

Volume 18, Issue 3 2016-2017

# MONOGRAPH

*The Voice of the Pharmacy Student*



# the MONOGRAPH | volume 18, issue 3 2016-2017

Hi Pharmacy!

Happy New Year! Welcome to Issue 3 of the Monograph! We hope you had an excellent Winter break, and that you can take on midterms full force!

We are very pleased to announce the winners of last issue's Colouring Contest! Thank you everyone for participating!

The winners were:

- Alex Mok
- Maria Moreno

Thank you to Chelsea Geen of 1T8 for collaborating with the Monograph! We look forward to any other collaborations that our student body has to offer!

This issue we have a Diabetes Awareness Corner. In order to be eligible for the \$5 gift card to Tim Hortons, you must complete BOTH the word search as well as the word jumble!

The same rules apply for submission: into the polka dot Monograph Box it goes!

We hope you enjoy this issue!

*Naomi Lo and Natalie Ternamian*

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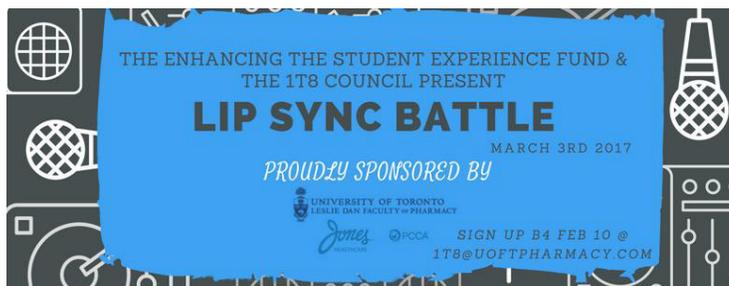
*The Monograph could not be brought to you without the hard work of the following individuals:*

- |                    |                             |
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An army of dedicated Staff Writers  
... and you, for reading the Monograph :)

January- February 2017

## Local Advertisements



The Enhancing the Student Experience Fund and the 1T8 Class Council proudly present PAM's 1st Ever Kick-off Event: *a Lip Sync Battle!* On *March 3rd 2017*, help us kick off PAM and find your voice for the profession!

Simply, lip syncing is trendy right now! Lip syncing is when you move your lips in sync with the lyrics of a song, attempting to convince others that you are the real singer with props and costumes. It's an avenue where creativity and originality is highly encouraged, and is truly an attainable feat for anyone! Remember confidence is vital for pharmacy students!

Other perks include *cash prizes for the 1st and 2nd place winners*, a renowned judging panel of pharmacists and faculty members, and appetizers for your fans and our crowd. Sign up at [1t8@uoftpharmacy.com](mailto:1t8@uoftpharmacy.com) before *February 10th* to secure a place on the performers list.

We hope to see you there!

# UPS ADDRESS

## Hello Pharmacy!

As we unravel the beginnings of a fresh new year, we would like to welcome you back to yet another great semester at the Faculty. We hope that you guys are nice and recharged from the winter break, and ready to make 2017 your best year yet!

First, a big congratulations to the class of 2T0 for being officially welcomed into the profession of pharmacy as part of the White Coat Induction Ceremony.! Now not only can you look the part, but you can also play the part of the pharmacist, as you sport your brand new white coats in MTM!

While there is no avoiding classes and midterms in the semester, there are certainly a number of events and activities organized by the UPS and other groups at the Faculty to wind down from those long days of studying. It's never too late to join intramurals, so don't be afraid to contact our UPS Athletic Directors (Elise DeFrancesco and Sylvia Kong; [athletics@uoftpharmacy.com](mailto:athletics@uoftpharmacy.com)) for more details! Along with our many Lunch & Learns, the UPS has worked very hard to bring to organize signature events like the OPA Hockey Cup against Waterloo, Semi-Formal, Awards Night, and much much more!

Pharmacist Awareness Month (PAM) will be taking place in March and it is dedicated to recognizing our profession as well educating other healthcare professionals and patients about the expansive role of a pharmacist. Be sure to keep an eye out for a number of events organized in collaboration between UPS, CAPSI, IPSF, SOAPE, and more!

Finally, it's never too late to think about getting involved and taking up a role with UPS and Council next year. It is without a doubt one of the best ways to expand your network, hone your skills, and make the most of your education. Class council elections happen around March!

As always, please do not hesitate to contact us regarding any matter of student life. We're here to help and it is always a pleasure meeting you guys.

Have a great semester!

Keep it classy,

*Faraz Razzagh and Alex Mok*  
*UPS President and Vice President*

Contact us: [ups@uoftpharmacy.com](mailto:ups@uoftpharmacy.com)



Your UPS Vice President Alex (left), with UPS President Faraz (right), showing their support during January's Cancer Awareness Week.

# CLUBS CORNER- CAPSI

Professional Development Week (PDW) is the largest student-run conference in Canada. This year PDW 2017 was hosted January 4th - 7th by the University of Manitoba in the beautiful city of Winnipeg! We were lucky to have students from all years representing UofT at PDW this year. The theme of this years conference was “Beyond Boundaries” and delegates learned how pharmacy is going above and beyond the current perception of a pharmacist. There were some amazing talks including a panel on hospital pharmacy practice and a talk on veterinary medicine.

During this time our CAPSI Representatives Maria Moreno (Senior) and Nisha Gajaria (Junior) attended four full days of CAPSI National Council meetings. They represented the interests of UofT pharmacy students during this time and discussed strategies for the year ahead. These meetings are important, as they bring all pharmacy schools together to create OUR national voice as pharmacy students. Through CAPSI, we are able to connect over 3500 pharmacy students across Canada!

At the closing and opening galas students were able to show off their amazing talents both inside and outside of the lab. Our favourite phrase during the awards portion of these galas was, “From the University of Toronto...”. Below is a quick summary of all the achievements from our fellow UofT students:

- Samier Kamar (1T8) placed second in the national Over The Counter (OTC) Competition
- Faraz Razzagh, Halina Lam, Arpit Shah and Arpit Chhabra (1T8s) placed second in the national Compounding Competition.
- Vivian Tsoi (1T7) received second place in the national Student Literary Challenge (SLC)
- Anushya Vijayaraghevan (1T8) placed third in Canada’s Next Top Pharmacist Competition.
- Erin Cicinelli (1T7) received the CSHP-CAPSI Hospital Pharmacy Student Award and UofT’s CAPSI-Pfizer Consumer Healthcare Guy Genest Passion for Pharmacy Award
- Brad Wong (1T9) received the CAPSIL Translation Award
- UofT received third place for the Award of Professionalism for our 2016 PAM campaign.
- IPSF placed third for the IPSF Health Campaign Award for their 2016 Anti-Counterfeit Drug Campaign.



