

THE MONOGRAPH



RETHINK

VOICE OF THE *PHARMACY* STUDENT

VOLUME 15 ISSUE 2

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Hey Pharmies!

What a whirlwind of a month September was!

Several intramural sports and various clubs have officially started up for this semester, and it's great to see the new faces getting involved. The Interprofessional Boat Cruise was PHE-NOMENAL and sold out once again.



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.

The 1T7s were officially welcomed at a successful Phrosh Banquet, and the 1T6s were able to defend their title as Robax Cup Tug-of-War champions.

We hope everyone had a fantastic month making and/or catching-up with friends, and getting involved with clubs and activities. As we move into October and November, we are probably all collectively dreading the upcoming barrage of quizzes, assignments and midterms.

Amidst all your studying, don't forget to take a break and check out the events we have planned for the upcoming weeks! Our annual Pharmacy Phollies show, filled with talented singers and dancers as well as many other entertaining acts, will be taking place on October 31st and November 1st. On Friday November 22nd, our classy and sophisticated Pharmacy Semi-Formal will be taking place so keep an eye out for that as well. These are two events that you don't want to miss!

That's all from us for now! Good luck on all of your midterms!

Duke Boamong & Jennifer Ma
President & Vice President 2013-14
Undergraduate Pharmacy Society



Remember: The Monograph is YOUR voice, only louder.

Nusrat Amin & Bonnie Nghiem
The Monograph Editors 2013-14

Should you have any comments, suggestions, or submissions, please e-mail us at: monograph@uoftpharmacy.com.



Thank you to all who donated and participated in the CIBC Run for the Cure on October 6th, 2013. Through class and personal donations, Candy Gram sales, and Capture the Flag donations, we raised \$1,251.00 for breast cancer research!



UofT CAPSI CIBC Run for the Cure Team 2013: Aarti Patel, Alysha Prata, Amber-lee Carriere, Chi Zhang, Emilie Hebert, Helen Zhang, Jennifer Jin, Jennifer Liu, Paul Luu, Shi Jie Jia, Winston Leong, and Yulya Amal.

CAPSI Competition Time!

Professional Development Week 2014 will be held in beautiful Vancouver, British Columbia. This month, we have been hosting the Patient Interview Competition, Over-the-Counter Competition (OTC), Compounding Competition, and the Student Literature Competition.

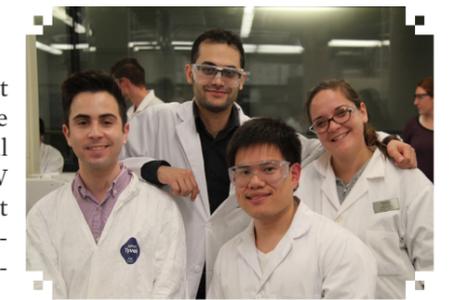
These competitions are always a great chance to apply the skills learnt in the classroom to fun national challenges. All winners are guaranteed a spot at PDW 2014 to compete at a national level against the other Pharmacy schools across Canada! Thank you to all those who participated this year!

Student Literature Competition

Everyone is welcome to write an article about an issue relevant to pharmacy and submit it to enter this competition by Oct. 30th. All submissions are made anonymous before being judging. The winner will receive \$250 towards travel and accommodation to Vancouver. The article will be submitted for the national competition sponsored by CAPSI National and the Canadian Pharmacists Journal.

Compounding Competition

Sponsored by Medisca, this is guaranteed to be bundles of fun! Teams of 4 students were given a surprise medication and formulation to compound. Our winning local team, composed of **Ryan Co, Rebecca Dixon, Andrew Girgis, and Brendan York**, advances to the National Compounding Competition at PDW. Each team member will be given a \$250 subsidy to get there. Congrats!



Over-the-Counter Competition

This competition was sponsored by Pfizer Consumer Healthcare. Each student conducted a 10-minute interview with a standardized patient in the hopes of identifying the OTC DTPs and making appropriate recommendations. **Moataz Daoud, 1T4** will receive \$250 toward his trip to Vancouver for PDW to represent UofT at a national level!

Patient Interview Competition

On the same night as the OTC Competition, each student conducted a 10-minute interview with a standardized patient to identify and resolve DTPs. The winner of a \$250 subsidy for PDW is, once again, **Moataz Daoud!** Well done!

You can find more information at: <http://capsi.ca/benefits/awards-competitions> or talk to your CAPSI Reps!

Alysha Prata & Aarti Patel
Sr. CAPSI Rep & Jr. CAPSI Rep
torontosr@capsi.ca & torontojr@capsi.ca

Editors' Note

Dear Monograph Readers,

As the once-leafy trees shed their summer garments, so too are the students of PB shedding some of our September jitters and taking on new concepts, new ideas, and new responsibilities as the school year gets well under way.

That is why we have decided to make this issue's theme, "Rethink", as announced through the stellar cover artwork of Anna Chan & Sophia Li, 1T5.

We welcome our 1T7 representative, Seiwon Park, and the inaugural members of our staff writing team: Sandra Wood, also of 1T7 and Arman Zereshkian, of 1T4.

This issue includes news from the world of PB, its inhabitants, and what lies beyond our doors; pieces on healthcare & society - where we explore issues of both body and mind; and snapshots of student life and leisure.

To continue the thread from September's issue, read up on more travel adventures of your classmates (pg. 14-15), or the next chapter of Arman Z.'s story (pg. 18).

We also provide a first glimpse at a fun event in the making (pg. 19) that just might make you see PB in a whole different light. Stay tuned for further details in the near future!

Pharmacy Phollies: Oct. 31 & Nov. 1



Phollies 2012

PHOTO CREDITS: PHARMAKON 2012-2013
MIKEY FERRER & FERNAND LUONG

Pharmacy Phollies is taking place this week! It's an amazing event held by the UPS Council and involves students and faculty alike! There will be performances ranging from juggling, dancing, singing and skits! Take a break from your studies and come watch the show!

The first show will be held on October 31, 7:00pm-9:00pm and a second showing will be held on November 1, 7:00pm-9:00pm. After which, there will be a Costume Halloween Party at Maddy's!!

Tickets can be bought in advance in the Atrium for \$8! Or at the door for \$10!!

See you all there!!

Sarah Fu & Amir Ali Imani



On behalf of the Ontario Branch of Canadian Society of Hospital Pharmacists, the UoFT/CSHP student committee would like to invite all pharmacy students to:

THE 65TH ANNUAL GENERAL MEETING

Highlights include:

- A full day of education sessions
- Resident posters on display for the OPRA Poster Award
- CSHP 2015 slide show for viewing between education presentations
- 4th Silent auction for the R&E Foundation – items on display for bidding on throughout the day (cheques and cash only for payment)
- Awards reception and ceremony directly following the education sessions

WHEN

Saturday, November 16, 2013
8:00am-7:30pm

WHERE

Leslie Dan Faculty of Pharmacy
144 College St. Toronto, Ontario.

SPEAKERS • Dr. Christine Lee • Dr. Alice Cheng • Olavo Fernandes • Marisa Battistella • Deborah Yoong • Dr. Ally Prebtani • Natalie Crown • Dawn Jennings, etc.



