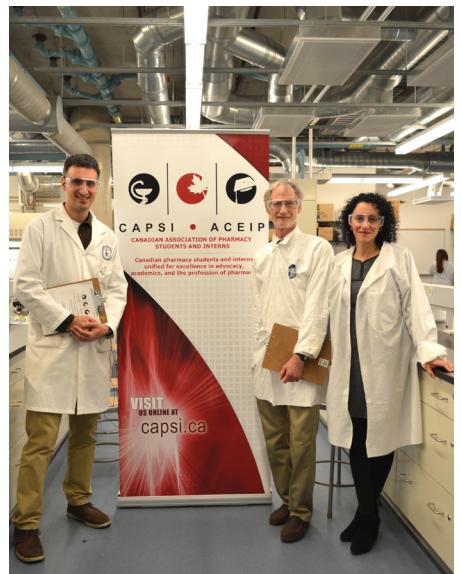


THE MONOGRAPH

VOLUME 16, ISSUE 2

VOICE OF THE PHARMACY STUDENT



MIDYEAR MADNESS

THE MONOGRAPH

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Ontario College
of Pharmacists

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Visit our website for information
on registering with the Ontario
College of Pharmacists



The screenshot shows the official website of the Ontario College of Pharmacists. At the top, there's a navigation bar with links for 'HOME', 'PUBLIC', 'APPLICANT', 'MEMBER', 'About the College', 'Protecting the Public', 'Registration', 'Practice & Education', 'Regulations & Standards', and 'Library'. Below the navigation is a banner featuring three photographs: a family, a pharmacist interacting with a patient, and two pharmacists. Arrows point from each photo to labels: 'PUBLIC' (under the family photo), 'APPLICANT' (under the patient photo), and 'MEMBER' (under the pharmacists photo). The banner also includes the text 'ONTARIO COLLEGE OF PHARMACISTS' and 'Putting patients first since 1871'. At the bottom of the page, there's a footer with the address '485 Huron Street, Toronto, Ontario M5R 2P4 • 416-963-4861 or 1-800-223-1921', and links for 'Contact Us', 'Site Map', and 'Privacy'.

www.ocpinfo.com



BY JENNIFER WANG, 1T7

UPS Corner

Hey Pharmacy!

It's been a wild couple of months, but midterms are (for the most part) over! We hope all is well academically, but now onto the fun stuff.

The two-year reign of the 1T6 class in the Robax Cup Tug-of-War has come to an end. The new champions for the year are the class of 1T8.

Pharmacy Phollies was the latest UPS event that took place and it was astounding! A huge congratulations to all performers who took the stage and wowed the crowd. Thank you also to all technicians and helpers for making the night as great as it was. We hope to see you all in other upcoming events!

Speaking of events, if you've missed out on Phollies or any other events, don't you fear! The Semi-Formal, one of UPS' marquee showcases, is taking place on Friday, November 21st. Details to follow by email so stay tuned.

Finally, charity took place the week of November 10th -14th. Last year, all classes were able to raise \$4910 to support various class charities. Hope this year has also been a great success!

That's all we've got for now. As always, if you ever want

to bring up anything about student life, don't hesitate for a moment to get in touch with us.

Until next time,

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



Editor's Note

Dear Readers,

Midterm season has finally past! Finally, after all the trials and tribulations of the past month, it's time to breathe a sigh of relief. As for the first years, now do you believe us when we say that pharmacy school will push you to limits you never thought possible? Let us all enjoy this brief period of relaxation, before the dreaded final exams start kicking in!

We, the editors, would like to congratulate Stefan Saragosa, the new 1T8 rep, to our Monograph team! We hope you enjoyed reading the first issue of The Monograph, and similarly, we hope you enjoy reading this one even more! Remember, we're counting on your support: Keep sending in those articles boys and girls!

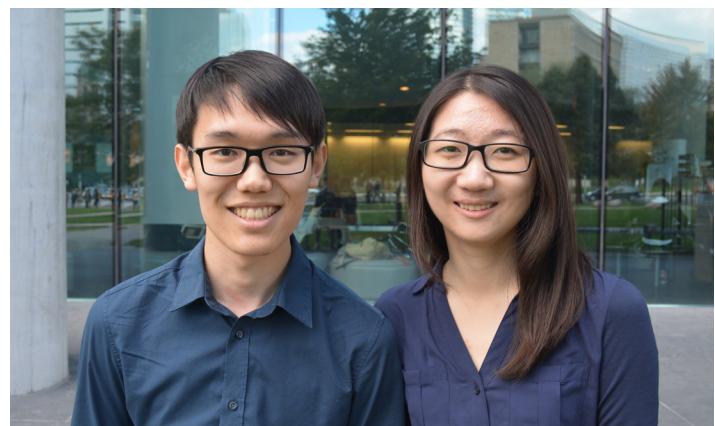
November's issue is jam packed with a great deal of fun! You get to stay gangster with our very own pharmacy "Rap God", Mr. Joseph Samuel, with his two new covers he wrote for us. You will also be reading about the progress and updates from all the different clubs and sports here at the Faculty of Pharmacy.

There will be lots to learn and lots to do as you enjoy every last minute out of your days before finals start, YIKES!

But don't fret, Monograph's got your back with our exclusive mad libs and personality survey, so why don't you take a small break and try them out. Especially you 1T8s! Please, just take a deep breath, relax, it'll all be over in a measly month!

We hope that everyone has had a great start to your year. Keep your eyes peeled for the next issue of the Monograph in JANUARY!

Chi Zhang and Ruyi Wang
Monograph Co-Editors 2014-2015



PHARMACY ATHLETICS

It is now November and that means a busy season for Pharmacy Athletics! Most teams have finished pool play and are in the middle of play-offs. The coed teams are doing great this year. The division 2 volleyball team went undefeated, ending the pool play with a 5-0 record. Good luck in play offs! The open division volleyball team had a rough start but finished the season strong with a 2-3. The basketball team had a strong start and ended with 3-2. The ultimate frisbee team finished the season with 3-2 as well and will be competing in playoffs. The flag football team is starting their season very soon. Good luck!

It was a rough season for the ladies of pharmacy athletics. The soccer and volleyball team ended the season with 2-3 and the new basketball team ended with 1-4. The women's volleyball team did qualify for the playoffs, and successfully won their first round matchup against UTM. They will play nursing in the semi-finals. Good luck to the women's volleyball team, and the flag football team, who had their first game on Nov 10th.

The men's intramural teams have been performing well and are getting ready for the playoffs. The basketball team, after a rocky first game, have won five straight including their first playoff game. Similarly, the volleyball team, after losing their first game, have won five straight to finish the season and are looking like championship contenders. The soccer team, after beginning the season strong, dropped their last game 2-1. The men's hockey team has been solid through 4 games, earning a 2-2 record, and are looking forward to a long playoff run.

Also a huge congratulations to 1T8's Alex Mok who won the Athletics T-shirt Design Contest! If you see those new shirts around, be sure to give him a pat on the back!

Robax update:

We kicked off the year with the first Robax Cup challenge: the Tug-of-War in September. The class of 1T8 defeated each class with a mighty tug! Congratulations! They now are one step closer to claiming the Robax Cup! The next Robax Cup challenge will be the Curling Bonspiel which is happening on Saturday, November 7th from 1:00 pm to 3:00 pm.

Male Athlete of the Month:

The athlete of the month for October is Joseph Blom mesteyn. Apart from being an exceptional teammate, Joseph has shown terrific leadership by captaining the co-ed volleyball team, being a solid leftback for the men's soccer team and a crucial player for the men's hockey team. Joseph was also integral to the softball team, and will be an important contributor for the co-ed ultimate team as they continue their playoff run. Congratulations Joseph!

Female Athlete of the Month:

The athlete of the month for October is Deanna Caldwell. Deanna does not only participate in the women's soccer team, the women's volleyball team and other co-ed intramural sports teams, she brings great team spirit and will without a doubt make you excited about the game. She's also a part of the pharmacy softball team and will be instructing at the second Robax Cup Challenge: the Curling Bonspiel. Congratulations Deanna!

Komail Nadeem

Male Athletics Director

Jennifer Wang

Female Athletics Director

Trevor Dang

Co-ed Athletics Director





CAPSI COLUMN

Hello Pharmacy! You survived mid-term season and have lots to look forward to in terms of CAPSI events!

This year, Professional Development Week 2015 will be held in beautiful Quebec City. This can only mean one thing – CAPSI Competition time! By the time you read this the competitions will be done, but we wanted to let you know which ones were offered in case you missed out! We hosted the Patient Interview Competition (PIC), Over-the-Counter Competition (OTC), Compounding Competition, and the Student Literature Competition (SLC).

These competitions are a great chance to apply the skills learnt in the classroom to fun national challenges. All competition winners are guaranteed a spot at PDW 2014 so that they can compete at a national level against the other Pharmacy schools across Canada! On top of that, we'll give you a cash prize of \$250 for winning to help you get to Quebec City – what could be better than that?