We also want to recognize all the other competition winners for working extremely hard during the PIC and Pharmafacts competitions!

Overall, PDW was an amazing learning experience for those who attended with many opportunities to learn and connect with students from across the country. Next years PDW 2018 will be in Edmonton, Alberta and we are excited to see what they have in store for us!



Best,  
Maria and Nisha



## CLUBS CORNER- IMHAP

# A Day in a Life: Patient Living with Schizophrenia



I force my eyes open as I am awakened by the deafening screams of my alarm. The clock reads 8:15AM. This is early, as the drowsiness from the handful of medications meant I could rarely ever get up before noon. I've always dreaded the first day of school. So does Lily. Lily is one of the three voices I hear. She tells me that everyone hates me and wants to hurt me. It's been two days since I've eaten because lately, she is certain my roommate is trying to poison my food. Lily constantly tries to convince me that the only escape from everyone's judgement is to take my own life. Last month, she almost succeeded.

I step into the shower hoping the sedation from the Seroquel will wear off. The medications do help. Somedays, they make the voices quieter and I feel like I can focus on a task for more than a couple of minutes. Other days, they make me feel empty and I feel nothing at all. These are the days I beg the voices to come back, just so I can feel something, anything.

As the steady stream of warm water engulfs me like a comforting blanket, Sarah whispers to me that my friends are excited to see me. Sarah is the comforting voice that I hear. She often calms me down during my panic attacks and even encourages me to seek help when the other voices get too loud. I wish she would talk to me more often.

Sarah's whispers gradually grow softer and fade away with the trickling water. Julia's voice is always so deafening. Sometimes she talks so loud I can't hear anything else around me. Julia is the last of the three voices I hear. She tells me that I'm always being watched. She is the reason I am my default paranoid self. It doesn't take long for Julia to convince me that a secret non-government organization had set up cameras all over my bathroom, live-streaming the video to the desktop monitors of my closest friends. I panic. Frantically trying to peep into the shower drain and take apart the showerhead, I let out a desperate cry for help – stop... please stop watching me.

I turn off the water. I needed to get out of there. Julia's voice doesn't get any softer. Soon it becomes the only thing I hear next to the desperate pounding of my heart. Shut up... shut up... shut up! I swing open the medication cabinet. Frenzied, I reach for my medications. I wrap a bath towel around my body as I sit bare-naked, shivering on the cold bathroom floor. Each second feels like a decade as I wait for the voices to subside only to know that I will soon be pleading to hear them again.

### Keeping Up-To-Date with IMHAP

IMHAP had a successful turnout at our Mental Health and Chill movie event. The featured film was A Beautiful Mind, which showcased the trials and tribulations faced by a schizophrenic patient. This semester, IMHAP plans to host two more movie events featuring different mental health issues followed by a facilitated discussion led by healthcare professionals specializing in this field. Other things to be on the look-out for from IMHAP include a Lunch-and-Learn Mental Health Panel as well as fundraising initiatives in support of CAMH's Gifts of Light campaign.

We hope to see you at the events!

The IMHAP Team

## CLUBS CORNER- PSFCA

Right: The PSFCA table at the Pharmacy Wide Bake-off, on November 15th, 2016.

PSWH, PharmaPride, COMPPS, Pharmacy Choir, Pharmacy Awareness of Geriatrics, Empowering Students with Board Games and Leisure, and PSFCA all contributed their time and delicious baked goods to raise money for the Prostate Cancer Research Foundation of Canada.

Pictured here are Stela Danaj and Fulbert Fu.



Hi Pharmacy!

First semester is over and second semester and 2017 is upon us! After the many wonderful events held in first semester and the overwhelming support from you all, the Pharmacy Students for Cancer Awareness (PSFCA) club's main New Years resolution is to keep the ball rolling. We would like to take this opportunity to update you all on what the PSFCA has been up to in the past few months.

In November we held our successful month-long Movember event and the Pharmacy Wide Bake-Off to raise money for the Prostate Cancer Research Foundation of Canada. In conjunction with PSWH, PharmaPride, COMPPS, Pharmacy Choir, Pharmacy Awareness of Geriatrics, and Empowering Students with Board Games and Leisure, the Pharmacy Wide Bake-off managed to raise a grand total of \$508.72 to contribute to this wonderful charity!

Next up in January, we had our biggest event of the year: Cancer Awareness Week (CAW). Jam-packed with fun and educational events every day of the week, CAW is an important time to raise awareness for cancer and to remind us of the power we all hold in making a difference. From trivia night to all day breakfast to the raffle, there was no shortage of fun events to make the week memorable. There was also no shortage of valuable information to be learned with the Monday lunch and learn and the Friday dessert and learn. Monday's event involved the invaluable opportunity to hear from a pharmacist and various patients, allowing insight into both sides of the patient care process. Friday's event allowed students to learn about the sociology of health with a talk from Dr. Kimberly Miller, an oncology psychiatrist. Students were also treated to a talk from McKesson about the various mechanical/assistive devices available to cancer patients. These talks are an incredible resource for information to supplement and support our school curriculum. One of the other key events of the week was the Hair Phair, where students donated their hair to make wigs for cancer patients and got waxed to raise money and show their support. Overall, the week was a great success and an inspiring example of what can happen when people unite to support an important cause greater than us all!

Those are our updates! Thanks for your passion for cancer awareness, and remember, #TogetherWeWill

*The Pharmacy Student For Cancer Awareness (PSFCA) Team*

## LEARNING ON THE GO- Drug Developments

# Not Only a Diagnostic Tool: Using Ultrasound to Improve Drug Delivery to the Brain

Farhat Hossain

A current challenge in treating brain-based illnesses is delivering an adequate amount of drug to targeted sites in the brain<sup>1</sup>. The brain, unlike peripheral organs of the body, limits the passage of polar or large molecules through the blood brain barrier (BBB).<sup>1</sup> The BBB consists of endothelial cells that are linked together by tight junctions and characterized by a layer of astrocyte end feet.<sup>2</sup> Due to the BBB limiting the amount of drug able to get into the brain, patients are often given a higher dose of a drug in order to achieve the desired therapeutic effect. However, these high doses of drugs may be accompanied by unwanted side effects. Thus, drug targeting in the brain would be desirable to avoid these potential side effects.