Saturday's Education Sessions include:

- C. Difficile Infections & Probiotics
- New Diabetes Guidelines
- Key Performance Indicator Results
- Safety Considerations for New Oral Anticoagulants
- Expanded Scope of Practice – Hospital Focus
- Workshop A: Dosing in Dialysis with Antibiotic Focus
- Workshop B: New HIV Drugs
- Workshop C: How to Get Your Paper Published (and Common Pitfalls)
- Workshop D: Diabetes Patient Education and Diabetic Devices

To register, please complete the form available at:

cshpontario.ca

News & Events > CSHP Ontario Branch AGM 2013 and email form to Susan Korporal (skorporal@cshp.ca).

Partial subsidies may be offered by CSHP and/or UPS.

If you have questions, feel free to contact the UoFT CSHP student committee (Larissa Boychuk, Amber-Lee Carriere, Erin Chung, Katherine Koroluk, Aarti Patel, Monica Sanh, and Davin Shikaze) at: cshpcouncil@uoftpharmacy.com

1-MINUTE READ:

5 THINGS YOU NEED TO KNOW

“1 Minute Read” is a list of recent things happening in healthcare that have an impact on the world of Pharmacy.

1) Health Canada announced on September 5th that Mylan's generic oral contraceptive *Esme-28* was being voluntarily recalled. This is the third nationwide recall of birth control pills in the last six months, causing uneasiness among Canadian women. Allan Malek, a senior vice-president at the OPA, raises questions about the quality and safety of foreign drug plants.

2) The Minister of Health and Domenic Pilla, President and CEO of Shoppers Drug Mart join to launch the company's Arthritis Screening Program which aims to help Canadians work with pharmacists to detect arthritis early and to manage their condition.

3) Researchers from McMaster have found that the flu travels from west to east with lower temperature and humidity which is linked to the Canadian weather patterns. This suggests that flu vaccination should begin earlier.

4) Expanding the scope of practice of pharmacists is one solution that is estimated to save the system an estimated \$1.4-\$1.9 billion dollars over 3 years and helps control chronic disease that account for 70% of deaths in Canada, says a report by the Arthritis Consumer Experts, Arthritis Research Center of Canada and Shoppers Drug Mart.

5) In the Waterloo Region, fewer flu vaccine clinics are being offered as the participation of pharmacies offering flu vaccines increases. This resulted in a 25 percent drop in the number of people attending last year's community flu clinics but has increase in business for the pharmacies as the distribution of vaccines remains the same.

Check out all “1-Minute Read” articles at www.soape.ca/

Carol Nguyen
Vice-President 2013-2014

Students for Optimizing and Advocating Pharmacy Endeavours (SOAPE)



WHY ATTEND THE ONTARIO BRANCH CSHP AGM?

Are you interested in the practice of hospital pharmacy and have a positive attitude toward academic learning and the profession? Then this is the event for you!

The Ontario Branch Canadian Society of Hospital Pharmacists (CSHP) will be hosting the Annual General Meeting (AGM) on Saturday, November 16, 2013 at the Pharmacy Building. It is a one full day event that will provide attendees with a career-enhancing experience through highly educational sessions and interactive workshops. The Ontario Branch CSHP will offer some registration fee reimbursement to CSHP student members. UPS will also be offering a subsidy to several students who attend the event!

AGM is designed to inform, educate, motivate and promote life-long learning skills! You will gain a fountain of knowledge and your skills in pharmacy practice will only grow!

Key reasons for attending:

- To gain new knowledge and skills about hospital pharmacy practice from speakers and interactive workshops
- To network with hospital pharmacists, residents, and the Ontario Branch Executives
- To learn about new research and initiatives
- To enjoy pancake breakfast, lunch, and refreshments

I highly recommend anyone interested in hospital pharmacy practice to register! Learn about the latest therapeutic developments and gain new knowledge and learning skills from innovative and influential speakers. There are great networking opportunities through which I have connected with hospital pharmacists, current residents, and fellow students who are passionate about the profession! There is good exposure to initiatives taken by pharmacy departments through poster presentations by pharmacy residents from across Ontario.

Erin Chung, 1T4, Student Representative, Ontario Branch CSHP Communications Committee: cshpcouncil@uoftpharmacy.com

A Day in the Life:

Summer Student in Hospital Pharmacy

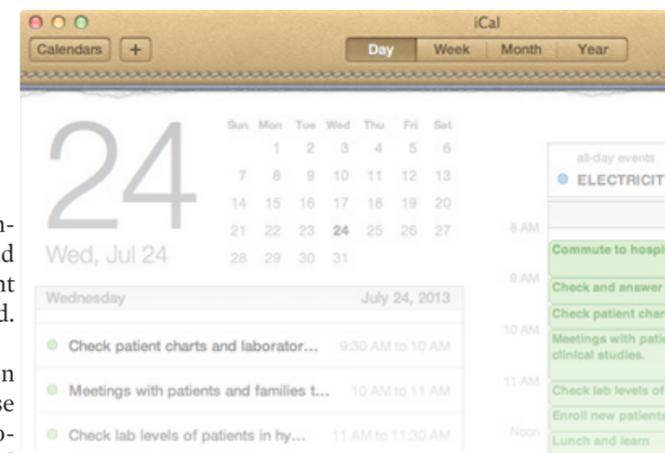
By MENGYAN LI, 1T4

Hospital pharmacy is a very fast-paced and fun environment with a lot of learning opportunities, and at the same time, opportunities for a summer student to make an impact on how patient care is delivered.

During my time at Sunnybrook, I wrote a case report on a patient's reaction to tenecteplase, a topic that is otherwise underreported. I carried out an in-depth study on the appropriateness of antimicrobial use in the hemodialysis unit and presented my findings to our staff pharmacists in a continuing education round. I developed an online training module geared towards junior pharmacists to develop clinical teaching skills. Finally, towards the end of my summer, I was given the opportunity to join a project looking at the safety of enoxaparin use

During a rotation in a hospital pharmacy, you have to be ready to make a difference from day one until the very end! To take on all of those projects, every day is a mix of meetings and seminars, along with time set aside for patient interactions.... Here is what a typical day is like for a summer research student at an acute care teaching hospital!

- 8:50** - Arrive at the hospital via the shuttle
- 8:55** - Turn on computer – this is when the day actually starts
- 9:00** - Check emails from previous day; screen new patients who are enrolled in the study on the safety of enoxaparin.
- 9:30** - Go to the ward, check patient charts and lab values, screen for potential study candidates (patients) for the day



- 10:00** - Talk to patients and families about the clinical study, explain it involves and what they need to do by participating, answer any questions and leave them time to make the decision
- 11:00** - Conduct literature searches on the incidence of hypersensitivity reaction to fibrinolytic agents; check lab levels for the study patients who are already enrolled
- 11:30** - Return to the ward and obtain consent from the new patient. If obtained, ask the doctor to sign off a pre-print order, prepare flow sheet for the nurses, ask assistants to enter lab test request in the computer system, flag the chart with a study label
- 12:00** - Lunch and Learn - student educational session; topics include Parkinson's disease, patent ductus arteriosus, QT interval prolongations, stroke, pharmacy practice, DVT prophylaxis etc.
- 13:00** - Return to literature searching and writing up protocol
- 14:00** - Pharmaceutical care round – educational/ literature search training sessions. Topics include new Canadian diabetes guidelines, oncology care, antimicrobial stewardship, and more.
- 15:00** - Meet with preceptor (results since the previous meeting)
- 17:00** - Answer emails that have come in during the day
- 17:30** - Get on the shuttle to leave the hospital; chat with peers!

