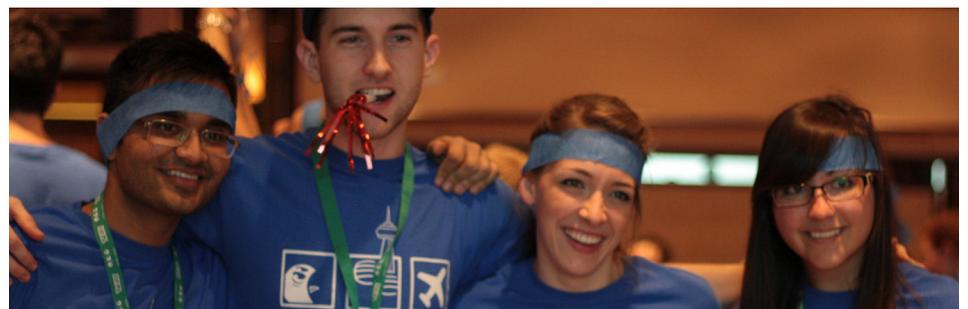


# THE MONOGRAPH

VOLUME 14 ISSUE IV

VOICE OF THE PHARMACY STUDENT



PDW 2013 MONTREAL

# UPS CORNER

Welcome back, Pharmacy!

Since this is the first issue of the new year, HAPPY NEW YEAR! We also hope you had a fun, relaxing, and enjoyable winter holiday! (1T4s, we hope you were able to get a bit of rest as well!). As you may have noticed, the faculty has become a lot less crowded, as the 1T3s have gone off to their SPEP rotations.

First off, congratulations to the 1T6s for being officially welcomed into our faculty! We hope you enjoyed your white coat ceremony. We had many students go off to Montreal for this year's PDW 2013 "A Common Goal." We hope you all had a blast and represented us well. Congrats to all students who placed in the CAPSI National Competitions!

Things to look forward to (aside from midterms and exams): OPSIS 2013! For those who have not yet signed up, applications are due Friday, February 1st. This is a great opportunity for U of T

students to meet our Waterloo counterparts and to build leadership skills. OPSIS will be held in Niagara Falls and will run from March 15-17th. The conference will include a case competition, a debate on the hottest pharmacy topics, and presentations from leaders in the pharmacy field, as well as great social events! For more information, check out the website at [www.pharmacyleaders.ca](http://www.pharmacyleaders.ca).

Keep your eyes out for Pharmacy Awareness Week (PAW) that will be happening shortly after Reading Week. It's a great chance to get involved in the profession of pharmacy and to educate the community about our role as pharmacists.

Also, the OPA Student Cup is also around the corner! Get your cheers ready and your team spirit rolling as we face Waterloo in a head-to-head battle in an intense game of hockey! This year's match will be held in Toronto, so tune in for more details to come.



We also encourage all of you to start considering ways that you want to be involved in the faculty next year as UPS elections are coming soon. UPS Council is a great way to be involved in both your education as well as your student life while you're at the faculty. Please don't hesitate to contact any of our UPS members if you have any questions about council positions or just want more information.

Good luck and all the best this semester!

Kevin Chow & Lindsay Dryden  
UPS President & Vice-President

## "MEMBERS ONLY"

By JUSTIN SARACENO, 1T4

ON A SUNNY weekend this past June, I found myself sitting on a bus heading to London, Ontario. Being the city of my alma mater, I've had my fair share of good times there. However this time, I was going back with a bus full of fellow pharm students for the annual OPA Conference.

I really wasn't sure of what to expect, given that I didn't know anybody who had attended the previous year's meeting in Deerhurst. From talking to people on the bus, it started to sound like it was going to be a lot of fun at least. The conference was kick-started with a student mixer on the first night, which was followed by a general mixer on the second night, and eventually a gala dinner on the final night. I was surprised at how easy it was to talk with other people at the conference. This provided a great opportunity for networking with other students, pharmacy owners, and members of the OPA. During the two days of the conference, a series of seminars were presented. What I appreciated most from these talks was the chance to sit back and leisurely learn about important practice topics, as opposed to having to write down every detail coming out of a lecturer's mouth. I attended seminars ranging on a variety of topics from atrial fibrillation to anxiety and sleep disorders to important info about professional liability insurance. I've

been surprised at how useful some of the information that I learned has been for third year so far. Instead of attending the various seminars, attendees could also choose to participate in a full two-day course on new and expectant mothers, which came with a certificate upon completion.

The OPA provided a free student bus straight from campus to the conference, as well as great early bird deals on hotels in the area. All of this was in addition to three days worth of free food and drinks. Finally, to make it even more of a bargain, the OPA also gave attending students a generous rebate after the conference was over. The conference for the upcoming year will be right here in Toronto, which makes accommodations and travel even easier.

Of course, any pharmacy student can up and go to the conference, but what really makes it practical is if you are an OPA member. This is just one of the many reasons why I encourage students to think about signing up as a member when renewing your professional liability insurance. For those of you who are more frugally inclined, there are a host of other useful discounts that you get as a member. Some of the ones that I took advantage of within the past year included car rentals from Enterprise and ROM admission. The Goodlife discount (over

50% off) and subscription to CP Letters are also worth noting, as is the discount for Mercedes-Benz (a must have for any drug dealer).

However, the most important reason to become a member is the added weight that you give to the voice that advocates on behalf of the profession in Ontario. The OPA had a tremendously successful year in 2012, thanks in large part to the fact that the body represents over 13,600 members. Students arguably have the largest stake in the profession's future, and with a membership being only a small cost to a practicing pharmacist or student, I can't recommend signing up enough. I also believe that there is considerable potential for the OPA to start actively advocating for pressing issues unique to pharmacy students. Over the past 3 years, pharmacy students have witnessed the vanishing of generous tuition assistance programs and dwindling of well-paying internships. If there is anyone who is set to step-up to the plate and advocate to employers to invest in Ontario pharmacy students, I believe it's the OPA.

