

# THE MONOGRAPH

VOLUME 16, ISSUE 1

VOICE OF THE PHARMACY STUDENT



**PHROSH WEEK 2014 - THE RX GAMES**

# THE MONOGRAPH

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## WELCOME TO THE FAMILY

We'd like to welcome everyone and wish you the best of luck in the upcoming year, and welcome you to Canada's most important fields. With busy schedules and changing environments, we hope you'll come to us to keep in touch with your healthcare family and the information you need, when you need it and **always free to you!**

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# PHARMACY ATHLETICS

Welcome back 1T5s, 1T6s, 1T7s and congratulations to the incoming 1T8s! We hope that your first few weeks of school have been enjoyable.

Athletics is a great way to try something new and make lasting memories with fellow pharmies, all the while staying fit! We've organized a wide variety of female, male, and co-ed intramural sports teams with options such as basketball, volleyball, soccer, hockey, ultimate Frisbee, and water polo! Participation in athletics will not only keep your body in shape, but also earn you UPS points and have a chance to be MVP, as well as a chance to be athlete of the month! Be on the lookout for signup sheets in the basement student lounge. Also check your U of T e-mail and class Facebook groups.

We also organize the Robax Cup Challenge, which is a year-long inter-class competition consisting of 3 challenges. Only one class will be crowned

the Robax Cup Champions and take home the trophy at the end of the year, so be sure to come out and support your class! Congratulations to the class of 1T8 with their dominant performance in the first Robax event, the Tug-of-War. The other classes have to step their game up if they want catch up to you guys now. Our next event will be the Curling Bonspiel in the near future, so keep up to date!

Finally, our clothing sale is coming up. Congratulations to Alex Mok for winning the T-shirt design contest! His design will now be the face of our t-shirts this year. We will be selling short and long sleeve t-shirts. The sale sometime late September to early October, just in time for the intramural season!

Remember, at the end of your pharmacy school career, you won't remember those long hours studying, but you will remember all the fun you've had with athletics. So get in-



involved and we'll see you on the field!

Also don't forget to follow our twitter account @UPSathletics where we will post all athletics news and updates.

Komail Nadeem  
*Male Athletics Director*

Jennifer Wang  
*Female Athletics Director*

Trevor Dang  
*Co-ed Athletics Director*

## CAPSI Column

Hello Pharmacy!

We would like to congratulate the incoming Class of 1T8 and welcome them to the Leslie Dan Faculty of Pharmacy! Also, we want to welcome back the Class of 1T7, 1T6, and 1T5!

Between May 30<sup>th</sup> and June 3<sup>rd</sup>, we had our CAPSI National meeting in beautiful Saskatoon, Saskatchewan. Attending were 31 CAPSI National members who discussed, debated, and planned for this upcoming year. On the agenda was implementing the expanded scope of practice, sponsorship opportunities, membership benefits, philanthropy efforts, events to hold throughout the school year, and symposia topics.

Here is a quick look at what else we have in store for all UofT Pharmacy students, who are also all CAPSI members!

In September, everyone picked up their CAPSI agenda and the first year students got their new and improved Apotex/CAPSI backpacks and TEVA water bottles. Be sure to look out for our various

fundraising events throughout the month for the CIBC Run for the Cure. If you're interested in joining our team or donating, you can do so at [www.runfortheure.com](http://www.runfortheure.com) under 'UofT CAPSI' in Toronto.

In October and November, we'll be holding our competitions! Everyone is welcome to compete in the over-the-counter (OTC), patient interview (PIC), compounding, and student literacy competitions. We will also have our mock OSCE event in the second semester for the third year students.

Our most adored CAPSI event is Professional Development Week (PDW), and this year it will be held in Quebec City! For more information about this student run conference, check out the website: <http://pdw2015.com>.

We will be sure to keep you updated throughout the year on all our events from the NCAA basketball pool to the Mr. Pharmacy pageant during Pharmacy Awareness Month to lunch and learns in collaboration with CSHP (Canadian So-



ciety of Hospital Pharmacists) and CPhA (Canadian Pharmacist Association).

We hope everyone has a great year, and we look forward to seeing all the students at our events!

Aarti Patel & Areeba Zaheer

Sr. CAPSI Rep & Jr. CAPSI Rep

[torontosr@capsi.ca](mailto:torontosr@capsi.ca) / [torontojr@capsi.ca](mailto:torontojr@capsi.ca)

## UPS Council: Who's Who

The Undergraduate Pharmacy Society is an organization run by the students, for the students. All pharmacy students are members of this society. Our mission is to promote social, athletic, and professional activities to pharmacy students to enhance the educational experience at this faculty.



**JOSEPH SAMUEL (1T6)**  
**PRESIDENT**

Primarily, I function as the overseer of the Undergraduate Pharmacy Society, but my role extends to ensuring that the student voice is heard and represented throughout the faculty, and that the UPS enhances the student experience through a plethora of events we host during the year (go to them!).

**PICK-UP LINE:** Girl you must have COPD, 'cuz you're smoking.

---

**MOHAMED EL-SALFITI (1T6)**  
**VICE-PRESIDENT**

My role in the UPS is to assist the president with leading council to ensure that it runs smoothly. I also organize certain events like orientation and awards night and sit on various committees throughout the year.

**PICK-UP LINE:** Hey girl, I think you need Ritalin - so you can focus on our future together.



**ANNIE XIAO (1T7)**  
**EXECUTIVE SECRETARY**

My job is to keep track of UPS points and awards, and I'm also in charge of UPS meeting minutes and approval of new pharmacy clubs. If you see me around, come say hi, and I'll tell you something cool about myself.

**PICK-UP LINE:** You must be on Speed because you've been running through my mind all night.

---

**HELEN HUANG (1T6)**  
**SENIOR FINANCE OFFICER**

In charge of presenting annual financial statements and tentative/approved budgets to the council.

**PICK-UP LINE:** I'm just a single electron in the s orbital, will you be the other electron to fill my subshell?



**HILARY CHIU (1T7)**  
**JUNIOR FINANCE OFFICER**

I maintain records of all accounts, receipts, expenditures for the Undergraduate Pharmacy Society.

**PICK-UP LINE:** Do you have a fever?... because you are looking super hot.

---

**CHIA HUI CHUNG (1T6)**  
**SENIOR EXTERNAL AFFAIRS DIRECTOR**

Procuring sponsorship for all UPS events and connecting students with leaders in the Pharmacy community (look out for our amazing guest lecturers this year!).

**PICK-UP LINE:** Do you have any alendronate handy? (No, why?) Because I'm about to fall hard for you.





LISA SUN (1T7)  
JUNIOR EXTERNAL AFFAIRS DIRECTOR

Ditto what Chia Hui mentioned. We are responsible for obtaining sponsorships so that UPS can hold high quality events throughout the academic year! Role #2: Chia Hui's sidekick?

**PICK-UP LINE:** You need to add me to your methadone program, because I'm kind of addicted to you.

RYAN THAM (1T6)  
EVENTS CO-DIRECTOR

Ryan Co and I will host the annual Phollies talent show, organize Pharmacy Awareness Month 2014, and coordinate events between the various classes, clubs, and groups in the faculty.

**PICK-UP LINE:** To our beautiful lady readers: I like my women like I like my Tylenol; over the counter.



RYAN CO (1T6)  
EVENTS CO-DIRECTOR

"I make ze event happen with my other half"

**PICK-UP LINE:** You must be my bb (beta-blocker) cause my heart stops when I'm with you.

SAM LEE (1T6)  
SOCIAL DIRECTOR

I organize Interprofessional Boat Cruise and Semi-Formal, and also help out Events directors with their event planning.

**PICK-UP LINE:** Girl, are you inhibiting my CYP enzymes? Caus I just can't get you out of my body!



TREVOR DANG (1T6)  
COED ATHLETICS DIRECTOR

Along with Komail and Jennifer, I will keep the faculty aware of all athletic events as well as help organize coed intramural teams.

**PICK-UP LINE:** Hey, I'm like acetaminophen I'll make sure all your pains go away when we're together!

JENNIFER WANG (1T7)  
FEMALE ATHLETICS DIRECTOR

I coordinate the female intramural teams as well as help organize and plan fun faculty wide athletic events with the other athletic directors.

**PICK-UP LINE:** Hey boy feel my white coat. you know what it's made out of? Girlfriend material



KOMAIL NADEEM (1T7)  
MALE ATHLETICS DIRECTOR

What Jennifer Wang said, except replace the word "female" with "male".

**PICK-UP LINE:** Do you want to be the receptor to my G-protein? We could couple together and make secondary messengers!

# THE MONOGRAPH

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**CHI ZHANG (1T6)**  
**MONOGRAPH CO-EDITOR**

along with Ruyi, I am responsible for the production and printing of The Monograph, the pharmacy student newspaper you hold in your very hands.

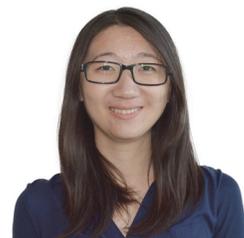
**PICK-UP LINE:** Hey girl, did you know the scientific name for Viagra is Mycoxafloppin?

---

**RUYI WANG (1T6)**  
**MONOGRAPH CO-EDITOR**

Along with Chi, we compile submissions from pharmacy students and arrange layouts for Monograph publications. Tell us your stories!

**PICK UP LINE:** Are you flecainide? Because you made my heart skip a beat.



**VIVIAN TSOI (1T7)**  
**PHARMAKON CO-EDITOR**

Pharmakon is responsible for photographing social and professional events occurring within the Faculty, and creating an annual yearbook!

**PICK-UP LINE:** Boyyy, you're unlike those prescription medications... you're indispensable.

---

**MATTHEW YU (1T7)**  
**PHARMAKON CO-EDITOR**

I am excited to take part in capturing your treasured moments on film. Whether you are an athlete representative of UofT Pharmacy, or a casual participant at professional events, don't mind the asian guy walking around with his Nikon camera. Look forward to the yearbook, it's going to look swell!

**PICK-UP LINE:** I think you and I are so compatible, we can be a eutectic mixture. ;)



**PARAM PATEL (1T7)**  
**UPS WEBMASTER**

I am responsible for maintaining the UPS website, UPS points system, listserv and UPS email accounts.

**PICK-UP LINE:** I need some ventolin because you took my breath away

---

**PAK CHAN (1T6)**  
**UPS SPEAKER**

I sometimes speak.

**PICK UP LINE:** I'm going to be a pharmacist, I don't need one.





**AARTI PATEL (1T6)**  
**SENIOR CAPSI REPRESENTATIVE**

I am your go to person for all CAPSI related questions about any of your membership benefits and what we have planned for this upcoming school year (including PDW 2015 in Quebec City)!

