The Monograph with my co-editor, Lara.

Superhero name and power - I'd be Power-Pestlor. My power would be ultra-trituration. Together with Mega Mortar, we'll grind our enemies to a pharmaceutically elegant emulsion!



Year - OT9  
 Position - The Monograph Co-Editor  
 Position description - Along with my co-editor Matt, I will be collecting, arranging, and editing articles for the student newspaper, The Monograph

Superhero name and power - I'd be Mega-Mortar and my power would be super-levigation. Ditto to what Matt said!!!!

# UPS COUNCIL



Year - ITO  
 Position - Pharmakon (Yearbook) Co-Editor  
 Position description - Putting together the 2007-08 edition of the Pharmakon.

**RUBY MEHTA**

Superhero name and power - I would have the power of persuasion - and maybe I could convince everyone to buy a yearbook ;)



Year - ITO  
 Position - Pharmakon (Yearbook) Co-Editor  
 Position description - With my conuterpart, Ruby Mehta, I will be putting together the annual Pharmakon publication.

**JAMES MORRISON**

Superhero name and power - Mr. Invisible. My power would be invisibility, so that I could capture all those great candid photos of unsuspecting pharmacy students and faculty.



Year - ITO  
 Position - Female Athletic Director  
 Position description - Work with athletic reps to promote, coordinate and encourage athletic activities as a means of enhancing student life at the faculty.

**LINDA PLONG**

Superhero name and power - Warfarin Woman - warding off evil clots since 1948



Year - ITO  
 Position - Male Athletic Director  
 Position description - Male intramurals and sports

**BRYAN LANGEL**

Superhero name and power - Name: Donkey Slayer  
 Power: Harpooning



Year - OT9  
 Position - COED Athletics Director  
 Position description - Promote active living in the faculty through organizing COED athletic teams and events for Pharmacy students.

**RENE MADER**

Superhero name and power - I'd be the 'Decryptor' with the awesome power to decipher any Rx sig!



Year - ITO  
 Position - UPS Webmaster  
 Position description - Making sure the UPS website is worth a visit every once in a while.

**JOSEPH ZINGARO**

Superhero name and power - If I was a pharmacy superhero, my name would be "Peppe", and my power would be the ability to stay awake during jurisprudence lectures.



Year - OT8  
 Position - 4th year Class President  
 Position description - Liaison between faculty, recruiters, and the graduating class of 2008.

**ANGEL LI**

Superhero name and power - \* In order to preserve her ability to serve her community to the maximal extent, Angel has chosen to keep her Super Identity a secret.



Year - OT8  
 Position - 4th year Class Vice-President  
 Position description - Name Tag & Clothing sale organizer. Involved with charity week, Indian dinner and many other activities.

**LAVINA VIEGAS**

Superhero name and power - I'd be superwoman! I dunno why...I just like her!!!

# WHO'S WHO ...CONTINUED



**ANDREA FERNANDES**

Year - OT9  
 Position - 3rd year Class President  
 Position description - To support and help organize OT9 class council and UPS projects.

Superhero name and power - My name would be Iron Legs because I would have the ability to stand for countless hours without getting tired (and I would have nice legs!).



**SHAUN LEE**

Year - OT9  
 Position - 3rd year Class Vice-President  
 Position description - Organize Charity Week, Clothing Sales, CPR classes and many other random things.

Superhero name and power - "Mr. Sandman's Happy Pill"... with the super powered ability to sleep joyfully in every and any situation.



**HAYLEY FLEMING**

Year - ITO  
 Position - 2nd year Class President  
 Position description - I represent the ITO class on the UPS council with Vanessa Chan ITO VP.

Superhero name and power - Ranitidine woman - because everyone needs to put out a burning stomach now and again.



**VANESSA CHAN**

Year - ITO  
 Position - 2nd year Class Vice-President  
 Position description - Raise money for ITO grad fund via events like Phrosh Week, ITI CPR and others.

Superhero name and power - Ms.All-In-One - a multi-tasking VP who can do everything all at the same time!



**PAUL BAZIN**

Year - ITI  
 Position - 1st year Class President  
 Position description - Work with other members of class council and ensure efficiency and represent the class with all external organizations, meetings and events.

Superhero name and power - Captain Cancer Killer - able to stop abnormal cell growth and metastasis quickly, efficiently and stealthily without leaving a trace.



**TINA HWU**

Year - ITI  
 Position - 1st year Class Vice-President  
 Position description - Organize class fundraisers, holding council meetings & performing outlined duties, being the President's underling, and so on! =)

Superhero name and power - If I was a pharmacy superhero, I would be Tina the Tylenol - for fast relief of pain that lasts all day. :\*)



**ANDREA NARDUCCI**

Year - OT8  
 Position - Past UPS President  
 Position description - "The Past President serves as a non-voting member of the General Council and acts as an advisor to the current President of the General Council." Basically I am here for team support!

Superhero name and power - ODB Super Girl - her touch on a patient's head enlightens them and allows them to completely understand the \$100 deductible that they pay each year after



**TBD**

Year - ?  
 Position - UTSU Representative  
 Position description - Act as a liason between Pharmacay and the UTSU (University of Toronto Students' Union) by attending both UPS and UTSU meetings. Report any relevant information between each council.



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**BIOVAIL** 

Left to right: Alison Shipley (OT9), Alex Vuong (OT9), Angel Li (OT8), Dean Miller, Angeline Ng (OT8), Hayley Fleming (1T0), Andrea Fernandes (OT9)



# Embracing

OPA Conference 2007

# Change

By Angeline Ng (OT8)  
Senior External Affairs Director  
OPA Student Representative

The Ontario Pharmacists Association (OPA) is your provincial advocating body that speaks for pharmacists and the profession to promote quality care and well being of patients. Each year, OPA hosts a conference offering a wide range of opportunities to attend educational sessions, network with leaders in pharmacy, and enjoy entertaining and social events all while contributing to the advancement of the profession. This year's OPA Conference 2007 held at the Deerhurst Resort was a huge success, bringing together over 300 pharmacists across Ontario who share a similar passion for pharmacy.

The theme of the conference – Embracing Change – highlights a pivotal time in pharmacy. The recent implementation of the Transparent Drug System for Patients Act (TDSPA) represents both challenges and opportunities for pharmacy to be part of an integrated team providing enhanced care to patients. OPA played a crucial role in helping to develop the first ever professional services program for the public, and continues to work with government and other stakeholders to ensure that pharmacists are recognized and valued as key health care providers for a sustainable health system. As students and pharmacists of the future, we have the opportunity to make an impact in patient care and embrace the changes and opportunities ahead.

I would like to take this opportunity to congratulate the OPA on a very successful Conference 2007, and extend a thank you to Shoppers Drug Mart for sponsoring your UPS and Class presidents to attend. As your OPA Student Representative on the Board of Direc-

tors, I would also like to encourage you all to get involved in your profession and ensure that your voice is heard through your support and participation in groups such as the OPA. I look forward to seeing you at OPA Conference 2008!

By Alexander Vuong (OT9)

The 2007 OPA Conference gave Leslie Dan Faculty of Pharmacy students

from the University of Toronto an opportunity to take a deeper look at the profession and showed us how the OPA represents and advocates for pharmacists. The theme “Embracing Change” was an important theme as the profession has faced its challenges this past year and it was clear how the OPA has prepared for the ongoing changes.

The conference was jam packed with cutting-edge continuing education sessions, interesting high-profile speakers, a heavily attended exhibit hall and fabulous social events. It was made all the better because of the choice of location; the Deerhurst Resort in the heart of Muskoka, full of luxurious amenities and activities. As my 2nd time attending the conference, I must say that it has been just as memorable and rewarding as the first time. The conference provides learning opportunities about the profession not available in the classroom and it was a great opportunity to network and meet future colleagues.

At the gala night, awards were given to pharmacists who have made a difference in the community or to the association. Our fellow classmate Cathryn Sibbald was announced as the recipient of the 2007 Student Distinction Award. She has been a vital asset to the student body with her commitments on councils at school and abroad. The award recipients all echoed a very important message - that it is critical to make a difference in our community, and that individually, we can be catalysts for change.

The four presidents on the Undergraduate Pharmacy Society were fortunate enough to be sponsored for full conference registration and accommodation for the conference by Shoppers Drug Mart. This sponsorship was given in recognition for student leadership and com-

mitment to the student body. On behalf of all the sponsored student delegates I would like to thank Shoppers Drug Mart for their generous support of student sponsorship and would like to thank Dean Miller for his guidance and counsel throughout the conference. Lastly, a big thanks to all the board members, directors, staff and members of the Ontario Pharmacists' Association for their warm welcome, earnest advice, and motivational words.

By Andrea Fernandes (OT9)

As I was driving up to this year's Ontario Pharmacist Association conference held in Muskoka, I had no idea what to expect from the weekend ahead of me. I knew that OPA advocates for the profession of pharmacy (how many times has that been drummed into our heads?) and that a pharmacy conference is generally a good time (PDW, enough said) but after this amazing weekend, I have many more thoughts about the OPA and pharmacy conferences in general.

The theme of the conference was embracing change. As students, we always hear that the profession has “come along way” but this weekend gave me insight into just how far we have come. Not only did I hear about recent changes that affect the profession, like Bill 102 and Med-Checks, but also I had the opportunity to meet pharmacists who were implementing these and other innovations in their pharmacies.

The conference ended on a high note with an awards banquet. This banquet honored pharmacists who have rendered outstanding service to the profession, pharmacists who have enhanced a professional area of pharmacy through their work, and pharmacists who have been active participants in charitable and community affairs. To learn about these pharmacists' achievements and to see them honored at the banquet really put meaning behind OPA's mission of advocating for our profession.

I never considered going to conferences when I graduate but after attending the OPA conference, it is something I would not dare to miss out on. This conference had numerous opportunities to network (I've had enough wine and cheese to last a lifetime!) and meet leaders in our profession. Pharmacy conferences give you a sense of connection to the pharmacy world: they are an opportunity to reconnect with your colleagues and to discuss the new directions the profession is taking. If you have the opportunity to attend one, do not miss out. On that note, I would like to extend the invitation to 3rd year students to attend the Shoppers Drug Mart conference taking place on September 29th. An email will be sent out with more information, but be sure to keep the date free! ■

# CAPSI at CPhA in Ottawa!

By CAPSI Representatives: Marie-Hélène Irvine (0T9)  
& Rachel Knott (1T0)

CAPSI has gotten off to a great start this year! Our first task of the year involved attending the CPhA Centennial Conference in Ottawa, in June. During this conference, we spent our days in meetings with the rest of the CAPSI National Council. Each school and each member of the executive presented their bi-annual report and we discussed issues including the budget, the competitions, our website, PDW 2007, PDW 2008, PDW 2009, Blueprint for Action, student interview handbook and tool, CAPSIL, Guy Genest Passion for Pharmacy award, Operation Wash-up, iPharmacist, Honorary Life Members, CPhA Campus Tours, student access to e-therapeutics, symposia, University of Waterloo School of Pharmacy, Novopharm leadership seminar, Corporate partners, etc. Our meetings ran quite late and then off we went to the evening events.

On one of the nights, various stakeholders including Wyeth and Apotex took us out for some food, drinks and dancing at a local bar in Ottawa's Byward Market. On another night, we attended the "Fun Night" put on by CPhA. We entered a room filled with food and activities. There were blown up slides, caricature artists, fortune tellers, clowns, tricycles, skipping ropes, balloons, dancing and much more. They even had the hockey game on to please all the Sens' fans. This night was fantastic!

We also had the opportunity to hear Dr. David Suzuki speak during the conference. His talk was amazing and very motivating. He gave the crowd the urge to stop useless spending and embrace the environment. Our council also got to meet David McGuinty, a Member of Parliament and Dalton McGuinty's brother. He came to talk to us as part of a government



relations workshop pilot. He was very nice and he gave us some insight on how to push the government to make changes when issues need to be addressed. We also attended a Drug Fair, where we received lots of information from various companies. It was a lot of fun and we got to stock up our pen supply! This conference was truly memorable and we would like to encourage all of you to get involved with CAPSI on a Local and National level because it can be very rewarding! ■

## Professionalism

By Alexander Vuong - UPS President

I am sure that all of us have been faced with a situation where we haven't demonstrated professionalism - from being disruptive in the classroom to inappropriate behavior at a social outing. But when you breach the ideals of professionalism, not only is your self image put at risk, but the image of pharmacy students in general is jeopardized. In the small pharmacy community, we are all seen as representatives of the Faculty of Pharmacy. This means we all must contribute to building a professional identity founded on integrity, ethical behavior and honor. The high ideals set by our ethical principles are very serious and should be carried on throughout our entire education and careers as pharmacists.

If we expect to be treated like professionals, we have to start with ourselves... we must act like professionals. While we are all entitled to our opinions and freedom of speech, we have to remember that we are always held accountable for our actions. Are the actions we present in the classroom and beyond appropriate? Are they justified? For those who continue to breach the line of professionalism, I encourage you to do some "soul-searching" and adjust your behavior to the ideals that you pledged at your white coat ceremony.

I do not place blame or point a finger at anyone with this article, nor was this article triggered by any recent activity. I know that I have been caught guilty of unprofessional behavior myself. I just want to remind everyone to behave with a sense of respect and pride for our profession. Even if we have made mistakes in the past, it is never too late to change, improve, and move on to the future. I truly believe in our student body and I know that we are known as the most spirited faculty on campus. Let's continue to show everyone how great our faculty is, and continue to act professional! ■

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# Who Compounds the Medications for your Tinkerbell\*?