Student Literature Competition

Everyone was welcome to write an article about an issue relevant to pharmacy and submit it to enter this com-

petition. All submissions are made anonymous before being submitted for judging. We award the winner with \$250 towards your travel and accommodation to Quebec City. We'd like to give a big congratulations to Joseph Samuel for being this year's winner of our Student Literary Challenge!

Compounding Competition

This competition, sponsored by Medisca, is guaranteed to be bundles of fun! There are only enough spots for 8 teams of 4 students each. In this timed competition, each team will be given a surprise medication and formulation to compound. The winning local team will advance to the National Compounding Competition at PDW, and each team member is given a \$250 subsidy. Special congratulations to our winning team: Sam Lee, Ryan Co, Ryan Tham, and Wayne Chun!

Over-the-Counter Competition

This competition, sponsored by Pfizer Consumer Healthcare, will be held the same night as the PIC Competition. Each student conducts a 10-minute patient interview with a standardized patient in the hopes of identifying the

OTC drug-related problems and making appropriate recommendations. Our judges tabulate marks and award the winner with another \$250. Congratulations to Tiana Tilli for winning the Over the Counter Competition

Patient Interview Competition

This competition is held on the same night as the OTC Competition. In this competition, each student have to conduct a 10-minute patient interview with a standardized patient to identify and resolve the drug-related problems. The winner, again, receives \$250 towards their trip to PDW! Congratulations to Katherine Koroluk for winning the Patient Interview Competition!

If you have any further questions about any of these competitions, you can find more information at: <http://capsi.ca/benefits/awards-competitions> or talk to your CAPSI Reps!

Aarti Patel & Areeba Zaheer
CAPSI Sr. & CAPSI Jr.
torontosr@capsi.ca &
torontojr@capsi.ca



Pharmacy Students for Cancer Awareness

The Pharmacy Students for Cancer Awareness (PSFCA) team plays a significant role in the Faculty of Pharmacy and in the community by ensuring that oncology practice is integrated into our curricula. Let us just stop and think for a moment. How many of us know someone who has struggled with cancer? Family members, friends, colleagues, or co-workers? We are all touched by cancer, and the way it affects the lives of those around us.

According to the Canadian Cancer Society, 40% of women and 45% of men will develop cancer during their life time. This is a wake-up call to the notion that cancer is a prevalent disease that needs to be addressed. These statistics are not meant to scare but rather to inspire community involvement.

So, how can we, as pharmacists, help oncology patients? That is the question that the PSFCA hopes to answer. By hosting an annual Cancer Awareness Week (CAW), the PSFCA gives a yearly reminder to students and faculty about the role that pharmacists can play in cancer prevention and family support. During CAW week, the PSFCA hosts lunch

and learns, speeches from survivors, fundraisers, and social events that are all aimed to increase knowledge about oncology and inspire community action. The funds raised from food sales and raffle draws are devoted towards innovative cancer research. We will be having a bake sale at the end of November in the PB atrium, and there will be lots of goodies to relish. Part of the funds from the sale will support an organization that provides emotional and structural support for cancer care. The PSFCA holds several social events throughout the year and would like to commend the students that devote their time to make these events as spectacular and successful as they have been.

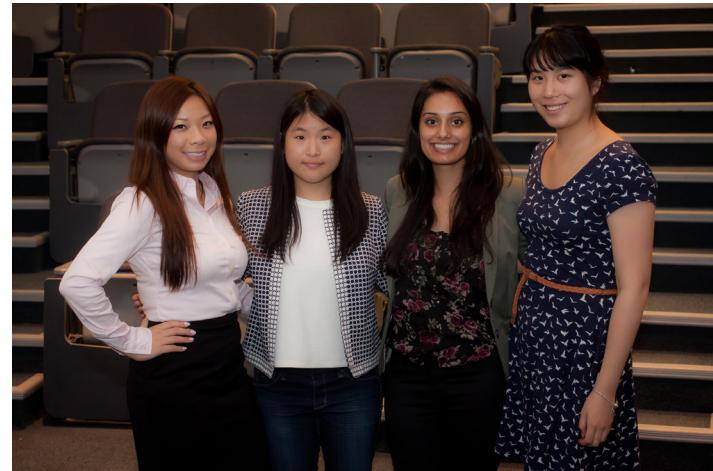
We are always looking for new ideas, and welcome students who would like to get involved with PSFCA initiatives. To learn more about how you can get involved, email us at: psfca@utoronto.ca or join our Facebook group, Pharmacy Students for Cancer Awareness.

PSFCA Executive Committee

SOAPE - 1 Minute Read

1. UofT's Faculty of Pharmacy is preparing to launch a new PharmD program next year for currently practicing pharmacists who want to enhance their education which is designed to be more convenient to allow them to remain in the workforce throughout their studies.
2. Following the accusations about Health Canada's lack of action on Bangalore-based Apotex defective drugs, Health Canada has now banned over 30+ drugs from the plant until they are proven safe with detailed data on their quality.
3. Starting October 23rd, immunizations for the flu shot will begin in pharmacies that are participating in the 2014-2015 Universal Influenza Immunization Program.
4. Ontario is taking action to protect the public from Ebola through enhancing personal protective equipment, designating hospitals for Ebola referrals, equipping ambulances to transport Ebola patients, conducting Ebola testing and ensuring frontline health care providers' needs are met and that they are prepared.
5. Eric Hoskins, Ontario's Health Minister is calling to review a new study that shows that Canadians pay more than double the price for common generic drugs compared to other developed countries.

Carol Nguyen, Co-President 2014-2015



The Pharmacy Mentorship Program Meet and Greet



The annual PMP Meet and Greet welcomed over 100 eager attendees, including 90 students and 30 mentors! The night started with an excess of food and drink, followed by brief introductions from each mentor. We were all extremely excited to hear from a multitude of mentors who have excelled in their various fields. The night included conversations with a Senior Pharmacy Consultant at Baxter, Medical Affairs Associate at Janssen, Operations Director at McKesson, Pharmacy Manager at Toronto East General Hospital, multiple Clinical Pharmacists from regional hospitals, and owners of many successful retail pharmacies. It was apparent that both mentors and mentees enjoyed the evening!

“It was exciting meeting enthusiastic students from our field. We are a small community of pharmacists in Toronto and it’s always beneficial to meet eager pharmacists-to-be. I hope that any advice I give will help them get through the tough times at school and land that coveted job.”

- Mentor

“Some students had some really insightful questions that I had to stop and think to myself. It was truly a pleasure

meeting these students and I look forward to what they have to bring in the future.”

- Mentor

“I can’t believe there are so many career paths that I’ve never thought of before. Speaking to so many of the mentors really opened my eyes that I’m not limited either hospital or retail pharmacy. I’ll definitely be at the next [PMP] event!”

- Mentee

We would like to thank our faculty advisor, Professor Kalamut, along with David White and the Enhancing the Student Experience Fund for assisting the PMP Executive Team in executing this event. We hope all our mentees enjoyed the Meet and Greet! For those who couldn’t attend the Meet and Greet, keep an eye out for our next event in March-- Career Night!

Katalina Chan

PMP Internal Relations Executive Officer

School of Thought

By Sara Tawadrous, 1T8

Like a mantra, there is one phrase that is repeated throughout numerous introductions, and has brought with it a questionable induction into the profession. During a guest panel in the first year Health Systems course, a question was posed that came with no sound conclusions, but instead left answers to be sought in the silence of the panel. Perhaps this phrase is crucial to the profession, and perhaps the truth of it is too hard to bear. Can an analysis of the phrase “it’s not about what you know, but who you know” be the key to understanding the unease that settles in the air after its declaration?

One can certainly argue that there are advantages to knowing that networking will get you further in your professional career than your PK average. I remember my TA in a 3rd year Public Law course stressing the importance of understanding this point. That is, there is an inequality that lies within the selection criteria that discriminates applicants based on the use of “a number” on a dispensable piece of paper. Perhaps this could be taken further as an allusion to something innate in our social constructs. But, surely one can conclude that our unique qualities and experiences become obsolete based on this selection criterion. Fortunately, the focus on networking extinguishes the relentless anxiety associated with the fixation of getting the best grades, which is arguably an inherent quality, remnant of one’s undergraduate career. Accepting this prelude, one can become more apt to accepting responsibilities outside the classroom that adds to their extra-curricular resume and their “well rounded” attributes. This further has the perk of contributing to one’s physical and mental state. Making connections and putting yourself out there helps foster a strong community, which builds on the essence of phamily. This strength helps us become the “most trusted” professionals, and is essential

to the viability of a self-governing entity.

