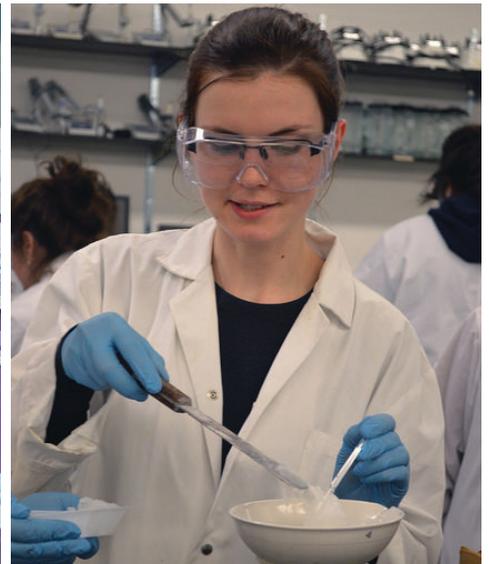
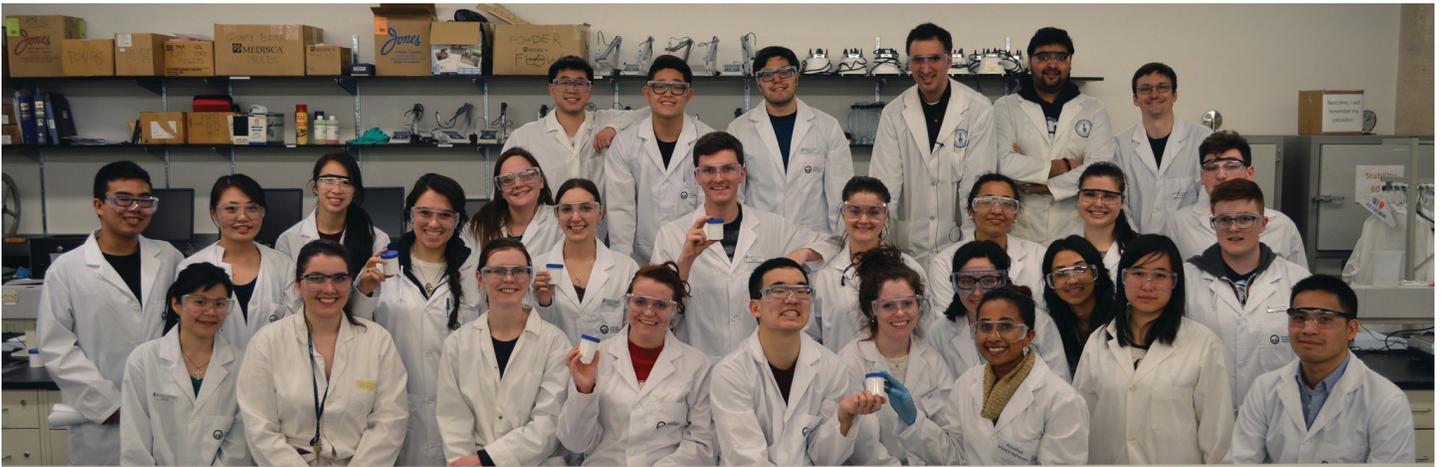


THE MONOGRAPH

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VOICE OF THE PHARMACY STUDENT



"SPRING" FORWARD

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CAPSI COLUMN

Happy PAM everybody! We hope you had a great reading week and are looking forward to our events this March. We wanted to talk about a new competition that CAPSI is organizing in conjunction with CSHP called the Evidence Based Practice Competition! Our National VP of Education and fellow UofT Pharmacy student, Alysha Prata, has prepared a challenging yet fun case with the Canadian Society of Hospital Pharmacists, and you lucky students have the chance to compete in it for a prize!

How does the event work? Well you sign up in teams of 4 and will be given detailed instructions about rules before you begin. Each team will be given the same case and are given 2 hours to formulate a main clinical question and work up the case. We will also require a SOAP note and a physician response before the time is up! You will be able to use any primary, secondary, and tertiary references during these two hours.

This is a great way to help practice your clinical knowledge learnt in pharmacotherapy courses and to practice using

all of the resources available to you as pharmacy students!

We hope to see you at this competition,

Aarti Patel & Areeba Zaheer
UofT's CAPSI Senior & Junior Representatives



SOAPE 1 Minute Read: 5 Things You Should Know
UNIVERSITY OF TORONTO

1. March is Pharmacist Awareness Month – take this opportunity to reach out to the public to let them know the value of pharmacists in our health care system! Sign up to be a presenter for SOAPE's Pharmacy Students for Medication Safety, on campus booths, and/or UHN booths!
2. Following the closure of 133 Canadian Target stores, pharmacists are now faced with many financial and transitional issues. However, on February 18th, the Pharmacy Franchise Association of Canada has won a court ruling against Target and is to be given \$100,000 to members to cover legal and financial advice during this period. The deadline to close all pharmacies is March 30th.
3. Health Canada has recently approved a new HPV vaccine - Gardasil 9. Earlier versions of HPV vaccines covered types 6, 11, 16 and 18. Gardasil 9 covers these, in addition to types 31, 33, 45, 52 and 58 which are responsible for 1 in 5 cases of cervical cancers.
4. Recently, scientists found that the measles virus that is circulating in Ontario is a variant that is unknown to the WHO databases. The number of cases has doubled over the Family Day weekend and there are now 17 confirmed cases as of the end of February.
5. CPhA is encouraging pharmacists to educate the public about the importance of immunizations and is calling for Health Canada and the Public Health Agency of Canada for support on this matter. This is in response to the recent measles outbreak and a concern for "nosodes", a homeopathic preparation touted as an alternative to vaccines for measles, whooping cough, flu and other conditions.

Carol Nguyen

SOAPE CO-President, 2014-2015



UPS Corner

Hello Pharmacy,

Joseph and I would like to congratulate Tiana Tilli and Shane Nirula for being elected as your incoming UPS President and Vice-President. As nominations for other UPS positions and class councils come underway, we look forward to finding out who will lead the student body forward.

We hope that you're refreshed from a much needed reading week and that you all did well on the wave of midterms that just passed. Hang in there, not much longer before exams. But in the meantime, check out what we've got in store for you all month for Pharmacy Awareness Month (PAM). Go to our website calendar (<http://www.uoftpharmacy.com/calendar.php> - filter PAM Schedule) and take a look.

We're hosting the OPA Cup this year, and are confident that UW is going down – so come on out to show your support on March 14th. Mr. Pharmacy is also coming up on March 20th – ladies and gents this night is a must see. There are also plenty of talks, trivia, community outreach events, and more hosted by SOAPE, PSFCA, IPSE, GMI, and CAPSI. Come on out to know more about your pharmacy, then pat yourself on the back for being in this profession. Happy PAM,

Joseph Samuel and Mohamed El-Salfiti

UPS President and Vice-President



PHARMACY ATHLETICS

Male athlete of the month:

The athlete of the month for March is Michael Luo. Michael is one of the leader of the men's basketball team, and is the captain of the co-ed basketball team. He has been involved with the intramural basketball teams since first year and his dedication to the sport is unparalleled. Michael exhibits strong leadership, is an effective communicator who can rally a team, a great teammate, and a great basketball player. These attributes in combination make Michael the athlete of the month. Congratulations Michael!

Female athlete of the month:

This month's female athlete of the month is Melissa Taylor. Melissa is an active participant in all things volleyball, playing on the women and co-ed teams. She also organized our very own pharmacy team for the IPE volleyball tournament. Aside from volleyball, she is a very versatile water polo player, allowing her to play a number of different positions around the pool. Melissa also captained softball in the fall, and had an exceptional batting average. Lastly, Melissa has committed to joining the co-ed basketball team in the upcoming school year. Congratulations Melissa!