By Philip Lam (OT9)

When we think of 'pharmacy compounding', the first thing that pops into our minds would be the frequent creams and ointments that are prepared in the community pharmacy. Those who are more acquainted with the hospital pharmacy setting would tend to include sterile preparation products as well. Either way, it is almost assumed that the recipient of these products would be a human patient. But how does one go about designing and producing a dosage form for other mammals, such as your pet? Veterinary compounding is a growing area in the profession of pharmacy that deals with specially creating medications in a dosage form appropriate for mammalian and non-mammalian use. Its diverse patient population and creative drug formulations make veterinary pharmacy a challenging and rewarding experience.

Over the summer, I had the privilege of sitting down with two pharmacists to learn more about how a veterinary pharmacy operates. Rita Ozolins (BSc. Phm) is the Pharmacy Manager of Veterinary Pharmacy Inc. which has been operating for over 15 years in Guelph, Ontario. Scott Fraser (BSc. Phm) is a staff pharmacist who works at this pharmacy regularly as well.

## How many staff members work at your pharmacy?

Currently, we have 16 staff members working at our pharmacy, three of which are pharmacists. Both the technicians and the pharmacists are actively involved in the compounding process.

## How wide a range of animals do you compound for?

Our pharmacy deals with non-food producing animals, from as small as snakes to as large as horses.

## What is the biggest difference about veterinary pharmacy?

The biggest difference is that most of the prescription compounds produced are not client specific; they are sent to the veterinary clinic for use. Because of this, the veterinary pharmacy is different from a community pharmacy in that there is no front shop.

The indications, dosages, and volume of dispensing of medications differ drastically from those used for humans. Moreover, drugs often discontinued for human use are still used in veterinary compounding due to their different indications. For example, Viagra is used to treat hypotension in dogs, but is obviously used for something else in humans.

## Can you briefly describe the layout of the pharmacy and how a typical prescription is filled?

The compounding pharmacy is structured more like a clinic, with a receptionist, several rooms where technicians and other staff members work, and a main compounding area in the back. The compounding area consists of several work benches, each which specializes in a dosage form. Sterile rooms with laminar flow hoods are also used for compounding sterile compounds or anti-neoplastics. Bulk active ingredients are delivered to the pharmacy and small portions are measured.

Technicians and pharmacists follow a Master Formulary to prepare and create the dosage form, documenting every step along the way. After the pharmacist has verified the veterinary compounds, the prescriptions are packaged and sent out on courier for delivery.

## What quality control methods are in place?

Upon entering the compounding area, all staff members are required to wear lab coats and specific footwear to minimize any potential contamination. Technicians are required to document every step in the compound preparation and production. Products assayed meet USP standards by ensuring all assay results are 90-110% of the expected amount. All formulations are written to meet 100% of label claim and all capsules are within 3.5% of the expected weight of each capsule.

Sterile preparations (eye drops, intravenous preparations) and chemotherapies are specially prepared in sterile rooms with biological safety

cabinets and laminar flow hoods. Of course, the pharmacist also double checks all compounded materials to ensure the final product is correct and of the highest standards.

## What challenges do you face when preparing the ingredients and excipients for veterinary compounds?

Before the Master Formulary is created,

we look into the physical chemistry of the active ingredients such as the solubility, compatibility, molecular weight and size. This will often help determine the excipients used. But in the end, our goal is to maximize patient compliance and we try to achieve this by optimizing the dosage form, size and flavour. We also need to keep in mind the type of animal we are dealing with, as it will often narrow down the types and size of dosage forms applicable.

## One of the large roles of a community pharmacist is to provide over the counter support. Do you provide this for pet owners?

Since animal physiology and pathology is not in our scope of practice, we usually refer pet owners to see their veterinarians. Plus any information relayed to us from the pet owner may not be completely accurate and therefore makes it even harder for us to determine signs and symptoms.

## What resources do you mainly use in your pharmacy?

In addition to the required references (from OCP) available to us, there are many veterinary resources we use to determine dosing, indications and side effects. We often use the Martindale as it provides a lot of information on the physical properties of active ingredients. We are also members of the PCCA as well as online veterinary compounding groups which also provides valuable information.

## What are the most common types of prescription compounds for animals?

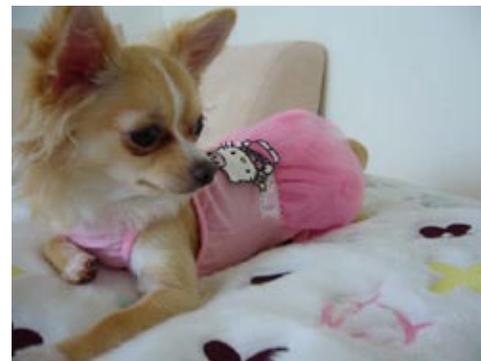
We compound for a wide variety of animals in our pharmacy. The most common are Potassium Bromide preparations to treat dogs with seizures, and transdermal methimazole for felines. Some of the more interesting compounds include large doses of lorazepam for gorillas to treat anxiety, albendazole therapy for an eye parasite in rabbits and griseofulvin therapy to treat ringworm infections in the mink population.

## Where do you see veterinary pharmacy practice in 10 years?

At the moment, we are cautiously optimistic. As multinational companies are required to produce more data to support the efficacy, safety and quality of new products undergoing a NDS, the cost and time required for a drug approval is increasing. Because of this, more and more combination therapies are being discontinued due to weak demand and unsustainable revenues. Another trend we've seen is that pet owners are increasingly likely to spend money to treat their pets. These two factors translate to a greater demand for compounded medications only available through veterinary pharmacies. We are also glad to see that the new OCP compounding regulations recognize veterinary pharmacy as an accepted and growing practice.

## What advice would you give to someone who is interested in entering this field of pharmacy?

You have to have a love for animals, and be comfortable working outside your presumed scope of practice because everyday you are presented with new challenges. Interest and fluency in compounding, pharmaceutical calculations and chemistry are required, since you will be dealing with developing new types of therapies everyday. ■



\*Tinkerbell (born October 31, 2002 in Athens, Greece) is the pet Chihuahua of Paris Hilton. Picture is not Tinkerbell. (<http://laladoggy.com/?cat=13>)

# PharmaFiles

## Your Rx for Success

By Angeline Ng (OT8) and Mike Pe (OT9)  
UPS External Affairs

Hi Pharmacy,  
First off, welcome back to what promises to be an exciting year!

Pharmafiles is a regular in the Monograph that profiles pharmacists who are leaders of the profession. To kick off the year is Mr. September - Ken Burns. Ken recently assumed the role of Chair of the Ontario Pharmacists Association (OPA) Board, and is a dedicated and accomplished pharmacist. We hope Ken's enthusiasm and advice will help inspire you to get involved in pharmacy and make a difference in the profession. Congratulations and best wishes to Ken for a successful year - OPA!

If you know of a specific pharmacist you would like to see profiled, let us know by emailing us at [angeline.ng@utoronto.ca](mailto:angeline.ng@utoronto.ca) or [mike.pe@gmail.com](mailto:mike.pe@gmail.com) - good luck and best wishes for a successful year!

### Demographic Info

**Name:** Ken Burns

**Year/Place of Graduation:** 1983, University of Toronto

### Have you completed any advanced training or certification?

CAE, CDE, Certificates in Cardiovascular, Osteoporosis, probably some others I forget

### Do you participate in any other professional activities (e.g. committees, professional associations)?

Chair of Board of OPA, User Advisory for Smart Systems for Health (SSHA) ICT Task Force, LHIN's 13-14, several other OPA committees

### Job Description

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

Community pharmacist, manager

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

I have worked in community pharmacy continually identifying needs that I could fill as a pharmacist, and then figuring out a way to fill those needs.

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

I would be played by Brad Pitt, my wife by Angelina Jolie. I live in a busy but happy home with a 19-year old boy and 16-and 11-year old girls. The morning is hectic, with everyone running off to their jobs or school. I spend the drive shaving while I talk on the phone with OPA business. I arrive at the pharmacy, and spend the day chatting with patients about their ills. It might be about a patient's concerns about multiple medications needed to control their diabetes, or it might revolve around someone's discomfort about treating a mood disorder. The day is about patients, not only knowing what their medication is for, how to take it, and what to expect, but to find out, if they are not getting the expected outcome, why that is happening. I may field questions from OPA about strategic issues during the day as well. I may also talk to colleagues and industry representatives about patient service programs I am developing, or have developed. I will speak often to the local physicians, often providing verbal recommendations (sorry, no formalized process yet), I will, every day, come across some problem where there is a need for a process to fix it, or a process that needs to be fixed. It means I'll have more work tomorrow. Then I will go home, and join my family for the end of the day, running around doing their bidding.

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

Learning from patients about their issues, and being able to help resolve them.

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

Every pharmacist needs to learn, understand, and apply the science of communication and patient behaviour to the science of pharmacy. Ignoring that is like learning how to do carpentry without learning how to use a hammer. It is not a gift, it is a learned skill that requires practice, and continuous self-evaluation. Very few pharmacists do that. The external challenge is that the system of health delivery does not recognize or compensate for that kind of evaluative behaviour, when in fact, WHY patients do what they do must be answered before we can find the best way to CHANGE what they do to health friendly behaviour.

### Fun Questions

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

Any moment with my wife. (Aww...)

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

Too many to count, too painful to remember.

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

I designed and built my own house, did the wiring, plumbing, insulating, cabinet making, carpentry and flooring etc....

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

My favourite drug is the one that solved the problem with the least side effects.

### Advice Questions

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

When you get out into the pharmacy world, it may not be what you expected or wanted. It is up to you to change it into that, and don't underestimate the power that you have to do just that.

*~profile coordination: Angeline Ng (OT8)*



Ken Burns and his fellow colleague and wife Sue at the OPA Conference 2007

# Phrosh Week '07 – Mixing it up!

By Vanessa Chan (1T0 Class Vice-President)



This year's Phrosh Week brought out more enthusiasm than ever – and it wasn't just the class of 1T1 who was excited! The class of 1T0 was on hand to welcome them into the Faculty and teach them a thing or two about Pharmacy Spirit. The day was started with cheers and icebreakers, where classmates learned to mingle and meet new friends as well as learn from the upper years. The welcome BBQ and speed meeting events allowed for opportunities for students to meet as many people as possible. With two great comedians from Yuk Yuk's who provided the entertainment for the first night, Phrosh Week got started with a bang!

The Scavenger Hunt provided a chance for everyone to get to know the campus a little bit better, as well as a little (a lot?) of exercise. The night ended with an Engineering planned party at the Government. This gave the Phrosh a chance to relax and dance their way into the night.

The day at Centre Island started with sun and blue skies. With the first years doing various activities around the Island, some stayed to play a game of Charades. Food was served at Molly Blooms afterwards.

With over 12 booths at the Pharmacy Fair, students learned about class council as well as various pharmacy clubs and organization. Although not many stayed for the Parade, the few who did made sure their



A trip to Wonderland was not an official Phrosh event, but people still came out on the Saturday to enjoy a day at the park. With over 60 rides, who wouldn't enjoy it?

From the Welcome BBQ to Comedy Night to a Day at Centre Island, the fun never stopped. Memorable moments included Nasonex's cheer with an interesting reference as well as the SAC parade where Pharmacy gained friends from the Faculty of Music to Vic College. The week was filled with enthusiastic faces and energetic people. It helped the 1T1s learn more about what it's like to be called Pharmacy Students!

Many thanks go out to the 1T0's who were leaders and volunteers. Without you guys, the week wouldn't have gone as well as it did. A huge thanks to those who were on the Phrosh Committee and provided input for the week. Thanks, especially, to those who helped with the planning of specific events. Thanks to Caroline Lim (1T0) for designing the phrosh logo as seen on the phrosh shirts. Thanks for putting up with the multiple emails, the meetings and possibly my ranting and raving (if you were lucky). And last, but not least, thanks to the 1T1s who came out to Phrosh Week. Without you, there would be nobody to plan Phrosh Week for.

Special thanks to the following sponsors:



- Apotex, Pentel, SC Johnson, Hawaiian Tropic, Taro, Second Cup, Canadian Forces, Pharmasave, Pharmascience (PMS)

**NASONEX BY 2007 PHROSH TEAM 5\***  
SUBMITTED BY YUAN ZHOU

**TO THE TUNE OF "SPIDERMAN"**

**NASONEX, NASONEX,  
IT'S NOT USED FOR ANAL SEX.  
WHO NEEDS CLARITIN OR KLEENEX?  
ALL YOU NEED IS NASONEX!  
FED-EX...ISN'T FASTER THAN NASONEX!**

**NASONEX, NASONEX,  
IT'S NOT MADE AT APOTEX.  
NEED A PILL? NO, YOU DON'T!  
TAKE A SPRAY AND YOU'RE ON YOUR WAY.  
LOOK OUT, HERE COMES NASONEX...  
LOOK OUT - HERE COMES NASONEX! (IN HARMONY)**

\*VIDEO AVAILABLE ON FACEBOOK

# IPSF – The International Pharmaceutical Students' Federation

By Jen Teng (OT9, IPSF Representative on UPS)

## What is it? How do I get involved?

The International Pharmaceutical Students' Federation was founded in 1949 by eight pharmacy student associations in London. The Federation now represents around 350,000 pharmacy students and recent graduates in 70 countries worldwide.