I encourage any students with questions or comments to approach their respective OPA Class Reps (1T3 – Stefanie Morikawa, 1T4 – Justin Saraceno, 1T5 – Blake Ziegler) or OPA Student Board Member, Kenny Chan.

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## EDITORS' NOTE



Hello Phamily! It appears that we've all survived the end of the world, and yet most of us remain on edge as marks continue to slowly appear on ROSI. Putting that thought aside though, we hope you all had a restful and enjoyable holiday and that you are all in top gear for this winter semester.

For those who went to PDW, we hope it was as rewarding and enlightening as we both found it. This exciting issue features articles about PDW, the 1T6 Induction Ceremony, and a guest appear-

ance by The Grumpy Giraffe, editor of the EDible News from the Education department of the York Glendon campus. We hope that you find the issue to be insightful, informative, and a good read.

Just a reminder to everyone that The Monograph accepts articles on a continual basis, so please send us any creative, informative, or opinion pieces to your class reps or directly to [monograph@uoftpharmacy.com](mailto:monograph@uoftpharmacy.com). Submitting anonymously is allowed and we will guarantee that an author's identity remains private if requested. Happy writing!

Jennifer Jin & Amy Lau  
The Monograph Editors

*The articles published in The Monograph are not reflective of the Undergraduate Pharmacy Society, Leslie Dan Faculty of Pharmacy, or University of Toronto. They are strictly the opinions of their respective authors. If any of the articles are offensive, please contact the editors to discuss the matter.*

## 1 MINUTE READ: 5 THINGS YOU NEED TO KNOW

1. Effective April 1, 2013, across all provinces and territories, the generic price of six molecules (atorvastatin, ramipril, venlafaxine, amlodipine, omeprazole and rabeprazole) will be reduced to 18% of the brand price. Prices continue to slide in Ontario, having effects on the economics of pharmacy.
2. It's not too late to get a flu shot, or recommend your family and peers to get one! The flu season starts in the Fall and ends in April and flu shots are available throughout the season.
3. The four top fears related to flu shots are: a belief that it won't work, worry

that the vaccine itself will cause the flu, a fear of side effects and needle phobia.

4. Ontario's MedsCheck program may be under review sometime soon by the Ministry of Health and Long Term Care (MOHLTC) to understand how effective it has been in terms of helping better manage seniors' medication needs.
5. The Ontario government is looking into a co-payment system (based on income) for seniors home care and community support services such as bathing and household tasks (currently subsidized by the govern-

ment). This would be a similar system to how seniors currently pay for their medications under the Ontario Drug Benefit program.

"1 Minute Read" is a short list of recent things happening in healthcare that have an impact on the world of Pharmacy. References supplied upon request. You can check out all the previous "1 Minute Read" articles at [www.soape.ca](http://www.soape.ca)!

Kenny Chan  
President  
SOAPE

# PHARMACY ATHLETICS

## COED SPORTS

Last semester, our division 2 wolleyball team was knocked out in the semi-finals in a close game against the School of Graduate Studies. SGS went on to become the division champions. We're hopeful that this semester, with new court rules (Reverse 6s), we can defeat the competition. This semester, the team started out with a default win against Architecture. Games are on Wednesday nights at 9pm in the Sports Gym if you want to come out and watch.

Unfortunately, our open division volleyball team came in 7th place last semester and lost their spot. We're still looking to put together an open division team again next year though!

And it's that time of year again when inner tube water polo starts! This year's team, led by captain Amber-lee Carriere, has their first game on January 23rd against Law A. Good luck to our players!

Our coed division 2 basketball team lost to OISE in the quarter finals last semester, in a close game 51-49. Hopefully this semester we can take the gold! Under the new leadership of 1T5's male athletic rep, Kevin Yang, the team plays on Thursday nights in Fieldhouse at the Athletic Centre.

This semester's coed season started up with a bang with a solid performance by our indoor ultimate Frisbee team. Despite the fact that we were seriously outnumbered that game, Pharmacy faced off against OISE/Nursing in a high-scoring, back and forth game which ended in a 18-18 tie. Great job boys and girls!

## WOMEN'S SPORTS

The women's volleyball team is led by 1T5 female athletic rep Dee Egbedeyi this semester. Despite having a bit of a rocky start, they managed to pull out a win in the third set of their first game this semester against OISE/PT/OT. Good luck this season ladies!



## MEN'S SPORTS

This past season in the fall, men's intramurals showed outstanding performances from all teams. Our basketball team played their hearts out, but

their playoff season was cut short in the quarters. Similarly, the men's hockey team qualified for the playoffs, but were knocked out in the semis. Our outdoor soccer team also placed well, fighting their way up to the semifinals. Regret-

tably, our men's flag football season was unable to qualify this year, but we can be sure to expect good things next year.

A big congratulations to our men's volleyball team for winning last season's

division 2 championships! This makes it a repeat win carrying from the year before. A special thanks to all the spectators at the final game and be sure to support the team as they go for their 3rd consecutive championships.