Men's intramurals:

The pharmacy hockey team has had a great regular season, and will be hoping to continue their form as they look to win the championship. Star centre Michael Briganti hopes to turn on the magic this playoff run and believes the team "has a great shot" to secure the title. The volleyball team is looking to repeat as Tier 1 volleyball champions as they take the court over the coming weeks; captain Trevor Dang believes they have "pretty good" odds of winning, and Trevor has had scouts reporting on potential matchups. The basketball team will be looking to come back from their heartbreaking loss in the finals with a championship this season. Men's captain Igor Korolija has personally guaranteed a championship this season. When asked about the team's chances of a championship season, Igor said "100% bro (sic). I have to trust my team, we can't have any doubts". Savvy veteran Duke Bo-

among, who may be thinking about hanging up the sneakers after this season, said: "we definitely have a great chance given that we've been [to the finals] for the last three years and that we still have our core team together. The fact that we've played with each other for a few years now gives us an advantage in terms of cohesiveness". Pharmacy F.C. will look to build on a strong final game of the regular season, which they won 3-0, and hope to make a deep playoff run. The game was their third clean sheet of the year, and they hope to continue the strong defensive showing. Following the game, we caught up with the manager, Gyula Lukacsovics. When asked about the team's shot at the trophy, Mr. Lukacsovics responded with "the squad has a lot of quality, and the lads have been putting in a lot of effort in training, so anything can happen". Captain Michael Marsella was more confident in his team than the stoic manager, and said "absolutely, I have confidence in our team. If we're on our game no one can compete with us".

Coed Athletics

Pharmacy has managed to spit out a few strong teams this semester in the coed department. The flag football season is done now and pharmacy has done great. The Coed Basketball has had a great season this semester under veteran captain Mikey Luo, even though the team failed to make playoffs. The inner tube water polo team successfully made it to the playoffs! Lead by team captain Kyle Acton, the team finished with a 3-2 record and will be facing Rotman in the first round. The ultimate frisbee team is still in their regular season. At 2 wins and 2 losses, Pharmacy is right in the middle of the ranking in their pool. Pharmacy had 2 volleyball teams this semester. Although both had a strong season, both teams failed to make it out of the first round of playoffs.

Women's intramurals:

Like the anticipated break after midterms, female athletics is starting to take a break too. Most of the teams have finished regular season play but our volleyball team is still going strong in the playoffs. Best of luck ladies!



EVOLVE Editorial: Pharmacist Care of Patients with Heart Failure

By David Liu and Priya Patel, EVOLVE Newsletter Committee

Interprofessional teams can be valuable in patient care as they enhance patient outcomes¹. Studies have shown that interprofessional healthcare teams as a whole reduce costs, length of hospital stay, as well as mortality¹. However, our interest lies specifically in the value of pharmacists within these teams.

Koshman and colleagues conducted a systematic review to determine how pharmacists in an interprofessional team impacted the care of patients with heart failure (HF). The systematic review included 12 randomized controlled trials, with a total of 2060 patients. The primary outcomes of interest were mortality, all-cause and HF-associated hospitalization rates. The secondary endpoints of interest were health related quality of life and medication adherence².

The pharmacist interventions that were studied included patient education about heart failure, self monitoring, and medication management. Over 50% of these trials compared pharmacist directed care to usual care, while other trials compared pharmacist collaborative care to usual care. In almost all cases, usual care included limited interaction between the patient and the pharmacist, often with no counselling or education².

The results of this systematic review showed a significant reduction in both all cause hospitalization and HF-associated hospitalization when pharmacists were involved in patient care. Unfortunately, there was no statistically signif-

icant mortality benefit when pharmacist interventions were included as part of a collaborative team. However, this may be attributed to the small sample size and the duration of follow up in these studies, which may have been too short to see an observable impact on mortality².

With respect to the secondary outcomes, there was not enough data available to determine the effect of pharmacist intervention on health related quality of life. Also, although data regarding medication adherence was reported in 7 studies, different methods were used to collect this data, leading to different conclusions. Therefore, reliable results for medication adherence in heart failure patients were not available².

Overall, this study demonstrated that pharmacists play an active role in improving the outcomes for patients with heart failure and would be a beneficial addition to multidisciplinary teams in the care of HF patients.

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1. Buring SM, Bhushan A, Broeseker A, Conway S., Duncan-Hewitt W, Hansen L, Westberg S. Interprofessional Education: Definitions, Student Competencies, and Guidelines for Implementation. American Journal of Pharmaceutical Education 2009;73: 1-8.
2. Koshman SL, Charrois TL, Simpson SH, McAlister FA, Tsuyuki RT. Pharmacist Care of Patients With Heart Failure. Arch Intern Med 2008;168:687-694.

Thank You From PhaSST

PhaSST (Pharmacy Student Service Team) would like to sincerely thank everyone who participated in our Bags of Kindness Initiative in support of the Ronald McDonald House Toronto. Thanks to the charitable donations from the students, staff and faculty members, we were able to exceed our goal of collecting 150 bags! Your generosity will make a difference in the lives of the families staying at the Ronald McDonald House Toronto.

From all of us at PhaSST, THANK YOU!





It's not necessarily what you know...

You know the old saying: "It's not what you know, it's who you know." Although this piece of wisdom shouldn't make you set fire to your therapeutics textbooks, it's definitely an important thing to consider as you approach graduation. As magical as graduation may seem, that fateful day when you'll move the tassel to the left is accompanied by a scary reality: you need a job. But don't fret- this is where networking comes in handy! The term 'networking' conjures up visions of brownnosers shaking hands with anyone who has them, but I think it gets a bad reputation. Of course networking is a great way to meet the pharmacists who pull the strings in the profession, but it's also a chance to gain some real life career advice that you won't learn in class.

CSHP's 46th Annual Professional Practice Conference (PPC) took place in Toronto from January 31st to February 4th, 2015. PPC itself is a great educational opportunity in itself, so if you're considering a career in hospital pharmacy and are able to scrounge up enough money to attend one or more days of the conference I would highly recommend it. However, the reality for most of us starving students is that our budgets can only accommodate free events. Well you're in luck! The Canadian Pharmacy Residency Board (CPRB) partnered with this year's sponsor Fresenius Kabi in order to present the 2nd Annual Student and Resident Networking Event on Saturday January 31st. In addition to invaluable career advice, the event came with a few perks including per-

sonalized business cards for early registrants, tasty snacks and an open bar. How great is that?

This year's networking event drew 68 students, 32 residents and 25 volunteer practitioners who generously offered their time to impart their wisdom upon us budding pharmacists. The volunteer practitioners came from across Canada and their professional roles ranged from clinical pharmacist to director of pharmacy services. There was even one pharmacist who was currently working in Qatar! The volunteer practitioners each had a different perspective to share with the students and residents, and it was fascinating to see how they had progressed in their careers.

The timing of the Networking Event is perfect, as it is scheduled in between the Ontario Hospital Pharmacy Residency Program Information Session and the Career Opportunities Event. Although the career fair might not be as helpful for junior students, the residency fair is a must for anyone considering a residency. As U of T students, we should take full advantage of these enriching events, as they take place just a stone's throw from the University. You'll leave with more than a few snazzy business cards and some new connections- you'll have renewed your inspiration to make the most of your career as a pharmacist.

Katherine Koroluk (1T5)
Outgoing CSHP Council Education Representative



Why YOU should attend PDW

By Amy Lau, 1T5



First, let's go into a brief background for some of you. For starters, the Canadian Association of Pharmacy Students and Interns (CAPSI) is the national body that represents the voice of pharmacy students and interns across the country. PDW, or Professional Development Week, is CAPSI's largest event and one of Canada's largest pharmacy conferences. It brings together students from each of the 10 schools or faculties of pharmacy to learn, network, and have fun.

So, why should YOU bother attending PDW?

1. Meeting other Canadian pharmacy students

As mentioned, PDW brings together students from across Canada. This is a great chance to meet new friends and to learn about how other schools and faculties are different from our own and how the scope of pharmacy differs between provinces.

2. Incredible networking opportunities

One of the biggest sessions at PDW is the Health Fair. Numerous agencies take part, including drug manufacturers like TEVA and Pfizer, pharmacy chains like Shoppers Drug Mart and Safeway, and financial aid agencies like Scotiabank and National Bank. All of these groups send representatives to offer information, special pricing on products, and even job opportunities.