External Affairs & UPS Present:

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:

- Be an active student member of either CSHP or OPA
- Submit an article to the Monograph, between September and April, about a service provided by the organization that you are a member of. Examples include conferences, CE events, social events, etc.

Award value:

- 1 year membership in the organization
- Plaque with your name on it presented to you by a CSHP or OPA member at the UPS awards night in April

Questions? Contact external@uoftpharmacy.com

PHARMACY ATHLETICS

This month marks the beginning of a busy semester for Pharmacy athletics. With the addition of 1T7s, we expect good performances from all our teams.

The Robax Cup also kicked off early September with the 1T6s repeating as champions. For a second year in a row, they were able to beat all class combined! Congratulations to the 1T6 class for winning the first Robax event. Be on the look out for the next event - curling!

The men's basketball team started off another run at the championship with 2 straight victories over two very tough opponents in Trinity and SGS. With double digit victories in both games, the men seem to be gearing up for a long run into the playoffs. Co-ed basketball suffered 2 heart-breaking losses to defending champions, Massey, and OISE by a total of 6 points combined. By starting the season 0-2, the co-ed team will really have to step up in order to qualify for playoffs.

In hockey news, the men's team started the season with a 1-1 draw against Medicine. They really picked up in their next game securing a 4-2 victory over Innis. The men will be looking to improve on their performance last year following a semi-final knockout to the eventual champions, Architecture.

The men's and women's soccer teams started off the season with cancelled games due to weather conditions. The men were able to play one game against Music/Nursing winning 6-0. The women also played one game against Innis winning 3-0. Both teams sit at 1-0 and we hope to see continued dominance in both their respective leagues.

This year we are fielding 1 co-ed ultimate frisbee team. The team began the season with a 9-5 victory over Law, but lost

their second game to Wycliffe in a nail-biter. With a default victory in their third game, the team stands at 2-1, good for first in their division.

Volleyball is Pharmacy's most popular sport, fielding men's, co-ed and women's teams this year. The men's team, coming off 3 straight championships, began the season strong with 2 straight set victories over UTSC and Dentistry. They are first in their division at 6-0 and a fourth straight championship is set in their sights. The women's team also enjoyed much success last year, winning the Winter term championship. They have defended their title well, racing out to a 6-0 record, and look forward to another run in the playoffs. Finally, the co-ed team remains undefeated at 6-0 with 2 very strong performances and will look to build on their success in order to secure a co-ed championship.

September's male athlete of the month is 1T4's own Alex Riedel. Alex has been captaining men's soccer for the past 3 years exhibiting great leadership and teamwork skills throughout the season. Congratulations Alex!

September's female athlete of the month is Margaret Noriel in 1T5. Margaret has been an active participant in both volleyball and basketball for the past 2 years. She was also in charge of the co-ed open volleyball team, however Pharmacy was unable to secure a spot through the lottery. Congratulations Margaret!

Kevin Yang
Male Athletics Director

Hazel Gamboa
Co-ed Athletics Director

athletics@uoftpharmacy.com



Why I Prescribe Stress, in Small Doses

By SEIWON PARK, 1T7 Monograph Representative

"You may now begin the test," draws the proctor. You madly flip your exam over. You rip it open to the first page. And then, in a matter of seconds, your body starts to change - like you've swallowed a potion. The cold, clammy hands. The thunderous beating of your heart. The panic that boils up to your ears and engulfs your senses. In fact, it's exactly like you've taken a potion, for your body is awash in hormones that take control over your physiological functions. It's a standard reaction to stress that I'm sure many university students have encountered. Admittedly, I can't offer an antidote to stress. **But what if I told you that you didn't need the antidote after all, because stress could actually be good for you?**

At first, it seems paradoxical that a common negative experience can be ultimately positive. Stress gets a bad reputation, and rightly so; there's a great amount of evidence showing that stress can have negative consequences on our health. And by all means, we should try to avoid unnecessary stressful events, or try to stamp out stress altogether in certain situations. However, there's compelling scientific evidence that suggests there's a misconception that all stress is bad and in fact, stress can actually have tangible benefits.

A recent study conducted earlier this year at the University of California, Berkeley, subjected rats to stressful conditions (immobilization in a small space for three hours) and discovered that they showed increased growth of neural stem cells in their hippocampi. In a memory test two weeks later, the stem cells that had been triggered by the stressful experience

had actually developed into new nerve cells and consequently, learning and memory performance significantly outstripped those of the rats in the control group. It was an unexpected result but on second thought, sometimes we perform better in the arts, or sports, if we are under a certain degree of stress.

In another example, researchers at the University of Wisconsin-Madison conducted an eight-year study asking people to rate their level of stress over the past year as well as how much they believed this stress influenced their health. But documenting the subjects' deaths, they found that people who rated high levels of stress and believed that stress had a large influence on their health had a 43% increased risk of death. Even more surprising was the fact that subjects who rated similarly high levels of stress and believed that stress did not have a large influence on their health were the least likely to die. This study implies that it is not stress, **but our perception of stress that takes on the most important role.** Although stress is undoubtedly an unpleasant experience, the stimulus for a tornado of anxiety, fear, and lack of control, this study points out the one thing we do have control over. **We can choose our attitude towards stress, and question why we should be the ones reined, and take hold of the reins ourselves.**

In our daily lives, stress is a formidable mentor. It compels us to fulfill our responsibilities and further, it constantly pushes us towards our potential. As a consequence, we take risks, we focus more, and we dedicate more effort into our work. In fact, it drives us in a way that other emotions have a hard time measuring up to. Sometimes I wonder about a stress-free world, and what

kind of person I would have been... would it really be utopic? And happier? Or would it be stagnant and I, indifferent? The more I look back, the more I acknowledge that stress has helped me experience and accomplish and most importantly, change. The reality is that stress is a completely natural phenomenon that has developed for millions of years, and that it will affect us on a far-reaching emotional scale as well as on a physical level. Simply, stress is a part of being human and it seems necessary to come to terms with it.

Nevertheless, even an optimistic perspective will falter in the most stressful of situations, and long-term stress will always be burdensome and associated with health risks. But the key point is that believing that stress can be a benefit, in small doses and over short periods of time, could actually change the results for the better.