**PICK-UP LINE:** I must have a low creatinine clearance cause I can't seem to get you out of my system.

**AREEBA ZAHEER (1T7)**  
**JUNIOR CAPSI REPRESENTATIVE**

I hope to work collaboratively with Aarti to make the CAPSI events as successful as possible this year! I hope to see you all next year and don't be shy, I'd love to meet you!

**PICK-UP LINE:** Even Pepcid can't stop my heart's burning desire for you.



**VEERAL GOHIL (1T6)**  
**UTSU FACULTY OF PHARMACY DIRECTOR**

Liaison issues and concerns from our faculty to the UTSU, and vice-versa

**PICK-UP LINE:** Are you a box of BD pen needles? Because you look ultra-fiiiiine

**TEEGAN IGNACY (1T6)**  
**OPA STUDENT BOARD MEMBER**

My role is to weigh in on decisions concerning how the OPA advocates for the profession of pharmacy. Along with a student member from University of Waterloo, I'll give the OPA insight into what's important to pharmacy students and how our interests can be better served by the OPA.

**PICK-UP LINE:** Hey boy, I heard you only participate in pre-clinical trials cause you're an animal



**AORAN ZHU (1T6)**  
**SENIOR IPSF REPRESENTATIVE**

My role as IPSF representative is to promote public health, education and networking through pharmacy awareness campaigns and student exchange.

**PICK-UP LINE:** Girl, you must be an ECG interval because you're such a QT.

**BOYD HAO (1T7)**  
**JUNIOR IPSF REPRESENTATIVE**

Help the IPSF Rep Sr. in promoting IPSF, helping pharmacy exchange programs and world pharmacy events.

**PICK-UP LINE:** Hey gurl, let's check out those dose response curves.



# THE MONOGRAPH

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**SIMON MCKAY (1T5)**  
1T5 PRESIDENT

To be honest, although the title sounds nice I actually do very little. We should likely have a photo of our class council in this spot instead since they do everything. I help enable communication, offer support when it's needed, and have bought a few boxes of donuts. Aside from that, everyone else on class council does whats important, I just watch it unfold flawlessly.

**PICK-UP LINE:** Hey Gerstein, I'm gonna spend allll night in you. <3

---

**KARINA NATAPRAWIRA (1T5)**  
1T5 VICE-PRESIDENT

Fundraising and assisting members of the council with different events.

**PICK-UP LINE:** @pharmacy pickup counter. "Hey, i'm here to pick you up ;)



**THOMAS BOYANG HUANG (1T6)**  
1T6 PRESIDENT

I oversee all council activities and delegate appropriate tasks to the class council members while also partake in general UPS activities with my partner-in-crime, the VP.

**PICK-UP LINE:** Girl, you are so sweet, I think I need a metformin prescription.

---

**HAZEL GAMBOA (1T6)**  
1T6 VICE PRESIDENT

I'm responsible for charity week, clothing sale, and raising our class lots of funds!

**PICK-UP LINE:** I wanna be the reason you'll need plan B.



**SHANE NIRULA (1T7)**  
1T7 PRESIDENT

Oversee the operations of class council and represent the 1T7 class' interests on the UPS.

**PICK-UP LINE:** Apply me to sensitive area. Side effects may include infatuation, lowered inhibitions and an awesome breakfast tomorrow morning.

---

**TIANA TILLI (1T7)**  
1T7 VICE-PRESIDENT

Organize Phrosh Week 2014 and plan Charity Week events for the 1t7 class.

**PICK-UP LINE:** Hey friend, I think you're suffering from a lack of vitamin me.



Incoming 1T8 President and Vice-President to be announced...

## UPS Corner

Hello Pharmacy!

Welcome back for another year at the faculty. Hope you've all had a good first few weeks of classes. We would like to give a warm welcome to the incoming class of 1T8! Hope that you had a terrific Phrosh Week and got to know many of your classmates and those of us in the upper years in the process.

We hope that you thoroughly enjoyed yourselves at our mixer and boat cruise recently, and got to make many new friends, both within the faculty and out. If you missed out on these marquee events, the UPS still has many more to deliver, including Phollies, Semi-Formal, Pharmacy Awareness Month, and many others. Stay tuned all year for more info!

Intramurals and clubs are getting underway, and you have ample opportunity to have fun and advance in the profession of pharmacy at the same time. We highly encourage you all to become active in at least one of the many activities the faculty has to offer. Remember to live a balanced life and relieve some stress from your heavy workload.

The Monograph is a fantastic way to stay informed on what's happening within the student body as a whole. Take the time to write a piece for the monograph and get published! Contact the Monograph editors or your class Monograph rep if you are interested in submitting a piece.

We look forward to seeing you all again and meeting more

## SOAPE 1 Minute Read

SOAPE would like to welcome everyone back for another eventful and exciting year - especially the incoming 1T8 class! SOAPE is a student-run organization that advocates for the profession of pharmacy through student leadership and involvement. Every year we host different events to promote the profession of pharmacy to the public and improve public health care. We will be continuing to showcase our Flu Shot Posters, hold seminars for Pharmacy Students for Medication Safety, host an Advocacy Talk with a new, distinguished guest speaker, and present our many PAM (Pharmacy Awareness Month) events. Furthermore, we are anticipating two new events this

1. Experts found that diabetic patients taking statins – cholesterol lowering drugs, were up to 40% less likely to develop blindness and amputations due to added benefit of inflammation reduction in eyes and nerve damage in limbs.

2. As October slowly creeps in, so does the beginning of Flu season. CDC recommends that everyone over the age of 6 months should get their flu vaccine yearly to protect themselves from this serious disease. Flu Vaccines can be given at certain pharmacies now!

3. Health Canada is banning citronella – an insect repellent by the end of December due to “absence of adequate safety data”, however confusing toxicologists who find the natural product to be safe.

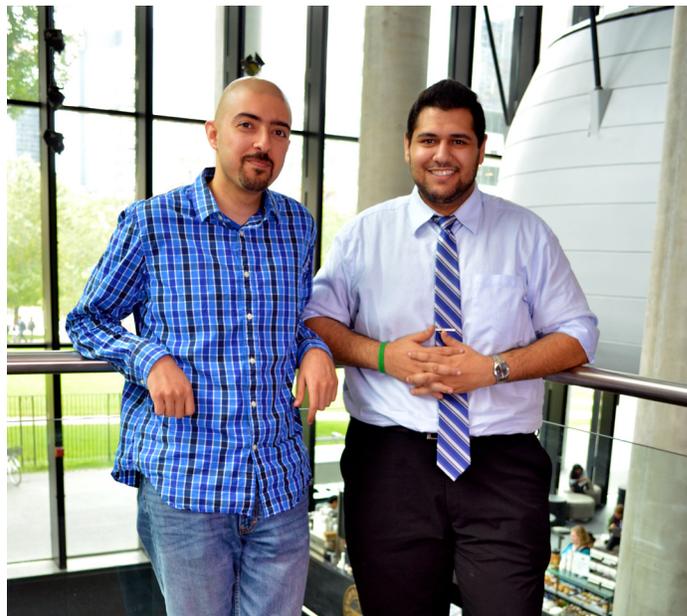
4. Common sleeping pills and anti-anxiety drugs, such as benzodiazepines have been found to contribute to a higher risk of up to two times of developing Alzheimer's disease in the elderly.

5. Canadian pharmaceutical companies are being criticized for putting North American patients at risk for not reporting unfavourable drug quality test results, as found by the Star Investigation.

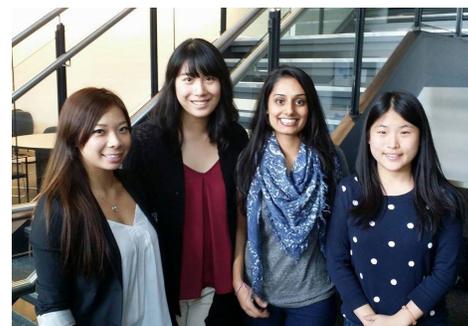
of you this year. Don't hesitate to contact us, or even stop us in person, if you wanted to bring up anything about student life. We're going to have another great year together.

All the best of luck this year!

*Joseph Samuel & Mohamed El-Salfiti  
President & Vice President 2014-2015  
Undergraduate Pharmacy Society*



year: **Focus Groups**, where we will hold discussions between professional pharmacy, medical, and nursing students regarding the expanded scope of pharmacy and present the results at the 2015 OPA Conference, and a **Billing Seminar** to help students understand billing practices for their EPE real-life practices. Every SOAPE event is a wonderful opportunity for students of every year to get involved in student life, gain experience, network, and take on leadership roles - so make sure to sign up and you too can be part of the team! More information can be found on our website [www.soape.ca](http://www.soape.ca)



## The Rx Games - Phrosh Week in Review

During the first week of September, the Pharmacy Building played host to the 61<sup>st</sup> Annual Rx Games. From Tuesday to Friday, 185 1T8 students volunteered as tributes to represent their 13 Districts. Here are some highlights from the week, where the meds were most definitely in our favour.

A special thank you to the Gamemakers and the weeks' sponsors. The Gamemakers included Kyle Acton, Annie An, Patricia Lu, Jonathan Mak, Shane Nirula, Seiwon Park, Melissa Taylor, Jennifer Wang, and Matthew Yu. The sponsors included Scotiabank, the Leslie Dan Faculty of Pharmacy, TEVA, Fillware, and PCCA.

Tiana Tilli, Head Gamemaker

### Tuesday: Photoscavenger Hunt



A photoscavenger hunt, using the app GooseChase, brought tributes around PB, the UofT campus, and Toronto. Tributes posed like trees at the Living Wall, like Nemo in the Jack Kay room "fishtank", and like researchers in front of the Banting insulin memorial.

### Wednesday: Beach Day



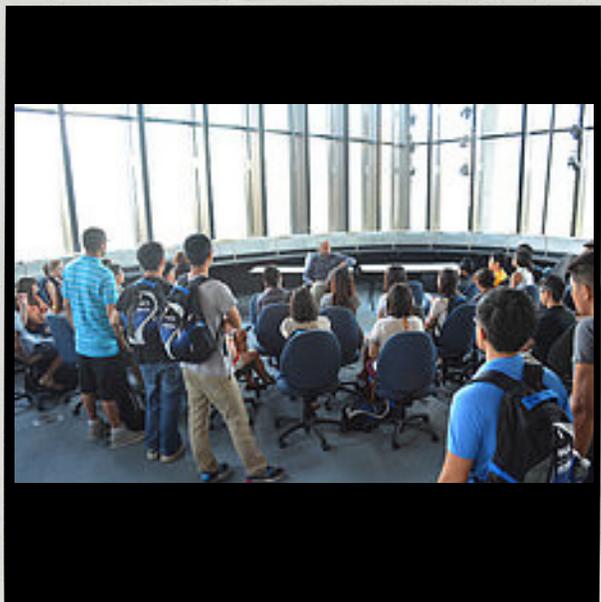
Tributes spent the day at the Beach enjoying the sun, playing outdoor sports, and raising funds and awareness for the ALS Ice Bucket Challenge. The day was sponsored by PCCA, who provided sunglasses for all. #afuturesobright

### Thursday: Road Trip to Niagara Falls!



All tributes were transported to the Falls to view the Bodies Revealed Exhibit and The Apothecary. The Bodies Exhibit showcased human specimens in various dissections while The Apothecary brought tributes back to 1866 to view a historic pharmacy in Niagara on the Lake.