IPSF is a non-governmental, non-political, and non-religious organization that aims to study and promote the interests of pharmacy students and encourage international co-operation amongst them.

IPSF holds official relations with the World Health Organization (WHO) and operational relations with the United Nations Educational, Scientific, and Cultural Organization (UNESCO). IPSF works in close collaboration with the International Pharmaceutical Federation (FIP). The IPSF Secretariat is supported and hosted by the FIP in The Hague, The Netherlands. The activities of IPSF offer the opportunity to look beyond ones national boundaries for fresh ideas!

## IPSF Activities

The activities of IPSF offer the opportunity to look beyond ones national boundaries for fresh ideas!

### The Student Exchange Program (SEP):

This program allows students the opportunity to learn about pharmacy in other countries.

*Length of Program:* 1-3 months in retail, hospital, education, research or industry setting.



OPA is the professional advocacy association representing the views and interests of over 10,000 practicing pharmacists and pharmacists-in-training in Ontario.

For every year that you join as a student member of OPA, you will be eligible for a \$50 gift certificate that can be used towards your full or supporting membership fees after graduation. It's like getting your student membership free!

**It's never too early in your career to join your professional pharmacy association.**

**Call OPA Membership at 416-441-0788 ext. 4224 to join today!**

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



*Expenses:* \$85.00 Application Fee (\$35.00 is returned for unsuccessful applications). Students are expected to pay all travel and miscellaneous costs. Room and Board may be provided by the host country. Some placements may provide a small salary. This varies between countries. Please see the website for a list of placements available!

*Application:* visit <http://www.ipsf-sep.org>

Contact Jen Teng [ipsf.utphm@gmail.com](mailto:ipsf.utphm@gmail.com) or Cynthia Cho-Kee [seo@capsica](mailto:seo@capsica) for more details.

### IPSF-WHO Internships:

Apply to be an intern in the Department of Medicines Standards and Policy at the WHO during the summer! The internship lasts a minimum of 6 weeks and provides an excellent opportunity to learn, network, and explore Switzerland. Application consists of a CV, Letter of Reference, Letter of Intent, and Essay. Sounds like a lot but it's worth it! Stay tuned to your inboxes for further details in early spring on how to apply.

### IPSF World Congress 2007 & 2008:

The 53rd IPSF World Congress, which happened August 6-16th 2007, was held in the Grand Hotel (Yuan-Shan Hotel) of Taipei, Taiwan. There were a total of twelve Canadian delegates who attended the congress. Cynthia Cho-Kee represented the University of Toronto and CAPSI National. She attended workshops, general assemblies, symposiums, competitions and social events with pharmacy students from over 30 countries throughout the 10 days of congress. IPSF World Congress provides a wonderful opportunity for Canadian delegates to bond and network with pharmacy students from all over the world! **The 54th IPSF World Congress 2008 (Aug. 1-11th) will be held in Cluj-Napoca, Romania!**

### Pharmacists Without Borders / Pharmaciens Sans Frontières (PSF):

Pharmacists Without Borders (PSF) is a humanitarian organization that is widely recognized by the international health community. It is known for its distribution of medications to vulnerable populations who are enduring situations of armed conflict, distress, or natural disaster. PSF is comprised mainly of pharmacists who wish to help populations in need, to organize their medical distribution networks, and to assure the proper management of essential medications. IPSF gives a yearly talk to U of T pharmacy students about their ongoing projects. Watch your inboxes for announcements in the spring! <http://www.psfcanada.org/>

### Health Promotion Campaigns:

In the months of November and December, IPSF will promote awareness of HIV/AIDS. Look for articles in the Monograph on the latest developments in HIV/AIDS research on therapeutic options. More to come! ■

# THINK PDW... FOR THE WORLD!

By Cynthia Cho-Kee (OT8)

This August, the 53rd annual IPSF World Congress was held in the beautiful Taipei, Taiwan. International Pharmaceutical Students' Federation (IPSF) World Congress gave 12 CAPSI members the opportunity to meet, discuss, debate, socialize and party with over 300 pharmacy students and recent graduates from over 35 countries worldwide! The IPSF executive and the Taiwanese reception committee had interesting educational events planned such as regional healthcare workshops and symposia on different models on financing in healthcare. What would a conference be without amazing social events? Clubbing nights, a red festival, international talent show, and a formal gala night to end off the Congress made it a great atmosphere to party with 300 of your closest new friends.

Think you've heard enough of the Therapeutic Thought Process and "you must be frustrated" empathy statements? Well apparently Canadians pharmacy students have the best patient counseling skills in the world! At each World Congress, IPSF holds a competition called the Patient Counseling Event (PCE). Pharmacy students from across the globe test their patient counseling skills for a chance to win 500€ and international recognition. Shirley Yeung (UBC) and Victoria Su (UBC), won the beginning and advanced level competitions respectively with their empathy, thought organization and DRP identification skills.

CAPSI helped raise almost \$500 for IPSF Development Fund. This



Fund provides assistance to official delegates who can't afford to attend Congress. We had many authentic Canadian items such as an aboriginal handmade purse, Canadian flag beach towel, Roots Canadian t-shirts, CAPSI leather padfolio, RCMP stuffed bear, and a Calgary Flames jersey (which the Aussie auctioneer called "some Canadian shirt thing"). Thank you to all the CAPSI reps for the donations!

All CAPSI and IPSF members are invited to come to the 54th IPSF World Congress in Romania in August 2008. I hope to see you there! ■



## 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:*

- an active student member of either CSHP 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 by a CSHP or OPA member at the UPS awards night in April

**Questions?**

[angeline.ng@utoronto.ca](mailto:angeline.ng@utoronto.ca) or [mike.pe@gmail.com](mailto:mike.pe@gmail.com)

# THE ANTICALNDAR

## YEAR ONE COURSES

By Christine Truong (1T0)

-Thanks to EO, LW, LL, OL, BP, RL and LN for your thoughtful input used to help write this article.

### *ANA200Y Human Anatomy and Histology*

**Prof:** Dee Ballyk

**Tagline:** Thank goodness for non-cumulative exams!

**Description:** Get ready to get nitty gritty with every single bone, tissue and cell in your body during this year long course. Attention to detail is essential. You will learn about every system in your body and how they relate to each other in more detail than you ever thought possible. Luckily the course is split into 4 mini-terms allowing for the “revolving door of learning” approach.

**Advice:** Attending class is strongly recommended as the online notes are incomplete and only cover about 10% of what you need to know for the exams. If you want, buy a textbook with lots of pictures (hint: The Language of Medicine text provides basic info on most of the anatomy topics which can be a good review). Bring lots of coloured pens to class and go to the anatomy museum (just because it’s cool). Also, always, always, always ask for a clarification when needed (the prof isn’t half as scary as she wants you to think).

### *CHM223H Physical Chemistry for Pharmacy*

**Prof:** Christine Allen

**Tagline:** When she says it MIGHT be on the exam, it is a strong indication it WILL be on the exam!

**Description:** This is a pretty watered down version of any physical chemistry course which is heavily focused on thermodynamics and gas laws. So understanding concepts is more essential than memorizing them. The prof guides you along the course and her online notes are well prepared and excellent so go to class. If you have any questions, feel free to ask because she will explain them in detail without making you feel like an idiot.

**Advice:** The exam questions come directly from the problem sets. So do them for practice if not to help you along the course. Having the answer key for the textbook might be worth while as well. Make a good formula sheet based on the equations you use most frequently, not all the equations “just in case” you will need them for the exam.

### *CHM247H Introductory Organic Chemistry II*

**Prof:** N/A

**Tagline:** All problems are soluble in ethanol!

**Description:** So this is like any other organic chemistry course at any other university. The

beginning is a little difficult to get your head around but towards the end, everything will come together. You do have to do the work and keep up with the course though. It is like a big puzzle with lots of little clues to help you build a molecule, and when you do it, you will be quite proud of yourself!

**Advice:** Making cue cards will definitely help with the reactions. Study all the mechanisms and ask for help, when needed, at the tutorials. When writing the exams, be prepared to write fast. Also be prepared for the labs as this will help boost your lab mark and compensate for marks lost on the exams.

### *LMP232Y Microbiology of Infectious Diseases*

**Prof:** Ian Crandall

**Tagline:** If you’ve think you’ve seen gross... think again!

**Description:** During the first half of the year you will learn about drugs and bacterial infections while the latter half is focused on viral and fungal infections. Your mark for the class is based on two non-cumulative exams and a lab component. The exams are fair and reasonable in the sense that anyone who went to class can pass, while those who put the effort into studying will do well. The lab is pretty fun as it is fairly laidback, provided you are prepared and have read the labs.

**Advice:** Go to class to listen to Dr. Crandall’s perspective and see the reactions of your classmates when he shows you pictures. Come exam time, read, read, read the course notes.

### *PHM120Y Introduction to the Profession of Pharmacy*

**Prof:** Beatrice Sequin

**Tagline:** Unknown (I was told if I don’t have something positive to say, I shouldn’t say anything at all.)

**Description:** This course teaches you what professional means, who a professional is, where a professional works, when you should be a professional, why you are professional and how a professional acts. Be prepared to do a lot of writing, state your position, defend your argument and have your mark not reflect your efforts. A crystal ball might even be a better indication! But bitterness aside, the important thing for this class is to keep up with the assigned readings and basically memorize the damn things.

**Advice:** Grab a metro on your way in and turn to the sudoku page during class. For the written assessments, systematically organize your notes and the readings. When it’s exam time, learn to write well (because apparently first year pharmacy students don’t know how to write well).

## -YOUR PHARMACY SURVIVAL GUIDE- WHAT YOU REALLY NEED TO KNOW

### *PHM122H Introduction to Statistics*

**Prof:** Charles Victor

**Tagline:** Bellcurves are my hero!

**Description:** I am 99% confident in my hypothesis that the probability of you acing this course is independent of the correlation between the proportion of classmates who receive marks that fall within + or – 10% of the mean and the proportion of classmates used in a case-controlled study based on a logistic regression. This course will force you to understand complex ideas and theories and although you won’t believe you will ever use the course content as a pharmacist, there will be those that go on to write journal articles when this fundamental statistical analysis stuff will come in handy.

**Advice:** DO THE ASSIGNMENTS! (they are simple and you will be thankful how much weight they carry in the end) The listserv is your friend for this class so take full advantage of it! For the midterm and exam, organize your notes and do the practice exams.

### *PHM127H Professional Communication Skills in Pharmacy Practice*

**Prof:** Michael Heffer

**Tagline:** Thank you for bringing this to my attention!

**Description:** This course outlines common sense communication skills one should ideally possess by the age of 5. It emphasizes the importance of body language, making eye contact, not interrupting and speaking clearly. It also teaches you how to effectively use I statements and a whole wave of sympathy statements. You need to pass 3 oral and 3 written assessments. Ideally, everyone will pass, getting an honours reflects how much you put into the readings and practicing for the orals.

**Advice:** For the written assessments, read over the chapter the night before. Learn the 2 or 3 drugs assigned by practicing on a friend for the orals. Don’t forget to fill out the silly patient information form during your oral assessment. And, when in doubt on what to say, simply say “Gee, that must be frustrating for you.”

### *PHM128Y Professional Practice I*

**Prof:** Jana Bajcar

**Tagline:** Side effects of this class include drowsiness secondary to one’s inability to pay attention.

**Description:** This qw (once weekly) course almost makes you want to take a suppository and insert the applicator rectally. Although the class itself is brutal to sit through, it is indeed the foundation you will need to carry on as a pharmacy student. There is a full unit of jurisprudence (law) that entails every single thing you are allowed and not allowed to do. You are expected to know this inside out. There is

also a unit of drug information. It would be in your best interest to find out what the CPS, USPDI, ODB, TC, etc are before the exam. The cumulative exam isn't as bad as it sounds. Most of the material will become second nature upon completion of the PHM 129 lab.

**Advice:** Go to class pc (after meals) because hopefully it will energize you a bit. Read *The Language of Medicine* and learn the terms early on. Everything else will come naturally and fall into place.

### **PHM129H Professional Practice I Laboratory**

**Prof:** Doris Kalamut

**Tagline:** TTO – this time only

**Description:** This lab has a couple of parts. One is where you get to be a pretend pharmacist in a pretend pharmacy and do up a couple of pretend prescriptions. The other part of the lab is counselling a fellow classmate on one of ten predetermined medications. Upon completion of the four labs, you will get to job shadow a community pharmacist and complete a list of activities. Overall, it serves as a good preparation course with a sneak peak into your future within the profession.

**Advice:** You are not in real life yet, so do what she tells you to do even if you don't think it's necessary. It will definitely be overwhelming during the lab so the key is to relax. Prepare yourself by practicing the script and familiarizing yourself with the software.

### **PHM150H Introduction to Applied Pharmaceutical Sciences**

**Prof:** Zubin Austin

**Tagline:** Drugs are soooooo promiscuous!

**Description:** ~~In this class you will learn about a variety of street drugs including dope, crystal meth, cocaine, pot...~~ In this class you will learn about the medicinal advantages of all sorts of drugs. You will also learn to calculate your blood alcohol level in numerous ways. The course is only an introduction to pharmaceuticals so the topics are well designed and pretty simple to wrap your head around. The course starts out fairly undemanding but will start down the path of complexity forcing you to comprehend the material and regurgitate.

**Advice:** Go to the class and be entertained for a couple of hours. Read the notes and form your own opinion of the topics. Be prepared to argue your position.