Don't miss the chance to join in this semester for some intramural fun! Intramural teams that are offered this semester include:

CO-ED: Volleyball, indoor frisbee, basketball, water polo

WOMENS: Volleyball, indoor soccer, hockey

MENS: Volleyball, hockey, basketball, indoor soccer

If you are interested in joining any of these teams please e-mail: [athletics@uoftpharmacy.com](mailto:athletics@uoftpharmacy.com)

Lastly, this issue's male and female athlete of the month goes to Justin Colbon and Caren Chiu. Justin has had a great attitude and shown commitment to the intramurals program these past four years, which makes him a prime example of the players we love to see come out and play. Come rain or shine, you can be sure to find him out at each game. Caren, in addition to her outstanding participation in the intramural league, has also taken a leadership role in the revival of our Pharmacy dragon boat team. Look forward to more news from this new and upcoming team. Congrats to the both of you!

Save the date! The annual OPA cup will take place on the evening of April 6th. This is an annual hockey game between the Leslie Dan Faculty of Pharmacy and the University of Waterloo School of Pharmacy. Be sure to mark your calendars to enjoy some friendly competition and an awesome afterparty!

*Louis Nguyen*  
Male Athletics Director

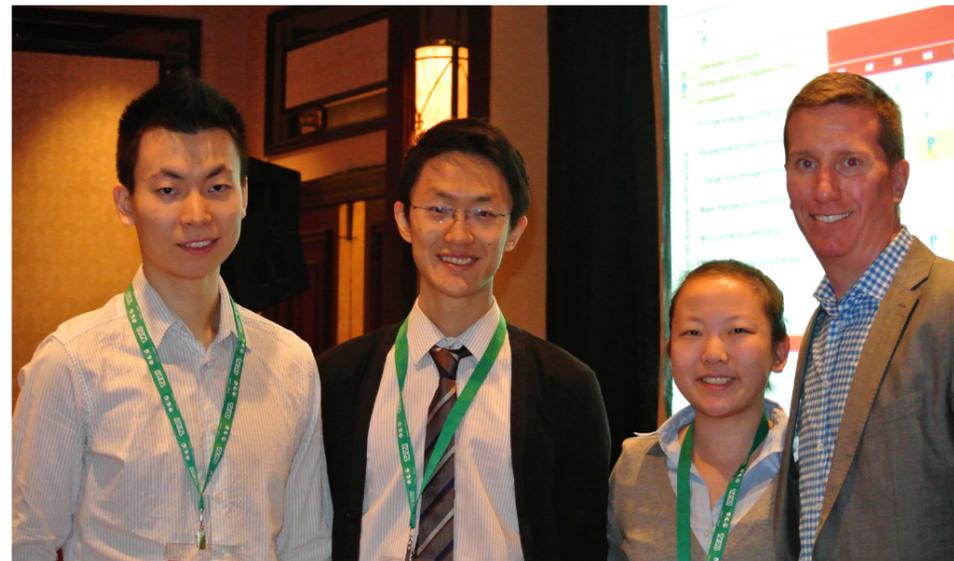
*Jennifer Ma*  
Female Athletics Director

*Caren Chiu*  
Co-ed Athletics Director



# PROFESSIONAL DEVELOPMENT WEEK 2013

C A P S I • A C E I P



The beginning of the school year can be summed up with three words: Professional Development Week.

CAPSI's annual conference was held this year in the beautiful city of Montreal. The PDW Planning Committee worked for three years to organize this conference, and what a success! Students from across Canada came together for four days of motivational speakers, informative seminars, and networking events that I'm sure no one is soon to forget!

Your local CAPSI chapter wants to hear about your most memorable PDW moments! Write a maximum of two

pages about your PDW experience and you could WIN a ceramic CAPSI travel mug and a chance to be published in the CAPSIL and The Monograph.

Submit your writing to [torontosr@capsi.ca](mailto:torontosr@capsi.ca) by 5 pm on January 31st for your chance to win!

**SPECIAL CONGRATULATIONS TO OUR LOCAL COMPETITORS:**

Congratulations to our outstanding Over the Counter Competition representative *Leban Farah!*

Our compounding team came in fourth overall. Congratulations to our

celebrated compounding: *Adam Aasen, Boryana Dotcheva, Claudia Janiszewski, and Josh Marble!*

U of T came second in the Patient Interview Competition. Congratulations, perceptive PIC representative: *Moataz Daoud!*

And first place goes to... *Jennifer Ma*, our wonderful writer, who won the Student Literary Challenge!

Special thank-you to all of the fourth year students who have been 4-for-4 in PDW attendance: *Jen Baker, Michael Juba, and Chukwu Ume.* PDW in Vancouver won't be the same without you!

Oh – did you see what I did there? Well, you read it right! The PDW 2014 site is up, so check out all that next year's conference has in store for you! PDW 2014 will be held from January 8-11th in Vancouver, B.C. and the theme of the conference will be "Currents of Change/ Courants de Changements"! Visit the website for more info: [www.pdw2014.ca](http://www.pdw2014.ca)

The CAPSI National Executive council will also be at PDW 2014, and why not join the team? If you've thought about joining CAPSI as an executive, consider the four positions that are open for bi-elections this year: Executive Secretary, Finance Officer, CAPSIL Editor, and VP Professional Affairs.

Submissions for the bi-elections are due on Monday, February 4th, but will have to be completed with your CAPSI reps in the week prior. If you plan to run, contact Alysha or Amber-lee by **Monday, January 28th.**

If you just want to know more about the CAPSI bi-elections, contact Alysha or Amber-lee by e-mail ([torontojr@capsi.ca](mailto:torontojr@capsi.ca) or [torontosr@capsi.ca](mailto:torontosr@capsi.ca), respectively), Facebook (Capsi At Uoft), or Twitter (@UofTCAPSI).