### Friday: Pharmacist Speed Meeting



Recent pharmacy graduates came in to speak to the Districts about their pharmacy career paths. They included hospital pharmacists, an entrepreneur pharmacist, a clinical research pharmacist, an industry pharmacist, and a community pharmacy owner/pharmacy consultant.

## Draft Day

By SARA TAWADROUS, 1T8

Entering into the Pharmacy building on the first day of phrosh brought upon a familiar feeling of anxiety and excitement. Anxiety from our collective effort of making new friends, and excitement from the compendium of opportunities that await us. I think I speak on behalf on many when I say I am so thankful I went to phrosh. I believe that phrosh is something truly remarkable. We were all inducted into a vacuum of unknown, and were united by a feeling of vulnerability.

The week started off with an eager feeling of meeting as many people as you possibly can and ended with a few dozen friend requests. The ice breakers taught us to choose our jolly ranchers wisely, which was a lesson that carried over to the meat selection at the BBQ. We sharpened our intellectual appetite whilst enjoying free admission at the Royal Ontario Museum (which was a perk many students were not aware of, it will be interesting to see how many students take advantage of this in the future!). The photoscavenger hunt did not attract many phrosh goers, despite the popularity of taking pictures in this day and age. But it was likely due to the unfortunate cold weather which forced many to seek shelter at Starbucks or other venues. On Wednesday, the faculty taught us to be wary of who we sit beside, lest we find ourselves walking down the aisle

with them! Later we enjoyed the final beach perfect escapade (aka final chance to get a tan this summer) at Woodbine beach, where we participated in the Ice Bucket Challenge and raised \$100 towards the ALS foundation. Thursday was a very well planned trip to Niagara Falls, hats off to those that orchestrated it! The unofficial last day, was infused with a sense of trying to get involved, but unlike undergrad the involvement was the offspring of a “want” rather than a “need”. Getting involved is essential because as you spend the next four years in the same building, extra curriculars will give you a sense of purpose and belonging to the people you will soon be very close with. Aside from the monotonous cycle of studying, the feeling of contributing to something that is beyond yourself is deeply enriching.

Overall I thoroughly enjoyed phrosh. Coming from someone who did not plan on attending all the events, I found myself not wanting to miss out on any of the days (perhaps a symptom of FOMO manifesting itself). Something very interesting that I feel like sharing was when one of the professors came by after the faculty welcome to sit with small groups of 1t8s to introduce himself. I appreciated how he truly aimed to get to know us; an interaction not typically seen in an undergrad setting. To me, this reflected the welcoming environment in which the pharmacy profession exists within the Leslie Dan Faculty of Pharmacy.

## ANYONE HUNGRY?

By PHOOD JUNKIES, 1T?

As a new year begins, the Phood Junkies would like to welcome the 1T8s and help answer a fundamental question...what's for lunch? Here's a list of just a few places for food (and dessert) near the Pharmacy Building.

### Hydro Building

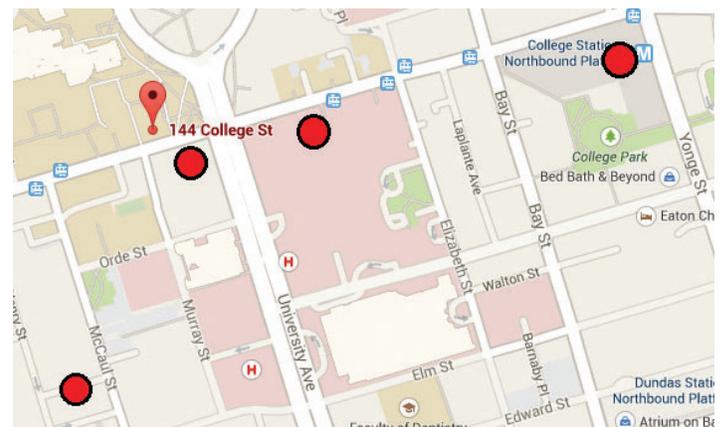
Featuring typical food-court staples like Subway, Tims, and Manchu Wok, the Hydro building also has its own gems. The ever popular Est West has a gorgeous salad bar featuring glass noodles, kimchi, and various veggies! Also be sure to check out their daily specials for a filling and hearty meal at a decent price.

### MaRS building

Located diagonally across the intersection of College and University, the MaRS building food-court features staples like Teriyaki Experience, Subway, and Tim Horton's. Others include Pumpnickel's, Anoush, and a delectable favourite called Pastacceria. Pastacceria, located at the quieter end of the food-court, has pasta that is fresh, full of flavour, and promises a filling and satisfying meal. They also offer paninis, pizzas, and specials like meat loaf, roasted chicken, or lasagna (all served with your choice of salad).

### Baldwin St

Located just minutes from the pharmacy building, this street truly offers up some unique and delicious food options. From local favourites like Kinton ramen and Ryu's Noodle



Bar, the street also offers up unique fusion Korean food in the Yakitori Bar. Furthermore, you can find authentic Japanese cuisine at ND Sushi, and amazing gelato at Kekou, with asian-inspired flavours like vietnamese coffee and lychee-strawberry.

### College Park

While not quite as close as the above, College Park is located at College and Bay and has the main food-court in the basement. In addition to the food you can get from Sobey's and Metro, there's a Tim Horton's, Teriyaki Experience, KFC/Taco Bell, Booster Juice, Druxy's, and a Great Steak and Potato Co. Also, in particular, Duck offers authentic Chinese barbecue on noodles or rice. Then you have the Richtree Market Restaurant, which offers a wide array of freshly made food including crepes, rosti, pizza, salad, pastas, and rice. Pay close attention when you pay though, since music from the register means you've won a food prize!

## Monograph Surveys the 1T8s

Back in early September, during the clubs fair, we asked you to submit questions you were just dying to know for the upper years to answer. One lucky phrosh, Linda Yang, was the winner of the \$10 Tim Horton's gift card for participating in our survey. Here are the most common questions you all asked, and the responses from some helpful upper years:

### *Can we be friends?*

"Sure, just don't be a waste."

"Maybe..."

"Yes, if you don't mind hanging out with old people."

"Depends... How good are your note taking skills?"

"I don't know buddy, got a lot on my plate this semester."

### *What's your favourite place in the PB?*

"Can't tell you, then it'd be overrun with people"

"PB cafeteria (aka 3rd floor pod area for fresh air, open space, and a decent view)."

"Anywhere that's not B250!"

### *What are you passionate about, what makes you smile?*

"Not being a waste"

"PHARMACY, sports, cute girls (and guys I suppose)"

"Passionate about anything that makes me cuss. Smile at anything that makes me cuss"

"Cat videos on the internet make me smile."

"Passionate about scraping that 60% YOLO pass. Makes me smile when I pull up and flex hard in the no supplemental zone! Ain't about that supplemental life!"



### *How are you upper years managing to scavenge the money for tuition/textbooks/fun/commute/rent/etc? :( Sincerely, Broke first year*

"Lottomax!"

"Buy TC & PSC but not dipiro (read it online or at Gerstein), set a weekly budget for yourself for fun/non-essentials and don't go over it."

"Selling medications returned to you by patients that you 'promised' to destroy for them."

"Take out a line of credit and delude yourself into thinking that you can afford all this."



### *Where's the best place to take naps on campus?*

"Gerstein conference room."

"Upper, obscure, Hart House rooms."

"Armchairs in Gerstein Library reading room, upper floors of Robarts Library, any quiet study room with a hoodie over my head :)"

"Anything can be a bed if you try hard enough"

"The best time and place is during a boring lecture. As long as you trust your friends to not snap an unflattering photo."

## Upper Year Wisdom

By NATHAN WONG, 1T6

Hello again Pharmacy, it's good to be back? I'd like to start by welcoming the first years to pharmacy. I hope the rest of you have all had a restful summer break, recharged and ready for the new academic year. Now perhaps you're a budding first year, eager to soak up every drop of advice, or a seasoned second or third year, but I hope you'll learn something useful from these little pearls of wisdom I've polished over my two years here.

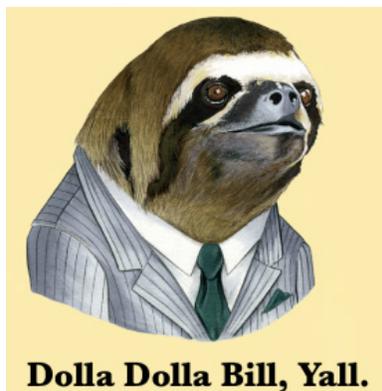
### Time

Develop your time management skills. There are tons of exciting opportunities to get involved in pharmacy, within the university, or even just in Toronto. Working, playing, studying; all are important factors to a balanced functional academic career, but make sure you are able to give enough time to them all or you'll just burn out, struggle through everything, or hate your life. Make sure you are spending your time wisely. You spent a lot of money to get here, so obviously your studies come first, but make sure you're taking some time away from that to foster new relationships, get some exercise, and just take a break.



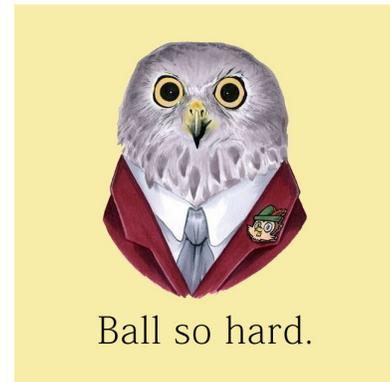
### Money

With tuition upwards of 17k a year, money can be a pressing issue for many. Parental funding, student loans, bank line of credit loans and the faculty's internal bursaries can help; but depending on your circumstances may not be available or desirable. If you're looking for a part time pharmacy job, the faculty often gets job postings which are distributed through email, just make sure it's not a volunteer job, although those can sometimes lead to paid ones. If you do get a part time job, I would recommend doing no more than 8 hours a week. Textbooks, for the most part, you don't really need; at most "Therapeutic Choices" and "TC: For Minor Ailments". It's really easy to go out with friends every week, so try to set a budget or a limit to your outings and stick to it.