3. Learning about unique topics

The conference is host to a plethora of talented and highly experienced speakers to deliver exciting and engaging talks about topics you might not hear about in school. How to start a business, veterinary compounding, and innovative ways pharmaceutical care is being adapted into practice are just some examples of what has been covered in the past. There are many talks happening throughout the conference and there's always something for everyone.

4. Getting involved with CAPSI

The CAPSI annual general meeting and national elections also take place at PDW. This is your chance to meet the people on current council and to ask any questions you might have. It's also an opportunity to learn about what CAPSI has been up to on your behalf and what each executive member does. While you're at it, candidates can apply to be part of the incoming executive team and become part of this incredible group.

5. A chance to travel

Every year, PDW is hosted by a different pharmacy school. The last three host cities were Montreal, Vancouver, and Quebec City, while the upcoming PDW will be hosted by UW in Ontario's very own Niagara Falls. This is a great opportunity to travel to different cities and see the sights they have to offer.

6. Mr. Pharmacy

Introduced for the first time at PDW2015, Mr. Pharmacy was a huge hit. As you may or may not be aware, Mr. Pharmacy happens locally and gives students a chance to unwind. At PDW, all 10 local winners compete and fight for a national title as determined by a panel of judges.

7. Swag

While this isn't a strong reason to go, it's a great bonus. Some items of interest that have been given to delegates in the past include: earphones, tumblers, mugs, scarves, and even free RxFiles (to the first student from each year at each school to visit the booth). There are also opportunities to win prizes like iPads and gift bags, so make sure to leave some space in your luggage to take back all the free stuff.

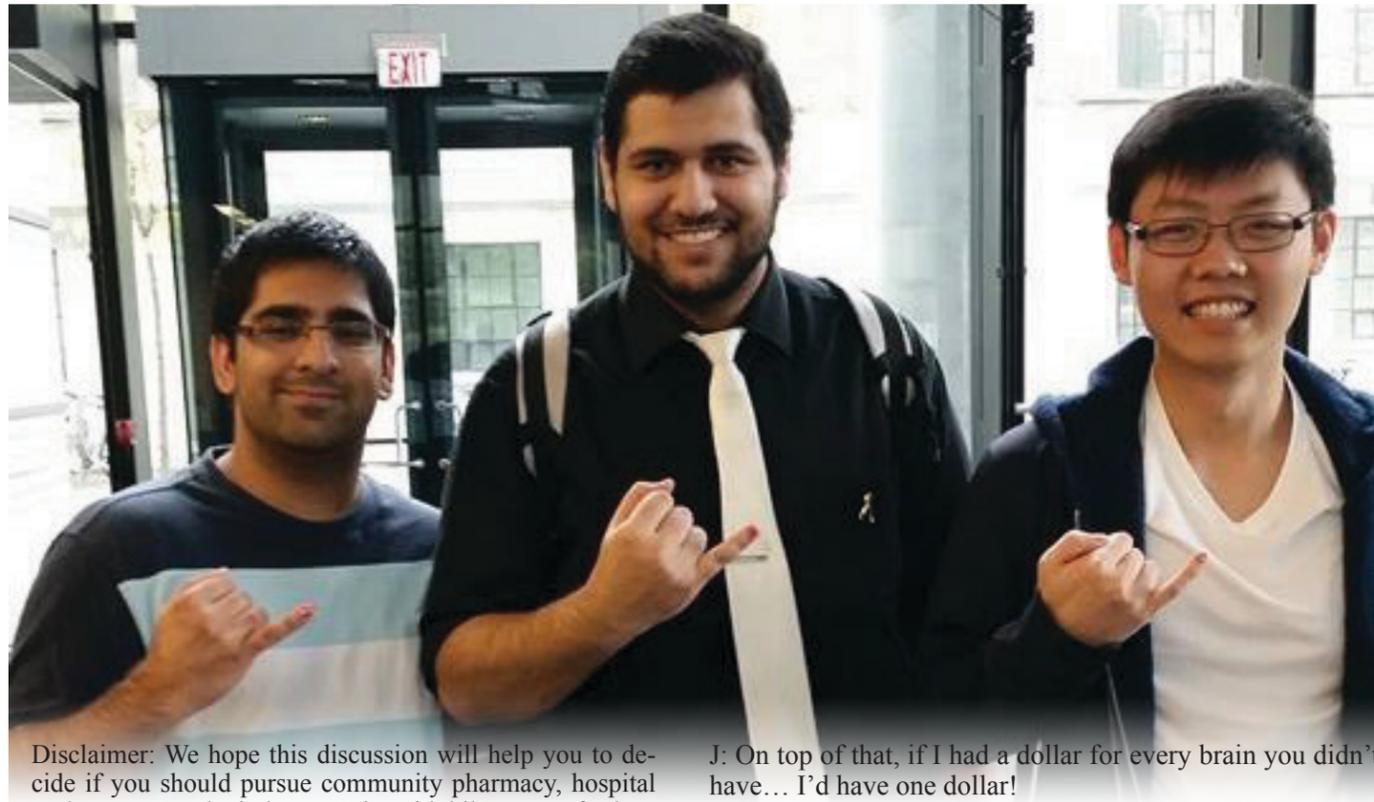
8. School pride

If not for anything else, this is your chance to rally with your UofT family. At several events, including galas, Pharmafacts, and Mr. Pharmacy, the schools are often pitted against each other. This is your chance to show everyone else that UofT is the best. In particular, at Pharmafacts, schools will often shout chants and cheers and even wear a school specific t-shirt to show their spirit and root for their team. So come out to PDW2016 and show your school pride!



Inside the Oval Office

By Shane Nirula 1T7, Joseph Samuel 1T6, Thomas Boyang Huang 1T6



Disclaimer: We hope this discussion will help you to decide if you should pursue community pharmacy, hospital pharmacy, or the industry. Take with kilograms of salt.

J: On top of that, if I had a dollar for every brain you didn't have... I'd have one dollar!

S: You guys are so cool! Did you know if you cool yourself to -273.15C you're still OK?

J: Just like how you have absolutely zero game

S: You didn't get the joke, your bank account be frozen like you got \$0K and no fame.

T: That's right, cuz you don't make money in the hospital. As for you Shane, what would ever interest you in the industry.

S: Who doesn't like Orgo? Did I mention I love SN2 reactions?

J: You are so lame, I bet your best pickup line is, "I can't spell nucleophile without U!"

S: Yeah well unlike you, I'm not sterically hindered :)

T: Apply cold water to burnt area, liberally.

J: You two are just perfect 10s... on the pH scale caus you guys are so basic

T: Ok guys, I think we'll just have to agree to disagree. There's no best place to be. Just go with whatever interests you most.

J & S: SOFFFFTTTT

Typical dialogue in a day in the life of the Prezzys. We actually talk about a lot more boring stuff than the above, like planning events or managing council finances.

J: Man, I can't wait to go to my hospital placements in APPE! Hospital is way better than community.

T: Pshh... Hospital pharmacists are capped with that salary bro, if you want that dough, it's all about the community son!

J: Not about punching in insurance numbers only to have adjudication problems...

T: I rather have that and develop a solid relationship with my patients over time than to see them for a bit and bye

J: At least my interventions are more meaningful and require a bit more thinking.

T: What's more meaningful than managing a long time patient of yours with his chronic mental health and controlling it?

J: Actually detecting DTPs ;)

T: Ever heard of something called continuity of care? I didn't think so.

J: More separation anxiety from waiving your co-pay than Drake after being dumped.

S: Yo you guys are both soft, industry is where the money is at.

T: If I had a quarter every time a drug rep comes to push their products, I'd still say no! :P

Medication Compounding – An age-old tradition making a resurgence!