### **PHM 101 First Year Pharmacy at the Leslie Dan Faculty of Pharmacy**

**Prof:** You

**Tagline:** First year is what you make it!

**Description:** So now that you've worked your butt off for at least one year, you can finally take a deep breath and relax a bit because this year is going to be awesome! As first-year pharmacy students, you will be showered with

gifts and free lunches from pharmaceutical companies. You will also be told over and over again what nice little professionals-in-training you are.

**Advice:** Balance school life with something else whether it be athletics, arts, comedy or whatever you please. If you find yourself getting overwhelmed or stress, take a break. And lastly, go out, get involved, meet people and have a good time!

## **YEAR TWO COURSES**

**By Matthew Lee (0T9)**

-With the help of Amanda Chan, Jennifer Do, Matthew King, Diana Law, Jason Lee, Sandra Ng, Mike Pe, Anna Wong, and Maggie Wong.

### **PHM220H Pharmaceutical Care Ia**

**Who teaches it:** Debra Sibbald/Guest Speakers.

**The material:** This just may be the most important class we take this year and is most applicable to being pharmacist. The first semester is all lectures (ex. pressure ulcers, wound care, sports injuries; practice panels without grading), while every class in the second semester is done as the ever so famous 'panels'. This is where groups of about 30 get randomly chosen to sit on the panel and answer questions. You must prepare for each topic before and be prepared to be grilled for answers on them by the lecturer. You learn about different conditions and how to treat them with OTC products, about the pharmacotherapy workup which consists of gathering info, differential diagnosis, non-pharmacologic and pharmacologic therapies, and follow up.

**How to survive:** The key to success is to prepare in advance and pool knowledge with other students. Things will not be as stressful as it seems if you prepare well. With this in mind, there are several do's and don'ts if you are to make it through this class with higher than 60%:

- Don't always rely on PSC since Debra will tell you otherwise at times
- Don't skip class because you never know when you'll be called to panel
- Even when you're not on panel it is important to pay attention and take good notes because important points are said/brought up in class that come up on the exam
- Exams are multiple choice and they are darn tricky. (The details ARE important)
- Clickers: bring to every class to answer questions before panels (like a warm-up); also important if you fail a panel
- Class should work together to submit as many exam questions possible to increase the likelihood of having the question on the exam (answers are discussed on Knowledge Forum so it's almost an automatic point)

### **PHM222Y Medicinal Chemistry**

**Who teaches it:** This course is taught by a mix of professors, each with his/her own section in the course: Kotra, Pang, Utrecht, Wells, Pennefather, Harper, Angers, Baigrie

**The Material/How to survive:**

Students start off with Kotra and his intro to med chem and "anti-wirals". As most have probably found out, his accent takes some getting used to and it is sometimes hard to make sense of what he is saying. Pang shares her expertise on ADME and transporters in her section. Make sure you memorize all of them (make charts and flashcards galore)! There is no predicting which ones will show up on the exam (although a few main ones such as MDR1 and PGP show up more frequently than others). Utrecht is like a jolly Santa Claus – don't let his section on organic chemistry scare you (even if you haven't seen this stuff for the past 5 years). Just study hard from his package of notes he provides for you and practice with old tests (there should be old coursepacks floating around with tons of these). His style of testing doesn't change much from year to year, so if you do old tests, you'll do pretty well! Wells brings in a thick pack of notes on the first day chock-full with dose-response curves and many similarly scary looking graphs (at least you won't have to print them out yourself). His stuff is definitely more research-based. I would definitely recommend attending all classes, even if you don't really understand what's going on. I would say almost everyone else around you is in the same boat – trying to follow along, but not really understanding it 100%. That's where the tutorials come in – you can ask the TA's any questions you have, and they usually clarify it in more simplistic terms for you. Don't be afraid to make appointments with the TA's to discuss your questions if the tutorial time just isn't enough! I can't stress that enough. Also, all the old tests are available online (Wells doesn't believe in 'secrets') – do the ones with the answers to prepare you for the exam – it really helps! Pennefather covers the section on channels, pumps and transporters. He is notorious for passing out his test questions prior to teaching – teaching – you just prepare for these questions in advance and regurgitate the few that he picks for the exam. If you decide to attend classes, I would advise you to read these questions before he teaches so that when key points come out relating to these questions, you would know to jot them down (He tends to ramble on a lot). Also, the questions should be the same as previous years so make sure to land a copy from an upper year for reference purposes! Watch out though, as he is being replaced by Angers so things may not remain the same. Harper shares her knowledge

on nuclear receptors. I would listen attentively in her section because she clarifies and adds on to her notes quite a bit, and it's not hard to do well in her section. Mitchell teaches about tyrosine kinases. Beware, short answer questions on the exam may require to draw out full diagrams from the notes, such as the regulation process, or the TK subunit structure. Last, but not least, Baigrie probes into the philosophical side of science and presents his material in a story-telling type of style. You'll learn a lot of the past philosophers who were gutsy enough to rebel against known theories, what theories really mean, and much more. He only gets a couple lectures so don't worry too much if this type of subject doesn't float your boat. Just read his notes a couple times and know the main concepts for the exam. Generally, try to pay attention and practice with old tests! Study tonnes!

### ***PHM 223H Methods of Pharmaceutical Analysis***

**Who teaches it:** Professor Raymond M. Reilly.

**The material:** The name of the course says it all. You learn many different methods of pharmaceutical analysis that can easily get confusing. Anything that ends in a -scopy or -graphy, you're guaranteed to learn. If you're interested in doing research in the future, then this course may be just for you.

**How to survive:** Professor Reilly makes his class notes very easy to understand. There's 1 big final exam worth 60% and 2 assignments (one from a tutorial and one from a lab). Studying every day or even every week for this course isn't necessary. If you're feeling stressed about this course, just remember, it's only worth 0.25 of a credit.

### ***PHM224Y Pharmaceutics***

**Who teaches it:**

1) Gregory Poon: has tendency to squish 6 slides full of writing onto one piece of paper (be prepared to squint, write tiny, or write big on a separate piece of paper). He loves math, so pay attention to the equations and derivations! He assigns several problem sets throughout the year. Some are to be handed in, and some are not. It is highly advised that you do them all. It will definitely help on the test/exam! He has been known to use problem set/quiz problems on tests/exams.

2) Barry Bowen: likes to go off topic and deviate from lesson plan. If the slides are posted, print them all, and bring them all, if you decide to attend his classes. It may be Tuesday, but he may decide to go over Thursdays slides. Unlike the other profs, he expects you to memorize EVERYTHING, straight down to the procedure of a lab. He's also the lab coordinator, so there's no avoiding him. He likes to give random quizzes, so make sure you get to lab on time. If you miss it, he won't let you write it. If you're not aiming for 100% or if you're tight for time, I would suggest you let some of his material go.

3) Tigran Chalikian: has tendency to repeat words, not any in particular order, and none that are particularly important, it's just how he speaks. He has awesome inch-thick notes in large font (which means lots of space for adding notes). He likes to write on an overhead, and oftentimes it's not in the book, so make sure to jot it down. However, don't rush to copy down every single word, just bring the book to class, and make sure to skim over it while he's writing... chances are the huge list that he's writing down is already put into paragraph form.

4) Shirley Wu: accent makes it slightly difficult to understand, but she has awesome notes (easy to read, and in general, relatively thorough). She teaches us about powders and drug preparation AFTER we've had all the drugs, so you understand what she's talking about. Too bad this section wasn't taught BEFORE the labs... it would probably have made our grueling labs easier.

**The material:** There's lots of it. It took up 2 two-inch binders. Luckily, the final exam is not cumulative. The lab is 4 hours long and every other week. For the first semester, you and your partner are expected to complete the lab and the write-up within this time-span. It has been the cause of many anxiety attacks and unleashing of anger on innocent lab partners. If you have a laptop, you may want to bring it. The printers in the computer lab are temperamental, so you may have to run back upstairs to the pharmaceuticals lab to print out your results (yes, it may be faster to run than to wait for the infamously slow elevators). The lab TAs are generally pretty understanding, so if it takes your entire lab group more time to complete the lab, they'll give you the time... just don't push it. During the second semester, a group of 6 are assembled to prepare a drug. The result of this extra long lab is a 20+ page lab report that will take your group days to write-up.

**How to survive:** This class is worth TWO CREDITS. This is not a class you want to mess up on. It can seriously screw up your GPA if you slack off. There's memorization required, but understanding the concepts is more important (generally). Don't start studying for the exam the day before... there's just too much material. The tests and exams may not be cumulative, but some of the concepts do carry from one section to the next. I don't suggest skipping this class often (or any other class for that matter =)).

### ***PHM225H Introduction to Biochemistry & Molecular Biology***

**Who teaches it:** Dr. David R. Hampson and Dr. J. W. Wells

**The material:** This course covers basic biochemistry: proteins, protein purification techniques, enzyme inhibition, DNA replication and translation, etc... If you have taken a course in biochem before (and could not get the exemption), a lot of this will be review to you. The

most useful portion of this course is taught by Dr. Wells. Even if you have this class exempt, it is recommended that you attend his series of lectures because he teaches "basic" derivations (ie. how to derive the Michaelis-Menten equation) and other ugly stuff that will definitely help you in your attempt to survive the gruesome portion of Med Chem (Phm222) that he also teaches.

**How to survive:** Go to lecture. Take notes. READ THE TEXTBOOK. You will find that Hampson has a tendency to refer you to the textbook for a lot of what he is teaching in lecture. Attend the tutorials for Dr. Wells' section, and actually practice doing the derivations. His section is not something you can just skim over right before the exam. The midterm was mostly short answer, while the final was all essay questions. This course requires some studying/memorizing before the exam, but it is nothing a Pharmacy student shouldn't be able to handle. Good luck! (And if you're bitter about not getting the exemption after taking a semester of undergrad biochem already... I feel for you.)

### ***PHM226H Introductory Metabolic Biochemistry***

**Who teaches it:** Prof. J. Henderson – a very clear and succinct speaker; Prof. P. O'Brien – his comical and batty annotations provide for very intriguing lecture sessions each week

**The material:** This course delves deeper into the biochemical pathways pertaining to human function and unveils the molecular fundamentals of certain clinical pathologies. As you undergo therapeutics, you may begin to appreciate the basis of these pathways, but given the sheer extent of detail, trying to recall the details later on will prove futile.

**How to survive:** Prof. Henderson assigns a clinically-focused problem set that should be started in advance of the deadline. Therapeutics texts, databases, or even monographs may provide some clues to the answers he's looking for. His midterm is comprised of both short and long answer questions – the best preparation would be to focus on the specifics of the pathways. His notes are clear and do not present an overwhelming volume of material, however, one can conceivably be very well prepared with this approach.

In Prof. O'Brien's section, the pathways presented are quite ominous in detail at times, but the questions for the final exam (long-answer, multiple component) are provided in advance (for both professor's sections), so assemble a group and divide the workload. Our class made extensive use of our website Forum for sharing ideas as well. A group presentation is an excellent way to boost your mark; sign-up for a topic early as the availability tends to evaporate within the first few weeks of the term.

My Final Caveat: Prof. O'Brien's assignment demands PLENTY of time digging through primary literature so start early or enjoy an all-night affair.

### **PHM227H Health Systems in Society I**

**Who teaches it:** Jillian Cohen – an articulate lady who is very passionate about her work

**The material:** This class covers a global, national, and local perspective on health systems, with emphasis on Canada. You will learn in depth about such things as how drug patents are passed, internet drugs issues, different health care models and their funding systems, affordability of drugs, drug access/barrier issues. Over all I found this to be a very interesting class and it was a nice break from all the intense science classes we took.

**How to survive:** Attending class is relatively important as you will get much insight on some social topics which you may not be familiar with, and in turn this will help you write the numerous essays assigned. Almost all marks in the class are given through essay writing. There were a few in-class essays, and both the mid-term and finals were composed completely of short and long essay questions. I would suggest preparing an outline for each possible question which will come on the test and you will be well prepared. The readings will help you to back up your essay points, but my not be necessary. Also, remember to follow the ‘proper essay format’ which consists of intro-body-conclusion or marks will be deducted!

### **PHM 228H Professional Practice II**

**Who teaches it:** Vinita Arora + Guest Lecturers. Vinita is always very friendly, most likely because she knows she’ll have to work with you one day and the guest lecturers are good experts in their field and generally interesting.

**The material:** This course primarily describes the different types of compounding you may encounter in community and hospital settings, and of course, more jurisprudence is thrown into the mix. This is probably one of the more practical classes you will have in 2nd year so pay attention because it’ll come in handy at your summer job in community or hospital pharmacy. Don’t forget about the self-taught Calculations section or Language of Medicine!

**How to survive:** Since most lectures are presented by guests, it’s recommended to attend class so you can ask any questions you may have while they are there. Don’t wait until the last minute to cram for all 16 chapters of Calculations though—and watch out for significant figures on the test. In terms of the Calculations Exit Exam, going over old tests is one of the best ways to study for it, although the tests actually get harder the farther back you go. Overall, this class is fairly easy and low-maintenance, which you will learn to appreciate.

### **PHM229H Professional Practice II Laboratory**

**Who teaches it:** Doris C. Kalamut (Lab coordinator/ Master of Ceremonies/ video actor extraordinaire) and various practicing pharmacists.

Mostly you teach yourself from the manual.