So, why not just directly inject the drug into target brain areas? This would seem like an effective and plausible method of directly delivering the drug to certain brain regions.<sup>1</sup> However, the risks of this highly invasive method include damaging healthy brain tissue, possible hemorrhage, and/or infection.<sup>1</sup>

A non-invasive method of potentially improving drug concentrations in the brain is the use of low power ultrasound combined with microbubbles to temporarily open the BBB to increase drug concentrations in the brain<sup>2</sup>. Initially, high power ultrasounds had been used alone in an attempt to open the BBB but the effects varied considerably. In some instances, the BBB was opened, but in others it would lead to a severe hemorrhaging.<sup>1</sup> To address this problem, the use of ultrasound was combined with microbubbles.<sup>1</sup> Microbubbles are 1 to 5 micrometer-sized gas-filled vesicles, stabilized by phospholipids, that are able to oscillate at a given frequency of ultrasound known as stable cavitation.<sup>1,2</sup> When microbubbles expand and contract in response to the ultrasound field, they create microstreaming, which induces a high shear stress that is able to disrupt the endothelial lining and open the BBB.<sup>1,2</sup> Additionally, microbubbles are able to concentrate ultrasound energy in the blood vessel, therefore a reduced ultrasound frequency is required to open the BBB and avoids the risk of a hemorrhage.<sup>1,2</sup> There have been concerns that this method has the potential to permanently compromise the integrity of the BBB, however preclinical studies performed in both rodents and non-human primates have not yet shown any adverse effects.<sup>1</sup>

In preclinical studies, MRI imaging is used to identify and target locations of interest in the brain<sup>1</sup>. In one study, the chemotherapeutic agent doxorubicin was delivered to brain tumors using this method and lead to a tumor reduction in several brain tumor models.<sup>1</sup> In fact, Toronto's Sunnybrook Health Sciences Center initiated the first clinical BBB study utilizing this therapeutic method on patients suffering from glioblastoma multiforme, a deadly type of brain cancer.<sup>2</sup> The goal of the study is to employ this method to locally open the BBB to enable the delivery of the drugs to the site of the tumour.<sup>2</sup> The results of this study are eagerly anticipated and may potentially revolutionize the way disorders of the brain are treated.

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## *IN THE NEWS- Pharmacy Perspectives*

# Reducing Medication Errors

Narthaanan Srimurugathan



Medication errors can have serious consequences for patients. According to the Canadian Adverse Events study, 37% of adverse events are preventable, and a quarter of such preventable adverse events are due to medication-related errors. Moreover, between 9,000 – 24,000 deaths each year are attributed to medical errors. In an attempt to reduce medication-related errors, the Canadian Society of Hospital Pharmacists (CSHP) strives to increase the extent to which hospitals and related healthcare settings apply technology effectively to improve the safety of medication use.

Bedside barcode scanning involves a nurse scanning a barcode on the patient's wristband to confirm that they are the right patient. The nurse then scans a barcode on the medication to verify that it is the right medication and dose, to be given at the right time and right route. Implementation of bedside barcode scanning at a hospital in the United States resulted in a 40% reduction in medication administration errors. It is also beneficial financially as although it costs approximately \$2,000 per harmful medication error averted, the cost of a harmful medication error can range from \$3,000 – \$7,500.

To improve medication use safety, Canadian hospitals were to use barcode scanning to verify medications prior to dispensing and administration, implement computerized prescriber order entry systems, and use electronic medical records for managing patient medications. Of the five objectives above, hospitals performed the weakest in incorporating bedside barcode scanning, with only 4% of hospitals nation-wide having scanned medications prior to administration. There are many challenges to bedside barcode scanning implementation. It requires a large amount of effort to redefine caregiver responsibilities and implement additional steps a caregiver must perform in addition to his/her hectic schedule. Furthermore, although bedside barcode scanning can be beneficial financially in the long run, it is very resource-intensive to set up. It is estimated that implementing bedside barcode scanning can cost from \$35,000 – \$55,000 per bed in the initial 5 years. Therefore, it can cost over \$3 million to implement bedside barcode scanning in the initial 5 years for a 100-bed hospital.

The use of barcode scanning to identify medications prior to administration in patients may be increasing, but their use is almost non-existent in most Canadian hospitals. Although it may be costly to set up initially, studies have shown that the benefits, both financial and medical, largely outweigh the costs.

- CSHP UofT Committee

Photo: Courtesy of rmsomega.com

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Leapfrog Hospital (2016). Factsheet: Bar Code Medication Administration. Retrieved from [http://www.leapfroggroup.org/sites/default/files/Files/BCMA\\_FactSheet.pdf](http://www.leapfroggroup.org/sites/default/files/Files/BCMA_FactSheet.pdf)

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*IN THE NEWS- Headlines in Healthcare*

# The Use of CAM by Breast Cancer Patients: How Pharmacists Can Help



Like our Facebook page to receive updates about PSWH events and current issues in women's health!  
[www.facebook.com/PSWHToronto](http://www.facebook.com/PSWHToronto)

Ersilia D'Andrea on behalf of PSWH

In recent years, there has been an increase in the use of complementary and alternative medicine (CAM) by Canadians. Broadly defined as medical practices or products that are not considered to be conventional, CAM includes the use of natural health products such as vitamins, minerals, herbs, and probiotics (also called biologically-based complementary medicines) as well as mind and body-based practices such as hypnotherapy and acupuncture. Many Canadians have been following the growing trend of using CAM to manage minor ailments, while others use CAM to treat serious and complex diseases, often as part of a larger prescription drug regimen.

A systematic review published last fall by researchers at the University of Sydney examined the use of biologically-based complementary medicine by people battling cancer in several countries around the world. The researchers analyzed relevant journal articles published between 2003 and 2016 and found that the use of biologically-based complementary medicines is especially prevalent in younger female cancer patients, specifically those with breast cancer. Their analyses also revealed that women with breast cancer often do not disclose to their physicians or pharmacists that they use CAM. The most cited reason for this was the assumption that CAM would not have any impact on their chemotherapy treatment. However, using CAM together with chemotherapy and other prescription drugs increases the likelihood of known drug-herb and drug-nutrient interactions. This can significantly influence the effectiveness of anti-cancer therapies in these women, and may even be dangerous. For instance, frequently used herbs such as Echinacea and St. John's Wort alter the activity of cytochrome P450 enzymes and P-glycoprotein drug transporters that are important in chemotherapy drug metabolism, and may lead to liver toxicity. Therefore, it is not surprising that there is an important role for oncologists and community pharmacists in educating and monitoring breast cancer patients using CAM alongside conventional anti-cancer therapies. Pharmacists are in an excellent position to apply their knowledge of therapeutic drugs in the care of breast cancer patients to ensure their safe and effective use of CAM. Of course, this can also be said for the care of people with other types of cancer.

A major challenge that the researchers identified was the disconnect between hospital and community pharmacies. While chemotherapy is typically administered in the hospital setting, CAM products are sold in pharmacies and often by non-pharmacist staff. For this reason, it is important that pharmacists are aware of how to better identify women who are using CAM with anti-cancer drugs, so that they can communicate with them to learn about their reasons for using CAM and provide the appropriate intervention. This is especially important in areas with high cultural diversity, since there will be more patients familiar with the traditional medicines of various regions.