So the next time you find yourself in a fierce tug-of-war with stress - simply change your tactics and try bringing stress over to your side, to work harmoniously towards success. Perhaps as a society, it's time to stop stigmatizing all types of stress and elucidate its constructive and motivational nature. It is then possible to empower ourselves and decide that stress can actually help us, rather than always hurt us. **Perhaps it's time we stopped stressing - about stress.**



One Step at a Time

By HENRY LEUNG, 1T4

Imagine you are a fifteen year old boy. You are handsome, charming, athletic, and intelligent. Granted, you're not Dolph Lundgren, but you're okay with that. You have many friends at the prestigious private school afforded by your loving family. With a father who is a physician, a mother who is an academic, and two younger brothers who look up to you, you are moving onward in life in the right direction.

It's summer time and your family visits a tropical destination for vacation, an annual tradition you've loved ever since you were a child. A few days into the vacation, you head out to explore the small town where the resort is located. Enjoying the summer breeze and the pitter-patter of the crowds, you feel a strong compulsion to convert the locals to your religion. You go up to strangers and respectfully request that they convert. At first, some locals and vacationers stop to listen as you speak proudly about your religion. But soon after, most of them shuffle along, showing little interest. You feel confused.

You were put on this green-blue planet to show these people the ways of God, yet they refuse to listen to you. You start following a small group of people nearby, raising your voice to reassure them that you mean well! They keep walking away. Everyone is wearing worried faces, staring at you. Your family arrives and ask, "What's going on? What is wrong

with you today?" What do they mean? Nothing is wrong with you. It's the locals that are not converting to your religion. The vacation ends abruptly; you have no idea why.

Although your dad is a physician, you are taken to another doctor's office. Then they bring you to a hospital to be assessed by a psychiatrist. You feel increasingly frustrated, being asked all these different questions and unsure about why you're talking to the psychiatrist in the first place. All of this makes no sense. You go from consultation to consultation, never understanding the reason why. Then one day, your family admits you to the hospital. But you feel fine! How can the psychiatrist and the hospital allow this? *Are they all crazy?*



This is the true story about a boy, his family, and what happened during one summer vacation. Last winter, I met a 27-year-old, recovering bipolar schizophrenic patient and his mother at a seminar. When he was 15 years old he suffered an episode of messianic delusion. It was the initial onset of his schizophrenia. His mother began by describing the type of person, student, son and friend that he was prior to that summer vacation. She was so proud of who he was. She said, "When he was 15, I lost my son."

300,000 Canadians currently suffer from schizophrenia, with many more who may be undiagnosed. It is a mental disorder that interferes with the ability to make decisions, relate to others, function emotionally, and think clearly. The mean age of onset for males is from the teens to early twenties; for females, the late twenties. 10% of schizophrenic patients will commit suicide. These are the numbers that we as pharmacy students see in our pathophysiology lecture on

schizophrenia. I could dedicate the next few paragraphs to more statistics, pharmacological treatments and various bits of information about schizophrenia that you can read from Wikipedia, UpToDate and other available sources. But what I truly wish to provide you with is my recollection of my first and only meeting with a schizophrenic patient and his mother.

When the mother spoke at the seminar, she seemed meek, almost broken. She briefly summarized his main symptoms: detachment and episodes of psychoses. "Sometimes he stood in the same spot for up to 3 hours, deciding whether or not he should take the next foot step." The family broke apart because of his condition. She was blamed for his illness - that she must have fed him something wrong when he was young or raised him improperly.

Her son spoke next. He recounted that throughout the first few years, everyone seemed to be crazy except for him. His youngest brother stopped talking to him, perhaps too young and scared to comprehend why his older brother suddenly became the way he was. He was taken out of school as he simply could not function in class. He stopped talking to his friends. To him, nothing was wrong but everyone seemed to treat him as if he was wrong. Admitted to the hospital, he'd be discharged after a short while and return home where nothing would change. No one understood him and so he withdrew from everyone. He eventually grew tired of being in and out of the hospital and decided to leave home. He worked odd jobs and stayed wherever he could. He was in his own world.

His mother recounted that she had to force herself away from him. She didn't go into much detail regarding the times he had left home, when she didn't know if he would return.

Finding out that he worked part time at a Loblaw's, she kept shopping there every day just to see if he was still alive.

Schizophrenic patients take up to 10 years on average to accept the diagnosis and take medications. Eventually, the son returned home and came to realize his condition. He spoke to the students at the seminar coherently and politely. He dressed modestly, spoke softly, and kept his eyes mostly on his cue cards. He responded to students' questions and seemed, simply put, average. He has been medically managed for a number of years now and has graduated from university with a teaching degree. At the seminar, he could have passed as just another student. On the street, you would probably pay him no more attention than for another stranger.

"I consider myself the luckiest of the unlucky." He said he was so thankful for all the support his mom gave him, and the support organizations, specifically the *Schizophrenia Society of Canada* (www.schizophrenia.ca). He says there are others who could potentially recover just like he has and be normal, functional members of society. But more often than not, they are cast out by their families and friends because of stigma. In other countries, schizophrenic patients do not even have the same foundation and access to care as he did.

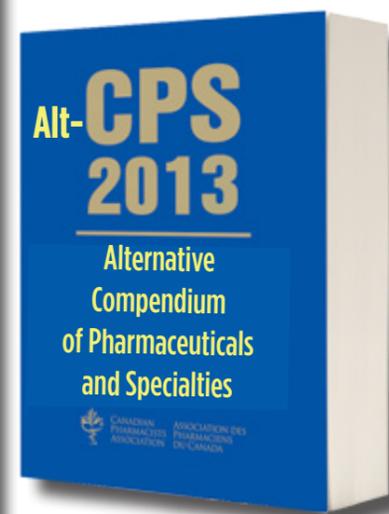
I sincerely wish to impress upon you the admiration and respect I have for the mother and son. Be informed and help discard some of the stigma surrounding schizophrenia and other mental health issues.

"I've made the most important discovery of my life. It's only in the mysterious equation of love that any logic or reasons can be found. I'm only here tonight because of you. You are the only reason I am...you are all my reasons."
 - John Nash, *A Beautiful Mind*.

Drug Life: A Monograph

By AORAN ZHU, 1T6

- Drug Class:** Professional
- Drug:** Pharmacy School
- Dosage:** 6 classes/week x 1 year, 3 repeats. Must consult faculty for additional refills.
- Indication:** Prophylactic treatment for future joblessness.
- Mechanism of Action:** Helps groom students to become young, professional drug dealers.
- Onset:** Usually works within 4 years but it may take up to 8 years for some people to experience the full effect.
- Efficacy:** Phase 2 trials demonstrated adequate efficacy. Phase 3 clinical trials currently in development. Preliminary data suggests that reformulation results in increased efficacy and adverse effects. More adjustments appear to be required.
- Adverse Effects:** Headache, nausea, panic induced stress, anxiety, irritability, mood disorders, suicidal ideation, weight gain/loss, insomnia, decreased social interaction.
- Major Adverse Effects:** Bankruptcy, mental breakdown, PTSD, or severe psychological disorders.
- Contraindications:** Medical, Dentistry, Nursing school. Not recommended for patients who desire a social life, money, or general happiness.
- Food/Drug interactions:** Proper diet is encouraged. Concurrent use of caffeine recommended. Ethanol may be consumed to alleviate side effects.