**The material:** This lab is a continuation of first year PPL and is meant to follow the topics that are introduced in PHM229 lecture. The Lab is essentially the same as first year PPL with a “bell ringer” format. But instead of a bell, you have Doris on a P.A. system to move you along. Get ready to hone your skills in: dispensing (verbal/written Rx), prescription checking and counseling. The difference this year is that you are required to understand the laws regarding narcotics/controlled substances and you get to compound some drugs. You learn how to use a torsion balance for the first and last time in your career.\*\* You also learn words like “triturate”.

**How to survive:** Research the drugs well for counseling and prepare in advance. Collaborate with your peers. Some of the pharmacists can be harder than others, so be sure to cover all the required sections on the evaluation form to get a “pass”. Insert non-required info to get a much-coveted “honours”. Or else you will get a “fail”. But do not fret. You can still pass the course. For compounding, speed is essential (don’t waste all your time balancing the torsion balance). You can “fail” if you do not hand in a finished product. For dispensing, know what drugs can be prescribed verbally and which can’t. If the Doc asks for refills on a narcotic, be firm about part-filling only! Lastly, be sure to think up a few alternative solutions to get a prescription from the Doc’s office to your dispensary, as many of the Doc’s don’t have fax machines.

\*\* TIP: Torsion balances with shallow lids are the worst and will mess you up.

### **PHM 231H Pharmacology I**

**Who teaches it:** Michael Beazely, a young prof new to the teaching scene who seems eager to help his students succeed (and he’s not bad to look at either)

**The material:** Finally, a class about drugs! The lectures are generally organized by drug classes which gives a brief look into the wonderful world of drugs and how they work, with several guest lecturers teaching along the way. Beazely is a new teacher so his lecturing skills weren’t the greatest at first (i.e. he read the slides off to us), but he did improve as the year progressed. The exams are multiple choice with a true/false and short answer portion. The final exam is cumulative (gasp) but don’t worry, he should provide a condensed version of the slides of all the old material that will be covered on the final.

**How to survive:** Know the details in his slides even as random as they are because most of his multiple choice questions are based on the lecture notes - the textbook readings aren’t as important unless he specifically hints at them

for the exams. Paying attention in class isn’t too helpful since he takes the test material directly from his slides and there’s not too much elaboration on his part. This course will definitely put your memorization skills to work.

### **PSL200Y Basic Human Physiology**

**Who teaches it:** Wojtowics, Perumalla, Kee, Hutchinson, Goode, Mavrogiannis, Banks, Bandali

**The material:** This class covers a broad aspect of the human body. But don’t be alarmed, it was kind of like an easier version of the anatomy class taken in first year. The same systems are learned, but not as in-depth. There is also an at home lab to do on the Physio-ex CD. This was time consuming, but also an easy thing to do.

**How to survive:** All the tests including the final are presented as relatively straight forward multiple choice questions. It is important to do the previous exams as it gives you a level of difficulty and if you’re lucky the same question will be on your test. Also, the Physio-ex questions are almost always taken directly from the lab book so make sure to do those as well. Finally, as an added bonus, only your best 2 of 3 term test marks will be taken.

## **YEAR THREE COURSES**

**By Alena Hung (0T8)**

Hi 0T9! So you’ve probably all heard the horror stories about third year. If you haven’t, you’re about to. Okay, some of what you’ve heard is probably an exaggeration, but they’re not all rumours. (EDITOR’S NOTE: Due to curriculum changes course descriptions may vary from actual courses.)

### **PCL361Y Systems Pharmacology**

**Coordinator:** Larry Grupp

The course is comprised of three hours of lecture a week given by a whole host of different lecturers. All tests and exams in this course (there are three term tests and one cumulative final exam) are composed of MCQs which require that you know facts and mechanisms in detail. Each lecturer will give different pointers about required readings, so when it comes to textbook readings, you be the judge. The final exam covers material from the entire year, but the questions testing material covered in the term tests are fairly straight-forward. Any new material since the third term test is fair game and is tested in detail.

**Main point:** This course is big and often boring to study for. Try to memorize as many details as you can for the tests and if you can, go to lecture because the lecture notes can be sparse.

### **PHM320H Pharmaceutical Care 1b**

**Coordinator:** Debra Sibbald

This course is just the continuation of PHM220

so basically everything is the same with exception to the mock OSCEs. The mock OSCEs are a practice run for your real OSCEs that you'll be taking after graduation. Try to prepare for them by volunteering to be a pharmacist during role-plays and by going over the one-page summaries for each of the topics. As for the tests in this course, they're in the same format as in PHM220 so, as always, use the forum to check out student MCQs prior to the tests. Panels are also the same so make sure you continue to prepare for those. All in all, this course is not too bad.

**Main point:** Try to stay calm during the OSCEs, contribute during panels, and try not to submit MCQs that will be impossible for your classmates to answer on exams.

### *PHM321Y Therapeutics I*

**Coordinators:** Lalitha Raman-Wilms, Olavo Fernandes, Sharon Yamashita

So up until now you've probably been wondering when you would finally start learning about drugs...well this is the course!!! Each week there will be two cases that are solved by the groups chosen to be on panel. It really helps if you've done the reading ahead of time and have at least taken a look at the therapeutic thought process workup written by your group members (if you're not the lucky person who has to write it up that week). There are three exams but luckily they're non-cumulative.

**Main point:** Try to learn in this course (as opposed to just memorizing) because the material is important and can be helpful in other courses and in practice. Go to lecture (it's mandatory) and try not to fall behind with the readings (even though there's a lot of them!!!).

### *PHM322H Pharmacology/Medicinal Chemistry Tutorial*

**Coordinator:** Jack Uetrecht

Prof. Uetrecht sets the course up so that you're split into groups and each group is assigned a list of questions. Then in a random order, he asks each person in the group a question and it's your job to answer in front of the class. With exception to the week that your group is presenting, this course has a pretty light workload. It'll be really helpful if each group shares their presentation answers with the rest of the class after the presentation. This way, everybody will have a complete set of study notes for the test.

**Main point:** You must attend lecture in this course (or have a steady supply of notes from a classmate) because what Prof. Uetrecht says in class is fair-game for the test.

### *PHM324Y Pharmacokinetics*

**Coordinators:** Scott Walker and Micheline Piquette-Miller

This course teaches you, in mathematical terms, what happens to a drug when it enters the body. Remember "Absorption, Distribu-

tion, Metabolism, and Excretion"? Well this course is all about these four processes. Prof. Walker teaches in a very thorough (and I mean thorough) manner using PowerPoint slides while Prof. Piquette-Miller provides each student with handouts that have fill-in-the-blanks along the way. The material in this course is not particularly difficult, but you should attend lecture so that you can comprehend the various formulas presented. There are two exams and two problem sets. The problem sets are fairly straight-forward and are worth quite a bit so try to do well on them to boost your mark.

**Main point:** Learn the material, don't memorize it! Do past tests and extra problem sets if you can so you know how to solve different types of questions.

### *PHM325H Introductory Toxicology*

**Coordinator:** Peter Wells

The first thing that Prof. Wells will tell you is that this course is not about memorization. This is not true!!! There are two term tests and a final exam in this course, all of which are essay-style (50 minutes for the tests, 2 hours for the final). There is only one question on each term test which consists of 2 parts: 1) drawing a schematic diagram and 2) explaining the diagrams. Reproduce the diagrams exactly (I mean exactly!) and try to explain the diagrams using the same points and terms that are used in lecture. The marking scheme is pretty strict.

**Main point:** Take detailed notes in lecture (and you really should attend lectures for this course), memorize the diagrams, and write as fast as you possibly can during tests!

### *PHM326H Pharmacy Practice Management*

**Coordinator:** Bill Wilson

The workload for this course is fairly light. Prof. Wilson makes the time go by quickly by telling stories and jokes. For the evaluation, there is one formal cover letter, a midterm (which consists of short answers, listing, and a letter), and a final. Try to attend his lectures if you can, but if not, just make sure that somebody picks up a set of notes for you.

**Main point:** Know the lists provided in the slide packs and follow his format on the cover letter.

### *PHM327Y Applications of Pharmaceutical Analysis in Pharmacy and Medicine*

**Coordinator:** Raymond Reilly

This course looks at how drugs are analyzed in the lab, the reasons for analyzing them, and what some real-life applications of drug analysis are. There are two non-cumulative exams, two laboratory sessions, and 2 tutorials in this course. The exams are pretty straight forward and can be prepared for simply by knowing what's presented in lecture notes. The labs are a hundred times easier than those you're used to in Pharmaceutics so don't worry...just read the pre-labs, show up, and do a decent job on the

write-ups...same goes for the tutorials. But take note, both labs and tutorials are mandatory.

**Main point:** Look over the lecture notes early and if there's anything you don't understand, email Prof. Reilly. But all in all, this course is pretty straight-forward.

### *PHM328YH Professional Practice III*

**Coordinator:** Debra Moy

This course is only worth 0.25 credits and as a result has a lighter workload. For the most part, everything is covered in lectures and is pretty straightforward and practical. Just show up to lectures and try to pay attention. The one exception is the evidence-based medicine tutorial—you'll be told that you will get a good mark just for showing up...this is not the case. Remember to work fast and efficiently in order to finish the in-tutorial assignment on time.

**Main point:** This course provides 2 hours a week for you to recover from the madness of the other courses. Attend lectures because they're relatively light and what you learn is actually practical.

### *PHM329H Professional Practice Lab III*

**Coordinator:** Annie Lee

This is the continuation of the PPLs that you have come to know and love (sure...) but in addition to just entering and dispensing prescriptions, you will have to read a patient's chart, and based on lab test values, history, and allergies, decide whether or not to dispense the two written prescriptions at hand and also make additional recommendations as to what the "best" therapy is. Also, the patient counseling sessions are much more detailed than those you're used to with real DRPs to solve. All in all, this course can be hectic but is definitely a good learning experience.

**Main point:** Look over lab topics prior to the lab and bring as many references as possible to the lab (especially a palm pilot if you have one).

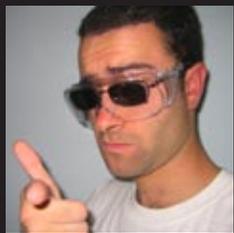
### *PHM330Y Pathophysiology*

**Coordinator:** Patrick Ronaldson

This course is made up of a series of lectures given by Prof. Ronaldson and other guest lecturers. While the notes are provided for you, lecture attendance is still highly recommended as some of the slide packs are incredibly sparse. Prof. Ronaldson will encourage you to study well ahead of the exams, and while this would be useful in theory, it probably won't be possible during your hectic third year. So here's my advice to you: cram, cram, and cram some more.

**Main point:** Try to memorize as much as you can for the multiple choice tests (including details). ■

# The Mini Dispensary



By Josh Lieblein (1T0)

The entire Dispensary family is pleased to announce that everyone's favourite source for Pharmacy News will be returning for its second year. We hope that this second season will be more like the second season of The Simpsons, and less like the second season of the Dilbert cartoon show. (You mean you never heard of the Dilbert cartoon show? Well, there's a very good reason for that.)

For those of us who have just joined the Faculty, it is worth your while to note that the Dispensary is the only section of the Monograph to be verified by multiple scientific sources. News reportage in the Dispensary tends to follow a pattern: we present three fast-breaking news stories (selected by our talented and extremely handsome compiler) that make fun of goings-on at the Faculty, include a picture with a silly caption, and present a special feature that varies from issue to issue.

A sample news item and accompanying picture might look like this:

## New Class of 1T1 To Push Keenerdom To New Levels

The Dispensary has learned that the new Class of 1T1 has displayed unheard-of levels of keenness during Phrosh Week and will be challenging the Class of 1T0's status as the keenest group of Phrosh to ever enter the Faculty of Pharmacy.

"The 1T0's are obsolete models," said 1T1 spokesperson Faizal Kassim. "We are the future of Pharmacy, and look forward to being 300% more professional than the 1T0's could ever dream of being.

They had one of their colleagues become UPS Vice President after only one year; we have secretly replaced the entire UPS Exec with 1T1's disguised as the council members that were elected last year. Last year, one 1T0 got married and another had a baby; one of us has not only had a baby, but that baby delivered another smaller baby immediately after its own umbilical cord was cut. (It was like those Russian dolls, it was crazy.) One of their number brought sexy back; one of us kicked sexy in the gonads and threw it into the Toronto Harbour, and it still came back of its own free will."



The 1T1's goofing off. Aren't they just the cutest little things?  
(Picture taken from: [www.internationalhero.co.uk/t/terminators.jpg](http://www.internationalhero.co.uk/t/terminators.jpg))

Whenever something silly happens at the Faculty of Pharmacy, The Dispensary will be all over it- all over it just like Apotex drug reps on an MD who hasn't updated his drug knowledge for the past decade.

Join us next time for our investigation into the secret talks between Phrosh Leaders and Victoria College representatives on the subject of making the Pharmacy Building part of "Vic". V-I-C loves Pharmacy? Maybe a bit too much!

Coming soon...

## THE PHARMACY PHOLLIES!

Can you Sing? Dance? Act? Then the Phollies needs you!

If you can't...we still need you!

We are looking for people to sign up to be acts, or just come backstage and help us out.

Also, get your tickets now! They are going fast!

**WHEN:** First week of November

**WHERE:** George Ignatieff Theatre

**WHO:** You!

**TICKETS:** \$7



Email us at [ups.events@gmail.com](mailto:ups.events@gmail.com) for ticket sales

Don't forget about The Monograph - Comic Strip Contest. Top 5 submissions will be printed and the best one wins a prize. Submit to your reps by Oct. 22!!