Despite the polished aura of having a portfolio of connections, it is hard to deny the fact that there is an injustice. One could easily get ahead in the application process based on the fact that he/she happens to “know somebody” or “be at the right spot at the right time”. It becomes a little more difficult to grasp when “knowing someone” often puts you quite ahead of your peers in some way or form. Is this fair? Or is it simply the faint hearted and those who lack the edge of competition that speak for the advancement of all, equally?

To seek the truth, we can digress on the qualities of someone who has what it takes to make connections. Of course they must present themselves in a socially acceptable way that upholds the standards and norms of professionalism. They must also be friendly, must know how to set themselves apart, and of course it wouldn’t hurt to be attractive—needless to say a Harvard study (published in PNAS!) found investors were more likely to put money into ventures if the man who pitched it was handsome. This is not meant to be a less than optimistic outlook on the proceeding of matters, but perhaps an attempt to decipher the code of ethics needs to be done. Would it help if we looked into the aspects that draw you to make connections with certain individuals? And, could these aspects be exclusive to your own circle of friends? These are the questions one must ask to fully understand this phrase, “it’s not about what you know, but who you know”. In addition this phrase perpetuates the blatant disregard to one’s education and in the era of degree accessibility, it further fosters the belief that one’s degree is becoming less and less significant.

Pharmacy Mad Libs

By: Nathan Wong, 1T6

If you’ve never played Mad Libs before, basically you think of various nouns, verbs, adjectives, or other category as specified below without knowing the context of the word (No peaking!). Once you’re done, you transfer the words to **page 11** in the correct order and read the story out loud in the straightest voice you can muster. Have fun!

Name	1 _____
Expletive	2 _____
Animal	3 _____
Silly word	4 _____
Drug	5 _____
Verb	6 _____
Noun (plural)	7 _____
Noun	8 _____
A song	9 _____
A body part(s)	10 _____

Same body part(s)	11 _____
A number	12 _____
A symptom	13 _____
A drug	14 _____
Present participle verb (ing)	15 _____
Food	16 _____
A body part	17 _____
Food	18 _____
Dosage route	19 _____
A silly word	20 _____

The Blame-Game

By: Sandra Wood, 1T7

Consider the following case:

A middle-aged woman has rheumatoid arthritis. Upon visiting her doctor, he prescribed her with methotrexate. She takes her script to the pharmacy and while receiving her counselling, the pharmacist tells her to take six pills of methotrexate, 2.5mg per tablet, at bedtime every day for 8 weeks. The woman was astonished by how many pills she would have to take! She couldn't recall the doctor saying to take the medication that frequently, but the pharmacist assured her that this was appropriate. A couple of weeks later, she started feeling chest pains and was developing painful mouth ulcers. She went to see her doctor. Upon evaluation, it was determined her dosing was wrong. She was supposed to be taking six pills at bedtime once weekly, not daily! When the pharmacist was confronted, although apologetic, she reviewed the script and stated that the script was not explicit enough with the directions. The woman was at a loss and frustrated with how her health was mismanaged...

This unfortunate story is not of the fictitious kind...it actually happened to the mother of a good friend of mine this past summer. Her mouth ulcers worsened to the point that she was actually admitted to the hospital to be monitored. While she was recovering, I visited her and it was apparent she was disappointed with how healthcare professionals could have allowed this to happen.

Her frustration stemmed from one of the most surprising aspects of this troublesome experience: how the pharmacist acted after the error was identified. The pharmacist took action to release the blame from herself by redirecting it towards the doctor by filing a report against him. This seems valid since this all could have been prevented with a legible script. However, the responsibility of the pharmacist still remains. An aspect of our job is to review prescriptions thoroughly and locate medication errors. If there was any doubt,

Clipboard Throat 250

Amoxicillin 500 mg. tab
Sorelfa 10 tabs 130
Tetra-Sin 50 mg. 25
Surbical 100/gs tabs

the dosing should have been investigated; the fact that the patient vocalized her concern with the frequency of dosing should have prompted re-evaluation of the prescription. In addition, even through counselling and conducting a medical history, it would have revealed that the dosing was too high for her condition. When I spoke to my friend and his mother, they expressed disappointment towards the pharmacist. They commented that the pharmacist insisted they return the original vials back to the pharmacy to be disposed of; interestingly, if one files a report against a pharmacist, the Ontario College of Pharmacists may request for the original vials to reinforce the claim. My friend and his mother felt the pharmacist was dismissing her responsibility to protect her career, and thus, any remorse seemed insincere.



As a pharmacy student, hearing this unfortunate event authenticated teachings during various lectures in our curriculum about medication errors. It demonstrated that if one is not meticulous and careful, this can lead to mistakes which can potentially harm our patients. Our profession demands us to be proficient multi-taskers, but as humans, perfecting this expectation is virtually impossible. Therefore, it is important to develop systematic ways in our practice to identify errors before any harm is inflicted on our patients; this could include implementing "triple-checks" or integrating automated dispensing technology when processing orders. However, more importantly, when errors have evaded detection, we must take responsibility. We must acknowledge our shortcomings, identify how to improve our ways to prevent recurrent errors, and express genuine regret to our patients who were harmed.

As my final comment, I wanted to share this story, and I obtained permission to do so. I hope this provides encouragement to you, as future pharmacists, to take the extra time and care into your practice. Our patients are counting on us.

Dilaudid - 50 - 4 mg. tab
" - 20 cc - 2 mg sol.

Quaalude 150 - 300 mg. tab

Dexedrine 100 - 5 mg tab

Percodan 100 tabs.

Amytal - 100 - 3 gram caps
- 12 half gram amps.

Biphentamine-100, 20 mg. capsules

Draught of Time

Part 2: Tea for Two

By: Natalie Ternamian, 1T8

Rob had travelled back in time.

“But that is impossible,” he told himself firmly, rationally. He shook his head violently and put the mug of tea he still carried down on the grass for a moment so that he might pinch his left arm painfully; desperate times called for desperate measures. He had to make sure this wasn’t a dream. He closed his eyes and rubbed them firmly with his hands. When he reopened them and the blurry spots faded, he was still in the same dense forest of *Camellia sinensis* trees that he had walked through moments ago. He still saw the same five men in the clearing in front of him: the emperor, dressed in his exquisite and opulent ancient golden robes, his two guests, donned similarly rich fabrics, and the two guards, stood armed and ready for a command.

From their lips flowed a language utterly unknown to him, but so very familiar. Had he heard it before? He had never formally learned anything more than English and a few Spanish words that his school teachers desperately tried to teach him all those years ago. Yet, in this foreign landscape, they were definitely not speaking English, nor were they speaking Spanish. No, it was--

“SEIZE HIM!!” yelled the emperor.

Rob had nowhere to go, so he didn’t bother running. It would be useless trying to navigate the dense forest anyways. He should be ok, he thought, it’s not as if he knowingly trespassed on the property. The guards rushed over to him in a few paces, grabbed his arms roughly and patted him down for weapons, as his mug, still containing the original tea from home, lay on the ground beside his foot. He was pushed forcefully into the clearing.

“He has been standing there for some time, Emperor. I’ve been watching him,” announced the guard to his left as

they walked over together. They reached the emperor and when he rose from his seat, he was Rob’s equal in height and so their eyes met. The emperor inspected him with his fiery eyes that were ablaze with a mixture of anger and worry, but, in a seemingly calculated move, he remained silent.

Rob looked around the clearing at the others and thought to himself how ridiculous he must look. He, in his white t-shirt and sweatpants, was definitely underdressed for *this* tea party. On the table in front of the three men were three little tea cups, filled with what looked like water. Were they just drinking plain water in tea cups? That seemed a little odd, but he chuckled to himself because everything about how he got here seemed more than a little odd.

“How did you trespass into my property?” inquired the emperor. The words were not as demanding as Rob was expecting; the emperor’s voice was sonorous and deep, with more undertones of curiosity than anger. He relaxed just a little.

“As odd as this will sound, I just drank some tea that I had made at home and found myself here in your forest. I really don’t know...” As soon as he had finished his first sentence however, he realized just how foolish it all sounded. His voice trailed off and came to a stop. As encouragement, the emperor asked him to begin his tale at the beginning, and so he did.

“My name is Rob Tannin, and I’m from California.”

But as Rob continued slowly, he realized that he was no longer speaking English. How was he understanding or even communicating with the emperor? He could express himself fully in this ancient tongue, yet he knew not how. It was remarkable; his mind thought in one language but



his lips spoke entirely in another! The strange sense of familiarity lent him a hand in describing from whence he came. Describing the story of the mysterious bottle that he had found and drank from on the beach, and of the steeping tea that brought him here, made Rob realize that he was recounting the story more for himself than for the emperor! He was trying to make sense of it all somehow. But just as Rob was telling him about the sip of tea that had brought him here, the emperor stopped him mid-sentence.

“What is this ‘tea’ you speak of?”

Out of all this mysterious teleportation and going back-in-time business, the emperor asks about *tea*?