On the Radar:

<+> HACKING HEALTH
TORONTO WEEKEND HACKATHON

MaRS Discovery District
 101 College St.
 November 8-10

What do you get when you mix equal parts technology specialists and healthcare professionals, and stir them up with the latest ideas in technology and innovation? The *Hacking Health Hackathon*, a unique weekend conference at the MaRS Centre where such experts share and develop groundbreaking ideas on health technology.

In collaborations on current needs in health care (such as records systems, digital tools and media, information software), clinicians identify areas within the system where innovation is sorely needed to improve the patient experience or the provision of care. Technology experts have the training, design sensibility, and a wealth of approaches to turn such potential into reality.

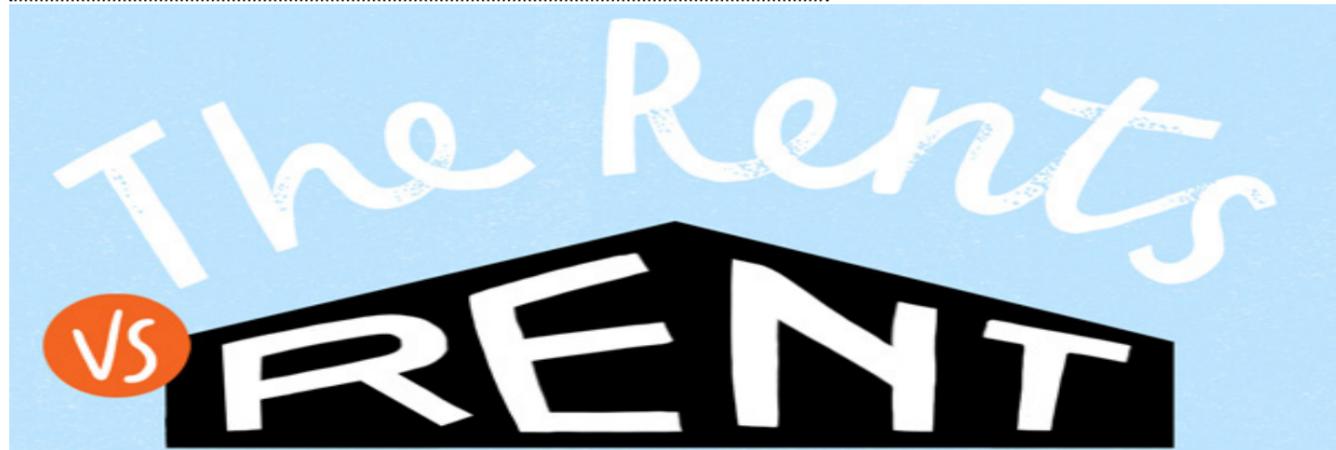
In the modern vernacular, the once scarlet-lettered "hacker" can now mean an individual who uses a user-(and public-)informed approach to navigate through complex systems.

Not a healthcare professional just yet nor a confirmed tech expert. Not a problem: there are a limited number of spectator tickets left to attend Pitch Night on Friday, Nov. 8 and Demo Night on Sunday, Nov. 10.

The Hacking Health group also holds events - cafés, clinics, symposia - with the aim of providing an interf in other major cities across Canada, providing an interface for patients, clinicians,, designers, developers, and even entrepreneurs.



Hacking Health: www.hackinghealth.ca
 2012 Toronto event: The Globe and Mail, Feb. 20, 2012. www.theglobeandmail.com/life/health-and-fitness/bridging-the-gap-between-doctors-and-hackers-to-upgrade-health-care/article547503/
PICTURE FROM ONTARIO ASSOCIATION OF ARCHITECTS



JOYCE WANG, 1T6

NATHAN WONG, 1T6

There are many reasons why living at home is better than living downtown.

For one, there is no absolute need for you to do chores. Sure you may get asked to do the dishes every couple of days or take the dog out for a stroll, but the key is even if you don't, the world goes on. You're not going to starve, you're not going to run out of toilet paper, and you're not going to miss the garbage day. Your wonderful family has got your back.

Secondly, commuting may seem like a toll to many, but it can actually be a blessing in disguise. Getting a cup of coffee and reading the daily newspaper on the metro in the morning is a great way to start your day. On the way home at the end of a long day, listening to your music and just relaxing can be a great way to de-stress.

Thirdly, moving house downtown can be a hassle. It takes a whole team and probably a U-Haul to drag your things around. Landlords can also be a wildcard. If you're unlucky, the last thing you want is to have someone constantly nagging about maintenance of property or limiting the number of guests you can have over on a weekday night.

Finally, don't forget about all the money you can save living at home! Living downtown can be costly. What with rent, utilities, internet, food, and furnishings; is it wise to pay all of this on top of the 17K tuition and the many social outings throughout the year?

In the end, it all comes down to how much you relish in the opportunity of being fed and taken care of by your family, the "me" time amidst your busy schedule, and to be able to minimize that mountain of debt that would eventually don on you by 2016. If you ask me, living at home seems like a pretty sweet deal!



Living downtown is infinitely better than living all the way out in the suburbs.

And the best part about it is being able to roll out of bed an hour before class and realizing that you have plenty of time for a quick shower and breakfast. After all it's just a casual jaunt down the street as the cool breeze blows and the warm sun shines.

It's a wonder how any of these commuters get any sleep when they have to wake up extra early just in case the TTC randomly shuts down again or you find yourself watching full train after sardine stuffed train pass you by. It's nice to get that time after class to socialize instead of worrying about when your ride or the last subway/GO train leaves. Not to mention the independence from your parents! Studying at home can be impossible with all the distractions.

And the chores that you have to do! "Clean this, sweep that, wash the dishes." If you live downtown and you don't want to clean your room? You don't have to! Don't want to cook? There are amazing restaurants and food everywhere, and they do delivery! There are lots of grocery stores nearby as well, in case you want to practice your own culinary abilities.

It is so easy to swing by a friend's place to hang out and crack open a beer. Living on your own means your place is always open for a party; no parents telling you to keep it down, judge your alcohol consumption or tell you to be home by a certain time. There is no need to worry about designated drivers and the inevitability of getting pulled over by a random roadblock.

Guess it doesn't really matter anyway, what is there to do in the suburbs? Watch a movie? Hang out at the park? But it's a weeknight and you've got school tomorrow so I guess it's back to surfing the net. Until your mom yells at you for not studying!

The Word.

By SANDRA WOOD, 1T7

I was caught off guard. A typical mundane day at work until a male co-worker asked me something that made me hesitant to deliver my response. "What do you think of f-----". "Sorry?" I replied rather confused. Puzzled, he rephrased his query, "yeah, what's your take on "Feminism"?"

If I recall, I answered with a very simplified, diplomatic answer, something along the lines of Feminism being important to ensure equal rights for women. He responded by stating that Feminism is essentially unnecessary since women currently hold the same position as men, with the focus of conversation on Western society. A fellow female co-worker overheard our conversation and immediately interjected to contest that this was not the case. What ensued was a gender-biased, heated debate.