Keep your eye out for our upcoming events: CAPSI cupcakes, speakers, Pharmacy Awareness Week, and Mr. Pharmacy Pageant! We need two gentlemen

from each year to compete in the pageant, so get your talent out and let your personality show. All proceeds will be going to Prostate Cancer Canada.

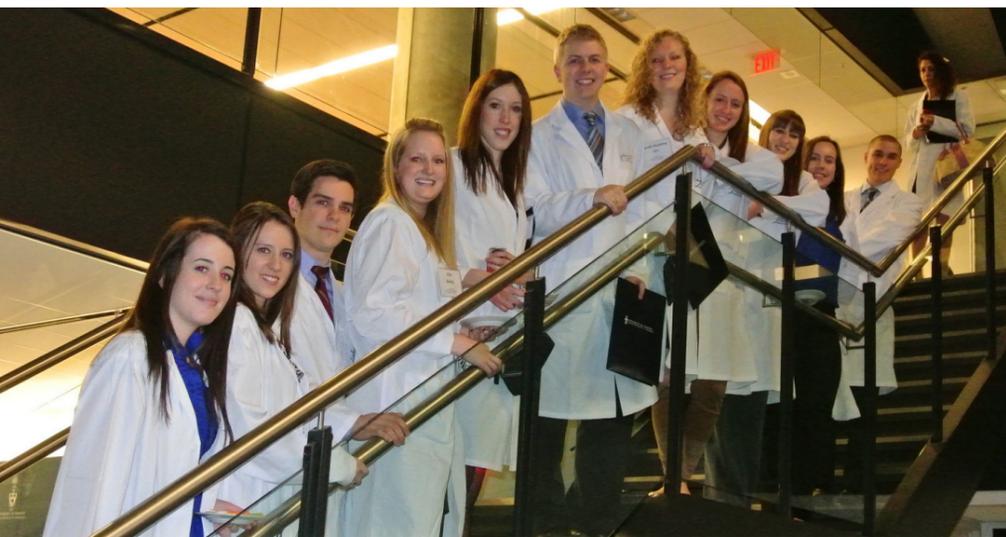
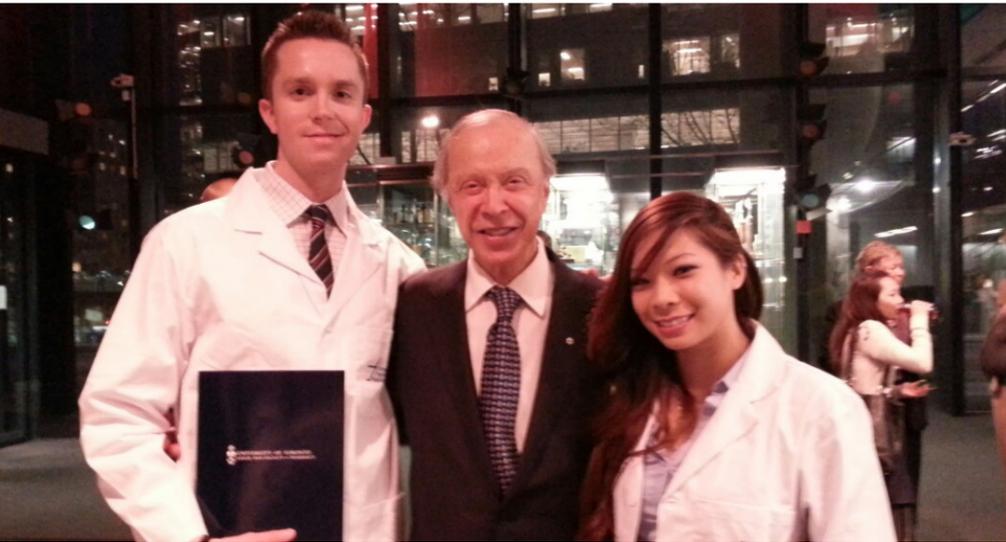
Good luck catching up on studies and getting over the PDW plague!

Signing off,  
Your CAPSI Reps

*Alysha Prata*  
Junior CAPSI Representative  
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*Amber-lee Carrière*  
Senior CAPSI Representative  
[torontosr@capsi.ca](mailto:torontosr@capsi.ca)

# INDUCTION CEREMONY



The moment that all the IT6 students have been waiting for finally arrived. After surviving our first semester of pharmacy school, the White Coat Ceremony marked our transition from science student to clinician-in-training. Guest speakers, professors, and practicing pharmacists were present to help us don our white coats and welcome us into the profession. It was a truly memorable experience that symbolized our formal induction into the pharmacy community.

Despite the cliques that have formed in our class, reciting the Pledge of Professionalism in unison brought everyone together in spirit. We are all here with a common goal - to make a difference in the health care system and learn to provide the best possible care for our future patients. By reciting this pledge, we have made a pact with society and committed ourselves to professionalism, ethical practice, and life-long education.

Class of IT6, we should take pride in our profession, because as future pharmacists we have been given the opportunity to make a big impact on society.

*Stuart Alp & Carol Nguyen  
IT6 President & Vice President*





## PHARMACY AWARENESS WEEK 2013

“ You have to do HOW many years of school to become a pharmacologist?”

Yes, we’ve all been asked some variation of the above question, and yes, as future PHARMACISTS, it makes us cringe. But guess what? Pharmacy Awareness Week is coming up in March 3-9! This year PAW will not only be an opportunity for you to get educated, but more importantly, for you to educate others about the profession of pharmacy.

We’d like to make this week informative and fun for everyone. The more events you attend, the higher your chance of winning an amazing prize!