“You’ve never had tea?” asked Rob. He looked down onto the table that held the three cups of water and gestured towards them. He continued with an explanation.

“Tea is a beverage that can be made from the leaves of the *Camellia sinensis* tree.” He motioned to the bushes surrounding them, to the borders of the palaces’ high walls, and to the canopy of leaves that were giving them a pleasant shade.

“You surround yourself with these very same trees in your forest. Putting some of these leaves in your water would make for a particularly delicious drink. I even have some in my mug- it’s back there in the forest, let me go and get it.”

As Rob was returning to the clearing with his mug in hand, the emperor had obtained for himself leaves from the

nearest tree. He inspected them carefully, ripped them into bits and smelled them. He then placed them into his cup of water and watched as some bits floated at the top, while others sank to the bottom, of the little white cup.

“Come!” he said to the soldier to his right. The man was at the emperor’s side at an instant. “To ensure I won’t be poisoned,” explained the emperor calmly, as he handed over the cup. The first sip that the soldier took was followed closely by two others. The soldier tried to suppress a smile, but instead, he turned to Rob and exclaimed with bright eyes that it was indeed, an excellent drink! He nodded to the emperor that all was well, and handed him back the cup.

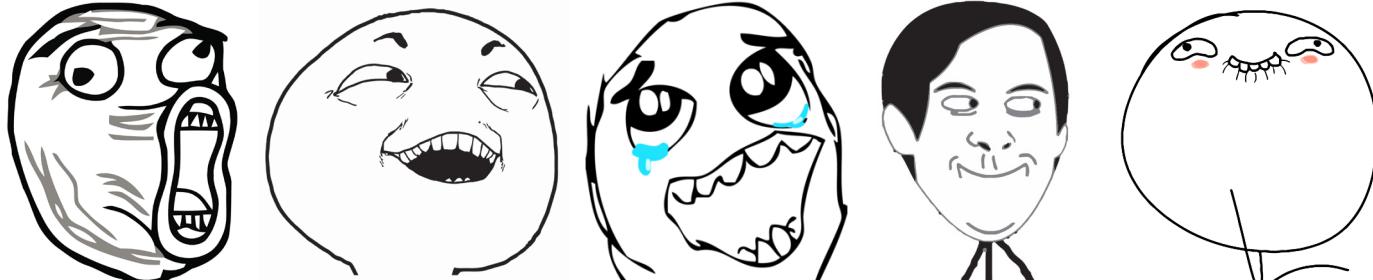
“Then let us drink to your health!” cried Rob. He knew not where he was, nor how he was going to return home, but at least, at last, he could enjoy his tea from his mug! And to think, he is drinking tea with an emperor!

The emperor gazed back at him one last time in a long drawn out manner as if he was about to tell Rob something, but hesitated in doing so. They placed their respective cups to their lips. They would drink in unison.

Rob sipped his tea. Instantly, he began to feel as if he was being separated from the foreign land. His vision became blurry and his heart rate slowed. Before he could be swallowed up into the darkness that would bring him back to his hometown in California, he saw the emperor turning to his companion in the red robes and heard him say,

“She warned me that he would be coming.”

Pharmacy Mad Libs (From page 8)



Here is the story of 1_____ the pharmacist, on a regular day at the pharmacy. First step is checking the fax machine. As usual, Dr. 2_____ sent in another script that looks like a(n) 3_____ wrote it. No time to decipher it though, your “favourite” regular Mrs. 4_____ has come in looking for her 5_____. Finishing up with that, you 6_____ over to the counter where a family has laid down their 7_____ for purchase and to request flu shots. To get the kids to keep quiet, you give them your 8_____ to hold onto and sing 9_____. Thankfully, they only hit your 10_____. As you leave the counselling area rubbing your 11_____ you are welcomed by 12_____ baskets of scripts to check. As you pick up the first one, the phone rings and the patient on the line says they are experiencing 13_____ while taking their 14_____. Upon further questioning, you find the patient has been 15_____ a lot lately, so you tell them to cut back. After your meager lunch of 16_____, a patient at the counter comes by to show you the rash on their 17_____. Recalling your time in dermatology, you tell them to apply 18_____ to the area. Finally, near the end of your shift, a customer comes by out of breath complaining their puffer doesn’t work. You ask them to demonstrate and they proceed to take their puffer 19_____. Closing up shop, you sigh, just another day in 20_____ pharmacy.

"Pop Wit Me"

An adaptation of Nelly's "Ride Wit Me"

By: MC DJypt (aka Notorious J.O.E. aka Joseph Samuel), 1T6

Where my pills? (8X)

[Hook]

If you want to go and take a ride with me
We takin' a trip down to the pharmacy
Oh why do I pay 4 bucks? (Ayy, must be ODB!)

If you wanna control your BP with me
Pop a -pril in the back of the Benzyyy
Oh why do I pay 4 bucks? (Ayy, must be ODB!)

[Verse]

In the pharm on a late night, feeling fright
Got hypoglycemia last night
Lookin for the pharmacist so that I can get some drug help
(Get some drug help)
He can be blue and white come from UoFT
Or black and yellow come from Waterloo Uni [just kidding]
But I trust in your judgment if I can see that you got a PharmD
(Got a PharmD)
Down to business my blood sugar measured less than 4
"What can I do Joe?"
"Can of cola, 15 mins, then the symptoms will go"
"And what if they don't go?" "Do it again bro
And from there we can look to adjust the insulin dose"
You gotta watch the foods you eat
And all the exercise you complete
Around the time that you take your insulin dose
So you don't develop anything more grandiose, c'mon

"Med Checks"**An Adaptation of Juelz Santana's "Mic Check"**

By: MC DJypt (aka UPS Prezzy aka Joseph Samuel), 1T6



[Intro]

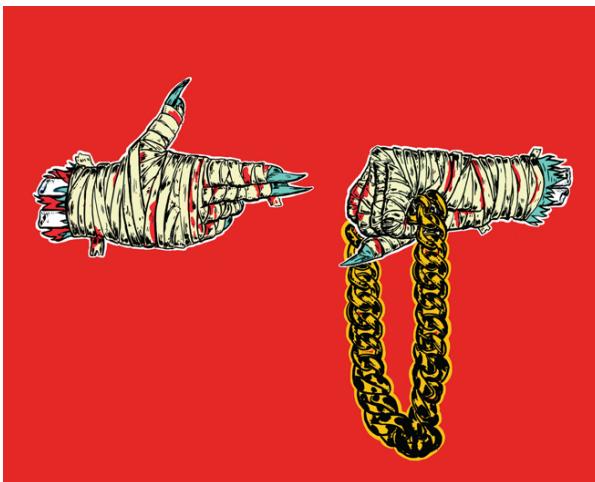
I been paying attention to what's going on out there man (yep)
 I been watching Waterloo stealing our ways and spit (uh-huh)
 And it's getting out of control now (out of control)
 I'mma telling you druggists like I tell my patients (listen)
 Pay attention, this ain't TV. This is a MedsCheck, playa, got 60 bucks for this Aye!

[Verse 1]

First, let me take time to fill your script oh
 Wait...I have to decode your script aww
 Thanks, y'all been waiting, gave me some descriptions
 Now I herefore bring your filled prescriptions (yes)
 The drug guru, trust in me
 Worth the time and the dispensing fee
 Therapeutical knowledge, my mind is like a weapon
 Nice front shop, open late, you can call me 7/11 (ay)
 I might have filled the least
 But I still manage to be good help to most MDs (good)
 Who helpin me, Who close to me
 For sho papi, my techs yeah that's how it's supposed to be
 Now listen you can either comprehend it or be nonadherent
 As long as you're coherent (yep)
 But you better believe whatever I say
 Know why? You can bet your pods I meant it (AYE)

[Hook]

Med check one two one two (one two)
 Med check one two one two (one two)
 Med check one two what is this
 Samuel's back to business, let's go (ay)
 Med check one two one two (check)
 Med check one two one two (check)
 Med check one two what is this
 Samuel's back to business, let's go



A Review of *Run the Jewels 2*

By: RxAudio

RxAudio Score: 8.5/10

Favorite Tracks:

- Angel Duster
- Early (feat. BOOTS)
- Crown (feat. Diane Coffee)

Run the Jewels is the heavy-hitting, villainous collaboration of rappers El-P and Killer Mike. Independently, both Run the Jewels members have recently released very mature, complex albums, equally lauded by critics and their respective fans. Indeed, New York veteran producer and rapper El-P released his *Cancer4Cure* album in 2012, and produced Atlanta rapper Killer Mike's 2012 album *R.A.P. Music*. The chemistry of the latter release led to a furthering of this partnership: enter Run the Jewels. The duo's self-titled freshman album garnered them critical acclaim for their brash and cartoonishly-violent lyrics. Just a year after their debut release was made available freely online, the rap group has delivered their second full-length album, also free, via the group's website.