By Chris Wong, 1T5



From left to right: Author Chris Wong demonstrating proper compounding attire, holding one completed suppository, and taste-testing a newly compounded liquid medication

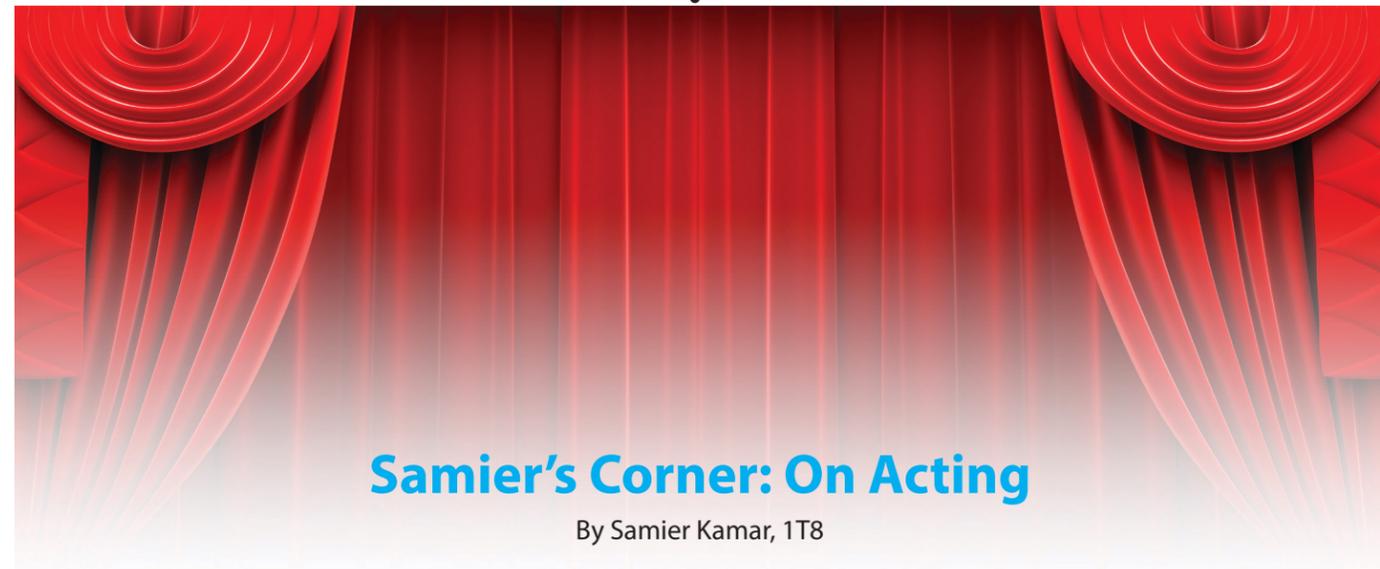
In today's market of pre-manufactured one-size-fits-all pharmaceutical products, medication compounding is an extraordinary opportunity for patients to receive personalized therapy for a variety of conditions. Specific patient populations such as the elderly, children, patients with allergies, or even patients who cannot take a manufactured medication for medical and/or personal reasons may benefit from having a product compounded for them. Common compounding situations include: creating a liquid or suppository alternative of a medication for a palliative patient who has trouble swallowing pills, creating a liquid alternative for an elderly patient who is tube-fed, improving the palatability of bitter medications for children, providing a medication at a dose which is not commercially available to improve pain management, adjusting a formulation to replace an ingredient to which the patient is allergic or cannot consume due to religious reasons (eg. gelatin).

In ancient times, everything from medications and preservatives, to dyes and cosmetics were created by compounding pharmacists called "apothecaries". Today's modern pharmacy also has its roots in medication compounding, as symbolized by the mortar and pestle insignia. Before mass production of medications, compounding was the name of the game. It was not until after World War II that manufactured prescriptions took over the market due to mass production of medications. Fast forward to today and compounding is making a come-back as a vital option for special patient populations. The new resurgence in compounding has nothing to

do with the mass market—quite the opposite. Today, medication compounding is a practice in which a pharmacist in a compounding pharmacy (eg. Hayyan Healthcare Pharmacy) formulates or alters ingredients in response to a physician's prescription to create a medication to meet the unique needs of an individual patient. Therefore, medication compounding is essentially a form of personalized medicine.

Consider a very common scenario where a patient has acute pain from spraining their knee and doesn't find adequate relief in using diclofenac 1.16% gel. Topical diclofenac has been used for over 20 years as an analgesic and anti-inflammatory in musculoskeletal conditions such as osteoarthritis. Currently, the diclofenac gel (Voltaren) is the only over-the-counter commercially available product in Ontario. A compounding pharmacist can compound diclofenac creams of higher concentrations than what is available over-the-counter. This is an attractive alternative to oral agents, as topical agents have lower systemic absorption leading to less risk of toxicity (ex: upper gastrointestinal bleeding).

What this means to you, the patient, is that the pharmacist will provide a compounded product which is in your best interest, just as your physician would prescribe a medication that is in your best interest. And as always, your pharmacist will provide you with important information regarding the proper, safe, and effective use of the medication to optimize your health care. Make a difference for yourself and your family today by consulting your local compounding pharmacy.



Samier's Corner: On Acting

By Samier Kamar, 1T8

My passion is: acting.

However, before I delve into why I enjoy acting, it is important for me to first enlighten you as to where this passion first arose from. The reason being that this is what keeps me motivated on the inside and is the fundamental purpose for me to continue acting. The reason is my grandmother.

When I was born, both of my grandparents lived at home with my brother, parents, and I. My grandmother was always very light-hearted, funny, outgoing, and used to always make me laugh when I was feeling down. People loved being around her because she always had a smile on her face and made people feel good and temporarily forget about their problems.

After my grandfather's passing seven years ago, my grandmother changed completely. She was always very quiet, alone, depressed, and understandably so: her partner of fifty years was no longer there. My family and I felt like she was stuck in a black hole of depression and were afraid she would never get out.

Because I am the youngest sibling, as well as the youngest in the extended family, I spent the most time with her. And so I began to reciprocate the light-heartedness she was cherished for.

And so it became a habit of mine that as soon as I came home from school, I would immediately go into my room, dress up as a comedian, and become her live entertainment. She

didn't want to watch TV because she found popular movies to be not funny enough, and certainly too "serious." Instead, I started off by making the same jokes that she would to me when I was feeling down, and after every five minutes or so, I would step out of the family room, as if drawing the curtain to an act, quickly change clothes and hat, and within seconds, reappear to perform the next skit. The best part was seeing her smile because we rarely saw it since my grandfather's passing.

My family and I became very hopeful that our grandmother could overcome her negative cycle of depression. It was a big challenge for me because I would constantly have to think of new ways to make her laugh. She enjoyed it so much that she would look forward to 4:00pm, when I came home from school. It was like a TV series that she was hooked to. Then one day she told me, "Samier I appreciate what you are doing for me. But I think others deserve to see you act as well. Why don't you try acting in something at school?"

Shocked as I was (because I'd never really acted or thought about it before), I remained curious. So I gave it a shot: I performed in my 10th grade's rendition of a 20th century British slapstick comedy play "Murdered to Death" by Peter Gordon. I thought this was brilliant because this was the type of humor that my grandmother loved and I that I'd become accustomed to.

My role was the chief inspector who was called in to solve a mysterious house owner's death. Alongside me

was the wife of the murdered man of the house, and we were about to re-enact the "death scene" based on the information we were given, followed by the end of the act. Believe it or not, I was extremely nervous during the entire play, because I always thought I would mess up a line, or laugh uncontrollably. But once I heard the audience laugh, I felt a sense of relief, satisfaction, and comfort.

I find acting a stress reliever on my part, as well as a means of temporarily forgetting about everything else. It allows me to step into character, and make others laugh. As my grandma used to say, the joy that one gets from putting a smile on someone's face, even for a split second, is a great accomplishment.

I think acting is very powerful, and can really have a positive impact on people's lives, as it did on my grandmother's. She actually passed away two years ago, but since then I've acted in another play. I'm also gathering a group of volunteer actors to perform at retirement and nursing homes in my hometown Peterborough, as I would do for my grandma. With the potential to positively affect aging seniors in my area, I regard the perpetuation of my grandmother's love for acting as a tribute to her kind, funny and lighthearted spirit. No one should have to live with depression, and so if I can put a smile on people's faces before becoming a pharmacist and understanding the specifics behind the chemistry and biology of it, then I consider myself successful.