I sat quietly listening to the two of them deliberate. Thankfully, the phone rang causing the cessation of the conversation. However, after hearing all the comments and opinions that were made, I thought to myself...what do I think of all of this?

My male co-worker made statements that characterized Feminism as superfluous, and classified any feminist efforts as aiming to subordinate men in society. I feel like my colleague has developed a conception of Feminism that I believe misconstrues the true intentions of Feminism. Often, when any mention of the "F-word" is made, it's usually followed by exaggerated eye-rolls and induced irritation with these women who "just can't seem to give it up". Feminism is often characterized as being misandristic or perceiving males as being the bane to female existence. I believe this prevailing discourse of feminism is not accurate, or at least it is not the "Feminism" that I appreciate.

Feminism was understandably more influential during movements that aimed to change legislation

that occurred throughout the 20th century to allow women to be legally recognized as "persons". So is there currently a need for Feminism if women hold the same rights as men? Let's see...The household: do women still hold much of the burden of childrearing and completing domestic tasks? At the workplace: why are elite positions still overrepresented by men? The media: how come women are over-sexualized in mass media in comparison to men?

The central assumption of the Feminist school of thought sees society as gendered. Features of society (whether family life, politics, education or the media) entail gender differences. However, it is because of the legacy of patriarchy that many of these aspects of social life become perceived hierarchically. The roles and activities that are associated with women have historically been exploited or subordinated; it is ideologies like these that continue to influence the social experience for females. For instance, the domestication of females to complete household tasks without compensation has resulted in the devaluation of any form of labour performed by females, consequently leading to the discrepancy of wages between the sexes when females first entered the workforce.

Currently, the continued expectation for women to be responsible for the family and the household has been found to impact their employment status; women are less likely to hold elite positions, and those who do are likely to be single and childless. The role of Feminism is to expose these gender inequalities and promote the legitimacy of women in society. That being said, the intention of Feminism is clearly not to marginalize men.

I would argue that gender differences have become so entrenched in society that to obliterate any inequality, society would need a re-incarnation of sorts. In the meantime, Feminism will maintain its presence, and rightfully so.



Pharmacy Mentorship Program (PMP)'s mission is to help establish mentoring relationships between pharmacy students at the University of Toronto and pharmacists across Ontario for the purpose of learning about various career paths. Our goals are to provide positive role modeling for pharmacy students and create opportunities to develop an understanding of practice settings and build connections with practicing pharmacists. This year, we have completed 141 matches, a significant increase from 45 in 2012-2013!

through informal discussions with pharmacists from different fields (pharmacy owners, clinical pharmacists, professors, Director of Clinical Excellence & Physician Relations, Program Developer at The Health Initiative, Industry Residency Coordinator, Clinical Director of Pharmacy Services at HealthPRO, etc.) About 20 pharmacists and 80 students were present.

On September 24th, the PMP hosted the Meet and Greet Event to educate students on diverse career opportunities

Many thanks to Prof. Doris Kalamut and our Executive Team for planning the event, David White for providing the thank you gifts to pharmacists, Pharmakon for capturing the evening and all those who attended, as well as the UPS for the Student Initiatives Fund to make this event possible!

Students of PMP:

- "I appreciated the chance to talk to pharmacists who had experience in hospital, industry, and research."
• "All the mentors were very open to discussion. They were willing to provide very honest personal experiences and opinions, which gave me a grasp of the reality."
• "I enjoyed discussing with all the preceptors and their insight into their profession. It piqued my interest in a few different types of pharmacy career opportunities."

Pharmacist-mentors of PMP:

- "The students were all very enthusiastic and asked lots of great questions. It was also nice to hear perspectives of other pharmacists in hospital practice. The event was well organized with tables set up for specific fields of practice. What a great initiative!"
• "It is good to see students eager to branch out to different avenues of pharmacy practice. It is a healthy sign for the profession."

For more information, please check our website: https://sites.google.com/site/pharmacymentorshipprogram/

Stay Fresh with SOAPE!

The first SOAPE event of the year, Pharmacy 101, was a great success! This event was geared towards the 1T7s about things we wish we knew upon entering pharmacy school. SOAPE would like to thank the 1T7s for their attendance and enthusiasm. We hope that you were able to take away some valuable insight as you embark on your career in pharmacy!

Our next initiative this semester is the Flu Shot. Since last October, the expanded scope of practice has enabled Ontario pharmacists to administer the influenza vaccine. SOAPE launched the Flu Shot Poster Campaign to promote students getting their flu shots by their community pharmacists, posted across the University of Toronto campus. Keep a look out for more posters featuring familiar pharmacy faces this fall!

With midterm season well underway, you don't want to risk getting the flu. Consider visiting your community pharmacy to get your flu shot this year!

Jaspreet Shokar Treasurer & Logistics Director, SOAPE



Flu shots: Ask your pharmacist today!



Chris & Keyur's Grand Adventure

By KEYUR SHAH and CHRISTOPHER SIU, 1T5

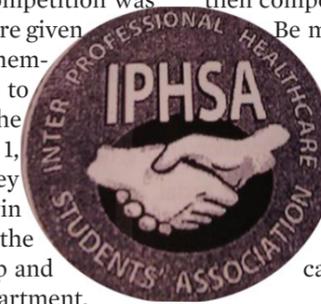
We had the opportunity this summer to represent our university in the National Health Care Team Challenge, competing with students from different health care professions from all over Canada.

At the competition, each interprofessional health care team received a complex case on an Aboriginal patient to be solved to the best of their abilities. The competition was fierce with 3 rounds to 'fight-in', and teams were given different aspects of details on the case. While members of one team demonstrated their abilities to solve the case, the other teams remained in the waiting area outside to strategize. In Round 1, our team was panned by Queen's. But as they say - 'We may have lost the battle but we will win the war!' U of T's injured soldiers rose up to the challenge with an outstanding amount of help and support from the mentor of the nursing department.

For Rounds 2 and 3, we put our heads together and worked exceptionally as a team to strategize and re-vamp our game plan to win the case. We were successful in representing U of T and demonstrated that when health professionals collaborate in communication, team play and mutual respect, and join hands to assist their patients, the results could be exceptional and extraordinary.



As to the city of Vancouver itself, allow me to tell you about a dish called Japadogs. They are delectable! All the cuisines in this city - including Indian, Chinese or Japanese - are mind blowing. No matter where you go in the city, you can enjoy the beauty of mountains and beaches just a mile away! Be wary of the extremely friendly homeless people, who may befriend you by generously helping find your destination, but then compel you to provide them with bus fare at minimum. Be mindful of the east end when you do visit the city.



The beauty of the city, the people, the hospitality, the food and the scenic view of the mountains and beaches - the experience of it all makes Vancouver seem like a place next door to be revisited sooner than you can memorize 'pneumonoultramicroscopicsilicovolcanoconiosis' (longest word in the dictionary).