### Happiness

If this is your first time in Toronto or you don't come downtown very often, you'll soon find that everything fun in dt TO costs money. And this adds up quickly. But there are some inexpensive options for entertaining yourself and finding food, as long as you're willing to explore a little. The ROM has free entry for students every Tuesday, while AGO has a similar promotion on Wednesdays between 6:30-8. The university holds many free events for students as well, especially free drop in classes at the gyms. Go explore other buildings and libraries and keep an eye out for posters. Of note are the Free Astronomy Public Tours in the McLennan building, held on the first Thursday night of every month. There's also \$5 all you can sing at BMB karaoke from Monday to Wednesday, a few ~\$5 board game cafés around (Snakes & Lattes, Snakes & Lagers, Castles, Role Play Café), billiards, and in the winter you can rent skates at Nathan Phillips and at the Harbourfront. As for food, the cheapest places to eat tend to be around Chinatown and the Annex. Try 24 hr Pho Pasteur for big portions, The Red Room has cheap bar food and domestic beers, \$5 dishes at El Furniture Warehouse (be prepared to wait, it's new), or Salad King on Yonge Street for a bit of spice.



### Friends

Doesn't anybody wish they had just one more friend? Really though, just get out there and talk to people. Nobody likes making the first move for fear of being awkward, yet everyone seems to be forgiving of the awkwardness of first meetings. Break the ice with a mutual interest, a question, or a compliment and feign interest if you must. If all else fails, I'll be your friend. Just look for the guy on the third floor with the metallic green/wooden frameless glasses, the lime green phone case, and army green back pack. Ask me about what it was like taking care of 200 chickens, performing for Mr. Pharmacy, my favourite place in the world, or the marks on both my elbows.



## Adventures in Pharmacy: Reflections of EPE-1

By ERIN CICINELLI, 1T7

“Once upon a time there was a first year pharmacy student. One day in early May, she set out on a grand adventure called Early Practical Experience 1, the first leg of the epic voyage that all students must travel before becoming Doctors of Pharmacy. Armed with nothing but her white coat, name tag, and a head crammed full of first-year knowledge, she took her first steps into the world of pharmacy.

But this was no ordinary pharmacy student. *This* pharmacy student was a jewel among her peers, beloved by her professors (who all knew her by name, of course), and already an expert in every aspect of pharmaceutical care.

Learning to use new pharmacy software from scratch was child’s play for our heroine! By the end of her first shift, she had mastered every function, surpassing the skills of even the most veteran technicians. Miraculously, mastering the art of deciphering physicians’ handwriting came to her naturally—never once did she have to ask, ‘What do you think *this* scribble means?’

Everyone was eager to learn about their prescriptions from the first year pharmacy student, and patients came from far and wide to have their medication therapies managed by her. They listened, enraptured, as she provided flawless counselling sessions and easily answered all of their pressing questions, such as ‘So, can I have a beer while taking this stuff?’

No one ever rejected her offer of a medication review because they ‘were in a hurry’ or had ‘been on these meds for years!’ In fact, she was a master of MedsChecks and completed a record 57 in 4 weeks, much to the delight of the pharmacy owner.

Information about General Medicine 1 therapeutic topics flowed easily from her lips. She remembered every detail, every dose, and every indication of *every* medication covered in her first year courses. Patients had complete confidence in her professional opinions, and not one felt the need to fact-check her advice with a quick WebMD search on their iPhone.

Indeed, our heroine conquered Early Practical Experience 1 with confidence and proficiency never before seen in a first-year pharmacy student. At the conclusion of her placement, her preceptor sent her off into the world with a tear in his eye, a perfect score on her E-Value assessments, and a glowing recommendation for her LinkedIn profile.”

If you feel that this tale resembles your own Early Practical Experience 1, to you I say, “Congratulations!” I am glad to hear that your placement went so well! However, for myself (and, I suspect, many of you) this story is the stuff of fiction—not a realistic representation of my first clinical placement.

But please, do not misunderstand me. I did not have a *bad* experience this summer. In fact, I had an extremely positive one! I could not have asked for a more supportive preceptor and group of technicians with whom to work, and I cannot wait to integrate my new knowledge into my course work this year.

Yet, throughout my placement, I could not help feeling that I was not achieving my full potential. For instance, patients would approach the pharmacy counter with questions about their heartburn, osteoarthritis pain, iron supplements, and various other topics covered in our first-year curriculum. To my dismay, I often found myself passing cases off to the pharmacist-on-duty. I learned a lot in my first year, but when faced with real patients and all of their complexities, I fell short. My lack of confidence or inability to work through these more complicated clinical scenarios got in the way of applying what I know.

Even more worrisome, with each passing day, I felt my knowledge slipping away, despite my desperate attempts to retain it by re-reading sections of Therapeutic Choices every night. Well, okay, maybe not *every* night.

Towards the end of my placement, I confided in my preceptor that sometimes I worry that I will *never* know enough to be a pharmacist. At this point, I reasoned, I have completed one quarter of my pharmacy education, and in just three short years I will be the one to which patients ultimately look for advice. How will I ever be prepared?!

His words were a huge comfort and encouragement to me, and maybe they will be for you too:

“You will never be able to know everything! Drugs, guidelines, and even patients are constantly changing. In school, you get a solid knowledge base, and from there you must rely on your ability to find the information that you need, and you must never stop learning and improving. Everything else comes with time and experience!”

Equipped with these sage words, this fledgling pharmacy student cannot wait to take her next steps on the journey towards graduation. Bring it on, second year!

*\*The author would like to thank Alessia Forestieri and Jolina Botman for their assistance in reviewing and editing this article.\**



# The Highs and Lows of EPE

By SANDRA WOOD, 1T7 Monograph Representative

It's always cited that a substantial amount of learning happens outside of the classroom, sometimes upwards to 75%. After this past summer, many of us would attest to this statement. The Early Practice Experience required us to immerse ourselves into the pharmacy profession. Of course, during this experience, we frequently found ourselves making mistakes and dealing with embarrassing interactions with patients. However, we also find ourselves feeling valued as we help a patient, or inspired as we observe our preceptor or fellow coworkers. I'm sure the EPE experience described in the article by 1T7 student, Erin Cicinelli, resonated with many of us. After reading her article, it was apparent that these experiences are meant to educate, inspire and challenge us to grow within the profession of pharmacy.

I thought it would be interesting (and also mildly amusing) if I asked my fellow classmates of 1T7 to share highlights and lowlights of their Early Practice Experience, whether it be humorous or embarrassing encounters, or moments that made you feel valued. I've compiled a list of responses which can be found below. Enjoy!

**Patient:** Hi, can you give me some information about Viagra?

**Me:** Uhh... what do you want to know?

**Patient:** There's no side effects right?

**Me:** All medications have some sort of side effects, some not as bad as others but I can let you know what they are.

**Patient:** Ok whatever, can I have 1 pack of Viagra?

**Me:** Do you have a prescription?

**Patient:** No, but can I have 1 pill for emergency?

**Me:** We don't give Viagra without prescription [lolling @ emergency Viagra]

**Patient:** But just 1 pill

**Me:** No, we're not allowed.

I was in the middle of doing a Med-sCheck with a patient when I noticed her reaching her hand out towards me. With one swift motion, she slapped something off my neck. I was startled and silently freaking out. What was going on?

**Patient:** There was a bug on your neck! It's on your sleeve now!

**Me:** ...AIYA. -tries to shake it off- (Still silently freaking out over the fact that she slapped me and the bug. It looked like a wasp. I think. Yes, freaking out over the bug too.)

After that, we continued on with the Med-sCheck like usual.

This was during my first week of EPE, patient comes up to me:

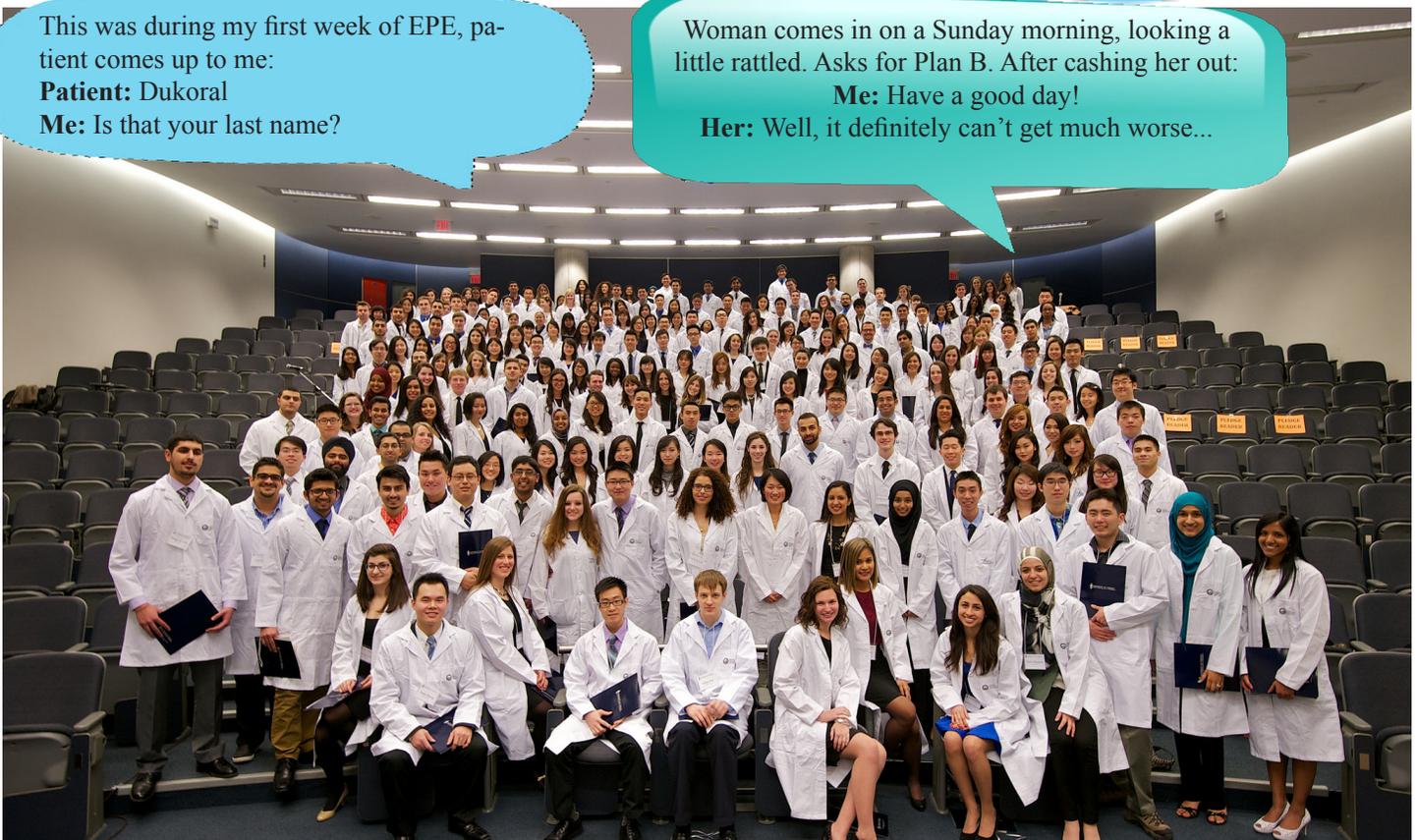
**Patient:** Dukoral

**Me:** Is that your last name?

Woman comes in on a Sunday morning, looking a little rattled. Asks for Plan B. After cashing her out:

**Me:** Have a good day!

**Her:** Well, it definitely can't get much worse...



The Highs and Lows of EPE cont.