A Care Plan for a Pharmacy Student

By Jessica Sawyer, 1T6

As pharmacists to be we are constantly making care plans for our "paper case patients" (or real patients once we're in our EPE and APPE rotations), but have you ever stopped to think about making a care plan for yourself? We are very busy students; we have classes, labs, assignments, midterm after midterm, and let's not forget about our extra-curriculars; if you ask me your stress levels are probably pretty high. In January, IMHAP in conjunction with House hosted a two-part series about students and stress and then about mental health. Not only did we learn that there were many school related stressors but that there were also many other

stressors that we deal with as young adults; paying for rent, tuition, groceries, transportation, applying for loans, relationship issues, and work just to mention a few.

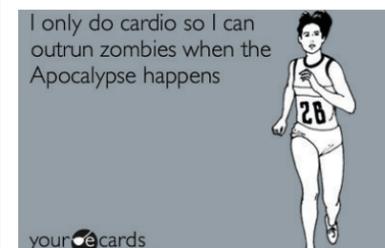
We also discussed some of our favorite strategies for coping and dealing with our stressors. Taking some time out of our busy lives for ourselves is key but also letting our friends in to how we're feeling is a good idea. I've been there before with both anxiety and depression and sometimes talking through things helps you see that they're not as horrible as you think. Below you will find my personal care plan for dealing with stressful times in my life.

DTP: Pharmacy Student experiencing excessive stress secondary to academic, personal, and financial stressors.

Goals: reduce stress load, increase energy level, and make it through finals

Non-Pharms:

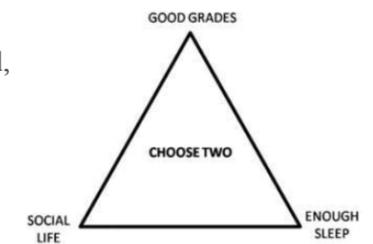
1) 30 minutes of cardio + 30 minutes of weights at the gym gives you some "you time"



2) A 1 hour yoga class - to help you stretch out all those stiff muscles secondary to stress



3) A "Shake it Off" jam session to T-Swift



Follow - Up

Check in with your friends on a daily basis and be there as a support system for your friends when they need it. I hope this helps with some ideas to relieve your stress as the year winds down and your finals approach.

[Disclaimer, by no means am I recommending that this will solve all your issues if you're seriously suffering from stress, anxiety or depression. These are just some of my simple strategies that I deal with stress in my life. In no way am I making light of mental health either; just the opposite, awareness does tons].

An open letter

By Natalie Ternamian, 1T8

“Who controls the past, controls the future: who controls the present controls the past.”

- George Orwell, *1984*

Dearest reader and friend,

I digress from my usual light-hearted article writing for this issue of the Monograph to instead write about an issue unrelated to life at PB. It came to me a short while ago when I first began to read the George Orwell’s classic novel, *1984*, which I started reading in a way I would any other: with very little expectation. However it soon became evident that the novel would not only serve to entertain my subway rides, but would also serve as an explicit reminder to history’s vile, dark, and blood-stained past.

On April 24th, 1915, approximately two hundred and fifty Armenian intellectuals, a group consisting of politicians, lawyers, clergymen and other prominent members of the community, were round up and executed in Constantinople, now Istanbul, Turkey. There had been other massacres before this date, but historians often attribute this day as the beginning of the systematic rounding up of Armenians in the Ottoman Empire. The men, women and children who were not immediately killed suffered arguably a crueler fate: they were sent to walk through Syrian deserts without food or drink. They would eventually succumb to exhaustion, exposure, or starvation. Genocide would unfold in the subsequent years, stemming mainly from socioeconomic, political and

religious conflict in the region. By 1923, a three thousand year old civilization was nearly exterminated. Historians estimate that approximately 1.5 million Armenians were killed in what is considered the first genocide of the 20th century.

Turkish historians maintain that the extermination of the Armenian people did not constitute genocide, and that the Armenians had perished in the crossfire of World War 1. Prominent global newspapers such as the New York Times or The Washington Post however, reported the human rights atrocities as they unfolded in the Ottoman Empire, and to this day remain as explicit evidence of the genocide, and can still be read in their archives.

I ask you, dear reader, to go home and to dust off a history textbook you may own. I ask you to please open it to the chapter on the Armenian Genocide. Chances are you will find no such chapter. The efforts made by the Turkish government to hide their actions have served to biasedly report events of the genocide. But their attempt to expunge the world of Armenians failed: the cries of the slaughtered Armenians echo in the hearts and minds of their descendants. This April marks the 100th anniversary of the genocide and a century of a country denying their role in mass killings. There are however, efforts by activists such as Amal Clooney who work to defend the Armenian cause and ultimately, to honour the victims of the genocide.

And so with these thoughts in mind my friend, I bring you back to reading Orwell’s novel, *1984*. I was standing



on the subway, grasping the pole of the shaky train as it rattled through the underground. I soon spotted one of the subways most coveted sights: an empty seat. As I squeezed uncomfortably between two sleeping commuters, I resumed reading Orwell’s gripping tale. A few stops before my last, I came across the following sentence:

“*The past was erased, the erasure was forgotten, the lie became truth.*”

Incredulous that such a simple phrase could carry so much meaning, I reread the sentence three more times. For anyone who has not read Orwell’s acclaimed book, workers in the novel’s society systematically erase and re-write history, integrating fraudulent facts into history books. The government does this so that over time, people believe the lies they are told and do not question events of the past. Orwell continues that, “if all others accepted the lie which the Party imposed- if all records told the same tale- then the lie passed into history and became truth.”

Is this the power of history? Is this the true magnitude of the “winners writing the history books”? What we learn as history today, is unbelievably fragile and subjective. Orwell shows us the ease at which history can be changed as governments see fit, to overlook a dark past, or to sweep a dirty secret under the ottoman.

To put this issue into perspective dear reader, Adolf Hitler, in a speech given in 1939 said, “I have issued the command... I have placed my death-head formation s in readiness- for the present only in the east- with orders to them to send to death mercilessly and without compassion men, women and children of Polish derivation and language... Who, after all, speaks today of the annihilation of the Ar-

menians?”

If this does not convince you that erasing, denying, or forgetting history of the past dooms future generations to repeat it, I am unsure of what will. Could other genocides such as the Holocaust have been prevented if preceding atrocities had been reported, or if their perpetrators had been brought to justice?

I have here today used the Armenians and their genocide as an example of a nation that yearns for justice and recognition, but I could have easily used a number of others; the Bosnians, Rwandans, Greeks, Congolese, Assyrians, or Ukrainians could have been used to describe nations that have suffered similar, horrific fates, and who weep for their fallen forefathers.