Little Miss Pharmacist  
designed by Krista  
Biederman (OT9)

# Counselling Corner: The Frosh Edition

By Andrea Tofano (OT8) for the Pharmacy Mentorship Program

Are you a new student to pharmacy? Is it rare for you venture beyond the doors of our faculty building? If so, here's your guide to Toronto! It has been prepared by the Pharmacy Mentorship Program. The Pharmacy Mentorship Program is a networking program that facilitates access to upper year students and graduate pharmacists. Anyone is welcome to use this service, regardless of your year of study. If you are interested in volunteering your time to mentor other pharmacy students, please email [pharmacy.mentorship.ut@gmail.com](mailto:pharmacy.mentorship.ut@gmail.com) by September 30th.

## Where to eat:

**Baldwin Street:** Home to a mish mash of different cuisines including Chinese, Indian, Italian and Vegetarian. Baldwin is a quiet escape from the busy streets of Toronto, and very close to campus.

**Bloor Street:** For sushi, try Sushi On Bloor or New Generation Sushi. If it's Middle Eastern treats you're after try Sarah's Shawarma & Falafal. All are on Bloor Street west of Spadina. After dinner, you can zip across the street to see a movie or go shopping at Honest Ed's!

**College Street:** College west is also known as Little Italy, which as the name implies is the coolest spot in Toronto. Not only is there is a good selection of Italian restaurants, but also some gelato spots, delicious delis, bakeries, many trendy bars and lounges.

**Spadina Avenue:** Offers a wide variety of Asian cuisines including Vietnamese, Chinese, Japanese and Korean. Go for Dim Sum or a quick lunch in between classes, but don't go too far because it takes time to push through the crowds on Spadina.

## Where to go out around campus:

**O'Grady's:** A pharmacy favorite, you are bound to end up at this Irish pub at least once this year. That is, if you haven't already during phrosh week...

**Molly Blooms:** A new kid on the block, the atmosphere is very much like O'Grady's. Drinks are cheap, however the service is usually the pits.

**The Madison:** Another U of T classic, this pub is busy almost any night of the week and offers a little something for everyone. Large patios and "The Piano Man" keep people coming back for more. The only downside is the 21 and over age restriction.

**The Black Bull:** This Queen Street pub is best experienced in the summer when you can soak in the sun's rays on the famous patio.

## Where is Tim Hortons???

If you didn't grow up in downtown Toronto, you may find that something seems to be missing. A Tim Hortons is really hard to find! So where are they? The only spots on campus are at the main entrance of the Medical Science Building and Sidney Smith. Other locations include the street level of the Hydro building on the south side of our faculty, Bedford & Bloor and lastly Spadina & Bloor.

## Where to get groceries:

You can find a traditional grocery store at Yonge & College or Spadina & Bloor, both of these being Dominion. Prices at Dominion can get rather high so grab a flyer at the door. If you enjoy cheap market shopping, you're in luck. Kensington Market on Augusta offers many different shops with a wide variety of cheese, produce, meats and bread. St. Lawrence market at Jarvis and Front offers a similar mix of foods but also offers some souvenirs and other hobby shops. Finally, the aforementioned Spadina Avenue is dotted with Asian grocery stores that are known for their thrifty prices and dense crowds. ■

## MY PERSPECTIVE



by: \*\*Christobelle (1T0)

I would like to extend a quick welcome back to the 1T0s, OT9s and OT8s and also a not-so-needed congrats to the 1T1s. As always, this column is written to provoke thought in its readers. Any comments or opinions are appreciated and can be directed to myself at the email: [christine.truong@utoronto.ca](mailto:christine.truong@utoronto.ca)

How Law Enforcement is so Subjective

There has been a water conservation law in effect for this summer and many of the previous summers for a while now. The official regulations are quite extensive but the main idea is 'you water your lawn on odd days if your house number is odd and likewise for even.' On a completely different note, there is a law that says you cannot park within 3 metres of a fire hydrant. How do these two laws have anything to do with each other? Well, it would be logical for one to assume the latter is more significant than the other. But continue reading.

It was a nice day when I went to visit a friend out in the suburbs of Toronto. I get to the little quiet street he lives on and note that there is more than the usual number of cars parked on the street. He tells me his neighbours are having a BBQ. We sit out on the front porch and a short while later, our attention is drawn to two next-door neighbours across the street.

The first neighbour is the one having the BBQ. The second neighbour is yelling at the first neighbour because one of the BBQ guests

has parked their car in front of the fire hydrant in front of his house. The BBQ host sarcastically says it's not a big deal. Then BBQ host points out that the neighbour has his water sprinkler on when it is the wrong day. This must have made the neighbour a bit angry because he stormed off and the next thing we know, there is a police cruiser showing up on the street.

Now, I am guessing there is some sort of history of dispute between these neighbours that I have neglected to inquire about, but for the purpose of my point, it is irrelevant.

The police officer steps out of his car and greets the two neighbours. From where I am sitting it looks like they get in a heated conversation. I can hear things like "people always park in front of the fire hydrant, what if my house had a fire?" and "with all the water you are wasting, you could use that to put out the fire."

So what happened? Well, the police officer allowed for the car to be parked in front of the fire hydrant for this one instance with the promise of not doing it again. But that is not all, he actually handed out a \$200 fine to the neighbour who had the sprinkler on!

From a logical perspective, one would think it would be reasonable to ask the owner of the car to move the vehicle to another spot, not in front of a fire hydrant, and then ask the owner of the house to turn off his sprinkler today and only use it on the appropriate days (i.e. hand out warnings). But of course, that did not happen. And why? Because sometimes the law is not governed by logic, it is completely subjective. ■

# *You know what I did last summer???*



## **A Dynamic Summer Internship At CSHP**

By Rabiah Siddiqui (OT9)

As I packed my bags in Ottawa preparing for the move back to Toronto for third year, I came across a pile of business cards that I had received from various people throughout the summer. One from a director of pharmacy, a pharmacist consultant, university professors, pharmacy students from all over Canada, even from the CEO of the American Society of Health-System Pharmacists. The cards are a true reflection of the diverse experiences and networking opportunities I had during my summer internship with the Canadian Society of Hospital Pharmacists.

From May to August, not a day went by where I didn't learn something new about the profession, the direction in which it is heading, or the people that drive it. On my first day of work, I attended a Health Canada meeting on progressive licensing. The internship at the Ottawa Hospital also included eight days of shadowing a clinical pharmacist in Thrombosis & Orthopaedic Surgery, as well as in Drug Information and Drug Distribution. Seeing first hand what the work of a hospital pharmacist entails was an eye-opening experience and made me truly understand the importance of CSHP's efforts.

Along with executive and staff meetings, I joined Myrella Roy, our executive director, at various external events as well. Luckily, the annual trilateral meeting with the American and the Mexican Associations of Hospital Pharmacists was in Ottawa this year. It was so interesting to meet Mexican colleagues and hear about their challenges in establishing the foundation of their profession, and comparing them with the undertakings of those in the U.S.

My lucky streak continued as the Canadian Pharmacists Association's

centennial conference and gala also took place in Ottawa. There, I met students and colleagues from across the nation, learned about current issues facing the pharmacy community, and even got to hear from David Suzuki and Jack Layton! Another great learning opportunity was my visit with CADTH (the Canadian Agency for Drugs and Technology in Health) where I was made aware of their extremely important efforts of promoting evidence-based medicine and optimal prescribing to health care workers.

Not all of the external activities were in Ottawa. I went to Montreal for a two-day conference on optimizing prescribing behaviours. It was a great privilege to team up with different health care professionals, academics, and policymakers to brainstorm ideas on improving prescribing in Canada. And the travelling didn't stop there! In August, I headed west to Regina, Saskatchewan for CSHP's Annual General Meeting and Educational Sessions. Golfing with other members for the Research &

Education Foundation, being inspired and mentored by pharmacy leaders, networking with future colleagues, celebrating the launch of the CSHP 2015 initiative, and witnessing the formation of PEI as our newest branch, were all memorable and invaluable experiences.

In between all of the meetings and the travelling, I actually did spend some time at the national office, working with staff and completing different projects. One of my main tasks was to write promotional letters on CSHP benefits aimed at hospital pharmacists and managers. Going through all that I did this summer and having met so many exceptional members, I realized that I don't have to formally work for CSHP to promote its benefits to others. The benefits speak for themselves...and I have business cards to prove it.

For more information on the summer pharmacy student internship at CSHP, visit [www.cshp.ca](http://www.cshp.ca) ■

“ *...not a day went by where I didn't learn something new about the profession, the direction in which it is heading, or the people that drive it.* ”

## Completely Random Travel Notes of a Half-Made Pharmacist.

By Evgenia Cheveleva (0T9)

Travelling has many advantages: change of scenery, broadening of the mind...and of course, observing life elsewhere. Here are some of my notes, written in truth, taken this summer on my trip to the Baltic States and Russia.

**Riga, Latvia.** Morning rush hour. Train into the city is packed, air is running out fast, and the train decides to stop in the middle of the route. Crammed closer than sardines (or Rigan Sprats), I am just concentrating on breathing. The thin, pretty girl next to me starts slowly sliding down the wall and is caught by a couple of men. As the brave pharmacy student, my mind starts racing through First Aid training. I am about to say "move her over to the window", but an elderly lady throws out a blister pack and extracts a tablet. "It's validol [menthylisovalerate - eastern Europe's favourite anti-anginal that all grandmas have] - give it to her," the woman says, and the two men feed her the pill. My mind is all over the place - anti-anginal? To a 20 year old? What if she was on medication? Could there be interactions? What was the dosage? "See, she's getting better," the man says to the onlookers, letting go of the girl's arm, as she wearily stands back up. "Any more validol?" I hear from somewhere inside the traincar, "someone else is ill here...."

**Palanga, Lithuania.** A wooden building is a 19th century apothecary that is still working today. As I run inside, I am met by a lacquered wooden interior with an antique fireplace and neatly stocked modern products on the shelves. All items are behind the counter, and one has to go through the pharmacist to get anything; however, many items can be bought without a prescription.

**Riga, Latvia.** The curators of the Riga Apothecary Museum seemed to have taken a break at the wrong time; a Canadian pharmacy student stormed the premises and opened quite a number of vials dating back to the 19th



century, such as the prized aqua chinae, whatever that is. The student also handled a pack of i.v. pentazol from the turn of last century. In addition, the student did not pay the \$0.50 admission fee, as no cashier was present.

-In Latvia, beer is cheaper than Coca-Cola.

-In Russia, beer is cheaper than Coca-Cola.

-In Lithuania, beer was not sold on Sept.

1st in an attempt to combat school-age drinking. Sept 1st is the day to commemorate the beginning of school. Sept. 1st was a Saturday. There was no school; it started the following Monday. Guess what day the kids bought and drank their booze.

In Russia, I had the pleasure of seeing the following museums (city): the Museum of Irons (Suzdal), the Museum of Mice (Myshkin), the Museum of Vodka (Uglich), the Museum of Prison Art (across from the Vodka Museum). All were of private collections.

In London, bus drivers have quite the sense of humour. British jokes are above me, so I only got this one after approximately 25 minutes.

*Driver* (after finding out I'm a pharmacy student): So, do you know paracetamol (acetaminophen)?

*Me:* Yea...

*Driver:* Well, do you know that there is no paracetamol in the jungle?

*Me:* Why is that?

*Driver:* Well, because there are parrots!

*Me:*.....[25 mins later].....parrots-eat-'em-all

Well, and that's that. If you'll be anywhere in these areas, do drop by on the locals and see what they're up to. But for now, have a great academic year! ■



## Summer in the City

By Cindy Changoor (1T0)

I never really got along with September, this year is no exception. Only into the first week of classes and I already find myself day-dreaming about those glorious summer days where I'd actually want to wake up in the morning. The reason why I would wake up might not be thrilling and exciting to some, but to me it was part of my perfect summer. I would wake up for my summer job at Apotex, located in Toronto. It was an enjoyable experience and I would recommend it to anyone interested in learning more about industry.

I spent my entire summer in the GTA, minus a few weekend get-aways and a short vacation to Trinidad in the Caribbean. I initially thought it would be more work than play, but one of the perks of working for industry would be wonderful weekday daytime hours!

To me, Apotex was full of excitement. I was hired for the summer to help relocate and validate laboratory equipment for the new research and development lab that had been recently built. Being around instrumentation such as dissolutions, HPLC's, and GC's as well as in the presence of many experienced chemists ensured that there was never

a dull moment. It is definitely an enormous process to manufacture drugs, and many people might not be aware just how many different types of skills it takes to put together an entire team to market a drug before they end up on pharmacy shelves. I can confidently say working at Apotex has only given me a greater respect for all of the effort and time companies put into marketing their products, as well as individual employees who are very dedicated to their role in the entire process.

A summer in Toronto is also something that I would recommend to everyone, but I may be bias since I love this city. There were so many events each week that I actually think I slept less in the summer than I do during the school year. The season brought many musical artists that put on great concerts, events such as Taste of the Danforth and Summerlicious, Caribana, my personal favourite, and the fact that you can sit on a different patio every week!