A young guy came up to me during a really busy period and asked me where the condoms were. Except I couldn't really hear him because he was mumbling and I asked him to spell it. I still couldn't hear him so I asked him to repeat it louder. I finally got it and pointed behind him...

How to Buy Condoms



(Had to create a file for a new patient)

**Me:** If you don't mind I'm going to have to ask you a few questions

**Patient:** Sure

**Me:** Do you have any allergies?

**Patient:** No

**Me:** What about a date of birth?

**Patient:**...ummm yes, doesn't everyone? hahahaha

**Me:** HA. HA. HA. \*dies of embarrassment\*



While working at SDM I had a patient come and stand under the "Pick-up" sign. At which point I asked him who he was picking up for. He replied by just saying "pick-up" and I asked him again who he was picking up for. This time he yelled "pick-up!" at me, the tech then came from behind and said that's "Mr. Pickup".

A gentleman came up to the counter and gave me a piece of paper with something written on it. It didn't look familiar to me so I told him, "I don't think we carry this...?" He replied, "yeah, I know...it's how you spell my last name".

I had the opportunity to conduct patient counselling in the parking lot at the patient's car. The patient's mother was picking up the prescription and was uncomfortable relaying the message and wanted a pharmacist to come out to the car to talk to the patient. I got to be the person to go out. The pharmacist was the only one on at the time and could not leave the pharmacy, given how busy the morning was. I offered to go out and the pharmacist was comfortable with my abilities to communicate with the patient at the car. This opportunity allowed me to independently counsel and the ability to provide both the patient and her mother piece of mind about the medication.



While working at a community pharmacy, I've had so many patients lean into my personal space during order entry; nothing beats the smell of cigarettes shooting up my nose. I think I've inhaled my year's worth of second hand smoke.

I was restocking drugs in the ER, when an old man (obviously confused) stumbled out of the bathroom, completely naked. I was the first person he saw, and he asked me to help him with the bathroom. I went and got a nurse. Glad I'm not in nursing school.



## The Anticalendar - Year One

By ALLESANDRO PEDICELLI, 1T7  
and SAMANTHA POLITO, 1T7

Hello 1T8s! Welcome to the Leslie Dan Faculty of Pharmacy, and welcome to this year's anti-calendar! This year's anti-calendar is brought to you by IMHAP, the Initiative for Mental Health Awareness in Pharmacy. IMHAP is a new club aimed at utilizing our specialized knowledge and skills as pharmacists to end the stigma of mental disease and better our practice as a whole. Stay tuned for more events and announcements! All that being said, let's get started!

### Fall 2014 Classes

#### PHM110 - Health Systems I

*Melissa Winterbottom*

Health Systems I is a course aimed at giving a brief and all-encompassing overview of Canada's healthcare system. Each of the different aspects of the healthcare system are covered by guest lecturers, and there are two written assignments. The first is a critical reading summary, and the second is a MythBuster, in which you present a myth concerning an aspect of health or healthcare and "bust" the myth. The written assignments are straightforward enough, however it is advisable to meet with a TA with a rough draft to make sure that you are on the right track. In terms of the exam, most of the questions come straight off of the slides, so be sure to pay attention to definitions and lists. Finally, you have the option to submit possible exam questions with answers by email to the course coordinator; do it! There is a definite possibility that they will show up on the exam, and free points are always a welcomed concept.

#### PHM113 - Pharmacy Informatics and Clinical Trials

*Bassem Hamandi and Mary-Ellen Hogan*

This course is subdivided into two sections: Pharmacy Informatics, taught by Bassem Hamandi, and Clinical Trials, taught by Mary-Ellen Hogan. Both sections are straight forward enough, and both require you to attend a workshop. In the informatics workshop you will be utilizing different reference materials to answer questions, and in the clinical trials workshop you will pick apart and critically appraise scientific articles. That being said, it is important to brush up on your critical appraisal skills, and to spend some time with the CPS. You can find the CPS at most U of T libraries as well as in the Informatics Lab itself; knowing the sections of this book and what they contain will be crucial to your success on examinations and in the workshop. So pick up a CPS and test your friends! CPS party, anyone?

#### PHM142 - Metabolic Biochemistry and Immunology

*Jeffrey Henderson, David Hampson*

This is another course divided up into two sections: Metabolic Biochemistry taught by Jeff Henderson and Immunology taught by David Hampson. You won't find this course on Blackboard since it has its own website, so first things first: make sure you have it bookmarked. There are two assignments to complete, which are not terribly difficult, but missing certain details that the professor is looking for will end

up being a bigger deal than you think, so it would be worthwhile to make an appointment with a TA and go over what you have. In terms of the midterm and final exam, which are both written ("part written, part multiple choice" really means "90% written, 10% multiple choice" in this case), attention to detail is very important. Memorizing all slide details is highly recommended, and be sure to memorize the "Summary" slides of the student presentations as well, since all questions from said student presentations come from there. That being said, sign up for a student presentation! Bonus marks are always useful. Finally, try to know the details of all biochemical pathways and important diagrams; these are testable material.

#### PHM144 - Pharmacokinetics

*David Dubins*

Pharmacokinetics is a subject whose bark is definitely worse than its bite. Professor Dubins, often referred to as "the man", really organizes the topics in a way that is easy to understand, and interjects some musical interludes here and there to keep things interesting. His performances are definitely a reason not to skip class, if keeping up with your notes is not a strong enough pull. Not to mention, his formula sheet is probably the most all-encompassing and extensive formula sheet you'll ever get. Doctor Utrecht's section seems daunting at first, but do some practice exams and you'll be able to tackle his exam questions easily. The same can be said with Dr. Pang's section; practice, practice, practice is more important than trying to memorize everything. Do this, and you won't be surprised when it comes to the final exam. All in all, PK is a very math-based course, so if math is your weakness, it is best to start preparing and practicing as much and as early as you can.

#### PHM145 - Human Anatomy and Histology

*Barbara Ballyk*

This is a course that definitely intensifies as the semester progresses, however the material is straight-forward and easy to memorize if not left to the last minute. Most exam questions come straight off of the slides, so attention to detail will go a long way in this course. That being said, Dr. Ballyk often mentions a detail or two that is worth the time to write down, so skipping this class is not recommended. Plus, you won't want to miss Dr. Ballyk's jokes, thrown in once in a while to keep class enjoyable. Don't let the fact that the exams (including the final exam) are non-cumulative fool you; there are still a lot of details to know and it is important to keep on top of them!

#### PSL205 - Basic Human Physiology

*Nohjin Kee*

For those of you not lucky enough to have an exemption, Basic Human Physiology is an online course. Don't be lulled into a false sense of security, however; the lectures can be dense, and move at a relatively fast pace. Important to keep in mind is that since the material is timed, the three lectures posted each week will become unavailable the next week, so staying on top of the lectures is crucial. However, as long as you budget some time each week for the lec-

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tures, you'll find exam questions fair and definitely doable.

## Winter 2015 Classes

### **PHM101: Pharmacotherapy 1: Foundations and General Medicine**

*Sharon Yamashita, Anita Woods*

Gen Med, as this course is widely known as, is the first of nine pharmacotherapy courses that you will be taking throughout your years here at U of T Pharmacy. This will be your first real taste of medication and therapy management, but not to worry, Professors Yamashita and Woods will be there to expertly guide you through the course material! This course contains workshop and small group seminar components. For the workshops, you and your group will need to develop and hand-in pharmacotherapy work-up and care plans for various conditions including: osteoporosis, gastroesophageal reflux disease and gout among others. The small group seminars will focus on asthma and COPD. While the workload for the seminars might seem daunting, they are very straightforward and actually fun (in that "pharmacy-nerd" kind of way)! Coming to the seminars prepared is the best way to guarantee a good grade – and the envy of your peers! The exams are very straightforward, with questions drawing from the broad concepts presented during the lectures. You will also be required to draw-up a work-up and care plan on the final exam so best to practice, practice, and practice!

### **PHM105: Medication Therapy Management 1**

*Jauher Ahmad, Alina Lalani*

MTM1 will give you a taste of what it's like to be a practicing community pharmacist. The course is comprised of weekly lectures and lab periods. It's definitely advised to attend the lectures because 1) Jauher is hilarious and 2) The lecturers will give you guys crucial tips and hints (read: answers) about the questions that will be asked during the lab! Be sure not to make the mistake of dismissing this class as only a simple lab course because the workload is quite heavy, mostly because of the weekly drug charts that need to be researched and prepared. These charts are going to be key when it comes to patient counselling so we suggest getting into groups, splitting the work and then using each other as mock patients – practice is crucial for getting comfortable with counselling. Finally, in every aspect of the lab it's important to be confident – even if you have absolutely no idea what you're talking about, a little confidence can go a long way!

### **PHM114: Social Behavioural Health**

*Rebecca Penn, Zubin Austin*

This course is made up of two components: 1) introduction to sociology and its effects on health and 2) introduction to the ways in which individual psychology affects health. This course is very similar to Health Systems, which is taken in the Fall, in that it doesn't require any type of hard-core memorization but rather a concrete understanding of course concepts. Going to class and taking good notes is crucial because the concepts often build on each other, so understanding the material at the time its presented will go a long way when it

comes to studying for the exams! Doing the practice exams is also clutch, as the questions you'll see on the exams will be very similar (and even identical in some cases)! The course requires that each student write a short reflection piece as well as perform a group presentation about ethics. The ethics presentations are definitely a highlight of the course because what's better than watching your friends and peers perform awkward and disjointed skits about pharmacists, doctors and ethics!? Time to whip out those high school drama class skills!