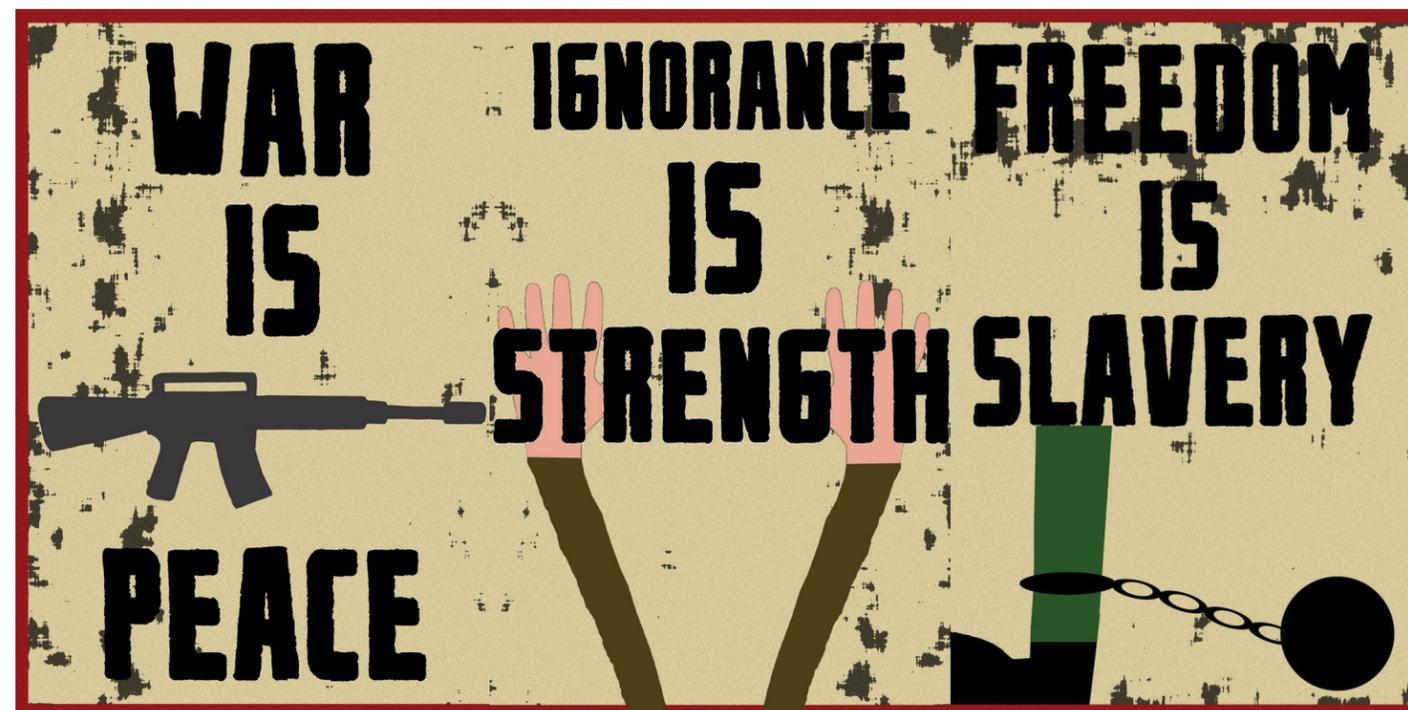
Dear friends, we don’t live in a society very different than that which Orwell so artfully portrays. Sadly, it is one laden with biased reporting, historical inaccuracies, partial truths and blatant lies. This does nothing but to hurt our future generations.

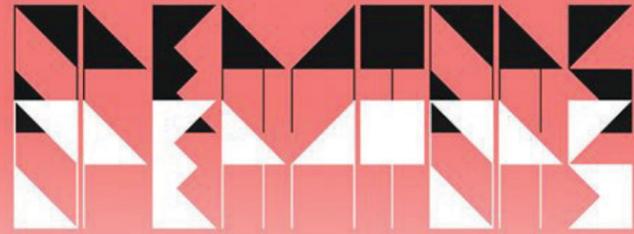
For this reason I encourage you to re-read your history books and to educate yourselves as best you can. Within the confines of PB, we may be taught about matters of health, but I challenge you to educate yourself in matters of human rights. For if not, we may be doomed to repeat the past.

Thank you friend, for remaining with me till the end.

For all those who have perished at the hand of another,

Natalie Ternamian





Album Review: Operators EP1

By Rx Audio

Quintessential tracks:

Ancient
Cruel

Rx Audio's Score: 7.2/10

Full-disclaimer: I have always been a fan of everything Boeckner. This Canadian singer-songwriter has been at the creative co-helm of electronic/pop/alternative rock outfits such as Handsome Furs, Wolf Parade and Divine Fits. The operative word in that last sentence? Co-helm. Alongside the mad Spencer Krug, Boeckner composed half of Wolf Parade. With his ex-wife, the cool and sexy Alexei Perry, they formed Handsome Furs. He very recently collaborated for a very fruitful Divine Fits album, alongside a fresh and focused Britt Daniel, of Spoon critical acclaim. Even at the root of his commercial career, as part of the band Atlas Stragic, Boeckner worked alongside Johnny Pollard.

What makes Boeckner's latest project, Operators, so curious is that, for the first time since 2000, Boeckner might be the lone operator, pun-intended, of this project. With Sam Brown on percussion and Devojka on synthesizers, this project looks to make Boeckner's grooves the feature presentation.

Operators' EP1 opens with its single "True", a very-funky and earnest track about True Love. The second track off this EP, "Book of Love", starts with synthesizers making sci-fi movie sounds, very much like Sufjan Stevens's somewhat-cultish odyssey album *Age of Adz*. This track definitely

takes on a more experimental melody than seen in previous Boeckner work and would make for a curious avenue for this band to go down. Buried midway through this release, "Cruel" is closest to the typical Boeckner sound: it's got some jamming and distorted guitar sounds that pine in-sync with Boeckner's yearning. And even though they sound great, those guitars make "Cruel" much less danceable. As a result, "Cruel" functions as a sandbar, halting the waves created in the first two tracks, surrendering the dance momentum and leaving the listener (or dancer-turned-head-bobber) flat-footed for "Ancient".

With "Ancient", Boeckner contrasts notions of fate and choice, with a hook that asks "Who put the ancient code in your bones?/Who you gonna love when you make it home?/Who could you love?" Boeckner journeys through time-defying questions over his trademark synthesizer, which eventually gives way to an electronic and percussion-based infectious dance rhythm. "Start Again" concludes the EP with vivid, soaring, electronic dreaminess that comes in waves. At the bridge, this track huddles in for sobriety and a touch of nuance before setting off to the dance floor once more.

The most adventurous and well-crafted tracks on this EP, "Book of Love" and "Ancient", both do an excellent job of melding dance elements into a synth-pop core. Though "Cruel" is a pleasing track itself, it just doesn't quite fit with the other sounds on this album, and spoils the overall presentation of this EP. Conceptually, Operators strive to take the honest, direct, slightly kitsch synth-pop/rock that is synonymous with Boeckner to a dancehall, and do so with considerable success. This EP, a proof of concept, is still somewhat safe-sounding, and perhaps hesitates to trade in rock/pop sounds for dance sounds; nevertheless, this record is very promising for a future full-length dance exploration by this Boeckner-led group.



My Experience as an Ex-Target Pharmacy Employee

By Areeba Zaheer, 1T7

My relationship with Target began as a dream. I was just about to start my first week of pharmacy school and was offered a part-time position at a Target near my house. Not only was my boss the coolest pharmacist I had ever met (no seriously, you need to meet this guy), but he was also more than accommodating with my schedule. Every week I was exposed to more diseases, more medications, a pinch of crazy, and therapeutic knowledge that was well beyond me. It was basically all I wanted in a pharmacy assistant position. Every week that I went in, our patient count was growing. We started from literally 1-2 scripts on the weekend to averaging a little more than 100 within 6 months. For those people who know how hard it is to open up a new pharmacy, you will know that this was a pretty big deal! Drake could not have said it better even if he tried, we actually

started from the bottom but now we were here.



With every script count, we gained a new patient; but more importantly, my pharmacist gained a relationship that he could build on. Everything was going splendid. We were doing great, our store-front was doing great; nothing could have been more perfect! WRONG. Fast forward to January 15th, Target announced that they will be closing all 133

stores. I was sitting in class when I was nudged by my friend who whispered "hey, did you see the news about Target?". My face immediately blanched.

Target was closing. I lost my job. My pharmacist lost his job.

All 133 pharmacists have now lost their jobs. It was absolutely heartbreaking to hear. My boss had put in countless hours in a span of 2 years to start his business from nothing, and without any warning, it was all taken away from him. To start again from essentially nothing would be a huge time and monetary commitment, something that had baffled us all. Without any warning, Target was able to sneak out of Canada and leave all of its employees out to dry.

My boss wasn't at work when the announcement was made, it was his day off. Despite all the stress and the panic he had to make a few decisions: would it be worth opening up a new shop? Would it be possible to re-locate within a month or should he just work for a chain as a regular staff pharmacist? In the end, Target gave us 30 days to move shop. My boss frantically looked for a space and miraculously found one, beside a doctor's office too! My boss was one of the lucky ones. He managed to find a location, renovate it, and completely move stores in under 3 weeks. A lot of other pharmacists are not having the same luck and are forced to abandon their independent pharmacy that they put all their hard work into.

If this isn't heartbreaking, I don't know what is.

The move with Target taught me a lot on the finer details of opening a new pharmacy and I feel lucky to have been provided that insight. However, with that being said, I would not wish this predicament on anyone. I just hope the other Target pharmacists can find another opportunity in their area just as my pharmacist did.