### COMMUNITY AWARENESS

PAW 2013 will be all about community awareness about pharmacy, and CAPSI, SOAPE and UPS have lined up many opportunities for you to get involved. Whether you would like to go out and speak to patients in community pharmacy, to other students on campus, to hospital patients, or to children in schools, we’ve got something in store for you. We are so proud of the profession we chose to be a part of - lets show it off as much as we can this week!

### STUDENT AWARENESS

We will again be hosting the Speed-Meet-a-Pharmacist event where students go around a circuit of pharmacists from various fields of the profession and ask questions. There will also be an evidence-based case competition for you to participate in (with prizes for the winner), and keynote speakers to inspire you.

### FUNDRAISING

If you’ve got baking skills, our bake sale to raise funds for PAW is your moment to shine. And for the event you’ve all been waiting for, we will be partnering with CAPSI once again to bring you the Mr. Pharmacy Competition! This competition will put our most handsome and charismatic male pharmacy students head to head in a battle to crown the newest, hottest pharmacy man (with all proceeds to be used for prostate cancer fundraising).

PAW will be jam-packed, so stay tuned for a detailed schedule of events. Watch out for our call for bakers, Mr. Pharmacy participants, and student volunteers for community awareness. Remember, part of our role as professionals is to advocate for our profession, and PAW 2013 is just the right time to do so.

Leia Musielak & Simona Tencaliuc  
 UPS Events Directors  
 events@uoftpharmacy.com

## I BELONG IN PHARMACY (TAYLOR SWIFT PARODY) By CHI ZHANG, 1T6 Monograph Rep



This is not easy!

And you’ve got a smile that can lift the patient’s frown  
 You’re probably the best pharmacist around  
 You deny, I know you better than that  
 And then you go and give my head a little pat

Now I’m getting fluent, I see some improvement  
 He’s the pharmacist and I’m just a student  
 Dreaming ‘bout the day when school is finally off my mind  
 A pharmacist now who can earn my own dime

Three more years of school we gotta get through  
 Been in school so long, with tuition killing me  
 I belong in pharmacy

Standing all day don’t know how you aren’t sore  
 All this time my legs are getting  
 Achy, I belong in pharmacy, I belong in pharmacy

Oh, I remember a patient called your cell  
 in the middle of the night  
 Had a question ‘bout his meds,  
 don’t know how to take them right  
 You helped him on the phone even though you needed sleep  
 That’s why you are so well known, exactly who I want to be

I got three more years of school I gotta get through  
 Been in school so long, with tuition killing me  
 I belong in pharmacy

Standing all day don’t know how you aren’t sore  
 All this time my legs are getting  
 Achy, I belong in pharmacy, I belong in pharmacy

I belong in pharmacy  
 I’m spending my whole day in PB  
 I belong in pharmacy  
 I belong in pharmacy

You’re on the phone with a patient, she’s upset  
 She’s going off about her cheeks being swollen red  
 You tell her “it’ll be gone in a day or two”

I’m looking at you on this typical summer night  
 I’m listening close ‘cause I know you say everything right  
 The knowledge you have is something I wish I knew

With drugs he is fluent, I feel like a nuisance,  
 He’s the pharmacist and I’m just a student  
 Dreaming ‘bout the day when school is finally off my mind  
 A pharmacist now who can earn my own dime

Three more years of school we gotta get through  
 Been in school so long, with tuition killing me  
 I belong in pharmacy  
 I belong in pharmacy

Drug concentrations in you depend on your genes  
 Abbreviations I can’t remember what they mean  
 Crying on the park bench thinking to myself

## PHARMACY JOKE CORNER By VARIOUS 1T6s

A young man goes into a drugstore to buy condoms. The pharmacist says the condoms come in packs of 3, 9, or 12 and asks which the young man wants. “Well,” he said, “I’ve been seeing this girl for a while and she’s really hot. I want the condoms because I think tonight’s “the” night. We’re having dinner with her parents, and then we’re going out. I’ve got a feeling I’m going to get lucky after that. Once she’s had me, she’ll want me all the time, so you’d better give me the 12 pack.” The young man makes his purchase and leaves. Later that evening, he sits down to dinner with his girlfriend and her parents. He asks if he might give the blessing, and they agree. He begins the prayer, but continues praying for several minutes. The girl leans over and says, “You never told me that you were such a religious person.” He leans over to her and whispers, “*You never told me that your father is a pharmacist.*”

A pharmacist is explaining how to use a medication to a patient. The patient suddenly falls and starts having a seizure. Everyone rushes in to help except the pharmacist who says, “*It’s alright. I told him to shake well before use.*”

Why can’t pharmacists be trusted? *Because they do our ex’s.*

## MY PURSE STORY By THAO HO, IT6

MY LOVE for purses began two summers ago. The first bag I bought was a cream coloured tote from Aldo. It was the summer time, and my boyfriend kept asking why I never wear a purse around (I think he was tired of carrying my phone and wallet in his pockets). And I would always reply “because I don’t want to carry one around”. Then one day, I lost my phone for the third time and thought maybe I should get a purse.

Actually, my boyfriend lectured me! And that made me get a purse. But even while I had my tote, I still did not use it. It wasn’t until I had lost my phone (this time it was not entirely my fault) and being lectured, once again, I decided I would buy a purse that I would carry around. The second purse I bought was a taupe purse – it was the fall time so I wanted a neutral coloured purse. This purse was smaller and had more compartments for organization. When the winter came around, I decided I wanted a black purse to go with my black coats. This purse had suffered many unfortunate events. I would pack my lunch in it for work and would spill crumbs, water, juice, fish sauce (I know...ew), basically anything and everything. But I would clean it and it still looks and smells fine. The third purse I bought was a red one for the summer time. When fall came around again, pharmacy school started and I had no time or money to shop. So I went back to the black purse and used it more as a messenger bag to carry my school stuff in. Though it fit my laptop, I wanted a bigger bag. I then fell in love with my fourth bag but could not bring myself to buy it, so instead I asked for it for Christmas, and Santa delivered. The latest bag I bought is just one that I thought was cute. I have nothing like it and it was such a good price I just HAD to buy it.