The first track "Jeopardy" kicks off the album with grimey, menacing verses over eerie synthesizers. Jazzy, quirky saxophones accompany the verse's climaxing rhymes, and are beautifully utilized by a hungry Killer Mike. The rap duo symbiotically share MC duties and provide a teaser of sorts for the more aggressive and complex sounds to be explored in the coming tracks, making Jeopardy an appropriate and poised introduction. Veteran beatmaker El-P, always mindful of mood and momentum, seamlessly joins many of these tracks. "Oh My Darling Don't Cry" leads into "Blockbuster Night Part 1" and "All Due Respect" segues into "Love Again", providing congruence and solidifying the album as a single, complete experience. The track sequencing, as a whole, is complementary to the crooks' story-telling.

The selective, effective use of features on this album support varied, refreshing melodies without compromising any of the hard-hitting, aggressive bars or eerie beats. Drummer Travis Barker of Blink-182 fame provides some dynamic, loose, urban-environment percussions on the vicious and sharp-spitting "All Due Respect". The single "Close Your Eyes" features Zack De La Rocha of Rage Against the Machine on a hook that is looped directly into the song's beat with some heavy bass. Although De La Rocha also has a concluding verse on this track, his delivery is somewhat stale and his technical delivery is disjointed with the lyrical content. Some slow, distorted, high-pitched vocals are deliv-

ered by producer BOOTS on the song "Early". The vocals feel like a distress or warning signal and are subtly-tweaked to allow for both transitioning and a graded-sound building across this song. On the track "Love Again", Three 6 Mafia's Gangsta Boo prominently features over alternating simple and layered beats for some sassy, humorous, raunchy and carnal equal-opportunity gender sexualization and objectification.

Even impudent, violent villains can have a conscience, and Killer Mike and El-P provide a contrasting dimension to their thematics by exploring this on more sullen tracks. For example, the track "Crown" has Killer Mike reflecting, rather soberly and drearily, over his culpability in the role of a dealer providing narcotics to a pregnant woman. The imagery and incorporated dialogue flesh out the saddening and troubling portraits and plights of both the provider and user in a clandestine context maintained by drug use stigmatization. Likewise, "Lie, Cheat, Steal" is a dismal, cynical condoning of the use of thuggish, brutal means by the common man to combat the type of structural violence that is continuously renovated and cemented by big money and crooked politics.

"Angel Duster" plays out like final and definite words of advice for an acknowledged, soon-parting listener. Main themes of government corruption, religion, and drug dealing are revisited over a gorgeously-produced beat, exquisitely ornamented with short and soaring vocals, clinking glasses, distorted, grimey bass and bluesy piano for a masterful, elegant album closer.

Laced with raw hooks and verses, *Run the Jewels 2* delivers continuous, heavy-hitting and brutish rhymes over beautifully layered beats. The production quality, track segues, conscientious track sequencing and effective use of features make the sophomore release of the Run the Jewels duo, *Run the Jewels 2*, one of the strongest hip-hop releases this year.

Run the Jewels will perform at Toronto's Danforth Music Hall November 26th, 2014 alongside New York rappers Ratking and Despot.

22 THINGS PHARMACY STUDENTS LOVE TO SAY

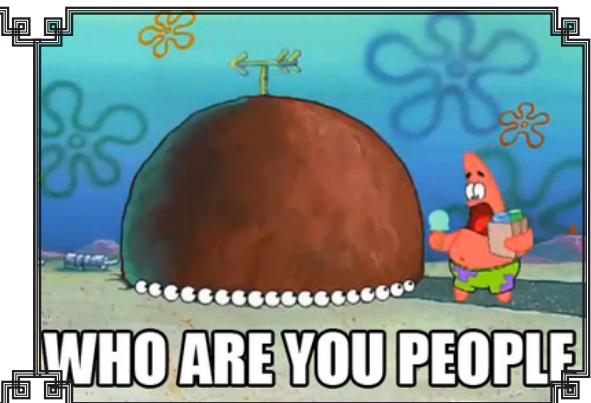
By: Thomas Huang, 1T6

1. "Did you get UTAPS money yet?"
2. Upon receiving UTAPS, you tell your friends what a baller you are.
3. "When is OSAP coming in?"



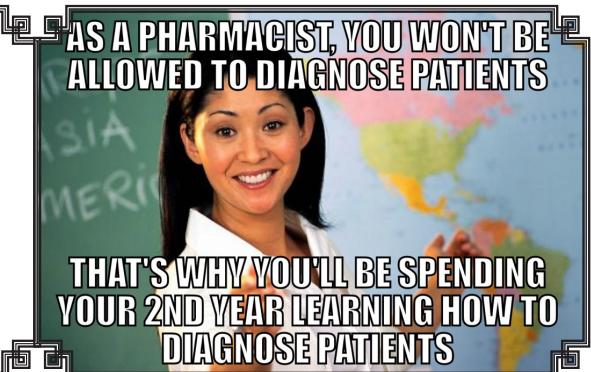
4. "Did you finish your care plan?"
5. "I need more sleep"
6. "Why are we learning this?"
7. "I am going to fail! See you at the supplemental!"
8. "Ughhh.. elevator"

9. "9 am class. Lols"
10. "When are we going to get our marks?"
11. "I think I have [insert disease state]."
12. "Another bake sale! Sweet!"
13. "Oh my god, you are in my class?"
14. Did I mention "I need more sleep?"



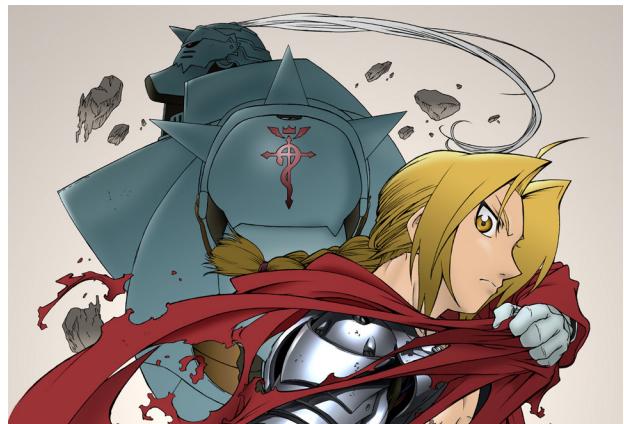
15. Reason why you are late: "TTC broke down again." (Occasionally, you use this even though it was perfectly fine and you just wanted to sleep in a bit more.)
16. Friend: "How's it going?" You: *Heavy Sigh*
17. "I am so tired!"

18. "How is the class average so high?!"
19. Asking an upper year: "How do I pass this course?". *Laughs* "Good luck!"
20. Did I mention "I am really tired?"
21. "Why aren't the lectures slides up yet?"
22. "How did you do in MTM?" *HAHAHAHA..... I failed...*



Why Is He Reading That Comic Book Backwards!?

By: Amy Lau & Jennifer Jin, 1T5



From left to right: MONSTER, Akumetsu, Fullmetal Alchemist

You walk into your local bookstore or library and see someone engrossed in the pages of what appears to be a novel... only to realize that he is reading a black and white comic book from back to front. Then you look up to check what section you had stumbled upon... "Manga". Slowly, but surely, you reach over and pull one of the books from its snug position on the shelf and flip open the back cover. Soon enough, you find yourself in the world of manga.

Mangas are Japanese graphic novels with a distinct culture of their own. While they are similar in format to North American comic books, they have many distinguishing features. Manga are generally published in black and white instead of full colour, and the

pages are read right to left, opposite to the North American convention. The art, which is a huge draw for readers, also has a distinct style. Characters can have huge eyes and crazy hairstyles of all colours. Often, males are unusually tall and slim, and females are particularly busty. The stories can have very wacky and imaginative plots that blur the lines between daily life, science fiction, and fantasy, but they can also explore deep psychological or societal issues.

Manga first gained popularity outside of Japan in the 90s with the introduction of *Sailor Moon* and *Dragonball Z*, two series targeted for younger females and males respectively. Since then, manga has exploded onto the international comic

scene, boosted by the widespread usage of the Internet. While North American comics typically only gain new readers when they are younger, manga readers span a wide age range because there are so many sub-genres that target different segments of the population. Thus, it is normal to see adults engrossed in a volume of manga.

Manga can be classified as either mainstream or non-mainstream. Mainstream mangas are often shoujo or shounen and typically become more well-known and are more frequently adapted into animated TV shows, or "anime". These also happen to be the series that gather more popularity online and in other countries. Examples of these include *One Piece*, *Fairy Tail*, *Nana*, *Vampire Knight*, and



Tsubasa Chronicles features males that are unusually tall and slim



Naruto features females that are particularly busty



Yu-Gi-Oh! features characters with huge eyes and crazy hairstyles



Cardcaptor Sakura. The drawing style of most mainstream mangas include the characteristic large eyes, outlandish hair colours, and gravity-defying hairstyles.