Confessions of an Online Shop-aholic

By Sandra Wood, 1T7

“Free Shipping”. These are my two favourite words. Whenever I open the website to one of my favourite online retailers and I see those words, my eyes widen and a sense of euphoria overwhelms me. I am an online shop-aholic. I am confident in saying I’m a seasoned specialist in this realm of consumerism and I feel the need to spread this knowledge to

the masses. Let’s face it, which pharmacy student has time to go to the mall? I barely have time to eat. So instead of letting my fashion-sense suffer, I have become an expert in online shopping. Here are a few of my super-savvy shopping pro-tips, especially if you’re on the budget-conscious side (like me!).

A Relationship Built on Trust

Beware of scammers and sketchy sites. Identify theft and fraud from online consumerism is definitely a possibility when engaging in this type of market setting. So you have to be smart about it. If there are any grammatical errors on the site, that’s an immediate red-flag.

To avoid this altogether, go to trusted retailers. The most trusted online retailers would be ones that have stores in shopping malls (obviously). For those sites that are exclusive online retailers, the reputable ones are generally well-advertised on the web, and with an easy Google search you can read consumers’ reviews and experiences with the business to determine the reputation (or sketchiness) of the site.



Size Matters

This is important. Very important. Unfortunately because everyone is different, this will ultimately make or break your experience...and yes, I’m referring to online shopping (what were you thinking of??). You have to have a good sense of what size you are and what styles work well for your figure. I have been able to buy tops, dresses, jeans and shoes online; some people would consider this “risky”. However, I generally bought these items from stores that I would go to in-person, so I already knew what size I was in that particular brand.

Some sites will also post their sizing chart which can be helpful in determining the appropriate size based on dimensions. It also may be worth reading the reviews of people who have already purchased the item (if the site enables this activity) because they will likely be able to comment on the “fit” which will help you in determining if you need to go up or down a size.

This is probably the most popular reason why people evade shopping online. You have to be a bit of a risk-taker since there’s always that chance it won’t fit.

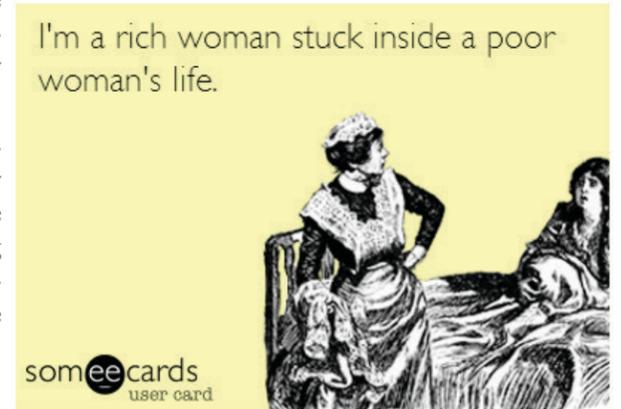


Never Pay Full Price...Not About that Life

Whenever, I go to a website, I don’t even bother going to the “New Arrivals” section. Why? Because there’s no way I’m spending \$50 for a top. This is just a personal preference, so this tip may or may not pertain to you.

For me, nothing beats scoring a sweet 50% off on a cute sweater. The “Sale” or “Clearance” section is always my go-to. Usually when you think “clearance”, you would figure that it must be all the ugly clothes that no one wants. Au contraire! Since online shopping has a lot more selection, you are more likely to find something appealing in the clearance section online as opposed to the clearance rack at the store.

You would be surprised by how much more is available online. Believe me, hours of scrolling!...when I should be studying...



Never Pay the “Making You Pay For Being Lazy” Fee

\$10 fee for shipping and handling?! No thanks! I steer away from sites that charge for shipping and handling fees. It essentially defeats the purpose of shopping online in the first place if you end up spending more.

I would rather reward my laziness by having these convenience fees waived. Often, online retailers will have a promotion of free shipping. Sometimes it’s worth signing up for those annoying promotional emails just so then you know when the best deals are happening. In that case, I highly suggest using a secondary email to avoid the irritation of those daily emails (yes, some retailers will email you everyday...).

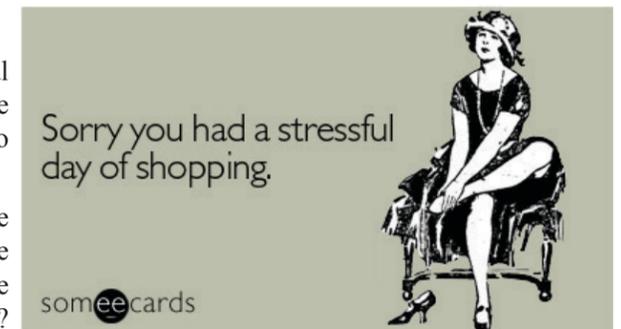
But generally, you can expect that most retailers will offer free shipping during “high-buying” times (i.e. Black Friday/Cyber Monday, Christmas/Boxing Day and during the end of a season). The only instance when paying the shipping fee is acceptable for me is if the item is discounted. I rationalize that if the total price (discounted price + tax + shipping) is lower than the regular price of the item, I would most likely purchase it.



Dafuq Did I Just Buy?!

If the item doesn’t fancy your tastes when it’s in your physical possession, you want to have the option to be able to return it. Some retailers have awful return policies which require you to pay for it to be shipped back to them.

Since we all know how I feel about shipping fees, these sites are a no-go for me! I find I generally shop at retailers that will allow me to return the item in-store. I know what you’re thinking...if you’re going to have to return it in person, why buy it online to begin with? Well, I’d say from my experience, there have only been a few times when I was unsatisfied with what I bought online. I’ve had more positive online purchases than negative ones. But essentially, just make sure you check into a site’s return policy before you purchase!



I hope these general tips will guide you well in your online shopping endeavors! Stay stylish, pharmacy!



A Force for Good in 2035: Advice for 3T9s

By Brett Hevenor, 1T8

Dear 3T9s,

As you enter this profession, you will get plenty of advice from plenty of people. Some will be good (e.g. be nice to the registrar, she will never die) and some might be not-so-good (e.g. get a tattoo of Leslie Dan's face on your face). But one thing you'll rarely get is wisdom from someone going through exactly what you're about to go through, albeit twenty years in the past, directed specifically at you, Jane. SO LISTEN UP!

Can you believe that back when I was writing this, the human race wasn't enslaved by robots? I know, crazy times. Toeing the line between appeasing your automaton overlords and achieving the best health outcomes for your patients is not an easy task. We discovered this fact in 2015; Harper was in office. But this should highlight for you a newfound appreciation for the health policy researchers! These noble souls use the power of thought and social science research to ebb the tide of rampant capitalism as best they can. Of course, it can seem kind of moot, considering "existence" was just added to the CPS as an indication for morphine and SSRIs (though the diagnostic criteria are surprisingly hard to meet; generally, physicians can only diagnose themselves). Still, policy is something I had no idea about before entering this great faculty. Good on them.

You may also notice during your daily OCP-mandated coffee enemas that the profession is always changing. To stay up to date, one must change oneself along with it. In relaying information to the patient, pharmacological and lifestyle-related, we become a positive catalyst in their life, helping them to progress to a better state of health. Optimization of your behaviour in this role is what this degree is all about, and you will definitely be much different walking out than you were walking in. If Jim Wells (you'll meet him) taught me anything, it's that in times of stress, we become our habits. And this is where you will encounter the truth about change: it comes from outside, the Other. You cannot change through sheer force of will, no matter how strongly you believe, because you will inevitably forget. You must understand this in your own life, if you hope to enact it in others' lives. Just don't develop a god complex.