Working at Apotex has provided me the opportunity to explore different career paths that are available in the pharmaceutical sector, while also allowing me to rediscover the reasons why I love Toronto so much! While I am slowly coming to terms with the windy weather and change of seasons, I still can't help but think about all the laughs and good times that this summer turned out to be. ■

# A Summer at the World Health Organization Geneva

By Stacy Yeh (1T0)

## What?! Are there actually pharmacists at the WHO?

The answer is YES! And had I not had the opportunity to intern there this summer, I would not have known just the breadth of what pharmacists can do. Truth be told, aside from having read a few WHO reports, I had only a vague idea of what exactly WHO was all about. And so I arrived in the headquarters of this specialized UN agency with little more than the offerings of good ol' Wikipedia and an unyielding belief in the WHO mission of "attainment by all peoples of the highest possible level of health."

## What did I do there?

The WHO is an organization riddled with acronyms; I found myself working with the Policy, Access, Rational Use (PAR) team in the Policy, Medicines, and Standards (PSM) unit of the Health, Technology, and Pharmaceuticals (HTP) Department. My supervisor, Dr. Guitelle Baghdadi-Sabeti, a pharmacist by training herself, heads the Good Governance for Medicines program, designed to promote awareness of corruption in the public pharmaceutical sector and to support implementation of good governance to curb corruption in pharmaceutical systems worldwide. My project involved conducting a literature search on corruption in public pharmaceutical systems, to develop a database of this material and to write an annotated bibliography on select literature. The online database I helped to develop can now be shared among Dr. Baghdadi-Sabeti and her colleagues in this field and it is my ultimate hope that the annotated bibliography will be published at some point with every intent to provide drug policy makers, planners, and managers with information needed to further policy development and to direct researchers in this field to areas which are lacking.

## World Health Assembly 2007

One of the highlights of my internship was attending the 60th World Health Assembly as I was fortunate enough to arrive in Geneva just in time to join in the excitement and hype of the Assembly, a gathering of all the 193 delegates from the Member States of the WHO in one room at the UN Palais to discuss and set resolutions and goals for the coming year. On the first day, it was interesting to witness the protests as Taiwan attempted to vie for a seat in the General Assembly and to visit on the last day when the Director-General, Margaret Chan provided a closing speech.

## What do interns do there?

Never a dull moment. Geneva is a very multicultural city, especially in the summer with the enormous army of interns that march in from a number of different countries. Aside from indulging in way too much Swiss cheese and Swiss chocolate, there are intern lunches during the week and happy hours at various pubs around town. Travelling to neighbouring France, Italy, and Germany was a common weekend activity among interns. Of course, there is also a multitude of learning opportunities to take advantage of as an intern with lunchtime seminars given by WHO staff on a range of public health topics.

## A BIG thank you!

This immensely rewarding experience would not have been possible if not for some very important people and groups. I owe many

thanks to Professor Kohler for offering me this chance to broaden my outlook of international health and to Dr. Guitelle Baghdadi-Sabeti for making my time at the WHO a warm and enjoyable experience, and showing me what great things pharmacists can do in the realm of international health. Thanks also to Dean Hindmarsh, IPSF, and UPS for their support.

## Why you should go...

1. an opportunity to learn what pharmacists can do aside from industry work and community and hospital pharmacies
2. travel like no tomorrow
3. great chance to meet students studying various subjects from various parts of the world
4. way to improve your French

If any of the above sounds enticing to you, I would urge you to consider interning at the WHO during the summer. I would be more than happy to share any information I have and can be reached at [stacy.yeh@utoronto.ca](mailto:stacy.yeh@utoronto.ca).



**Wyeth**  
Consumer Healthcare

## My Summer in Chinatown...

By Allegra Connor (0T9)

... is how I endearingly refer to my summer cancer research experience in the laboratory of Professor Shirley Wu (as it is officially called) on the 11th floor of the Pharmacy Building.

Why, you ask? As one of only two people in the lab whose first language is English (the other being my supervisor, Adam Shuhendler) out of 1 Professor, 1 exchange Professor, 1 post-doctoral fellow, 7 graduate students, and 3 summer students, it felt like I was the foreigner visiting a new land.

Upon starting the job, I very quickly found myself deeply submerged in the Orient, discovering the national language of the lab not to be English, but Mandarin. So I asked the students if they also conversed in their native tongue with Professor Wu, who shares the same origin. They told me that she has never uttered a word to them in Mandarin, and that even their private one-on-one lab meetings with her are communicated entirely in English. Now, I can understand that she is bound by faculty policy about fairness and equality, but I can just imagine them sitting in their meetings, Mandarin-English dictionaries in hand, staring each other blankly in the face. If you've ever taken a foreign language course and been forced to speak to your classmates in that language, you know how inefficient their research discussions must be!

How did I find out that all the students spoke mandarin and not Cantonese? Certainly not by ear! It's a funny story. One day as I arrived home after my first Chinese lesson at work, during which I learned that "Hello" is "Ni hau", I ran into my Chinese neighbour and told her "Ni hau!" She said disdainfully, "No, don't say Ni hau. That's how the mainlanders say it. Say 'Lay-ho-ma'. That's how we say it in Hong Kong." So saying, she raised her head in pride. I knew there were different dialects of Chinese, but this was the first time I really saw that the two peoples considered themselves culturally and behaviourally distinct. My colleagues had not bothered mentioning to me that they were teaching me mandarin as opposed to Cantonese, but after I told them the story of my neighbour's reaction, they admitted to being mainlanders and noted that Hong Kong's inhabitants tend to be more "stuck up".

The students that played a major role in my summer experience are Yong Qiang, a PhD student, Ji and his friend, Liang, both post-doctoral fellows, and Shuang, a fellow summer student in the Pharm Chem program, and the only other female in the lab, who recognized me from class as "the girl in med chem who wore Hello Kitty around her neck"! I very soon became the English professor for all of these students, correcting emails, 17-page research reports (three drafts!), letters, and soon even MSN conversations! I guess it became a case of "give an inch, take a mile", but I was happy to oblige.

Now Yong Qiang knew english very well in theory. His main problem was pronunciation. It seemed like his favourite word in the English language was "usually", but then again maybe that was only on account of his very comedic mispronunciation of "urully". I tried to correct him, and he got it as good as "ujuahly" when practising, but in conversation, he always reverted back to "urully". I corrected him

so often and interrupted so many of his conversations, that he became afraid to use the word. So eventually "urully" became "most of the time", and I suppose that's an improvement.

But the very funniest word I heard being uttered by the Chinese students in the lab, I dare not even type because it could be seen as racist. It may even be the most frequently used word in their Mandarin conversations. They talked to each other innocently, and then all of a sudden, I heard "nigga, nigga, nigga, nigga..." and then they continued merrily along. This happened at least once in every three sentences. I ignored it at first, but finally after a month of hearing it, my curiosity got the better of me, and I asked Shuang, "What does nigga mean?" She looked at me dumbfounded. She said "I've never heard of it." So I thought to myself, "I must be a racist pig, if

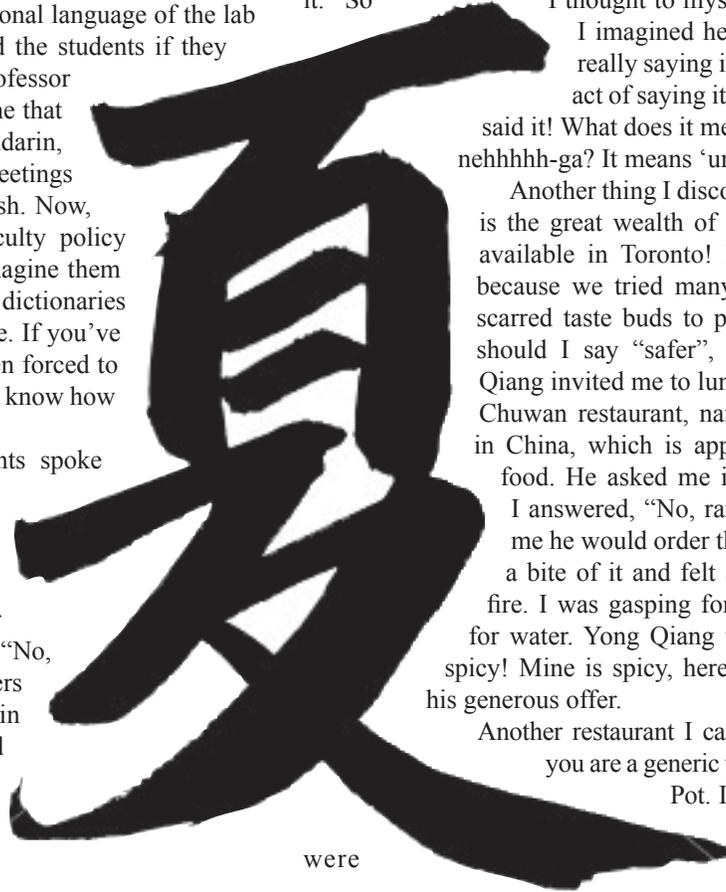
I imagined hearing that when they weren't really saying it." But then I caught her in the act of saying it, and I said "Ah ha! There you said it! What does it mean?" She said "Oh, you mean nehhhhh-ga? It means 'ummmm'!"

Another thing I discovered from them this summer is the great wealth of cheap amazing Chinese food available in Toronto! But you have to be careful, because we tried many restaurants, and I have the scarred taste buds to prove that some are better, or should I say "safer", than others. One day, Yong Qiang invited me to lunch with his daughter to the Si Chuwan restaurant, named after his home province in China, which is apparently famous for its spicy food. He asked me if I often ate spicy food, and I answered, "No, rarely, if ever...", so he assured me he would order their mildest menu item. I took a bite of it and felt as though my tongue was on fire. I was gasping for air and begged the waitress for water. Yong Qiang was shocked, "But that's not spicy! Mine is spicy, here, try..." I graciously declined his generous offer.

Another restaurant I can recommend you not visit if you are a generic white person is Mongolian Hot Pot. It is too damn hot for the great white north. Ji and Shuang responsible for this crime committed against my

stomach. Hot pot means that you actually sit at your table in front of a boiling pot of water and cook whatever you want out of a buffet of frozen entrees, then you eat it. My mistake was letting Shuang and Ji have control over what I ate. They started me off easy, with lamb chops. Then they moved on to strange fish balls and shrimp balls, then chicken balls, meat balls, squid balls, and whatever other processed food balls they could scoop up. Then came the live shrimp, squid and oysters, and eggs cooked in soya sauce, etc etc. I never even knew shrimps were grey before being cooked, and only orange after! They had to tell me not to eat the head, as I had no clue what I was doing. And I can tell you that I did not sleep well that night.

But there are some really great restaurants in Chinatown if you're cautious and not overly zealous about trying exotic things. Ji and Shuang took me to one restaurant called The King Noodle, and I have to say it's my favourite (Spadina and Dundas). You can get a full sit-down dinner there for \$3.85, and there's no styrofoam involved! But the menu is in chinese, and get used to using chopsticks. Ji told me that in China there are two menu versions in restaurants, one Chinese and one English, and the English one has more expensive prices listed. This is because, as Ji



explained, the owners know that the Chinese refuse to overpay.

Another thing that the Chinese refuse to pay is sales tax. Apparently, in China, shopping works like this: “This item costs \$2.00, and I’ve got a toonie (or equivalent), so I’ll buy it.” And out you go. In Canada, it’s like this: “This item costs \$1.97, and tax is now 14%, so if I’ve got a toonie and a quarter in my pocket, then ... let me think back to stats ... then I can say with 95% confidence that the probability of having enough money in my pocket is ...” And you never make it to the cash register.

Now let me tell you about Ji’s friend Liang. Liang has been in Canada for two months of his life, and very quickly became very obsessed with Western culture. He told me, “I like how men in Canada feel confident enough to go out without a shirt on. This never happens in China. I think it’s because they are better built here.” And when he, Ji, Shuang and I visited Centre Island this summer, and he saw a nude beach marked on the island map, he insisted that we go see it. Ji adamantly refused, being more dominant and more conservative, so we didn’t go. But Liang was so determined to see the nude beach that he went back the next day and payed for another ferry ride just to see it. He said he was disappointed at the turnout: only old and fat people. So he left.

Now Ji, though more conservative, is not less friendly or generous. Ji has a girlfriend in China that he has not seen in 10 months because he is trying to make money and become a professor in Canada to support her, as there is too much competition in China. He is so obliging and easy-going that he allowed himself to be adorned with Shuang’s pink umbrella and mine and Shuang’s purses when we visited the Guildwood Inn. And when Shuang found three snail shells on the floor, and wanted to keep them to take back to China to show her family (apparently in China, they are much smaller), Ji carried them for her. And when they turned out to be alive and they all started crawling up his arm, he did not shake them off because he knew Shuang wanted to keep them! Ji is visiting his home town of Shanghai this November to get married and start a family, in pursuit of the simple life, which he told me has always been his dream.