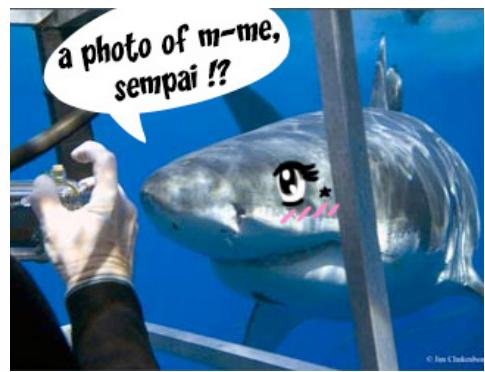
On the other hand, non-mainstream mangas focus on more sensitive topics and are written for more mature audiences that can better appreciate the complex plots and messages. Non-mainstream manga is more commonly adapted into novels and dramas due to the plot and setting. They also tend to contain more realistic artwork and messages concerning the harsher realities of life and the real world. For example, *Monster*, a popular psychological thriller, revolves around a genius neurosurgeon who becomes the main suspect in a series of murders and his journey to hunt down the true criminal. *Akumetsu*, a mature drama, deals with corruption within the Japanese government and society, and a mysterious vigilante who acts to rectify the issues using a “one man, one kill” motto. All three of these mangas are



considered non-mainstream for their serious tone, setting, and plot.

For all sub-genres of manga, an expansive online community exists to bring together fans from different countries across Asia, North America, and Europe. Since mangas are released first in Japanese only, fans will scan new Japanese releases and distribute translated versions, known as “scanlations”, on the Internet for free so that fans around the world can stay up to date with a series.

Fans of manga often become very attached to characters that they watch them develop over time, especially because chapters are released periodically and stories can span several plot arcs. The scale of fandom for very successful mangas such as *Naruto* or *Bleach* can be compared to a popular novel series like *Twilight*, complete with squealing fangirls. Similar to North American comic conventions, “otaku” conventions bring fans together to meet each other, engage in friendly competitions, sell and



purchase merchandise, and celebrate their love of manga and anime. These are typically very well attended events held in large cities that draw fans in from across the country.

A particularly entertaining aspect of manga and anime fandom is “cosplay”, which involves dressing up and acting like characters in a story. This is almost always more difficult to achieve than simply pulling on a Spiderman body suit; because of the unconventional hairstyles, hair colours, clothing, and complicated props. Fans go to extreme lengths to hand-make or buy elaborate costumes, wigs, and props and meet up at conventions to show off their hard work and take pictures.

The world of manga may seem a bit unusual at first, especially with the extreme fans and the huge variety of series out there, but if you can look past the peculiarities and start reading, you will find yourself hooked! Rest assured that not all fans gel their hair, dress up like ninjas, or end every sentence with “desu”.



Host Club, a manga recommended for female readers



Fruits Basket, another manga recommended for female readers



Chi's Sweet Home, a manga recommended for all ages

Why Dota 2 Is Better than League of Legends

By: Garrosh Hellscream, ??T?



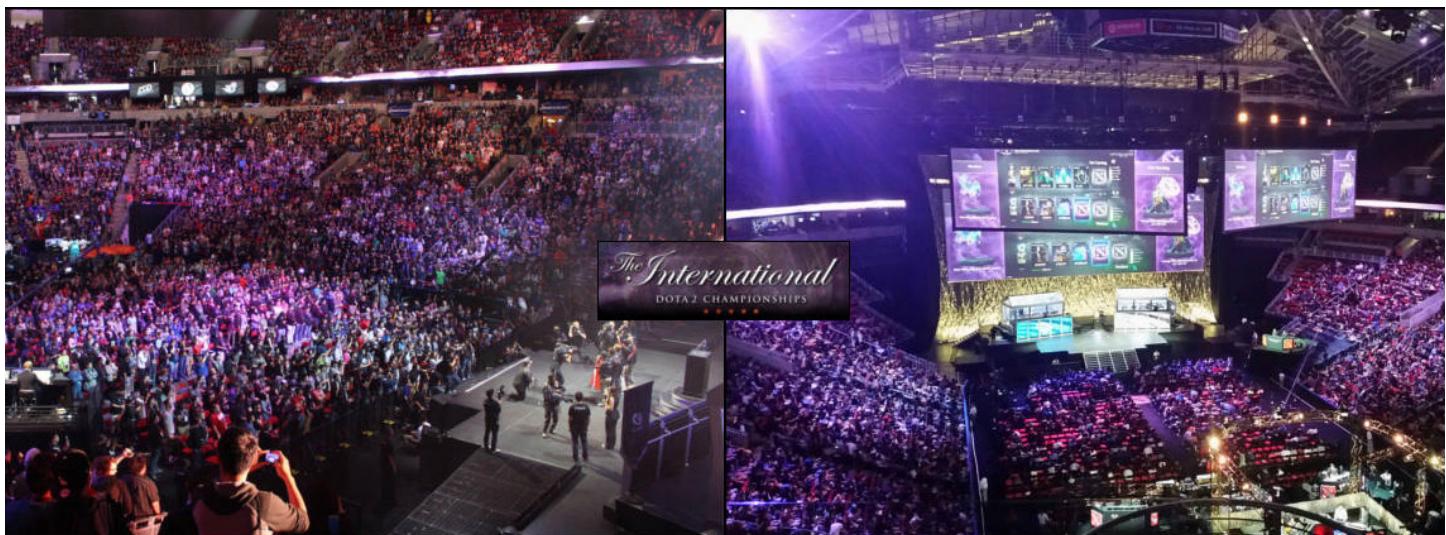
With over 67 million players, League of Legends, also known as “LoL”, is undoubtedly one of the most popular video games currently out there. Everyone has heard of it, played it, or know someone that plays it. Dota 2, a very close competitor to LoL, is another widely popular video game that features many of the same gameplay elements that LoL has. The hype of Dota 2 seems to show no bounds, which recently had the most successful E-Sports event of all time, a tournament with a \$10.93 million prize pool! However, popularity aside, when looking at it from the gameplay standpoint, LoL is just inferior in almost every way when compared to Dota 2. It is highly

recommended that gamers start making the switch immediately!

To make a fair comparison, it was important for me to experience both games. Last year, I downloaded League of Legends, installed it, and joined this online sensation that everyone was talking about. I’ve played a bit since, and as of right now, I am level 8, which equates to around 10-15 hours played in the game. I have unlocked 2 characters and primarily play the “carry” role. Similarly, for Dota 2, I got the game about two years ago and am level 21 in that.

For those who don’t know, League of Legends is a game that you must

play online with other people. In the game, two teams of 5 players are formed, either randomly or with 4 of your friends, and then you are sent off into an arena to battle each other. You must choose a “champion” to play, out of a list of over 100 to choose from, and for the duration of the battle you will be using this champion to try and destroy the other team’s base. Because every champion is so unique and different, my 15 hours invested into the game so far have been spent learning how to play just 2 champions I unlocked. Dota 2 is essentially the same thing except there is no unlocking of any champions! In the beginning, you get every single character available in the game



The International 2014: A Dota 2 tournament with a prize pool of \$10.93 million



Teemo: A teddy bear scurrying through the forest



Ursa: A vicious bear ready to inflict a lot of pain

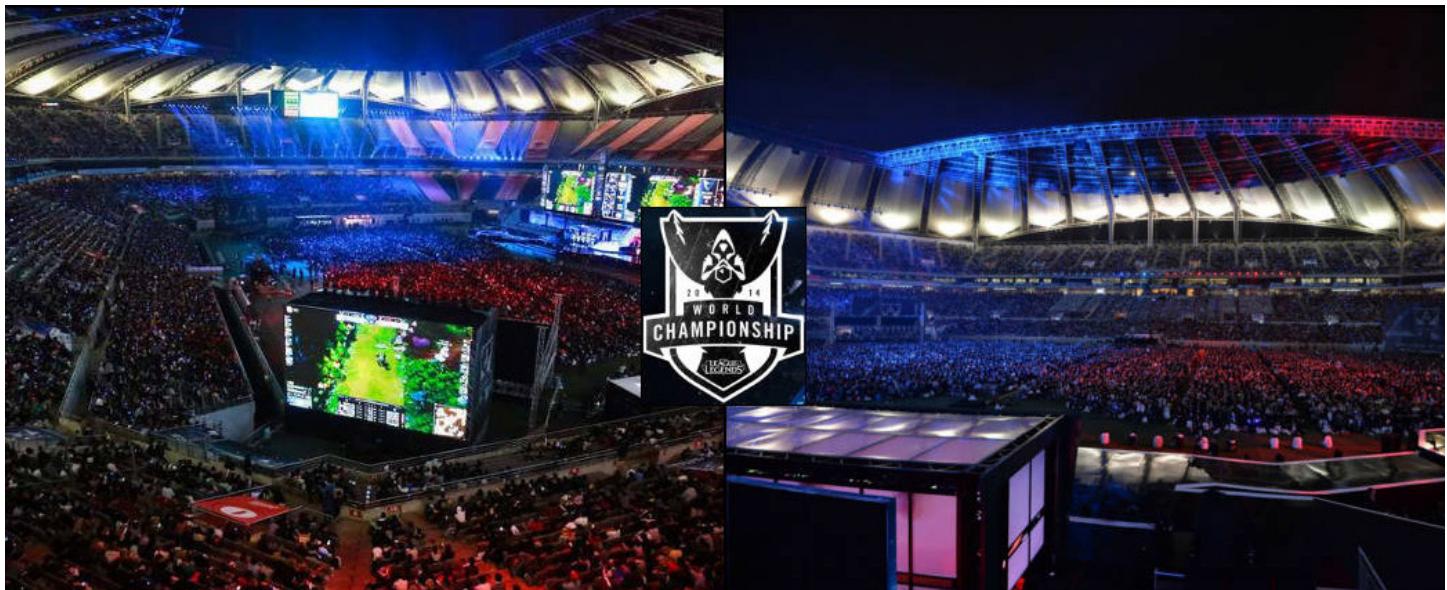
without having to spend time grinding points to unlock anything. LoL has an expedited way to get a champion without collecting points, and that is to flat out purchase them with real money. However, to have every champion in the game, you'd be spending \$500-\$600, now how absurd is that?