### MY FEATURED PURSES:

This bag was one that I have wanted for some time. I first saw it in October and immediately fell in love! But I just couldn’t justify the price especially since I had just paid tuition! It was \$130.00 at Town-Shoes, but during boxing week/pre boxing week, it was 30%. It’s made of genuine leather (I cried a little when I found out) and large enough to fit my laptop - which I LOVE LOVE LOVE. It is a bit big but it’s so pretty! I have received SO MANY compliments and strangers stop me to ask where I bought it or if it is a high-end designer bag. It also comes with a removable over-the shoulder strap for when you don’t want to carry it on your arm. My friend wanted to buy bag too after she saw mine but it was sold out everywhere.



I bought this the other day from Browns Shoes, it was originally \$72 but it was on sale for \$29.99!! From what I’ve seen, this is basically sold out at most locations. But luckily, Browns has free shipping! This one is synthetic (yay!). It’s cute and dark. So it pretty much matches with anything I wear, but it also adds a pop of colour to my outfits. The gold chains are pretty long, so I would not suggest the shorter girls buy this, unless you want to remove some links. Though it looks smaller, I was surprised at how much it could fit.



This is my classic casual black bag from Aldo. I bought it for \$50 over a year ago and the price has not seemed to go down what so ever. However I don’t think this can be found in stores anymore, but is available online. This bag also has an over-the-shoulder removable strap which makes it very convenient for when my arms are tired. It has two main compartments, a middle zippered compartment and a small size compartment as well. It’s like a magic bag! It can hold my laptop, make-up bag, phone, wallet, bottle of Advil, and much more. Obviously, for the price it’s sold at, it’s synthetic. It’s very casual and literally goes with any outfit, colourful or dark.



I think Aldo comes out with this tote every season. All they do is change the scarf. I have this exact bag from a previous season, except my ribbon is more floral and less bright. I bought my bag for \$50, and today this version is also \$50! This is my summer-dress bag. It has one big compartment, which I just throw everything in. It can fit a laptop, clipboard and textbook which made it very convenient for summer school. Obviously it’s synthetic but many strangers have stopped to ask me if it’s real leather...even though it doesn’t really look real to me.



## THE DRUG DEALER

By DEVAL PATEL, IT4 Monograph Representative

You don’t have to ask me twice

I will tell you about a generic

so, you won’t pay retail price

Unlike your doctor, you can call

me anytime for free advice

I won’t charge extra and I’ll be extra nice

After all I am what they call a legal drug dealer

Whether its blue, red, or green, I’ll ensure you don’t have a reaction

I’ll counsel, suggest, and recommend for that gusher

Hey, if you want I even got a pill to give you an erection

Don’t worry ‘bout whatever you got from that hooker

I’ve got the pills with no drug interactions



## RIHANNA PORTRAIT

By MICHELLE JOSEPH, IT4

## PHARMACY STUDENTS FOR CANCER AWARENESS

CANCER IS a disease that strongly affects the lives of many Canadians every day. Some of us have experienced cancer first hand while others have had family members, friends, or co-workers diagnosed with cancer. An estimated 2 out of 5 Canadians will develop cancer during their lifetime and an estimated 1 out of every 4 Canadians is expected to die from cancer according to the Canadian Cancer Society. With such staggering rates of cancer, it’s no surprise that there is so much awareness in most hospitals in the GTA. However, the same level of awareness and involvement was not seen when we first entered Pharmacy back in 2010. That’s why we decided to create the Pharmacy Students for Cancer Awareness (PSFCA) group in 2011 to bring more awareness to the condition and to inform individuals about the pharmacist’s role in preventing the progression of this disease.

PSFCA’s mission is to promote and increase awareness of the role of pharmacists in cancer care, both in community and hospital pharmacy as well as integrate an increased amount of cancer therapeutics in the pharmacy curricula. Our vision is to see more student awareness of cancer and understanding that their role as pharmacists will be pivotal in patient care.

This February, PSFCA will be holding its annual Cancer Awareness Week in the faculty of Pharmacy. There will be speakers ranging from cancer researchers to oncology pharmacists, as well as many other social events and activities! We encourage everyone to come out and learn more about what role pharmacists play in oncology care and the types of innovative cancer research that is happening in the faculty. Come out to support Cancer Awareness Week and learn something new!

We hold many events during the year and we would like more involvement from students! If you wish to learn more about us, e-mail us at [pharmsfca@gmail.com](mailto:pharmsfca@gmail.com) or join our Facebook group, Pharmacy Students for Cancer Awareness.

*PSFCA Executive Committee*

## GRAPEFRUIT JUICE AND GANG RAPE

By MALIHA HOSSAIN, *IT5*

HERE ARE two completely different stories. One is about gang rape. Another is about grapefruit juice. But the gang rape story teaches a lesson, one that can be used to help the people in the grapefruit juice story. Forgive me for the horribly summarized story of this incident; I highly recommend reading a few articles about it to get a better understanding of the situation. This is just to give a taste of the tragedy that has happened recently.