A 2007 study found that in Canada, the most cases of breast cancer occur in Ontario, which contained 8200 out of 21 600 nation-wide cases in 2005. This study also found that 66.7% of breast cancer survivors in Ontario had used CAM in some form during their treatments for decreasing depression, fatigue, anxiety, sleep disturbances, and physical symptoms associated with chemotherapy. Since this study was published, it is likely that a higher percentage of Ontarian breast cancer patients and survivors are using or have used CAM. However, just as the Australian review study recognized, there is a lack of publications focused on developing the pharmacist's role in the care of breast cancer patients and cancer patients in general, and this is true of the scarcity of publications dedicated to the impact of pharmacist intervention in women's health. Hopefully, more research will be done to further acknowledge the role of pharmacists in helping patients using CAM in these populations.

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## IN THE NEWS EXTENDED- Recipes

# Cooking Without Scales: Curry Beef Puff Pastry

Shan Lau



I love puff pastry. Store bought ones are fine, but homemade ones are even better. Puff pastry can be used to make cheese Danishes, sausage rolls, croissants, or beef Wellington. In this article, I would like to share with you a recipe that I discovered and have been enjoying over the past few months: curry beef puff pastry. (Total time ~20min)

### STEP 1

What You'll Need:

- 1/2 a package of puff pastry (around 250g)
- 1 egg
- 1 cup minced beef (about the size of your palm)
- 1/2 onion (1, if small)
- 1 cube Japanese curry paste (I recommend Vermont Curry Medium Hot)
- 1 tbsp butter

### STEP 2

Instructions for the pastry wrapper:

- Leave the puff pastry dough in your kitchen until it is at room temperature
- Roll the dough out until you form a decent size square
- Use a knife to divide it into 4 portions

For the curry beef filling:

- Dice the onion into small pieces
- Heat the butter in a pan, sauté the onions and cook the minced beef in the frying pan
- When the beef is no longer red, add any spices you desire, and the cube of curry paste and mix well.

### STEP 3

Instructions for Assembly:

- Scoop about 2 spoons of filling into each wrapper
- Beat the egg to make an egg wash
- Brush egg wash on 2 adjacent edges of each wrapper
- Fold the wrapper, with the egg wash as the seal, to form 4 triangles
- Transfer 4 filled puff pastry onto a baking sheet
- Brush egg wash all across the surface of the pastry
- Bake it at 450 degrees Fahrenheit for 15 minutes.

Voila! You have a delicious, home-cooked Curry Beef Puff Pastry! This recipe is pretty versatile and you can substitute the beef with ground turkey, pork, or chicken. I hope you enjoy this as much as I do!

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## ENTERTAINMENT- Movie Reviews

# Rogue One: A Star Wars Story

Joseph Correia

Star Wars is back! *Rogue One: A Star Wars Story*, directed by Gareth Edwards, is the eighth live action Star Wars movie. It takes place right before the events of Episode IV: *A New Hope*, however it does not consider itself as part of the linear saga like the other Star Wars movies. Instead, it is a stand-alone film that builds on the Star Wars universe. Besides the title of the film, it distinguishes itself in a number of ways such as the absence of a crawl text, a unique score, and a cast of new characters featuring only cameos from those present in the main story line. The story in this film concerns itself with how Princess Leia obtained the plans to the Death Star that we see her with in *A New Hope*.

The point of a movie like this is to add something significant to the world in which it is expanding upon. This movie does this in a number of ways. First, it provides some context to The Rebellion. In the other Star Wars films, this group can basically be summed up as the good guys. In this film, we see that they can be a little bit shady as well, which makes this group more interesting and allows them to be viewed slightly differently upon subsequent viewings of the other Star Wars films. Second, the movie addresses a problem in *A New Hope* that has been somewhat of a joke to fans for years. Remember how easy the Death Star was to blow up? It basically had a self-destruct button built into it so that the Rebellion had a way to destroy it during the climax of the film. This film provides context to that in a very satisfying way. Besides adding to the franchise, the space battles are some of the best these films have to offer and are on par with even those iconic battles we've seen in Episode V: *The Empire Strikes Back*. Also, every scene Darth Vader is in is phenomenal. Both his dialogue and action scenes are everything you want to hear and see from this legendary character.

This movie is not the best Star Wars movie out there. Some of the characters are a little dry. The best character was the new droid K-2SO voiced by Alan Tudyk, but even some of his lines fell flat. Granted these are new characters and may lack the nostalgic feeling some of the older characters have to offer, Episode VII: *The Force Awakens* was able to introduce new characters like Kylo Ren and Poe Dameron that are now among my favourites in the franchise.

Overall, I highly recommend this movie. I think some knowledge of the Star Wars universe might be a prerequisite for watching this film, or else the scenes with Darth Vader, the cameos, and even the storyline won't have the same impact as it would otherwise. I am definitely looking forward to seeing more movies expanding upon this universe. May the force live on!

Verdict – 3.5/5

Photo: Courtesy of comicbook.com



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## ENTERTAINMENT- Album Reviews

# The Most Underrated of 2016: Kamaiyah's A Good Night in the Ghetto

Stefan Saragosa

East Oakland rapper Kamaiyah's debut mixtape, *A Good Night in the Ghetto*, may very well be the most convincing debut by a female rapper. Centred around crisp and smooth west-coast g-funk beats, with notable production contributions from CT Beats, Trackademicks and Link Up, the album really shines at playfully engaging in first-degree philosophies.

*A Good Night in the Ghetto* tells the story of Kamaiyah's rise to champagne drinking, money-making and commitment-free lays. Fittingly, this one woman success story resists the temptation of multiple features, ensuring the project's spotlight is focused squarely on Kamaiyah's poise, flow, and unadulterated real-talk. As the most prominent feature on this album, YG's braziness is a natural kindred spirit for the destruction-driven track 'F\*\*\* It Up.' This excellent duo also got busy on a collaborative track with Drake in 2016, the defiant 'Why You Always Hatin'?', featured on YG's sophomore 2016 release, *Still Brazy*.

*A Good Night in the Ghetto* makes excellent use of three interlude tracks, entitled 'Hoochie Hotlines'. They are low-fi, grimey reproductions of pre-night-out-on-the-town girtalk: Homies yelling over who should answer the phone as a blowdryer goes off and girls argue over hair braiding tightness and getting picked up at the club. These interludes excel at creating context in an amusing and humorous manner and also serve to tease the next beat.