Other than this huge "pay-to-win" element, the main reason why you should stay away from LoL is because it's littered with immature children. You can tell this game is marketed towards kids with all these cute teddy bear champions like "Teemo". Dota 2,

on the other hand, is not for the kids. There are no cute teddy bears, only vicious bears that will rip your face off, like "Ursa". What's worse is that in LoL, the children seem only capable of saying phrases such as "noob feeder", which roughly translates to "you are bad at the game". This lack of respect for others is compounded with the fact that there is no voice chat. So, even if you wanted to try and coordinate any teamwork, you can't do it effectively. Dota 2, with voice chat, is again superior.

I've since stopped playing LoL for

the reasons stated above. However, I'd like to point out that I don't have any adverse feelings towards LoL either. It is certainly a game that deserves merit for appealing to the casual gamer in similar respects to Flappy Bird and Minecraft. However, it is just not worth investing any extensive time into, as Dota 2 is the obvious choice for the "pro gamer" individual. So there you have it, LoL's definitely okay to hop on for the odd game once or twice a week, but its glaring flaws make it impossible to compare with Dota 2, a game made for the TRUE elite players.



LoL 2014 World Championship: A League of Legends tournament with a prize pool of \$2.13 million

What type of empathy are you?

By: Lil Miss Pharmacist



Hello my lovely future pharmacists. As we all know, empathy is the cornerstone of building rapport with your patients. So, ya know, it's super important. Like little unique snowflakes, we all have different ways of extending empathy. It's time to find out your type of empathy to begin your path to enlightenment and self discovery! Please try to answer truthfully!

1. Darling little Mrs. Turner comes into the pharmacy to return the medications of her husband who has recently passed away. Her voice begins to break as she speaks to you. How would you respond?

- a) "I am sorry to hear that your husband passed away. It must be difficult for you."
- b) Gurl be strong! You need to learn to deal with being on your own. I will be here with you!
- c) Start sobbing uncontrollably.
- d) "Don't worry, you are still young! Plenty of fish in the sea, you'll find a new husband in no time!"
- e) "Oh...I see. Are these all his medications?"

~~~~~  
*2. A young girl comes into the pharmacy to ask you about plan B. She is nervous and distraught. What do you do?*

- a) "I am sorry to hear that you had unprotected sex. This must be difficult for you."
- b) "Gurl, you need to learn how to protect yourself! Do you need a refresher on 5th grade sex ed???"
- c) Share your unprotected sexcapades in great detail to make her feel like she's not alone.
- d) "Don't have sex! You will get pregnant and die!"
- e) That'll be \$41.52.

~~~~~  
3. A patient complains that he can't afford his medications and tells you he is going to stop taking them.

- a) I am sorry to hear that you cannot afford your medications. It must be difficult.
- b) Honey, these medications are important! You need to take them! They keep you alive! Try to spend less on other things, huh?
- c) Pay for his medications.
- d) May be you should get a job so you can get a drug plan to pay for it.
- e) Ok. I will cancel your prescriptions.

~~~~~  
*4. A longtime customer of yours comes into your pharmacy and looks distressed, handing you a prescription of oral vancomycin. "I've had this C. diff infection for so long and nothing's helped, what am I going to do?"*

- a) I am sorry to hear that about this C. diff infection you have. It must be very difficult.
- b) Yeah I hear you buddy, sometimes it's just a pain in the "behind" hahaha... Sorry, but anyways yeah, even this drug you're getting might not work. But don't worry because there's something called fecal transplantation where they shove a family member's poo up your bum and it's over 90% effective.
- c) Your GI tract rumbles in response.
- d) "Yea C. difficile infection is pretty bad. You may die."
- e) "Take 125mg four times daily for 10 days."

# THE MONOGRAPH

5. A coworker at your pharmacy has recently been let go because they are chronically late. What do you do?

- a) "I am sorry to hear that you no longer have a job, this must be difficult for you."
  - b) "You need to get it together! You can't be an adult person with real responsibilities if you're late to everything!"
  - c) Quit your job to show solidarity.
  - d) "Ahahahaha. You totally deserved it. I hope you fail at everything you do in life."
  - e) "Goodbye. Don't forget to clean out your locker."
- ~~~~~

6. You're working in a pharmacy that stocks HIV medications and a patient comes in to pick up his abacavir medications that he's been on for almost a year. "I hate these pills but it keeps me alive I guess", he says.

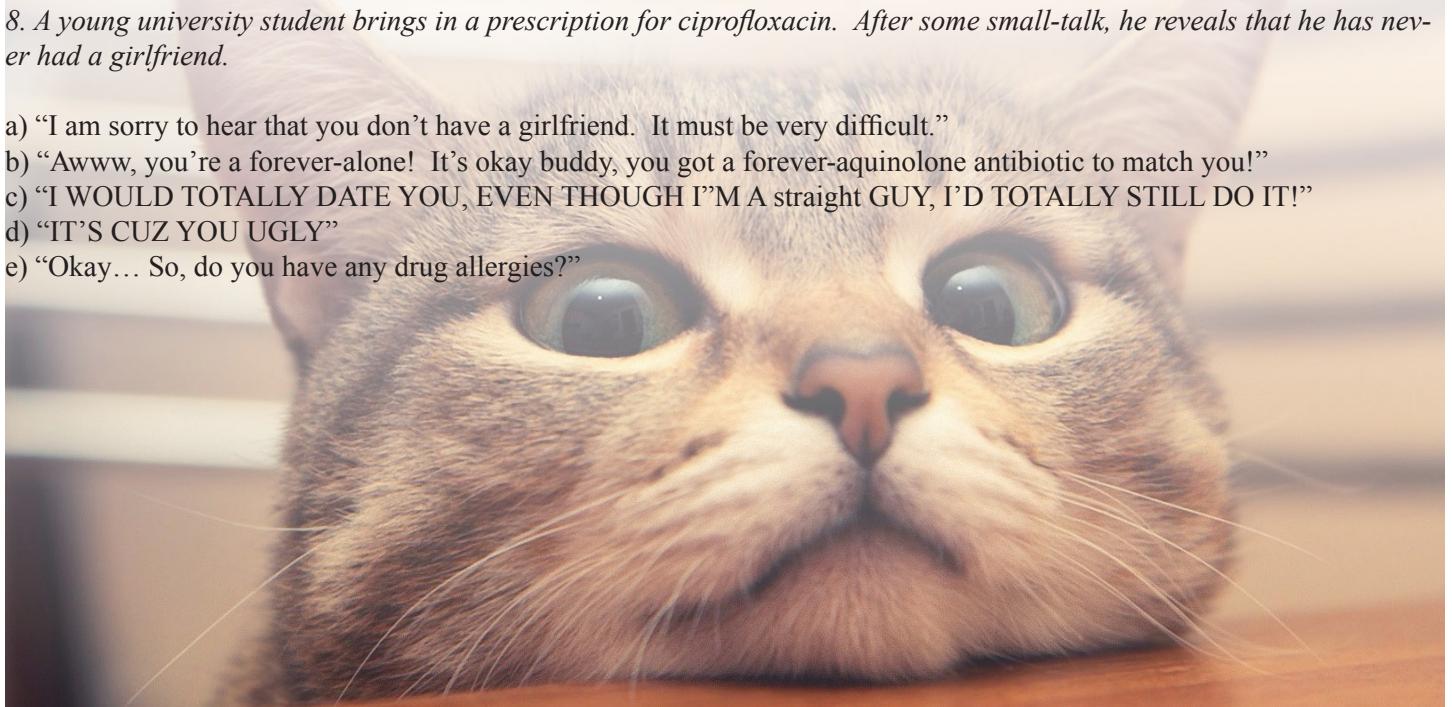
- a) I am sorry to hear that you don't like the pills. Let me check my references to better help you... Hmm, have you checked your "HLA-B\*5701" lately? It says here you will experience side effects if you have this "HLA-B\*5701".
  - b) Yo, you best take your meds, ya hear me? Even missing 1 dose could mess EVERYTHING up! I don't care how big they are, you swallow them, GOT IT?
  - c) "AND I'M JUST SO GLAD YOU ARE ALIVE."
  - d) Well if you didn't have HIV, you wouldn't need these pills now would you?
  - e) "I hate this job but it keeps me alive I guess"
- ~~~~~

7. A patient comes in to tell you that they are cancer free, and buys you a coffee as a token of appreciation for the help you have provided.

- a) I am sorry to hear that you are cancer - no, i mean. Um. That must be difficult for you. Wait no. What.
  - b) "Ain't no thang! Come say hi anytime, kay?!"
  - c) Chug the hot coffee in one gulp to show them how grateful you are for their appreciation. Shed tears of joy and pain (from the hot coffee).
  - d) "You can't say you are cancer free, because cancer can be undetectable. You technically may still have cancer, and it can relapse at anytime and kill you."
  - e) "I am not allowed to drink coffee during work hours."
- ~~~~~