### **PHM140: Molecular Pharmacology**

*J.W. Wells, S. Angers, P. H. Backx, J. Matthews*

Oh dreaded mol pharm! It is the kryptonite to our superman, the Darth Vader to our Luke Skywalker, the Walder Frey to our Robb Stark. But honestly, it isn't as bad as some might have you believe. The course itself is split into four sections, taught by four different professors. Professor Wells' section is by far the most difficult section and the one that keeps first year students up at night. However, Professor Wells also gives you all of his exams from the last 20 years, and these will be your saving grace. With enough practice, most students are able to muster up enough marks to hit that coveted 60% mark! All jokes aside, the other sections of this course are straightforward enough, with the majority of the exams questions coming off of the lecture slides. Again, practice questions will be key when studying for these sections. In the end, take a breath friends, passing Mol Pharm is definitely an attainable goal!

### **PHM141: Pharmaceutics**

*Rashid Abu-Ghazalah, Tigran Chalikian, Shirley Wu*

If you've ever wondered how and why pharmaceutical preparations are made the way they are, then pharmaceutics is the course for you (unfortunately, if this isn't your thing, you still have to take the course 'cause there ain't no PharmD without it)! The course material can sometimes be dry, but the lecturers do a good job of getting the important points across. Throughout the semester, you will have to complete three problem sets as homework – do these properly, they will often reflect exam questions. This is another course where doing practice problems is a key to success, the professors can sometimes directly recycle questions from previous years!

### **PHM143: Pathobiology and Pathology**

*Reina Bendayan*

Sweet little Professor Bendayan makes a comeback in this winter term course, which focuses primarily on the development, presentation, symptoms and treatments of a wide array of diseases and conditions. A specialized guest-lecturer teaches each lecture, thus ensuring that each presentation is interesting and comprehensive. The course material can be quite dense at times, but luckily there is a decent amount of overlap between this material and that presented in Gen Med. Both memorization and a solid understanding of the concepts are necessary to do well in this course, so it will require a larger investment of time. Finally, do all the practice questions you can get your hands on, they'll be invaluable come exam time!

## The Anticalendar - Year Two

By CHI ZHANG, 1T6 and RUYI WANG, 1T6

### PHM201: Pharmacotherapy II – Dermatology & EENT

*D. Sibbald*

PCT2 (also known as “Derm”) is quite an important course for your future practice, as professor Sibbald will go over the world of creams and lotions for the skin. You’ll find yourself thinking back to Derm whenever a customer in your pharmacy asks you about an OTC cream or ointment they can use for that “rash” of theirs. Prof Sibbald will first give lectures of all the content covered in the course, and then switch to a “panel format” teaching style, where you have to apply what you learned in cases. Overall, although Derm may be a little on the hard side, you will be using this knowledge countless times as a pharmacist, so listen closely in class!

### PHM202: Pharmacotherapy III – Endocrinology, Nephrology & Urology

*M. Battistella, H. Halapy*

PCT3 (also known as “Endo”) is another one of the hard courses for first semester. You SHOULD be spending most of your time studying for this course because it WILL be important for you as a pharmacist in the future. Don’t make the same mistake as me and “yolo” Endo and then end up with a 38% on the midterm. The way Prof Battistella and Halapy set up Endo is very similar to Gen Med in 1<sup>st</sup> year. The only difference is that the workshop care plans now require a full pharmacotherapy work-up along with it. The pharmacotherapy work-up may seem tedious, but it’s something that is encountered very frequently in hospital pharmacy, so learn it!

### PHM205: Medication Therapy Management

*D. Kalamut, C. Natsheh*

“It’s a beautiful night. We’re looking for something fun to do. Hey Baby. Let’s go to MTM2.” MTM2 is set up very similar to MTM1, and after a summer of pharmacy experience, it becomes fun and, dare I say it, easy. However, one of the challenges that students will face is the perceived “inconsistency” in marking by the different MTM facilitators. However, as a whole this should end up balancing out for most people, as you will get a different facilitator each week. The medications of MTM2 are mostly taken from the ones you encountered in Gen Med, Derm, and Endo, so it’s a very nice way to apply the therapeutic knowledge you learned into practice.

### PHM212: Research Methods for Pharmacy

*N. Lathia*

Research Methods is very similar to the “CT” portion of the 1<sup>st</sup> year PI/CT course. Though critically appraising research papers may seem tedious, it is a very valuable skill to have, especially as a clinical pharmacist in a hospital. I found it interesting to dig into research papers that look flawless on the surface and end up finding all the sources of error the authors tried to “hide”. Overall, Research Methods won’t be too much of a problem

for most students, but it is by no means something that you can just completely ignore in lieu of the more difficult PCT courses.

### PHM241: Topics in Pharmaceutical Quality & Clinical Laboratory Medicine

*C. Allen, R. Reilly, D. Dubins (Lab)*

PHM241 (also known as Pharmaceutics Labs) is the only time in pharmacy school that you will get to do experiments and lab reports, so savour this moment! The lab component of this course has the element of fun blended with a touch of stress as you spend time lining up and “fighting” for ingredients to make your tablets, lollipops and suppositories before time runs out. The lecture component of this course may or may not be your cup of tea, depending on how interested you are in industry. If you ever wondered about how blood glucose test strips work, or wanted to know more about the emerging “biologics” in today’s medicine, you’re going to love this course!

### PHM242: Microbiology of Infections and Diseases

*I. Crandall*

This course is terrible. Terribly interesting, that is! PHM242 (also known as Micro) was taught last year by Prof. Crandall, a truly amazing lecturer who was able to always keep the class engaged at all times. There is definitely an element of difficulty in the course, as there is a lot of content to cover over a short period of time. Essentially, you will be going through almost every possible organism on the planet that can either make you sick or cause disease. In many ways, this is a “prep” for PCT4 Infectious Diseases that happens next semester, so it pays off to listen and go to class.

### PHM230: Physical Assessment & Injection Technique

*R. Cambly*

PHM230 (also known as Nursing/Nursing Labs) is exactly what it sounds like, a course where you learn the techniques used by nurses to assess a patient’s physical status. One of the questions students will have is whether or not any of this information (other than the injections) is actually useful for pharmacists. However, with the way every health care provider’s scope of practice is expanding, you honestly never know when it will come in handy, so listen close and don’t skip! As for the exams, most people would recommend buying the textbook, but I did not and I did perfectly fine in the course, so it’s really a matter of personal preference.

### PHM203 Pharmacotherapy 4: Infectious Diseases

*N. Dewhurst & G. Wong*

In infectious disease, we learn all about different types of bacteria, types of infections, and what antibiotic regimens are used. I found it frustrating is that the guidelines for treatment aren’t always clear. This makes the workshops very valuable, as the profs are hospital pharmacists with a lot of practical experience, and can provide insight on what is actually done in practice. I strongly recommend preparing well, paying attention, and participating in these sessions. There is a lot of memorization that may make you want to rip your hair out, but who needs hair any-

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way (in all seriousness, focusing on finding patterns rather than rote memorization makes the process much more bearable).

## **PHM204 Pharmacotherapy 5: Cardiovascular Diseases**

*N. Crown & H. Kertland*

Cardiology is one of the most useful (and difficult) courses in second semester. I recommend keeping on top of this course from the start (no last minute cramming!) to keep up with the material. Besides, that's what we're supposed to do with every course, right? ;) Workshops are a major component of this course, as all the pharmacotherapy is covered in these, while the lectures go over the pathology. There's really no trick to do well in cardiology, you just have to suck it up, go sit at your desk, and slam your head against your books (figuratively speaking, of course).

## **PHM206 Medication Therapy Management 3**

*D. Moy*

"His palms are sweaty, knees weak, arms are heavy/There's vomit on his sweater already, mom's spaghetti" An accurate depiction of how many of us felt every MTM3 morning; our first time interacting with real patients (standardized actors) where we call the shots as the "pharmacist". Therapeutics is definitely important (you will fail if your game is weak), but the essence of MTM3 is in your "soft" skills. My advice is to treat the actor as your patient, and your patient as a close friend. Instead of reciting Therapeutic Choices Ed. 6 to them, try to have a conversation and always respond to their cues. If you become BFFs with your actor, it can score you cool points and make up for mistakes that could have failed you

## **PHM213 Health Economics and Pharmacoeconomics**

*P. Grootendorst*

Economics is one of the relatively chill courses, and is similar to an introduction to economics class, with relevance to pharmacy. The course doesn't go into very complex economic theory and applications, but you may need to work harder if you haven't had any experience with the core concepts of economics. Paul Grootendorst is a fun and relaxed lecturer.

## **PHM214 Practice Management**

*B. Wilson*

The lecture material keeps things simple and doesn't go into very technical realms of management. In lecture, Prof Bill Wilson will share stories from his pharmacy career relating to the topic at hand. Sometimes they're not as relevant, but it doesn't matter. We don't care. Because this man is a mesmerizing story teller. Studying for the exam can be dry as it's just rote memorization of slide decks. Overall it's an easy course, and you will do very well if you commit everything to memory. Psstt, do his past exams.

## **PHM240 The Science of Pharmacotherapy**

*J. Utrecht*

Science of pharmacotherapy is taught by our very own pharmacy Santa Claus – Dr. Jack Utrecht. The course is entirely presentation based so it's a good chance to brush up on those skills. Though listening to countless presentations in class day in and day out effectively induced daytime slumber, the knowledge you take away is actually interesting and can be useful in practice. Dr. Utrecht requires the answers to his exam to be very concise, so make sure you understand exactly what the question is asking for, without the bells and whistles.



## The Anticalendar - Year Three

By AMY LAU, 1T5 Monograph Representative  
with contributions from Joann Ban, Anna Chan, Benson Lam,  
Sophia Li, Maria Marchese & Chris Wong

### Fall Required Courses

#### PHM301 Pharmacotherapy 6: Hematology, Oncology, and Immunotherapy

*C. DeAngelis & M. Leung et al*

This core course focuses on the drug therapies in oncology and their hematologic side effects with some coverage of rheumatoid arthritis and IBD. The classes themselves may never finish on time and you might get information overload with profs breezing through 50 slides in minutes. One of the profs will expect you to understand the general concept behind their lectures while the other will expect you to memorize the minute details, so study carefully. However, you'll always remember this: "Make a difference for your patient".

#### PHM302 Pharmacotherapy 7: Neuropsychiatry

*J. Kellar & V. Arora et al*

This course looks at the main topics of mental health (schizophrenia, depression and anxiety, bipolar disorder, and substance use disorders) as well as seizure disorders, migraines, dementia and neuropathic pain. One of the profs will drop hints regarding questions they will ask for the exam, so be sure to pay attention. The exam review slides will help with studying especially if you need to cram and just want to get a decent grade.