Kamaiyah's ability to adapt her cadence and tone, alternating between rapid spitting and holding sung melodies, are both her stamp of authenticity and versatility. Over playful, bright, funky beats, the opening track 'I'm On' begins with a nostalgic aggrandization of broke ghetto life and digresses into a party in which liquor is consumed directly 'Out the Bottle'. 'Ain't Goin Home Tonight' is a smooth expression of Kamaiyah's hook-up fantasy. This fantasy continues and gets nasty on 'Freaky Freaks' and rejoins Kamaiyah, now turnt, aroused, and pressing for some action. Still working that straight talk, *A Good Night in the Ghetto* boldly challenges its own premises and tenets on 'For My Dawg', a song about her friend's cancer, to explore antithetic sentiments of helplessness and humility.

Hip-hop aficionados that allow themselves to be swayed by *A Good Night in the Ghetto*'s sass and swag, will inevitably find themselves howling along to Kamaiyah's outcries of "Hoochie Hoo".

Overall IRating: 8.3/10



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## ENTERTAINMENT- *Campus Drama*



# Carrie: the musical

Lyudmyla Pashkivska

The next masterpiece to be performed at the Hart House Theatre is *Carrie: the musical*. This play is based on a Stephen King novel about Carrie, a highschool student that is taunted and oppressed by her peers, teachers and even her own mother. After repeated public humiliations she gets revenge. For this issue of the Monograph, I interviewed Nate Bitton, who is the fighting director for this performance. Nate has received an Honors Bachelor of Arts in Theatre and Drama Studies from University of Toronto Mississauga and is a Certified Fight Director and Stage Combat Instructor.

Q: What drew you to theatre?

A: I guess, I have always been a performer. I grew up in a small town about 2 hours outside of Toronto called Listowel. My mom was in a group called Music Alive and they would do a musical every year. When I was really young, she would take me to rehearsals and I would watch them. Later when I was in high school, my drama teacher opened a theatre in town and I started working at front of house, doing technical work and acting in some shows. I always really liked theatre for the magic you can

create right in front of people. [For example] doing combat on film is cool, [but] when you are doing sword fights in front of the audience it is like a whole different world. It is something you don't get to see very often in real life. People do not engage in sword fighting in the middle of the street, which is probably a good thing. That is what I like most about theatre, that in your face magical quality.

Q: On your website, it says that you "work tirelessly to promote safe, engaging, story driven stage violence". Can you please expand on this statement?

A: Safety is always our first priority when we are doing stage combat. Especially when doing a show like *Carrie*, with 18 performances or so, you really must ensure that the actors can do the rehearsed steps every night and that nobody is getting hurt. We have to do this job for a very long time, and hopefully you have a long career in the theatre.

As far as the storytelling, for me that has always been the most important. I get pleasure from making the violence and the illusions of violence that I create, live in the world that the directors have made. Rarely will a fight be choreographed ahead of time and just be put into a show. I like to meet with the director, attend some rehearsals and see where this play lives. Then I work with the actors to create something that feels really natural, really visceral and really pushes the story forward. My fighting instructor Daniel Levinson said that like in a musical, when emotion gets so high that people have to start singing, when emotion get so high words that fail, that is when people start fighting. And I always try to keep in the back of my mind answers to some questions. Why are we doing this fight? What do we have to achieve? Where does it go from there?

Q: How does combat tie in with the storyline in *Carrie*?

A: When I first met with the director of this show, Richard Ouzounian, he talked a lot about bringing a strong element of bullying into it. In the book and in the movie there is obviously bullying. Unfortunately, it is timeless. There is only so much that you can do verbally on the stage with the script you are given and we wanted to show all different types of bullying, so of course the physical aspect of that. In the earlier stages of the play I worked with Amanda, the choreographer, on some of the numbers to build in some physical violence towards Carrie. So when Carrie finally snaps and starts to destroy people that bullying comes back in this sort of twisted mirror of movement. In this particular production we will not be using wires to fly Carrie. We are using violence, movement and dance to create those similar illusions but more in our world.

Q: Can you tell us about the use blood and gory props on stage?

A: Blood is an iconic moment in *Carrie* and from a theatrical staging perspective, it is a difficult thing. Dropping a bucket of blood on the stage is a nightmare, but that must be done. The audience attends this play because want to see it. This scene comes with its challenges, such as making the blood fall right, and look right. Another challenge is navigating around the blood once it is on the stage, to keep it safe and prevent actors from slipping on it. Additionally, we have a few prop knives. We are in the process of figuring out how we can use some props to engage and make it look like people are actually stabbing maybe themselves and maybe other people. To me, those gory moments are always especially important. If you can make them work, they are very rewarding.

Carrie: the musical continues from page 12



Sometimes, if it doesn't work just right, the audience might not quite know why they didn't love that moment. And they will probably be ok with it. However, when you can really make a gory moment like that work, you can get a real reaction out of people that they will remember when they go home. Again it is different than going to see a horror film, you get that watching movies but you ultimately know it's a movie. With this happening right in front of you, it's a different kind of a response.

As a big fan of Hart House musicals, I am really looking forward to attending Carrie: the musical. The next Hart House production is called 7 Stories. It is a black comedy about jumping off a building and it will be running March 3rd to March 11th.

## OPINIONS- Interests and Perspectives

### Where Do You Work?

Josephine Ho

I'm sure a lot of us have the same answer to that question, which is that they are working in a pharmacy. Now this answer may satisfy most of the people who posed the question in the first place, but for some really bored at a Christmas get together, they may decide to hop onto the journey of asking about exactly what you do. I suppose some of this may only be of my own experiences, but it was quite a recent realization that I thought would be interesting to share. I started to tell this cousin that I do things like greet patients, process prescriptions, count pills, and counsel on medication. I also wanted to make it sound a bit more interesting by saying that we are occasionally blessed with prescriptions to compound cool creams or even better, opportunities to do a MedsCheck. To seal the deal, I even threw in that pharmacists are now allowed to administer many types of injections. That answer seemed to satisfy their curiosity, but the more I thought about it myself, I realized that all of this is only about half of what I do as a 'pharmacy student'.

I suppose we should backtrack a bit, as before I was a pharmacy student, I was a pharmacy assistant. Even before that, I was a pharmacy volunteer, straight out of Grade 9 tagging along to go to work with my sister. They gave me things to do like check the shelves for expired products, shred old paper hard copies (I did that for a full summer, eventually optimizing my technique to maximize efficiency), and help customers with the photocopier. The next summer, I got upgraded to counting pills and even working the cash register. A few upgrades later, I got 'promoted' to a pharmacy assistant and did more pharmacy related things.