You may or may not have heard about her, but Nirbhaya, a 23-year-old Indian student passed away on December 28, 2012 in Mount Elizabeth Hospital in Singapore. She died from multiple organ failure as well as suffering from a lung infection, brain damage, and a heart attack. You may ask, how on earth did she get all these conditions? Long story short, she was gang raped 12 days before her death on a public bus in New Delhi while on her way home with a friend after watching the film “Life of Pi.” She was outnumbered 6 to 1. Her friend couldn’t do anything as he was also horribly beaten up. She was sexually assaulted, raped, and then had an iron rod pierced into her body. Afterwards, she and her friend were stripped and thrown off the bus, left to die.

The bus passed through several police checkpoints without a single red flag, but what worried me the most was the fact that this sort of situation is not new for any woman in India. It’s a regular part of life – getting catcalls, being groped on the bus, being raped just to name a few. However, almost all women are forced to keep quiet about sexual harassment in fear of ruining their family’s reputation and honour. And for those who have the guts to tell the po-

lice, a predominantly male workforce, it either gets ignored or takes forever for the courts to put the suspects on trial. But not anymore.

Starting on December 19, 2012, after hearing about Nirbhaya’s plight, thousands of demonstrators took to the streets in front of New Delhi’s police headquarters near Parliament and outside a major university. They protested in favour of better protection for women and also harsher punishments for the criminals, such as death penalty. The protests continued for a few days, escalating to violent riots with clashes happening left, right and center. Many people were injured and few people died. The police force resorted to using water cannons, tear gas, and other measures to quiet the rioters. It even pushed the Indian Prime Minister Manmohan Singh to take political action in regards to women safety.

It may sound chaotic, but this spark of rage has led to many women finally coming out to talk about their stories, their hardships, their feelings and how common it is for an Indian woman to face this kind of harassment on a daily basis. And now, things have started to move; fast-tracked courts for sex crimes and a plan to hire 2500 women to the police force are already underway. There is still a long way to go for India, but it’s a start.

Now, about grapefruit juice, a much shorter story.

In late November, supposedly “shocking” news about grapefruit juice began to surface. For example, an article in the *Globe and Mail* brought up the danger of consuming grapefruit juice with

many other medications, such as blood pressure meds. They continued to write about how grapefruit juice inhibits an enzyme called CYP3A4 and how many people are at risk of suffering from rhabdomyolysis or renal failure when taken with certain meds. This is no news to us pharmacy students. It was probably the first thing we learned after entering pharmacy school. If we see that a drug is metabolized by CYP3A4, bam! Grapefruit juice is going to be a no-no.

Point of both stories? As future pharmacists, we need to raise awareness about the importance of why we say the things we say, instead of merely just telling patients what to do and what not to do. Like the Indian protesters on the street (although not in the same manner as them), we need to speak out. We need to let the public and the government know of the many services that we can provide and of our potential as a profession. Gang rape was hushed down in India, not spoken of, and almost became unimportant, but after December 16 this issue has become the talk of the century. But I guess it all comes down to curiosity, interest, and necessity to change. If we pique the interests of our patients and they ask more questions with regards to their medications, we can better our relationships with them and provide information before the media explodes with the story. If we attract the interests of the government and show the benefits of expanding our scope of practice, then they may be more willing to help advance the profession of pharmacy to a future of more authority. Being able to administer immunizations is a start, but Alberta is still the only paradise for pharmacists in Canada right now.

## REFLECTIONS OF AN ERA

By ANTHONY HAN, *IT5 Monograph Representative*

I OFTEN THINK ABOUT our place in history and how the posterity will judge us hundreds of years from now. It is a startling thought at first, that one day, our generation, and our way of life will be taught and analyzed just like Ancient Egypt in our classrooms today. However, I would argue that we are not that dissimilar to the Ancient Egyptians, the Romans, or the Victorian Era Brits. With our wealth of information technology, we tend to think that we are more evolved and more sophisticated, but this is not true; we still take pleasure in the same human interactions and are still governed under similar socioeconomic influences. The modalities around us may have improved, but our human essence has not. In this article, I would like to point out some of the issues and moments that would characterize our era.

The big umbrella topic of our generation would most undoubtedly be globalization; we are the living proof of it, right here in Toronto. Up to the mid-20th century, each corner of the world was incubated in their own distinct culture, relatively unmolested by foreign influences. However, recent advances in transportation and technology have made the world seem much smaller. Now, an oil rig explosion in the Gulf of Mexico can immediately affect gas prices in London, England and an infestation in a French Vineyard can affect wine supply in Macau, China. At no other time in history have human interactions been connected so intricately. The 21st century and the dot-com boom will be forever entrenched as the point in time when the human culture became relatively homogeneous.

Another case-study of globalization will be progressions in social relations. Barack Obama will be eternally remembered as the first African-American US President, regardless of his perfor-

mance. His rise to power demonstrates the most profound social paradigm change in modern history. After bloody history with slavery and the civil rights battle of the 20th century, Obama’s global popularity is a defining moment in ever improving racial relations. On that note, the 21st century will be viewed as the tipping point when interracial marriages started to predominate. As a result, the ethnic make-up of future societies will also be homogenous. Another prominent issue will be gay rights. Just as slavery was abolished in the 19th century and women gained suffrage in 20th century, gay marriage has been heatedly debated and will be universally recognized by the end of the 21st century.

This next topic will be a sensitive issue to many, but one that I feel is unavoidable. And that is secularization. Almost all human cultures in history can be defined by their own distinct religious practices and religion has played a huge role in influencing arts and culture. However, major statistics shows that the role of organized religion is greatly diminishing in every developed nation. With all due respect and with no offence intended, I predict that the majority of the world will be non-believers by the end of the century and our current religious practices will likely end up in anthropology textbooks. I must emphasize that this is not to discredit people of faith, but a mere observation about where religion is heading right now. With less and less people physically attending congregations and less financial support towards religious institutions, their future prospects look incredibly bleak. As a result, the 21st century will be a major tipping point towards a more secular future.