#### PHM305 Medication Therapy Management 4

*D. Moy & S. Singh*

Unlike the MTM courses in first and second year, this course doesn't put its focus on your ability to counsel on drugs, but more so your ability to address patient concerns and understanding the expanded scope. With topics like flu-shot requirements, minor ailments, and adapting/renewing prescriptions, this MTM will prove to be a nice departure from what students have grown used to and offers an opportunity to build on topics not taught in PCT courses.

#### PHM310 Health Systems II

*L. MacKeigan et al*

Unlike any course you've encountered in Pharmacy school so far, this one focuses purely on healthcare systems around the world. In particular, the UK, USA, and Australian systems take centre stage, with a sprinkling of the Canadian system here and there. The assignments baffled students and overall, it proved a course few students could exit with confidence. In hindsight though, the information provided has proven to be highly valuable to some APPE rotations, so make sure to take some notes.

#### PHM340 Introductory Toxicology

*P. Wells*

A memory-intensive course that will have you drawing and redrawing diagrams non-stop. This course focuses on various mechanisms by which compounds can affect the body. Pay exceptional attention to the reactions and structures, as one wrong

arrow could cost you the mark. Study smart and use the past exam questions to hone your knowledge for the "essay" style exams.

### Fall Elective Courses

#### PHM320 Global Pharmaceutical Policy

*J. Kohler*

This course is definitely a must for those with an interest in global health. It can also be a boost for those who are interested in international APPE rotations in 4<sup>th</sup> year. There is a small class size, which means less didactic lectures and more chances for participation and discussion. There are readings each week. The midterm and final exam are entirely written (short or long answer), and there is an essay due at the end of the semester. If you are interested in global issues and international rotations, do give this course a shot. It is not a heavy course, but be prepared to read, write, and participate.

#### PHM450 Aboriginal Issues in Health and Healing

*D. Burman*

This is not just another one of your science classes... You will like this class if you enjoy reflecting on social issues and participating in class discussions. Overall the course is not difficult, and it will be relaxing in comparison to classes like Tox. There are NO exams and marks are allocated between two smaller assignments, a group case project, and some class reflections. You will never go hungry because food is brought and shared at each class, terminating in a year-end feast! Field trips are also offered to experience some traditional Aboriginal healing practices.

#### PHM456 Introduction to Paediatric Pharmacy Practice

*S. Bjelajac Mejia & J. Tjon et al*

All of your lecturers work with children and, needless to say, they are all extremely friendly. There is some overlap with lectures taught in other courses which makes this course somewhat repetitive. However, you get exposed to new topics in pediatrics such as OTCs, pediatric nutrition, poisonings, and overviews of diseases such as HIV/AIDS, sickle cell anemia and cystic fibrosis in children. As a bonus, you will definitely love this course's exams.

#### PHM459 Institutional Pharmacy Practice Management

*B. Wilson*

PHM326 focuses on the administrative, managerial and human resource principles within institutional pharmacies. Topics covered include the drug distribution systems, financial management, hospital accreditation, leadership, and many others. The course is not difficult so long as students attend classes and take notes to supplement the lecture notes provided by the professor.

#### PHM463 Pharmacotherapy in Obstetrics and Gynecology

This course is mainly didactic with a brief component focusing on patient cases. Topics include menopause, various forms of birth control, pregnancy and lactation, infertility, dysmenorrhea, etc. This course is one of the most fun and engaging courses offered, and is guaranteed to be an invaluable learning experience! Upon completion of this course, you will be able to relate and

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understand the female population on a higher and deeper level.

## Winter Courses

### PHM350 Pharmacotherapy in Ambulatory Care

Ambulatory care is a fast-paced student centered course based on conditions that pharmacists can intervene in to prevent hospitalizations. This course also includes topics that are very common in community practice such as vaccinations, maternal health, etc. Half of this course consists of student presentations on minor ailments, self care, and natural health products. In the end, you will be able to make a difference to confused patients seeking over-the-counter remedies.

### PHM351 Pharmacotherapy in Institutional Care

*V. Teo et al*

If you are interested in practicing in an institutional setting in the future, this course is definitely recommended. In terms of workload, there were a fair number of evaluations. There was a lot more work to do, but this made it much easier come midterm and exam time to study, because you would have read about the material once already. Make sure you understand the concepts well as the exams focus heavily on understanding, not memorizing.

### PHM352 Pharmacotherapy in Older Adults

*L. Raman-Wilms & M. Lee et al*

This is definitely a good course to get down the important fundamental principles you need to know in an older adult population. This course was roughly an even split between lectures and case-based discussions. There were a lot of guest facilitators in this course as well. Exams consisted of both multiple choice and short answer. Make sure you listen to what the guest facilitators have to say during the case discussions, as they can be VERY important.

### PHM360 Personalized Medicine

*M. Piquette-Miller & M. Erlik & R. De Souza*

This course was purely student-run, literally. The professors lead the introductory lectures while students break up into groups of 3 or 4 and each group is required to present on an assigned topic. These presentations are graded and all content tested on written exams. Be wary of overarching concepts in the course (much like science of pharmacotherapy), as answers may only need to be a few words long for full marks.

### PHM370 Community Pharmacy Management

*A. Goodwin*

This course completely takes the cake for coming out of left field. With an almost purely business focus, be prepared for writing case analyses and business plans. The course itself is enjoyable and enlightening...if you're interested in the business aspect of things, and the ultimate project of creating a business plan introduces quite the learning curve. Start thinking about your business

ideas now, and remember there are bonus points for originality! Oh, did I mention youtube videos are a staple in every lecture?

### PHM381 Medical Imaging for Pharmacists

*R. Reilly*

Imaging is exactly what it sounds like. The topic is split into two. First, understanding mechanics behind medical imaging. Second, learning how to analyze medical images. It is an enjoyable course for those who want to go beyond just drug therapeutics. This course gives you a taste of what it is like to be an MD.

### PHM383 Antimicrobial Stewardship

*M. So et al*

Contrary to popular belief, this is NOT a therapeutics course. Topics include program development, organizational change, inter-professional collaboration, as well as a brief review of infectious disease. This is a small and interactive class for our year. Although there are 3 assignments and 3 cases, most of them are quite straightforward and the course material is definitely not as tough as ID. You may want to choose ASP if you're into ID and program management. It can be a fun course if you are willing to put in the time and effort.

### PHM384 Teaching and Learning

*A. Lee et al*

This course really departs from how most pharmacy courses are taught. In addition to offering you a chance to TA for an MTM lab, students form groups and get to present on topics of their choice (puppies, corn, and Facebook being some of last year's topics). The small class-size is also refreshing and allows everyone an opportunity to interact with not only other students, but the professor as well.

### PHM385 Diabetes Care

*H. Halapy & T. Montada-Atin et al*

The course with the most 1T5 uptake, it offers insight and focus on all things diabetes, including exercise, proper diet, and adjusting insulin. Taught by two practicing Certified Diabetes Educator (CDE) pharmacists, it provides students with the fundamentals for the CDE exam and is incredibly enjoyable. Study hard though, since the exam questions can really creep up on you.

### PHM386 Mental Health and Addiction

This course not only touched upon the pharmacological aspect of mental illnesses, but many interesting concepts like mental health first aid, stigma, and personality disorders. To top it off, both the midterm and final evaluation consisted of ALL multiple-choice questions, and it was non-cumulative, with equal weighting for both. There was also a 20% in-class assignment on applying movement disorder scales that required no extra work outside of class. Overall, a very workload-friendly and interesting elective to take.

## Short Story Series: The Draught of Time

### Part 1: Steeped in Trees

By NATALIE TERNAMIAN, 1T8

The memories were coming back to him slowly but steadily, like the end of a brewing espresso dripping into a small cup. But they were fragmented. Images of a bottle, water, sand, a surfboard. He felt the coarse sand against his back and the hot California sun beating down on his chest. Where was he? Why did his stomach feel so upset? Ah yes, the memories! There was a bottle, but what liquid did it contain? He had a surfboard, but where did it go? Rob propped himself up on his elbows and looked around slowly. He had no recollection of how he got there, but the beach was familiar. Sitting on the sand in his bathing suit, he squinted in the sunlight and spotted his surfboard strewn by the edge of the water, about 50 meters to his right. He tried to get up but suddenly felt a surreal sensation: a warm tingling beginning in his mouth, travelling down his throat and settling into his stomach. He

gazed up at the clear azure sky and guesstimated it was around ten in the morning. He couldn't have been here for very long or a passing onlooker would have spotted him. And what of this bottle? Ah, the memories were coming back to him now. He had drunk what was in the bottle! Stupid Rob. No wonder his stomach ached! Who knows how old that stuff was.

Rob slowly picked himself up and staggered to the surfboard, trying with all his might not to vomit up what he had drunk. Or maybe he should? It was too hot out to matter. He spotted the bottle that had sunk into the sandy water beside his surfboard. He picked up the bottle and inspected it. Was this what he had sipped? On the bottle, there was a drenched label which, in an old cursive script, read:

*Drinker beware! Consuming the beverage found in this bottle will awaken you in a new place, having raced you to a different time at full throttle.*

Sure, whatever that meant.

But with the weird nausea still present, he thought to keep the bottle and made his way back to his nearby home facing the beach. After showering and changing, he padded down to the kitchen and made himself some tea to quell the riot happening in his stomach. As the kettle sang, Rob grabbed his favourite mug and opened the cupboard, pulling out a sachet of his favourite black tea. He held the warm cup between his hands and looked out the kitchen window to the water in front as the tea steeped. "Perfect, it's not scalding hot," he thought. He placed his lips to the already warm mug and closed his eyes to enjoy the first sip of soothing tea.

But his sip didn't feel right. He could trace the feeling of the warm tea as it slid down his esophagus, but it startled him as it entered his stomach. The shock he felt in his stomach made him open his eyes. But he couldn't have been more startled at what he saw in front of him than that feeling he felt in his stomach; he staggered back in disbelief.

Around him was no longer his kitchen. No longer was he staring outside a window towards a beautiful landscape of sea, sand and sunshine. Instead, Rob found himself facing a wall of trees, still holding his mug of tea. To his right, he found more trees. To his left, he found *even more* trees. Resting his mug of tea down on a grassy patch beside his foot, he moved closer to inspect the leaves on the trees. They all seem to be of the same variety; glossy, alternately arranged, with little hairs on the underside. His years of botany came back to him in a wave and he smiled as he thought, "*Camellia sinensis*", more commonly known as the tea plant. Wasn't tea typically processed from the leaves of this tree? But how did these

trees get there? And more importantly, how did *he* get here?