Thinking about it now, most of what I do now is still what someone would do if they worked at a supermarket. I still get to price candy bars, re-stock pop, dust the OTC shelves, mop the floors, and serve customers. I say "customers" instead of patients because working in a community pharmacy with a large variety of OTCs, most people who walk in are just customers. They may have no intention of ever filling a prescription here, which is perfectly fine. For example, one summer day, I was standing at the counter, ready to introduce myself as the eager-to-learn pharmacy student who is excited to answer any drug related questions. Instead, I was asked "Where's the gum?". Still excited, I directed this elderly gentleman to the gum and candy display, where he was initially blinded with colourful and a seemingly endless panel. "I'd like something minty, but not too strong," he ponders. I thought to myself..."should I attempt to show empathy by paraphrasing his gum preferences?" Instead, I point to my favorite gum, look at him and nod, as if it was a top secret superior product to the others. Did I just make an "OTC" product recommendation? Possibly. Did I just base this recommendation purely on anecdotal evidence instead of making an evidence based decision? Definitely.

So what was the point of that story? Well, I guess it was to show that even though I work at a pharmacy, sometimes it feels like I am working in any other retail store. I don't know if this is only the case in independent pharmacies (or even just at my store), but I quite like this diversity. It makes the job even more interesting as you never know when someone may come in wanting your advice at the sunglasses display.

"Did I just make an "OTC" product recommendation?"  
-Possibly.

Did I just base this recommendation purely on anecdotal evidence instead of making an evidence based decision?  
-Definitely."

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## OPINIONS- Interests and Perspectives

# Brett's Best: The Best of 2016

Brett Hevenor

2016 has finally come to a close. But while many believe that a year like 2016 is best forgotten, it is important to remember to always look on the bright side of life. In that spirit, I here at the Monograph have compiled a list of the "Best of" 2016. Best of what, you ask? Best anything of anything! If there's a thing, the most "that thing" of all things is the best of that thing. This is a list of those things. Enjoy.

### **Best Thing: "Best of" lists!**

We are definitely well into the Age of Information, and the amount of TV shows, movies, news stories, lectures, listicles, and advertorials that we're expected to experience and discuss seems to increase exponentially year after year. And 2016 was arguably the most recent year yet. That's why "best of" lists have exploded onto the scene, helping save us valuable time by letting a trusted individual decide what's important for us to be exposed to. That way, we don't have to see things we don't want to see. What could go wrong?

### **Best Food: Sushi Burrito**

The best culinary result of globalization since 2015's Cronut (croissant + donut), the sushi burrito left other on-the-go mashups behind in the dust this year. The key to its success was filling the vacuum in the handheld food market after Health Canada banned edible smartphone apps.

### **Best Drug: Vitamin D Gummies**

It's like a little consolation prize when sunset comes around and you realize you didn't go outside all day. Better luck tomorrow.

### **Best Institute, at the University of Toronto: 112 College St.**

Sorry, not an entry on the list, I just need to remember where this is.

### **Best Wurst: WVRST (609 King St. W)**

Question further than WVRST and get cursed! For your Oktoberfest quest you can bet it's best. Better yet, wet your whistle too with a frigid brew. But beware, most of the menu's a hurdle to digest.

### **Best Gum: Chewing**

Sorry pine, you had a good run.

### **Best Friends Forever: Me & Ben**

Since first meeting in a CPR course in September 2014, our friendship has steadily grown to the point that if we saw each other on campus, we'd give each other a nod of recognition, even if we saw each other earlier that day! I'm always looking forward to the next laugh we'll share. Love you buddy.

### **Best Album: Blackstar by David Bowie**

From the quiet nervous drive down the empty roads of the album's namesake opener, to the red-eye flight of "I Can't Give Everything Away", this tenebrous trip shows us once again that Mr. Bowie isn't going anywhere any time soon. Each addition to his oeuvre just makes us more excited for the next! No word of a tour yet, but let's all keep our fingers crossed.

### **Best Celebrity Death: Patrick Stewart**

Jean-Luc Picard AND Charles Xavier? Sir Stewart, your contributions to the stage and screen will not be soon forgotten. Thank you for the laughs, gasps, and tears through your many years. RIP.

### **Best Cancer: None**

Obviously. What's the matter with you?

### **Best Buy: A drone my buddy got on Boxing Day**

He got it on sale at one of those big gadget stores. I forget which one.

### **Best of You: Foo Fighters (4:16)**

Everyone's got their chains to break.

<3 RIP Dave Grohl (1969-2016) <3

### **Best Movie: Arrival (2016)**

Amy Adams' understated performance adds the right amount of heart to this heady sci-fi drama from director Denis Villeneuve (Sicario, Enemy).

### **Best "Best of" List: This one!**

And that's a wrap! All the best for 2017.

Best,  
*Brett*

# OPINIONS- *Interests and Perspectives*

Remember, horoscopes are just for fun! Your true reality isn't determined by words written on a paper, but rather your passion, love, positive thinking, active efforts and hardwork (with just a sprinkle of fate and luck as well, let's be real lol). If you ever feel stuck along the way to your goals and dreams, don't be afraid to reach out to your peers!

Wishing everyone the absolute best for 2017!!

## Yearly Horoscopes

Natasha Dogra



Capricorn, Happy Birthday! Things have certainly been hectic for you these past few months, eh Capricorn? Things should become clearer for you near the end of January, so fret not! Your support system is developing well around you, and will be a wonderful foundation for your upcoming career transitions. Approach new opportunities and life changes with a positive attitude! You will achieve great success in 2017. Be sure to manage and assess your finances and budget before you plan that trip you are thinking about!

A great way to start the year for you, Aquarius, is by writing down clear and realistic goals for yourself! There has been a lot of transition and changes happening around you which can make things a bit distracting! Organize your thoughts and ideas in a notebook or calendar to help visualize your next steps! It seems that money is on your mind, so these clear goals will help you strategically achieve your desired financial position. Staying organized is the focus for this month and will help you build a great foundation for 2017! Keep it up!



It seems you are looking for transformation in your environments! Be creative and optimistic and you'll achieve the changes you need! Work with others and your collaborative efforts will bring you closer to your goals. Maintain your positive organizational habits especially as you seek out career changes. Your money situation may have been a tad inconsistent but things should settle as your career stabilizes over the course of the next few months. Lastly, focus on saving money when you can.

Wow, January has been somewhat of an emotional month for you, Aries! As your career begins to pick up in pace, remember to think about options carefully and with a clear mind. The current planetary alignment is expected to bring some important and positive changes to your career which will allow you to progress smoothly towards your goals! You also may have spent quite a bit of money during the well-deserved winter break-so watch your finances closely for the next few months to get things back up to where you need them



Look up! The stars seem to be lined up in your favour, Taurus! 2017 will be a good year and the universe will provide unique resources you need to help bring you to your desired destination. You will be quite busy at the start of this year. Try not to get distracted by the small things, which can pull you away from what urgently needs to be done. Be sure to write down your goals and stick to them the best as you can, especially considering that the Taurus is known to be a bit of a day-dreamer! It will take some time to recover from the holiday expenses but you will surely achieve your desired financial stability soon.