Editors: Keyur and Chris were part of the winning team at the 2013 National Health Care Team Challenge held at the University of British Columbia this past July. With their teammates - students from Medicine, Nursing, Chiropractic & Naturopathic Medicine - they won top honours against competitors from across Canada by working through a complex patient case study in front of a live conference audience. Congratulations!

DRUG WROD JBEMUL

De-scramble the letters below to discover some common drug names - perfect practice for PPL!!

Word scramble puzzle with boxes containing letters: LOLTEPROMO, IHTLIMU, LVUMAI, VYCOSELR



When the pharmacy student fell down and injured his arm it wasn't very...

Word scramble grid

HINT: arrange the circled letters to find the answer!

Scramble: Justin McCletus; Illustration: Christine Peregrine

POSTCARDS FROM ABROAD

The Taiwan Experience by SOPHIA LI, IT5

It was an amazing experience to be able to go to China Medical University's Summer Exchange Program, in Taichung, Taiwan. Fellow exchange students came from a variety of countries across the world. I was positively surprised by the number of countries and ethnicities that were present. The majority of students were studying medical school (either specializing in Eastern Medicine or Western Medicine), although there were several in nursing, life sciences, and pharmacy.

It was exciting to meet so many other students from around the world! There were students from India, US, Thailand, Mongolia, Slovenia, Turkey, Austria, and more.

The program paired each exchange student with a native student from Taiwan, who taught us about Taiwanese culture and served as our tour guides.

I learned that Taiwanese citizens have to pay a premium National Health Insurance to be eligible for health care coverage. This payment is compulsory for all and covers all basic medical expenses, including dental procedures and medications. Those enrolled have a smart-card containing their health and medication history.

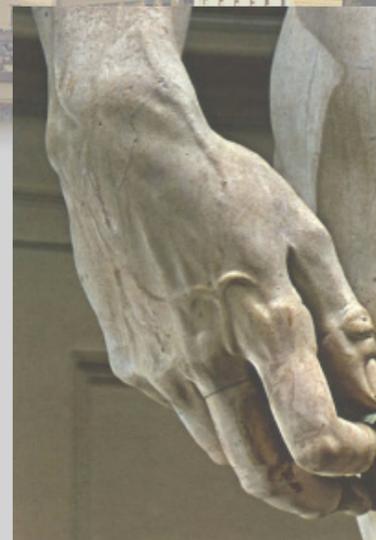


There was a typhoon during our first weekend in Taiwan! We were locked for two nights straight inside our hotel. Luckily, my friend Rashpinder brought some Maggi (Indian instant noodles) that she shared with us! We made it through!

On one of our tours, we visited the beautiful town of Nantou, surrounded by mountains, trees and wilderness. Such a peaceful yet friendly atmosphere. There is a restaurant there where everything (furniture, plates, utensils) is completely made of paper!

Another outing was to a karaoke bar, where we sang and danced all night! Great thing about karaoke bars in Taiwan is that food and drinks are on the house.

Our last morning together was a bittersweet time. We gathered together in the lobby with our luggage and sang goodbye songs. I realized more than ever that despite our different cultural backgrounds, there are things in common that we share.



Travellers in Italy

A Modern Take on the David

By LINDA LEE, IT5 Monograph Rep

The *David*, Michelangelo's famous statue of the biblical hero, seems to be everywhere in Florence. Although to the inexperienced eyes, the statues seem as real as the gelato we had this morning, however at the Piazza della Signoria and the Piazzale Michelangelo, the statues are nothing but copies of the real masterpiece created with meticulous details.

The real Michelangelo's magnificent marble statue of the *David* is housed in the Galleria dell'Accademia. Once you enter the gallery, you will know where to find him because he is always surrounded by an awe-struck

crowd at the end of the hallway. So let me tell you how the famous David looks like, the young biblical hero who slew the giant Goliath with a slingshot.

He is a mesmerizing figure that stands with one leg relaxed and the other bracing his weight showing off his beautiful curve. His left arm is raised holding the sling thrown over his left shoulder. When you look up, you see his curly beautiful hair that is carved with such detail that you can almost see strands of hair as sunlight showers his figure.

The light reflects off of his defined smooth abdomen and muscular calves. Visible veins run through his powerful yet delicate hand as it clenches a pebble. This all just makes him even more real yet at the same time a surreal symmetry as beauty arises from the perfection in *David*.



DRAWING BY LINDA TANG, IT5



Travellers in Italy How to eat gelato like a pro

By LINDA LEE, 1T5 Monograph Rep

When you are in Italy (at least in tourist areas), you can find geleterie (places that sell Gelato in Italy) much alike to how you see Starbucks or Tim Hortons in Toronto. By the way, if you're the typical Starbucks lover, you might be disappointed that you won't find Starbucks around in Italy.

During our visit to Italy, instead of drinking coffee for our morning cravings, we faithfully made daily visits to geleterie and got daily servings of gelato. Through this experience, I can give you my favourite tips on how to eat gelato. When it comes to eating gelato, especially in Italy, temperature is the key. You must eat gelato quickly before it melts under the warm Tuscan sun but also cherish the time so you enjoy every bit of it.

Tip 1: To get more flavours for the same price, try sharing a cup of gelato with 2-3 people, usually you can get 3 to 4 flavours in each cup.

Tip 2: Try to find shade! This minimizes gelato melting under the sun.

Tip 3: Start eating from the outer edges and work your way in. The outside will start melting first, this will prevent your hands getting sticky and prevent losing any of your precious gelato.

Tip 4: Offer the last bite to your friends because they will offer you the last bite tomorrow when you get gelato again.

Instructions:

1. Place 250g of cream cheese in microwave on HIGH for 30-50 seconds or until soft.
2. Combine softened cream cheese, margarine, sugar and vanilla, mixing until well blended.
3. Add eggs, one at a time, mixing at low speed on an electric mixer until well blended. Add lemon rind.
4. Gradually add flour and baking powder. Mix at low speed until well blended.
5. Spread batter in a greased and floured 23 cm (9") pan. (Alternative: Make cupcakes instead!)
6. Bake at 160°C (325°F) for 70-75 min. Insert toothpick into cake; if it comes out clean, the cake is done.
7. Cool for 10 min. and remove from pan. If desired, sift icing sugar over the cake when cool.

Optional: Use walnuts with or to replace icing sugar. Place walnuts on top of the batter before baking.

Lemon Pound Cake

By MELISSA LAM, 1T5



Ingredients:

- 250 g cream cheese
- 175 mL (3/4 cup) margarine
- 375 mL (1 1/2 cups) sugar
- 7 mL (1 1/2 tsp) vanilla
- 4 eggs
- 15 mL (1 tbsp) grated lemon rind
- 550 mL (2 1/4 cups) sifted cake and pastry flour
- 7 mL (1 1/2 tsp) baking powder
- Icing sugar

Hey 1T7, Welcome to Pharmville!

It may be slightly less exotic than Farmville here, but if you put in the work it can be a lot more rewarding! With your first month now well under your belt, you probably have started to feel a bit more at home and have found some new friends – that's great because as time passes you'll need each other.