8. A young university student brings in a prescription for ciprofloxacin. After some small-talk, he reveals that he has never had a girlfriend.

- a) "I am sorry to hear that you don't have a girlfriend. It must be very difficult."
- b) "Awww, you're a forever-alone! It's okay buddy, you got a forever-aquinolone antibiotic to match you!"
- c) "I WOULD TOTALLY DATE YOU, EVEN THOUGH I'M A straight GUY, I'D TOTALLY STILL DO IT!"
- d) "IT'S CUZ YOU UGLY"
- e) "Okay... So, do you have any drug allergies?"



A close-up photograph of a cat's face, focusing on its large, wide-open blue eyes and the texture of its orange and black fur around its nose and mouth. The cat has a slightly curious or intense expression.

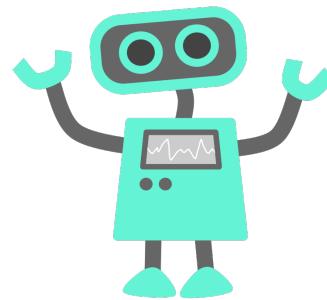
Phew! That wasn't too hard, was it? Now it's time to tally up your scores, and see your results on the next page!

# THE MONOGRAPH

So, did you tally up your answers? The letter that you had the most answers to is your type!

## a) The "robot"

You try to show empathy, but often come off as mechanical and insincere. You follow those MTM lectures to the letter. Empathic statements are programmed into your system, and you recite them word for word when needed. I recommend making more friends to brush up on those social skills.



## b) The "sassy best friend"

You are the friend who tells people what they need to hear, even if it may hurt. You tell it like it is without sugar coating your words. Though I would love to have you in my life, not all people are as receptive to your advice. I would recommend toning down the sass in a professional setting, but otherwise, be your sassy self!

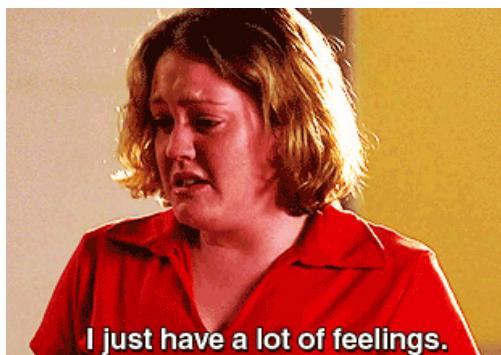
We are best friends because everyone else sucks.



## c) The "too much" empathy

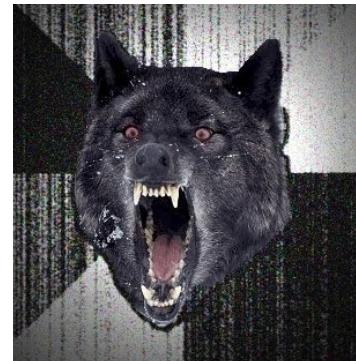
I didn't think it was possible, but you actually have TOO MUCH empathy. You just, can't help but FEEL for others, and have trouble differentiating others emotions from your own. This is not a healthy relationship to be having with your patients. I recommend marathonning sad movies to desensitize yourself to the tragedy of the world.

I just have a lot of feelings.



## d) The "please stop talking"

For your own safety from angry patients, please stop talking. You are like a firecracker tied to a bouncy ball covered in spiders. Cray, scary, and out of control. The words that are coming out of your mouth are pretty inappropriate for a professional setting, as well as for any other situation in life. You may need to re-evaluate your life.



## e) The "wall"

You would be a good squash partner because you are a wall and nothing gets through that fortress of yours. Talking to you is almost better than talking to a wall, except that walls sometimes echo. Empathy may not be in your realm of existence. I would suggest you take MTM5 as an elective, if it were possible.



*Disclaimer: This quiz is created solely for entertainment purposes. We don't actually expect anyone to actually fit these criteria*

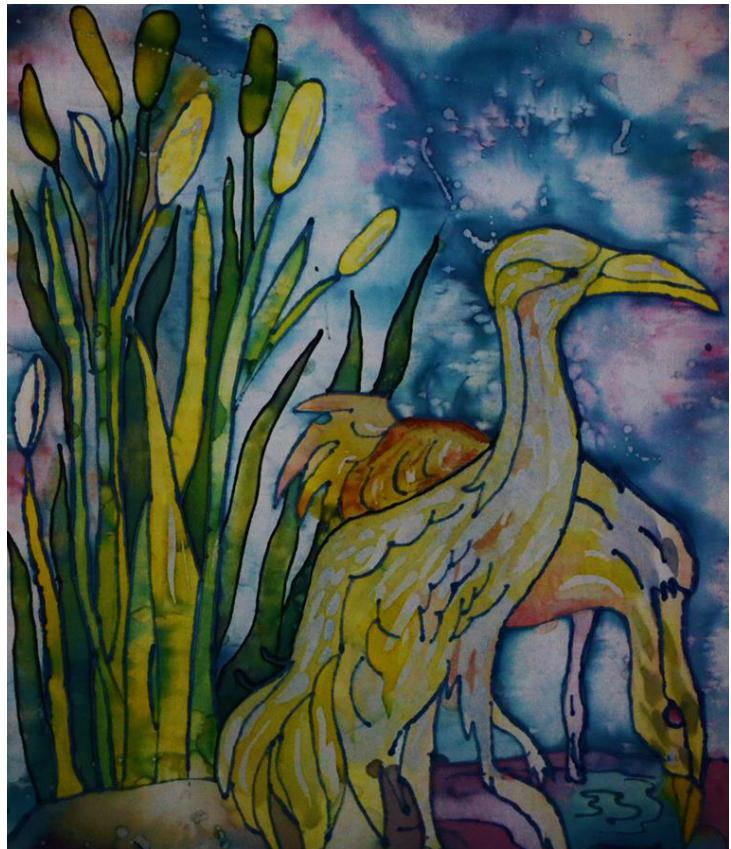


By: Shirley Shi, 1T6

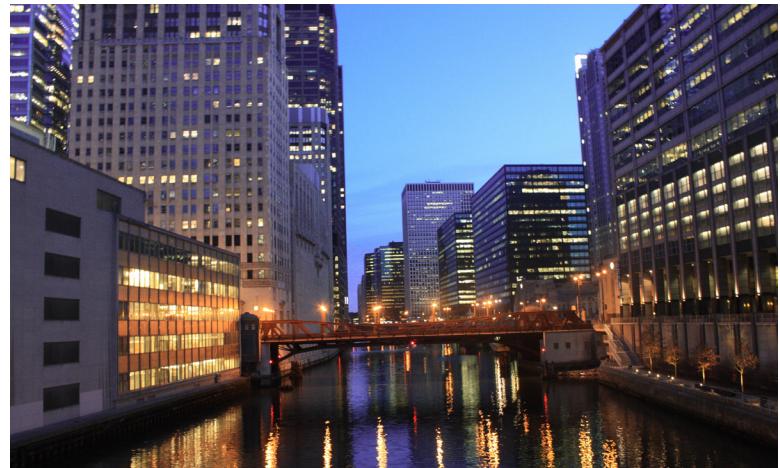


By: Mengdi Fei, 1T8

# THE MONOGRAPH



By: Dennis Tran, 1T7



By: Shirley Shi, 1T6