Gemini, it seems this year the people you surround yourself with will play a great role in helping you to move towards your goals! Moreover, financial changes will take place either for you or someone close to you. Furthermore, the answers to any questions or clarifications you need regarding finances should become more clear in the coming months! 2017 is a year of great productivity for you so don't lose the good momentum you have developed! Keep up the good work!



## OPINIONS- *Interests and Perspectives*

# Yearly Horoscopes Continued...

Natasha Dogra

### CANCER

JUNE 21- JUL 22

Cancer appears to be undergoing many changes in all aspects of life! You have plans, specifically related to your career, that you would like to put into action this year, and things will certainly begin moving! It seems some of your personal and social changes may also encourage reevaluation or alterations of your present career choices. It is expected that this year will be fruitful and lucrative! Cha ching!

You've been working really hard, Leo, and your efforts are noted! As career changes begin happening be sure to review all details carefully to stay up to date! Do not be afraid of change and remember that we grow through new experiences! There may be times you feel exhausted with the responsibilities around you but remember your goals are so close to being achieved! Keep at it, you can do this!

### LEO

JUL 23- AUG 22

### VIRGO

AUG 23-SEP 22

Oh intelligent Virgo, it seems that you will be dabbling more in your creative side this year! Your innovative ideas and approach to life will open up some new and interesting career opportunities! Your leadership and organization skills will be showcased successfully this year. Promotions or desired financial and career changes are likely! You are quite a perfectionist, so your work ethic is often admired. However, you may sometimes push yourself quite hard so it is important for you to remember to take breaks as you work and to make time to relax throughout your day.

Academics will be a success for you this year, Libra! Your dedication and open-mindedness play a huge role in your accomplishments this year. Your career experiences will prove to be fruitful and will help you learn the skills you are looking for. Do not be afraid to ask questions. If your financial situation needs some work, remember to ask yourself: "Do I really need this?" before each purchase! The theme for this year is balance (surprise, surprise-I know lol)...but truly, focus on balancing all aspects of life, such as: diet, work and rest, family time and social time. Practicing the art of balance always works in your favour, Libra!

### LIBRA

MAR 31-APR 19

### SCORPIO

OCT 23- NOV 21

Scorpio, your ability to communicate will be fantastic this year! You will also be very creatively expressive which will help others understand who you are as a person and what skills you can bring to the table. Partaking in artistic endeavors or hobbies always brings good energy to the artist and you will certainly feel these benefits this year! Financial clarifications will be achieved in the early months of 2017.

Your interesting and creative approach to life will be recognized by those you work with and will help you in your academic and career life, Sagittarius. Be open to learning new things and your work experiences will prove to be more fruitful both personally and financially! Sometimes you can get distracted when things begin to repeat themselves, Sagittarius, so remind yourself of your goals and continue pushing forward! You can do this! It seems the way you manage finances could change this year so if transitions occur be sure to stay organized.

### SAGITTARIUS

NOV 22- DEC 21

*OPINIONS- Interests and Perspectives*

# Wildlife Photographer of the Year Exhibit

Edward Ho



The Wildlife Photographer of the Year exhibit is back in Toronto! On display until March 19, 2017 at the Royal Ontario Museum, this exhibit has returned for its fourth, and perhaps final, showcase. I had the opportunity to attend a behind-the-scenes preview of the exhibit in November prior to its official public debut. The level of skill displayed by the contestants, some even as young as six, is simply astonishing!

Back in 2013, the Wildlife Photographer of the Year exhibit made its first debut at the Royal Ontario Museum; four years later, it returns yet again by popular demand. For those unfamiliar with this exhibit, National Geographic annually

sponsors a contest whereby the top 100 photographs taken of nature are selected by an international panel of judges. Photographs are categorized and selected not only by themes, such as “still shots and first shots,” but also by age such as “ten and under.” The photographs are then displayed at the London Museum of Natural History before travelling around the world to showcase its excellence.

I managed to have a quick chat with the curator of biodiversity at the Royal Ontario Museum, Dave Ireland, and he believes that, “this exhibit will continue to promote the importance of biodiversity.” That is completely true! As we approach what scientists describe as the fourth mass extinction, it is important to remember that the maintenance of biodiversity around the world is only possible if we work as a collective society. Therefore, should we continue to extract and utilize resources at the present rate, the survival of not only the diversity of life, but also the human species begins to become questionable.

Highly recommended? Definitely.

**PRO TIP:**

Beloved pharmacy students, should you express interest in attending this exhibit, it is at an additional cost on top of the entrance fee. Therefore, my suggestion would be to attend on a Tuesday, when the general entrance fee is waived as long as you have your T-card on hand.

Then, only the nominal fee of \$6 is charged for this exhibit!



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## DEAR DRUGGIST- Questions from Students

*Anonymous-1 writes:*

*“What’s the most rewarding part of your job? What do you do to bring yourself back up when you had a tough day?”*

Ida: One thing I always keep in mind as a practitioner is that there will be good and bad days. I wish my job was breezy all the time but realistically, that is just not the case. My patients are not always pleased and technology breaks down more often than I would prefer. Conditioning my mind that things will not always be perfect helps me prepare for when things don’t go as planned. People work for many reasons but personally, I work for one key purpose: to make a difference in the lives of my patients.

This sounds cliché but it is absolutely what keeps me going. Knowing that I am serving my patients is humbling and enables me to work collaboratively with them. On those rare tough days, I go home knowing that I did the best that I could within the timeframe I had. I try not to beat myself up about disappointing events because at the end of the day, there is only so much I can do. There are some things within my control and others that are not. For the things within my control, I own my responsibility and address them. For those that are not within my control, I just let them go. It’s harder than it sounds but once you practice long enough, it gets easier. I also don’t take anything personally when it comes to my job because after all, I am not there for me but for the patients. Learning not to take things personally is a surefire way to help you learn from mistakes and keep improving yourself professionally. In short, there are two things that keep me going: working with a purpose and not taking things too personally.

Hope this helps!

*Ida*

*Anonymous-2 writes:*

*“Given pharmacy is a fast-paced environment, what personal measures have you put in to make sure no mistakes are made? Above and beyond the “systems-level” precautions of computers and such.”*

Ida: My goal is not necessary to avoid mistakes but to detect them. Inasmuch as pharmacists we do our best to avoid mistakes, there will be times when we will make mistakes, because we are human. Training myself to detect mistakes when they happen is a much more realistic, and arguably more effective, approach.