An important by-product of globalization is Chimerica. Forget what you hear about rapidly growing African and

South American countries; forget about G8 or G20. China and America’s bilateral trade relations will ultimately dominate global foreign policy. For example, America will be energy-independent in a couple of decades and China will likely takeover America’s current role in the Middle East. Red lines are being drawn by both sides over territorial disputes between East Asian countries. Additionally, resource-starved China is increasingly exercising its influence over the African nations. These two superpowers are on a collision course, and will define our generation like the Cold War did for the baby boomers.

It is difficult to think that our daily lives will not be remembered in the annals in the history, but eras are often characterized by key moments rather than by the people living during those periods. The history of our era will be analyzed differently due to the many data points being recorded by social media and GPS-tracking maps for example. I really hope that future generations will thoroughly assess how we lived and why we did the things we did. However, to our core, we are still governed by the same human interactions like our ancestors (sex, money, friendships, ambition, etc.) and our human essence has not really changed. What is significant to note will be the rapidly changing effects brought forth by globalization; during no previous period in history has society changed so quickly in such little time. Similarly to how the Industrial Revolution defined the 19th century, the technological boom and globalization will most undoubtedly define our era. At risk of sounding narcissistic, our generation will be the most important and scrutinized generation in history, as we are the tipping point to immense societal changes that are about to take place.

# FOOD FOR THOUGHT: OBESITY-OBSESSED SCHOOL FOOD IN THE US

By MICHELLE FUNG, [thegrumpygiraffe.wordpress.com](http://thegrumpygiraffe.wordpress.com)

HOMER SIMPSON (The Simpsons) and Peter Griffin (Family Guy) are depictions of the average Joe in America: white (or “default” colour in the Simpsons, which is yellow), middle-age male living in a suburban neighbourhood with a wife and 2 kids. What else is similar between the two of them? **They’re both fat.** Obesity in America has been a national epidemic for quite a while: more than 30% of adults and 17% of children are obese in America.

In the education- and educator-friendly culture of The Land of the Free, parents and society have branded public schools (or rather, food served in public schools) as the culprit. In a popular thread that has been buzzing on buzzfeed, the author posted photos of school food from 20 countries around the world, the United States included.

Unfortunately, the one from United States looks like this:



The First Lady has introduced the Healthy Hunger-Free Kids Act in 2010, which forced the United States Department of Agriculture (USDA) to tighten their standards on the foods being served at lunch in public schools.

**BUT IS THAT TRULY THE ANSWER?**

Some schools in York Region participate in the Eco-schools Healthy Living program, where all junk food is banned on school premises. Keep in mind that Canadian schools do not provide school food to students; students are expected to bring their own lunch from home.

It isn’t enough to eliminate the physical presence of junk food, though. **The reason why most children are picky is because they are not exposed to certain types of foods with a positive experience.** Positive experiences do not necessarily mean that the child will fall in love with leek. Rather, when a caregiver, like a mother, feeds her child leek soup, and genuinely smiles and focuses her attention on the child, the child will want to copy the mother’s facial expression while eating the soup. The child learns that eating this leek soup (with this flavour) is supposed to be a positive experience, and in their age of aim-to-please, they will do their best to mimic the reactions the mother has.

Children need to be exposed to a wide variety of food as young as possible. Moreover, caregivers should not look like they are occupied with something else, such as washing dishes, folding clothes, talking on the phone, or watching TV. The child needs to know that the mother treats eating as an important issue, and so then the child will also take it as an important issue.

Many parents fall into the cuteness trap when children are infants. This is normal, but it doesn’t mean it should be condoned. Parents do not need to punish their child when they choose not to eat celery; this would make eating a duty (even though it is), and will lessen the positivity of the eating experience.

Many vegetables taste good naturally, but feel free to spice it up a little with herbs. Broccoli is one of several vegetables that has a very faint flavour, but people who eat spices heavily (or foods that have strong flavour often) would be unable to taste it. Adding some herbs (maximum 3 small shakes of the shaker to the whole pot) can help your child enjoy the natural flavour of vegetables while also being exposed to herbs.

**Do not make junk foods seem as taboo as the Devil.** However, do not bring up the topic of junk food, or what it is, until the child has a solid foundation about healthy food, and has acquired preference for, let’s say, vegetables over a candy cane. Junk foods can be eaten, but only in moderation. Personally, I would avoid junk food, and referencing junk food, until the child is at least in grade 5. By grade 5, children already have their own tastes and preferences that are relatively resistant to change.

One of the mistakes that most kind-hearted caregivers make is thinking that obesity has only to deal with food. This is not true. **Simply dieting (or stopping eating completely) is not a healthy way to lose weight.**

Caregivers (this includes educators and parents!) should promote daily exercise. **Healthy weight loss means eating healthy food and doing exercise to burn off excess fat.** Kids should be shown that playing outside is the better option compared to sitting for hours in front of a screen. Parents can help do this by playing with kids actively while indoors (having a space to play catch, or a safe space in the basement to skip rope, etc.), especially as an infant. Communities can host drop-in sports sessions at the local community centres, such as badminton, squash, volleyball, soccer, basketball, etc. Camping can be encouraged, but it is not necessary. As long as the child enjoys exercise, then the goal is achieved. Again, **positive experiences with exercise are necessary** for the child to know that exercise is not merely a chore.

Obesity is not merely a personal issue; it is a communal issue. Healthy weight loss must include exercise along with healthy eating. America is moving forward in terms of health. Let’s hope their next step is just as progressive.

# THE MONOGRAPH