Rob picked up the only thing that was familiar to him in the unfamiliar landscape: his mug. Seeing as he knew not where he was, nor how to return home, he decided to explore the area around him. Crouching to navigate through the heavy foliage and walking through the dense forest of the *Camellia sinensis* trees proved to be exhausting, and soon his shirt became laden with sweat. With beads dripping down his forehead, neck and back, drinking the warm tea in the mug was out of the question. Instead, he paused for a break and leaned against one of the many trees. As his deep panting subsided, he could hear distant voices chatting swiftly in a foreign tongue. Maybe they could tell him how to get back to the beach. Pausing to listen after every few steps to ensure he was proceeding in the right direction, Rob saw that he had finally made his way to a small clearing a few feet ahead.

From between the leaves, he could distinguish five men of East Asian descent present in the clearing. Three of the five were sitting in the cool shade of a large tree, while the other two, in ancient militant costumes, were standing a few feet off, standing upright and on guard. They were squinting as they looked in the direction of the trees near where he was standing. Had they spotted him? Had he, unknowingly, trespassed onto their property? Not wanting to disturb the gathering, Rob further scrutinized his surroundings from the safety of behind the trees. Of the three sitting men, one was clearly the superior. He was dressed in what looked like ancient golden robes. The rich silk robe lavishly poured down his arms, covered his legs, and flowed onto the soft grass underfoot. He sat poised like royalty, with his shoulders back, his chin straight, his eyes fierce, his

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forehead etched with both worry and wisdom; he was a dragon among men. Rob's face creased with thought: if he was still in California (which by now he doubted tremendously), was he still in the *present*? He further inspected the dress of the two men sitting beside the emperor, and determined he was

not. The remaining two were similarly dressed in regal attire only bestowed upon individuals worthy of being in the emperor's innermost circle of friends. Their robes of the richest reds and deepest blues clearly spelled relics of an ancient dynasty.

Rob had traveled back in time.



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## Eloquence

By KOMAIL NADEEM, 1T7



## Canada's East Coast Trip

By JOYCE WANG, 1T6

I have always enjoyed travelling. I love sight seeing, being able to make my own schedule, experiencing new things and meeting different people. This summer I was lucky to be a part of an East Coast trip with 3 high school friends: Jiani, Serena and Yvonne. It was such an amazing experience that I believe only a proper documentation would do it justice.

We went through 5 provinces in 6 days, and below is a map of our trip.



Our first stop was Montreal, where we rented a compact car from Hertz and started on our journey. We first drove to Riviere-du-Loup, a small town in Quebec for lunch and some sight seeing. We then drove to Saint John's, New Brunswick, and managed to check in at night at a Howard Johnson.

Our second day was spent at Saint John's. We had wonderful weather while we visited the famous Reversing Rapids, had lunch at a seafood restaurant in the local market by the waters, and travelled to the Red Cliffs. We arrived during low tide, and could see all the rocks and algae at the bottom of the cliff where the water had receded. There was no better place to pick out rocks and shells, and we could not have asked for a better collection.

The following day we arrived at Prince Edward Island via the Confederation Bridge, the longest bridge over ice-covered water in the world. We visited Victoria Park and the Green Gables Heritage Place, where the series "Anne of Green Gables" was based on.

On the fourth day we arrived at Peggy's Cove, Nova Scotia. This is where the world-renowned lighthouse is located, likely being the most photographed scenery of Canada. To say we were blown away by its beauty would still be an understatement! The lighthouse stood in solidarity against the crashing waves below, on a plain of gigantic rocks stretching all the way into the horizon. It was hard to leave and move on with our trip from this place.

On our second last day we took the plane from Halifax, Nova Scotia to St. John's, Newfoundland. Our stay was a cottage house by the ocean, and I must say this has to be the most promising place yet. In the evening, we hiked along a few of the many trails in the cliffs, and watched the sun set into the ocean. I will never forget that moment when my friends and I



sat on the edge of a cliff. We looked into the Atlantic Ocean, the waves rolling onto the rocks in the sea groove, and the village twinkled with lights far off in the distance. We must have sat there for an hour, trying to take the greatness of it all in.

The next and also the last day of our trip, we had a daring goal to catch the sunrise at Cape Spear, the most Eastern point of our continent. Thankfully, the GPS did not let us down, and we parked our car 2 minutes before the sun rose, at 5:28 am. We could not believe our luck and basked in the grandiose view of Mother Nature. The scenery in front of us was almost too picturesque to be true! We watched in awe as the red glow inched higher and higher above the ocean, coloring the clouds in various shades of gold, red and orange! We ended the trip with some kayaking around a glacier, getting to within 200 m of it. Our guide was able to find a piece of the thousand-year old ice and split it amongst us. In hindsight, we should have probably kept it as souvenir rather than eat it.

All in all, this trip gave me more than what I asked for. For four girls to do a road trip for the first time across Canada's East Coast, I'd say it was pretty successful. My regret is if we only had two extra days, we probably would have driven back instead of taken the plane, as the car rental was a lot more economical compared to what we had to pay (\$800 less). I suppose we had to pay our dues, and our next trip will hopefully be equally if not more exciting and memorable.

## It's Not Just About Community Pharmacy

By THOMAS BOYANG HUANG, 1T6

Like many of you, I, too, am allergic to September. I am sure many of you are already sick of school by now. I often find myself daydreaming about the glorious days where I look forward waking up working at Drug Trading, McKesson Canada. “Drug Trading? What/who is that?” you ask. Drug Trading (DT) is a pharmacy banner group responsible for the pharmacy services and operations of the I.D.A./Guardian pharmacies and many independent pharmacies. The entire experience was amazing and I would 10/10 do it again.

To begin the story, I should start from my time at Ontario Pharmacists Association (OPA). I spent my entire reading week promoting and educating pharmacies about the Drug Information and Resources Centre (DIRC) service to Ontario pharmacies. Some of you may not know, DIRC is a telephone service provided by OPA to help pharmacists or other healthcare professionals. DIRC assists in answering some tough pharmacy related questions that would require time and resources on large databases. The week was short-lived, but I think the time spent there, working with all the fantastic individuals at OPA, allowed me to gain new opportunities.

Fast forward to this summer. I interviewed for the summer position at DT where my role at OPA likely helped me get the position. And so, I spent the majority of my summer at DT. Working at DT was full of excitement! I was hired for the summer to help with promoting the participation of pharmacies in the upcoming flu season. Also, I wrote two guidelines, one on Medication Review across the provinces and the other on Smoking Cessation program.

When introduced to the idea that I was going to be part of an integrated team of extraordinary individuals trying to make a difference in patient's lives from a macro-picture, I was ecstatic. I was included in weekly board meetings with Directors of Operations, Marketing, Pharmacy Services and Regional District Managers—one of them being Dean Miller (also part of OPA Pharmacy Council as a Corporate Representative). I was fortunate enough to be exposed to a whole new world behind pharmacy operations. Initially I was stunned by the amount of work that was required from everyone to make sure all of the operations are running smoothly and that deadlines are being met. The meetings were structured and organized. The amount of detail in operations and the attention given to marketing and logistics was just absolutely incredible to witness. The first few weeks went by rather fast, with little contribution from my end.

Over time, as I worked on the projects assigned, I grew more confident, especially with the amazing mentoring of my bosses—Kiron and Dean. As my confidence grew, I began to contribute more to these board meetings. To my surprise, these Directors respected me and more shockingly, they respected my opinions. I was/am an equal to them.

The work ethics at the office was also an eye opener for me. I thought the corporate life was going to be very strict and

intimidating. It was the opposite. Meetings were done over a cup of tea or coffee with laughter, jokes and a good share of personal stories. But at the end of the day, everyone produced quality work and got the job done. The environment of the meetings was productive and friendly. Feedback was constantly being asked from one another about how to improve and how to be more efficient. At DT, there was also a heavy emphasis on teamwork and team building. There was a consistent stream of employee social events. We had golf tournaments, boat cruises, and social barbeque events, just to name a few (did I mention you were paid to go to all of them?). Life was fantastic.

In the end, we doubled the participation of pharmacies in the flu shot season, and completed drafts of the two guidelines. The biggest accomplishment was not finishing the projects in my opinion for the summer, but rather, the people I met at DT and the personal growth I gained this summer. Before, when people ask me what I want to do after pharmacy school, I would often respond with I don't know. Now I know. While I am slowly accepting that fall is here and that school is about to get really hectic, I can't help but to reflect on some of the good times and the laughs shared in and out of the office.



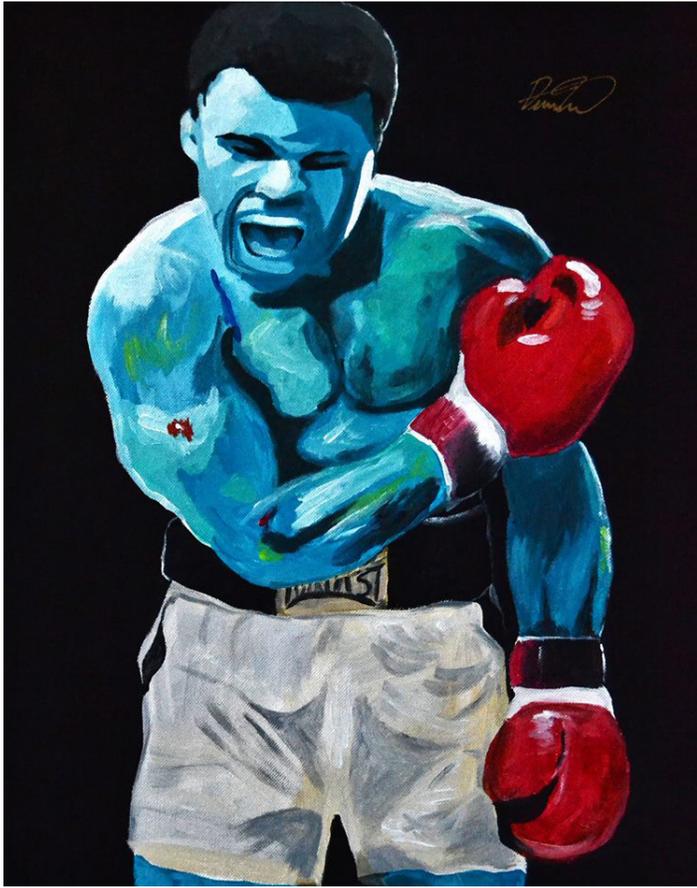
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By DENNIS TRAN, 1T7



By JENNIFER WANG, 1T7