Personally, I find that the best ways to detect mistakes is by always double-checking your work and by not depending on computer systems. Having the capability to use our clinical judgment to make patient care decisions is one of our most important roles as pharmacists. I make sure that I keep up to date with current evidence and practice-relevant issues so that I can apply sound clinical judgement. I attend conferences, have an active subscription to relevant journals, and consult with my fellow pharmacists as needed.

Hope this helps!

*Ida*

# PHARMACY SHOUT-OUTS!

Shout out to Arpit C. Hope ur helping with the mmi again this year so we can run into ur dear close friend again lol hahah

Hi Lucy, keep the wine coming please. Romina, you have to drink with us too.

Shoutout to Narth Sri, for lending me his mol pharm notes to copy and helping me realize that my own mol pharm notes aren't really that bad

Chris Gallant- low key package deal

Shout out to Arpit C for showing us how to always have chiseled hair

Shout out to Wana for always greeting me with much enthusiasm :)

Shout out to Steven Guan for always delivering amazing photo after photo, you got mad skills pham

Hisssssss

Wohoo 2017!!! Awaiting all the new opportunities and exciting news coming our way this year ;)

Sarah Kim

SHOUT OUT TO UPS MONOGRAPH REP- NATALIE TERNAMIAN for high quality productions

To Abas, Sara, Natalie, and Maria, I don't know how I'm going to survive 4th year without you guys, but thanks for emotional support and love you gave me for the past 3 years. Love u guys so much <3 -TP forever

Shout out to Khush for being an amazing person to talk to !

To Hanae N. -the Queen of the concrete jungle.

Shout-out to Jenny C for being a loveable geektastic nommer. Loving your new 'do girl

To my rosewater people, I wish I could post our photos here. LET'S GO AGAIN SOON PLEASE <3 and leave earlier this time.

Shout-out to Sara T for always putting forth her best smile and attitude in both council- and non-council-related matters! <3

Shout out to my roombaes and pharmaboobs! I <3 you guys ;)

Shout out to Vincent watch out for those glass doors buddy hahaha

Shout out to Elise and Sylvia for making intramurals hot again !

ARPEEEETTTTT

Shout-out to the BEST PDW SQUAD! All of you are phamily to me and I'll never forget the memories we shared together in Winnipeg! Hope we can all make it to next years PDW in Edmonton!

Encouragement

PDW #SQUAD

twenty-two

# Shout-Outs

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# STUDY BREAK- Diabetes Awareness Contest

Hey Pham,

This month, our 1T9 contributor Zarah Khan has prepared some fun games. You must complete BOTH SIDES of this page (pages 20-21) in order to be eligible to enter the contest.

Submit your completed page to the Monograph box (polka dot box outside B150). Further details about the contest will be posted your class' Facebook page. Good luck!

The Monograph Team

Name: \_\_\_\_\_ Year: 2T0 1T9 1T8 1T7

Email: \_\_\_\_\_

## ACTIVITY #1- WORD JUMBLE!

SCRAMBLED TERMS:

1. YAEHLHT GTAENI
2. GIENB VEICTA
3. TORGMINNIO
4. EIATOMSNICD
5. UCDRGNIE SSTERS
6. GVEPRINNTE OLIANOTIPMCCS
7. YLTHAEH GOCINP

SOLVED TERMS:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

# STUDY BREAK- Diabetes Awareness Contest

## ACTIVITY #2- CROSSWORD PUZZLE



FIND THE FOLLOWING WORDS IN THE WORD SEARCH

DIABETES

TYPE ONE

TYPE TWO

PANCREAS

GLUCOSE

EXERCISE

BLOOD SUGAR

INSULIN

BLOOD PRESSURE

CHOLESTEROL

MANAGEMENT

CARBOHYDRATES

HYPERGLYCEMIA “

HYPOGLYCEMIA

# STUDY BREAK- Behind the Lens



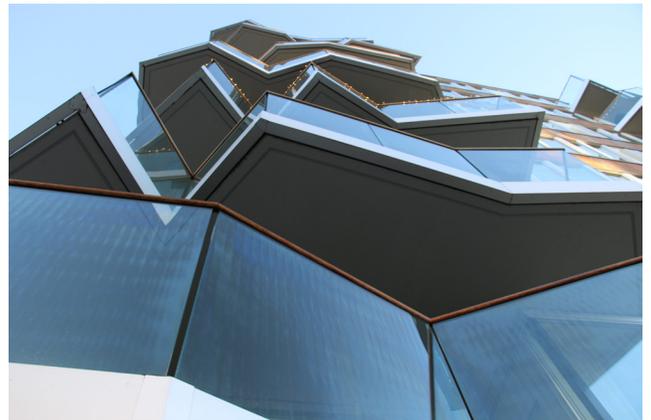
Iced Over  
Bailey Hogben, 2T0



Picnic Island  
Bailey Hogben, 2T0



Gressholmen-Rambergøya  
Sadaf Rai, 1T8



Condo in Oslo  
Sadaf Rai, 1T8



Timeless  
Tammy Nguyen, 2T0



Coffee Break  
Tammy Nguyen, 2T0

# STUDY BREAK- Behind the Lens



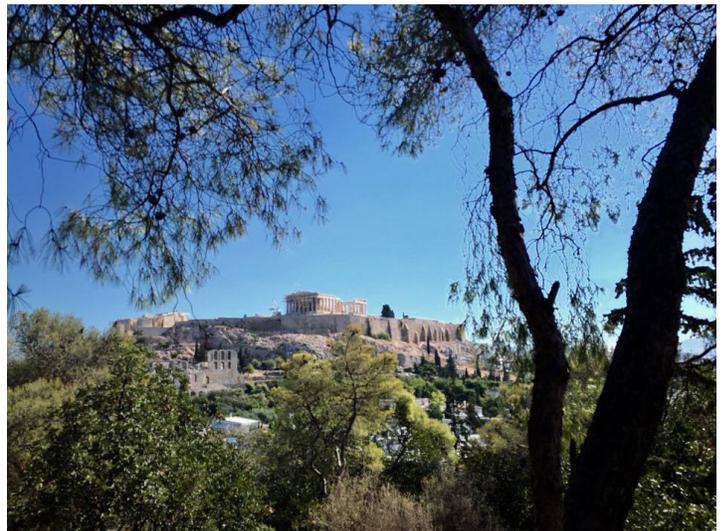
L'ora di gelato  
Hanae Mohamed, 1T8



Blossoming  
Hanae Mohamed, 1T8



Nature's Skyscrapers  
Hanae Mohamed, 1T8



Grecian backyard  
Hanae Mohamed, 1T8