Over the last few weeks the Monograph team has been asking classmates and friends for the best piece of advice they have for the oncoming pharmacy n00bs. Here are some of the best tidbits of advice for the class 1T7.

Thanks to everybody who contributed!

Design by JUSTIN SARACENO,
1T4 Monograph Rep

WilsOn:

Go to class.

G_Wang:

Going to class is overrated.

#R-Tham#:

Pack a sleeping bag in your locker.

Martha \$:

Keep an agenda and calendar - there is so much to keep track of!

A/Lau:

Take part in clubs and extracurriculars! That's where your best memories will come from when you graduate =]

Sara_Fu:

Don't slack off. Don't beat yourself over mistakes; take them as a learning point. It's better to make mistakes here and now, rather than in the real world.

Yin_Cheng:

Be kind,
Be smart,
Be important

B2TheWu:

Do past exams if you're afraid of failing, go to class, have fun, freaking out doesn't help, work with your peers, share resources and group work becomes a lot better

Aor@n:

There's a lot more to life than what's contained within the walls of PB, go outside and explore Toronto

Chi:

Dragon Boat is a sport that you can join if you want to make new friends, find people to go to the gym with, and get that **sexy body** you've always wanted

RoSh@N_69:

stock up on petrolatum or other emollient based lubricants... and buy a durable pair of knee pads" #ilearnedthehardway

#NK-4Tham#:

Don't order sprouts from ManchuWok. Also, Wednesdays are curry days at Est West.

Stu:

Don't forget to have fun. Keep your options open. Look at the big picture. Study Wells' over the Christmas break.

JaNe:

Build your connections as much as you can in 1st year because in 2nd year you won't have time

R DiXoN:

For MTM **be yourself** and try to relax, it makes the counseling part so much easier on you!

ALSSYA_T:

"Get Involved!"



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please go to our website at

www.ocpinfo.com



Chapter 2: Strength in Numbers

Recap: When we last left our un-named pharmaceutical hero, he was trekking his way north to avoid the ever-advancing zombie hordes! His friend, Tom, was experiencing asthma symptoms and our hero needed time to grow and prepare the herbs!

What we did not account for in our grand trip to Northern Ontario were the zombies already in the North. Those who had been infected were immune to the cold as their bodies had acclimated to the icy winters. This meant that they would not rot, slow down and even worse, stay down when shot. They were also more ravenous, blood thirsty and faster than their southern counterparts.

We had found an abandoned housing complex and decided to hold up there while figuring out our next move. Tom wasn't looking so good, his breaths becoming more and more rapid. I felt powerless, as the herbs and seeds I had been carrying had suffered damage in the extreme cold. I looked over at my fellow comrades, and how few of them had survived the trip north. Their demoralized faces told me they were just about ready to give up. That's when we heard the creaking noises of the floorboards above us, the slightly faint yet consistent tapping growing louder and louder.

"What is that?" asked Tom, looking at me worryingly. "I don't know," I replied, "it's probably just the wind." "Yea, 'cause the wind makes tapping noises consistent-

ly", replied another survivor sarcastically. The tapping noises stopped. A deathly silence filled the cold stale air of the abandoned place. I looked up and saw the ceiling crumble before me as a Zombie pounced downward towards Tom. Before I could even move a muscle, the blast of a shotgun rippled through the air and the zombie went flying through the window. A large burly stranger with a fur coat and thick beard stood at the open door way holding the barrel of the smoking shotgun.

"Who are you?" croaked Tom in a raspy voice. But before he could get his answer, the shotgun went off again, aimed at another zombie that had lurked through the open window by the loud noises.

"My name is Dr. Wells, Jr., and I've been looking for him," said the stranger, pointing at me.

"My father had mentioned you as a bright student in his time and that I should come looking for you if things ever turned sour."

"What do we do now?" I asked. "That's simple, I haven't come here alone," said Wells, Jr., "There has been a military base set up just east of here where there is shelter and hope."

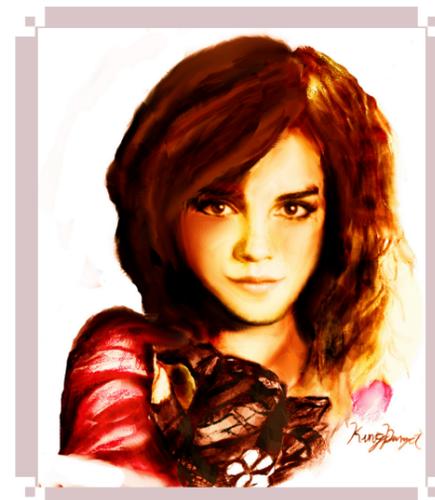
So we set off to this mysterious base, a name of which we had not heard of before (Global Positioning for Canadian Resistance). If only we had known what we were getting ourselves into.



Last Look

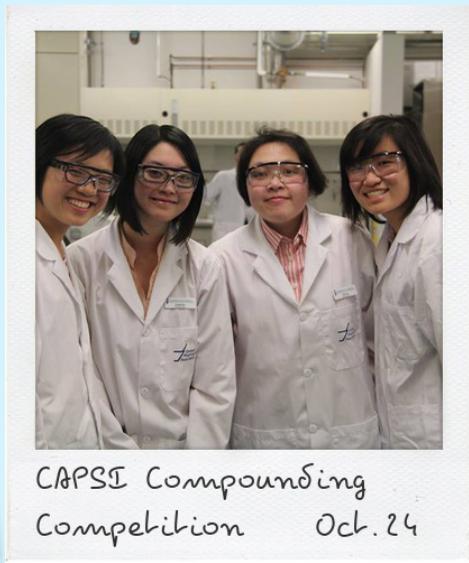
She Walks in Beauty

By JASON TANG, IT7





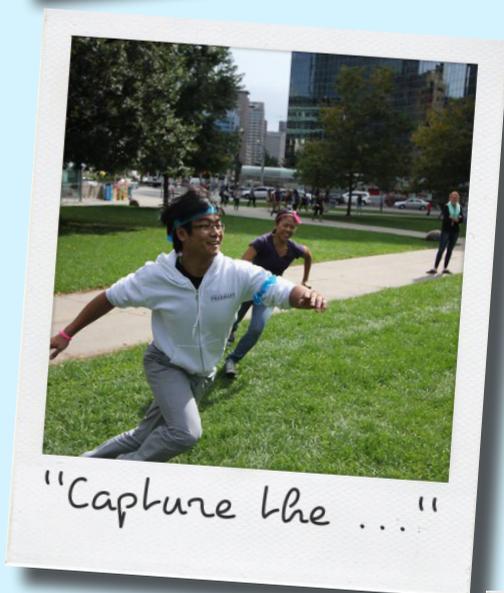
Phrosch Banquet
Sept. 27



CAPSI Compounding
Competition Oct. 24



Faculty Awards Night with
Dean Boon & Mr. Leslie Dan



"Capture the ..."



176's at the Banquet
Sept. 27



"... flag?" Oct. 3



175 Bake Sale
Sept. 25



174's get ready for
grad pics Oct. 10



SOAPE Pharmacy 101
Oct. 3