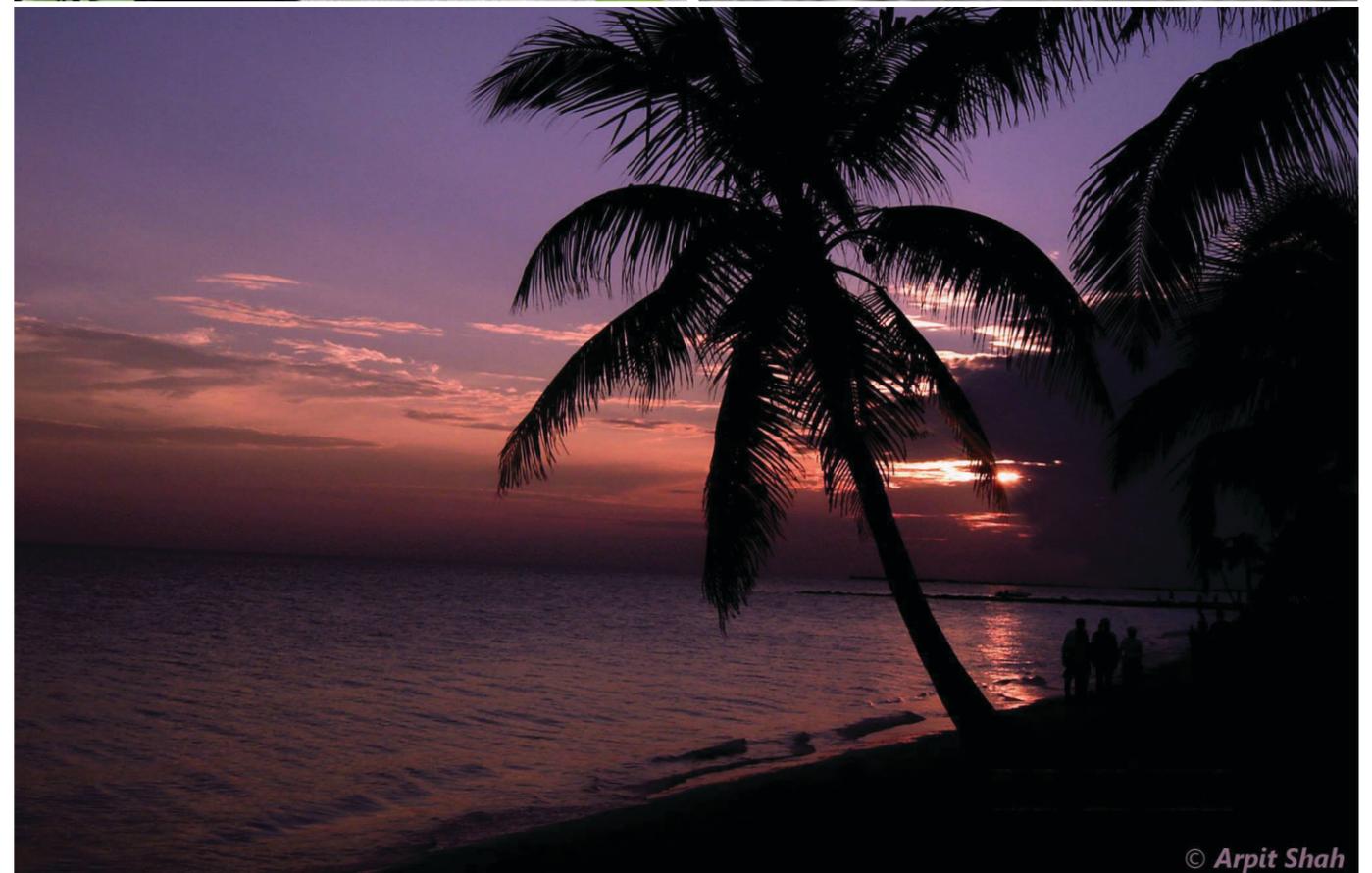
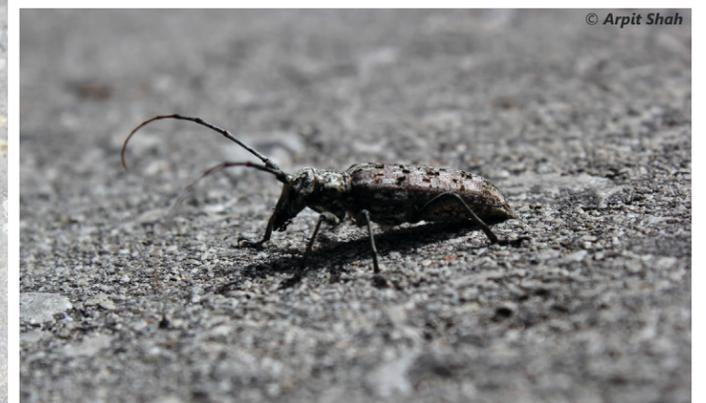
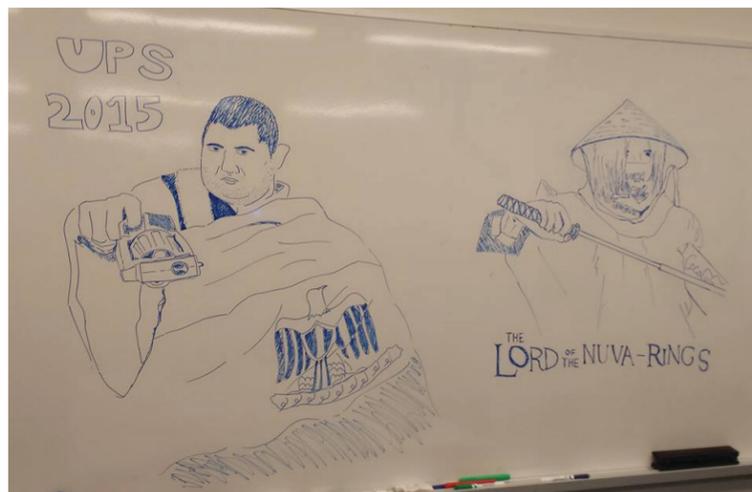
Anyway, that's about all I know. Appreciate the bioluminescent glow of the pods in the atrium, back in my day we had cheap lights projecting colour onto them. Make sure to enjoy this time for what it is. This will be a period in your life you'll frequently find yourself scrolling back to and re-living with your brain-implemented memory chip.

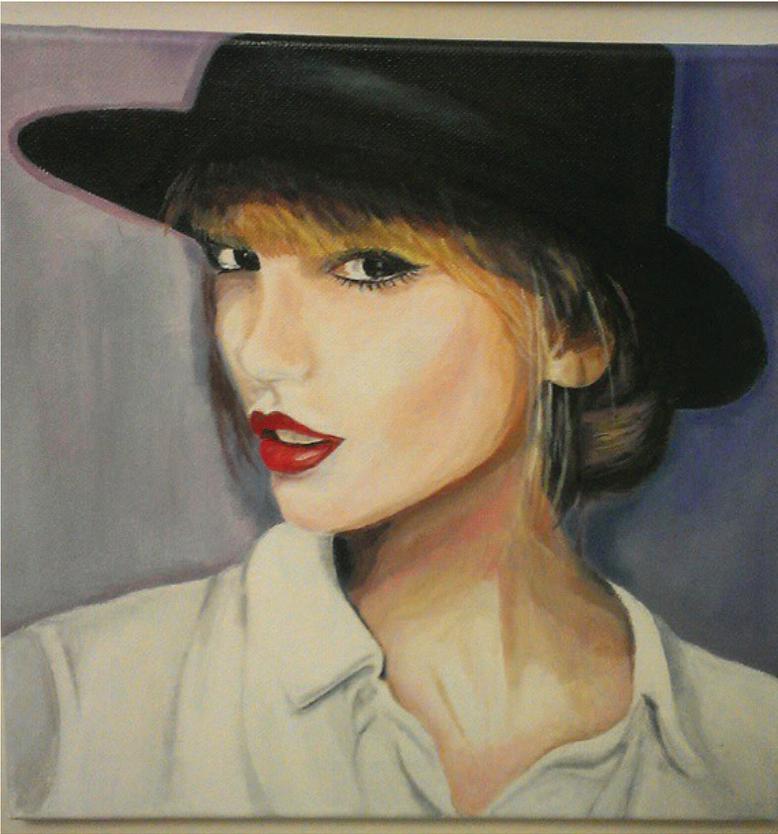
Peace & Love,
Brett

WHITEBOARD MAGIC

By Bin Shin, 1T6

Featuring the likeness of:
Joseph Samuel, 1T6
Sam Lee, 1T6





By Dennis Tran, 1T7



By Jennifer Wang, 1T7