Now on the job itself, all I can say is that I highly recommend that if you’re going to do summer research, do three months, not four. It was absolutely exhausting. But it was a good experience. My project was to design an apparatus that automatically separates free cancer drug molecules from drug-loaded lipid nanoparticles. Basically drug-loaded nanoparticles are a way of targetting the drug to the tumour by modifying the dosage form (pharmaceutics!) because they are too large in diameter to fit in healthy capillaries, but fit well and accumulate in the large, leaky tumour capillaries. But when measuring the rate of drug release from the nanoparticles via UV spectrometry, the lipid particles present in the cuvette interfere with the light that is transmitted through it. So a device was needed to automatically isolate the drug molecules from the particles as they were being released into the solution. I made the apparatus successfully (after many tries!), and I just finished drawing a diagram of it in Adobe Illustrator, but I’m not allowed to disclose any details about it to you here, because according to Professor Wu, it’s top secret. ■



## School Can’t Learn You This!

A collection of summer musings and chagrin

by Leanne Drehmer (0T9)

### Cultural Sensitivity

One should think outside the realm of the agreeable, polite and prim patient-actor. Imagine my red face when an elderly Asian woman asks where “par-mer-seet” is and I respond, “I’m sorry, I don’t know directions to Palmer Street”. Good one... yah, hindsight...she was clearly asking where the PHARMACY was...but interpreting thick accents is an acquired skill, alright!?

### Competence Projection

One should not speed walk down the hall in a locked unit, dodging psych patients like it was a scary obstacle course. Also, one should not make oneself look a fool by waiting for the charge nurse to buzz one out of the nursing station when the door in question is not locked, but only requires a brainy pharmacy student to fully rotate the errr.... doorknob.

### First Impressions

It may be hard for a colleague to take you seriously if you have not realized that your highlighter has exploded in your white coat pocket and it looks like you pissed yourself. A quick mirror check is useful at times other than just on the highway, kids.

### Body Awareness

Another great use of the mirror check...when pulling auxiliary labels from a roll situated above one’s head, best ensure that labels do not fly down onto this head. Others may think your “best before” and “discard after” should have come long ago walking around like this... again, red face.

### Interprofessional Esteem

When reading through a patient’s chart at the bedside and being overwhelmed with the smell of fresh dookie, one should likely not respond to a patient’s request of “can you change me” with “Pshhh! No! I’m not your nurse!” Remember the golden rule...especially when said nurse is standing ummm beside you.

Hopefully these brainiac moments have inspired you to start the year off right and allowed a brief chuckle....now, get back to your fancy book learning! ;) ■

## FACTS & FIGURES

### Contraception:

**\$51 million** Prize of a program introduced by Brazil’s President, Luiz Inacio Lula da Silva, to subsidize birth control pills. Under the plan, a month’s supply of pills will cost about \$0.20.

**150 000** Estimated number of people who attended Pope Benedict XVI’s May 13 Mass in Aparecida, north of Sao Paulo, during which he condemned abortion and contraception. Brazil, the world’s largest Catholic country, recorded some 125 million followers in 2006.

Source: Time Magazine

# ATHLETICS

By Rene Mader (0T9)  
COED Athletics Director

Heya Pharmacy!!!

A big 'Welcome Back' to the 0T8, 0T9 and 1T0 classes and a big 'Congratulations' to the newest class in faculty, the 1T1s!!! I hope that you are ready to tackle a new year in Pharmacy both in the class and on the court, field and ice!

Already this term has started off with a bang with an Intramural Softball tournament where pharmacy fielded two stellar squads. The pharmacy teams played great ball and had strong performances in their respective pools (both finished 2nd), but it wasn't enough to get into the playoffs. A big thanks to everyone that participated and stay tuned for news on the next Intramural tournament, COED In-

nertube Waterpolo!!!

This fall term you can look forward to playing some Soccer, Flag Football, Basketball, Ultimate Frisbee and Volleyball! The season has just started and you can still join a team. Head down to the student lounge to sign up or contact one of the respective UPS Athletic Directors and we'll give you more information.

Remember a healthy body equals a healthy mind! A tip to the 1T1s, you'll need your brain to be in tip top shape for the next four years. So get ready and see you out at the games!

Contact the Athletic Reps for more information on how you can get involved in Pharmacy sports!

Male Athletics: Bryan Langel - [b.langel@utoronto.ca](mailto:b.langel@utoronto.ca)  
Coed Athletics: Rene Mader - [mader.rene@gmail.com](mailto:mader.rene@gmail.com)  
Female Athletics: Linda Plong - [linda.plong@utoronto.ca](mailto:linda.plong@utoronto.ca)

## The Arts



### A Message

By Mavra Zvenigorodskaya



**Vutashpi**

By Mavra Zvenigorodskaya

The Playmaker

Mercury sags as a rich sky falls  
 over a quiet valley.  
 The grass blades still fresh  
 after a full day's work.

A gentle smell of bug spray, priceless.  
 Fresh air, at no cost to any.

Anticipation and pride,  
 as she takes her position at centre field,  
 as practiced by a number of greats in their respective eras.  
 Captain versus captain, the flip of a coin.

The quarter-back,  
 resolves a midfield quarrel, encourages the keeper and plays fair.  
 All before sending an effortless ball into the opposing eighteen,  
 as graceful as a doe,  
 witnessed by a jury of two, sometimes three.

The team on her shoulders,  
 the base of the pyramid, the binder's rings, the ice cube's tray,  
 a heart, a foundation.

Her salary: a bottle of Gatorade® at half-time and a cheer from her boy fans.

Five-minutes to kickoff:  
 I'll be on the bench, there's a score sheet to fill out, a game to enjoy  
 and a privilege to watch

J.R. Chenard  
 Unpublished 2007



neck.tied.verdure  
 By Jonathan Lu (1T0)

i.  
 a dirt-scraped child, stifled,  
 clocks his life on the sidewalk  
 with chalk. dinosaurs,  
 superman, wishes upon mooring

stars for a corvette  
 or providence for the poor.

ii.  
 dust-toothed concrete  
 breaks into the forest –

a thousand saplings  
 choking in the cracks.

iii.  
 manhood approaches while  
 he waits for rain to shine

his windshield -- sun  
 blotting heaven.

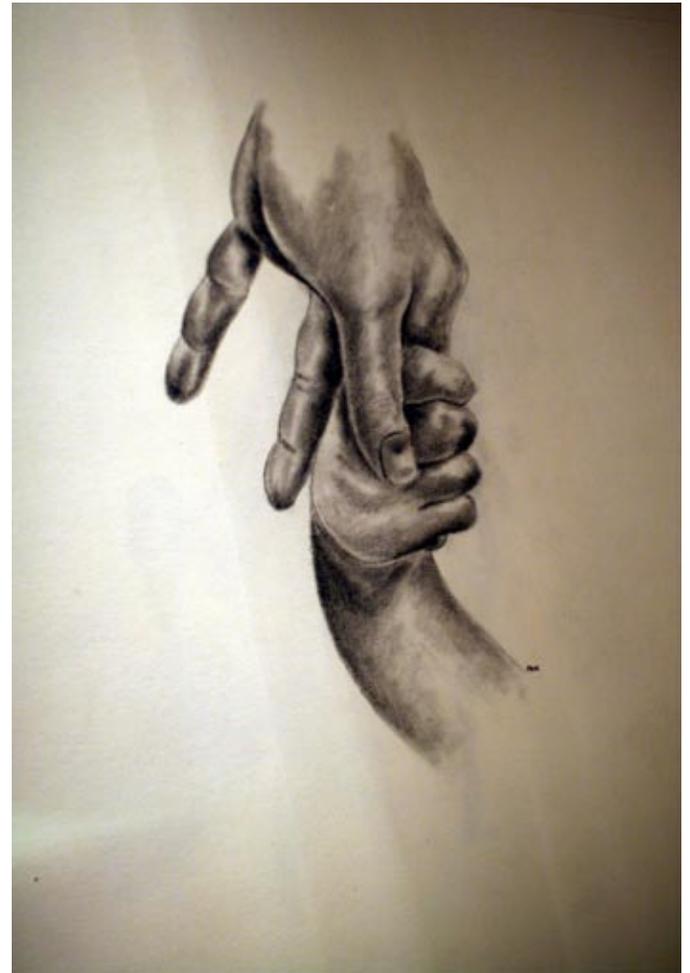
iv.  
 only a wind  
 wears at his hardening cheeks

as the less fortunate  
 tug at his collar-

throttled  
 throat.



**The Coolness**  
By Allegra Connor (0T9)



**Pencil Sketch**  
By Michelle Chan (0T8)



**Our Song**  
By Mavra Zvenigorodskaya

# Word Search

ASSAY  
 DIABETES  
 FORMULARY  
 HINDMARSH  
 HYPERHIDROSIS  
 INSURANCE  
 IPSF  
 KALAMUT  
 MEDSCHECK  
 MONOGRAPH  
 PARACETAMOL  
 PATIENT  
 PHARMACY  
 PHARMAKON  
 SUPPOSITORY  
 THERAPEUTICS  
 UPS  
 ZUBIN

T D Y C A M R A H P N M H P H  
 R A R N M P K B A D U Y C T J  
 N T O X W X R C F N P K U O C  
 Z H T X M U M S E E C M D K Z  
 T E I Z O S P U R H A I J P J  
 E R S S N I Z H M L C E H A A  
 M A O A O L I D A Y R S J T Z  
 Y P P X G D Z K I R R O D I H  
 T E P A R A C E T A M O L E Z  
 G U U O A N K H M L B A X N M  
 Y T S C P E G D S U A E K T W  
 A I B I H F N E P M L H T O Y  
 S C Z U B I N S U R A N C E N  
 S S V C H L Q K I O J O J J S  
 A V X N S O Q U K F D G A U Z

# Shout Outs

## Happy Birthday Deb and Princess!

- from the most important women in your lives

## Happy Birthday Janet Chow!

- From the middle-left side of the class

## To the Chestnutters: I miss you guys!

- Rm 950 former

## Shout out to Tuli for being such a sweetheart

- Anonymous

## To Vanessa: For a job well done on Phrosh Week!

- J-Mo

“Kelvin - the laptop is coming.. get your finger ready!!”

## From: the Tug-of-war rope

To: OT9 - Wish you were here.

## P-boi...

This is a shout out U no what its about, Takin' it E-Z till the real skool starts.

N you can shows us all yo smarts.

Soon u b makin da moniez up in the loo, Peace'd so early last summer to do wut u do, Therapeutics b startin up soon with Malhotra n Azer, You guys be flyin threw dis year on a lazer. Catch ya lata...

CONGRATS OT8s.. we finally kicked butt at Tug of War!!! Thx to everyone who came out despite the scheduling. 1T1s...

## don't blame the uphill!!! =P

- A.L.

Hi 1T1. I'd thank you for electing me as your monograph rep, but it seems more important to thank everyone for not running against me (so please stop congratulating me about it). I look forward to taking your submissions - I'm easy to find in class or online, so don't be afraid to say hi.

- Adam Calabrese

To MP: Sorry to be spending so much time with MF

To MP: Hahahaha! - MF

# Sudoku

		4	1	9				
		2					7	
6	3							8
	9			4		5		
			8		3			
		5		2			3	
9							6	4
	6					3		
				6	7	1		

## Write a Shout Out

Every month, the shout out page will be featuring your congratulations, well-wishes, happy birthdays, and sappy, smoochy love notes. It's first come, first serve! Send your shout outs to [themonograph@gmail.com](mailto:themonograph@gmail.com).

# Pharmasave® / fär-mä-say-v/

*noun*

1: a vibrant group of independently owned community pharmacies across Canada

2: the best of both worlds; an opportunity to be your own boss but never alone.

Pharmasave offers its pharmacy owners the best of two worlds. They have the freedom to run their own pharmacy while being able to take advantage of Pharmasave's proven products, services, and the tremendous benefit of a strong national brand. Examples of the services provided include: leading edge professional programs, retail operations, merchandising, and marketing support.

Because Pharmasave's regional offices are not-for-profit, their primary focus is to make each store more successful—not to increase the offices' bottom line! This means all financial rewards are directed back to the store, giving you limitless opportunities for growth!

No matter how you look at it, Pharmasave is unique. Ever since we began operating in 1981, we have subscribed to a "member governed" philosophy. This means that the people who make the decisions for the company are Pharmasave pharmacist/owners. At the same time, each Pharmasave store still operates independently to serve its individual community.

If you are looking to start your career in a progressive independently owned practice, come join the Pharmasave team. One day when you are ready to be your own boss, consider opening a Pharmasave store—you'll be independent but never alone.

*For an expanded definition, contact:*

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# OCTOBER HAPPENINGS...

M	1	Break Ramadan Fast in Student Lounge
T	2	
W	3	
R	4	Pharmasave Lunch and Learn Year 3
F	5	
S	6	
S	7	
M	8	
T	9	IPSF Student Exchange Info Session Year 2 and 4
W	10	Deadline for CAPSIL submissions National Election Day
R	11	
F	12	Fear Fest at Wonderland
S	13	
S	14	
M	15	Deadline for registration for PDW in Edmonton
T	16	
W	17	Residency and Internship Open House (RSVP Oct 12)
R	18	
F	19	
S	20	
S	21	
M	22	Deadline for submissions for The Monograph
T	23	
W	24	
R	25	
F	26	
S	27	
S	28	Phollies Dress Rehearsal
M	29	Phollies Dress Rehearsal UPS President Alex Vuong's Birthday
T	30	
W	31	Halloween
R	1	
F	2	Phollies – Evening Performance
S	3	Phollies – Matinee and Evening Performance

## MORE FACTS & FIGURES

### Health Care Expenditure:

**8.4%** Percentage of national health care expenditure on drugs in the late 1970s, including prescription, non-prescription, OTC, and personal health supplies

**17%** Estimated percentage of national health care spending on drugs in 2006, second only after hospital spending. This represents \$45 billion.

**13.1%** Estimated percentage of national health care spending on physicians in 2006, representing \$19.4 billion

Source: Canadian Institute for Health Information National Health Expenditure Database