

Volume 20, Issue Three 2018-2019

MONOGRAPH

The Voice of the Pharmacy Student



In this Issue:

Interview with
Monica Gautam



6

Opinion: "We are
all going to fail"



12

Artist Spotlight



23

The Monograph Team

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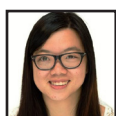
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Monograph is impossible without writers like you!

New year, new me?

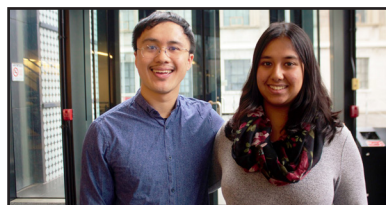
One of my favourite Youtube videos is "New Year, New Me 2016" by 4Yall Entertainment (shout-out to Brampton). The video hilariously explores our efforts to change and improve our lives every January. On that topic, some words of wisdom from Jay-Z:

"There are two possibilities: One is that there's more to life than the physical life, that our souls 'will find an even higher place to dwell' when this life is over. If that's true, there's no reason to fear failure or death. The other possibility is that this life is all there is. And if that's true, then we have to really live it - we have to take it for everything it has and 'die enormous' instead of 'living dormant,' ... Either way, fear is a waste of time."

In this Issue, we have a great interview with Monica Gautam on starting her own consulting business, a soup recipe, and New Year's Reflections from Sarah and Edward (2T0s). We also have a new crossword from Jessica (2T2) and stunning art from Shelby and Linda (2T1s)!

In our feature article, Faizan (1T9) brings his provocative perspective on what it will take to realize the potential of pharmacy. The Monograph is proud to begin a conversation among students. Do you agree with what he says? Let us know by sending an email to: monograph@uoftpharmacy.com.

Lastly, thank you to Kateyln Lei (2T1) for an amazing cover image, what a great way to commemorate the 2T2s White Coat Ceremony!



Farhat and Michael
The Monograph Co-Editors
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UPS ADDRESS

Hello Pharmacy!

A new semester begins!

First of all, congratulations to the Class of 2T2! You are now officially part of the pharmacy profession and joined an even bigger family. As we watched you guys read those last few lines of the oath together, our heart was filled with warmth and we couldn't help but feel proud. To the rest, yep, there one less semester of pharmacy to go! Sometimes we just can't wait to be done, but make sure to treasure the moments we share together. These 4 years are arguably the best 4 years of our lives.

As you are reading this, there are probably a few mid-terms, assignments, and labs coming up, but fear not! This semester is filled with fun events and great opportunities that will balance out the stressful school work.

Join an intramural! Attend all the Lunch & Learns! Look forward to events such as the OPA Hockey Cup against Waterloo, Annual Semi-Formal, OPSIS (a conference with Waterloo), Awards Night and much more!

In March, it is also time to elect your next generation of student council. UPS general council election will occur first, followed by class council. Getting involved is a great way to challenge yourself and grow.

If you have any questions regarding anything - professional, personal, relationship advice - always feel free to contact us! This semester is going to be great!



Matt & Pam

UPS President and Vice-President
ups@uoftpharmacy.com

Table of Contents

- 4 & 5 -

CAPSI Corner (PDW) / CSHP

- 6 & 7 -

Interview with Monica Gautam

- 8 & 9 -

Prenatal Cannabis

- 10 & 11 -

Taiwan Trip / Soup Recipe

- 12 & 13 -

Opinion: "We are all going to fail"

- 14 & 15 -

New Year's Resolutions / Saving \$\$\$ in 2019

- 16 & 17 -

2018 Movies / 2019 Movies

- 18 & 19 -

Bandersnatch / Game of Thrones

- 20 & 21 -

Crossword & Contest / 20 Years Retrospective

- 22 & 23 -

Shout-outs & Coffee / Artist Spotlight

- Back Cover -

Behind the Lens

- Front Cover -

Katelyn Lei (2T1)

CAPSI CORNER

Professional Development Week (PDW) is the largest student-run pharmacy conference in Canada. This year PDW 2019 was hosted from January 9th - 12th by Memorial University of Newfoundland in St. John's, Newfoundland, Canada's most easterly city! We sent 50 UofT students representing all years from U of T. The theme of this year's conference was "Exploring New Depths" which allowed delegates to further explore the rapidly changing profession of pharmacy. Some of the highlights included a motivational speech by endurance athlete and Type 1 Diabetes patient, Sébastien Sasseville, an opioid addictions panel, and the "Night on the Titanic" closing gala.

During this time our CAPSI Representatives Rachel Anisman (Senior) and Elaine Nguyen (Junior) attended four full days of CAPSI National Council meetings. They represented the interests of U of T pharmacy students during this time and discussed strategies for the semester ahead. These meetings bring all pharmacy schools together to create the national voice for over 3700 pharmacy students across Canada. A compelling point of discussion was facilitation of a CAPSI National position statement on mental health.



Our students were able to show off both their academic and creative talents through CAPSI National competitions. The amazing achievements of our students sparked a sense of U of T pride among our

delegates, unifying them in support of one another. We would like to extend our sincerest congratulations to the following students:

- Nicole Flowers (2T0)
4th place in the Student Literary Challenge
- Chris Chiu (1T9), Matthew Luu (2T0),
Danielle Mara (2T1), Vanessa Bisson (2T2)
2nd place in the Pharmafacts Bowl
- Chris Chiu (1T9)
1st place in the Patient Interview Competition (PIC)
- Nick Chiang (2T0)
1st place in the Over-the-Counter (OTC) Competition
- Jessie Kajorinne, Maddy Hannah, Julia Liu, Nicole
Flowers (2T0) – *1st place Compounding Competition*
- Jessie Kajorinne (2T0)
2nd place in the Advice for Life Competition
- Michael Reynen (1T9)
3rd place in Canada's Next Top Pharmacist

Overall, PDW was a great way for U of T pharmacy students to demonstrate their dedication to academics, excellence, professionalism, and the profession of pharmacy. In addition, it facilitated the opportunity to create friendships with students from the other 9 Canadian faculties of pharmacy, and extend friendships to our U of T peers as well. The countdown to PDW 2020 in Montreal has officially begun!

Follow @PDW2020 on Instagram and "like" PDW2020 on Facebook to learn more!

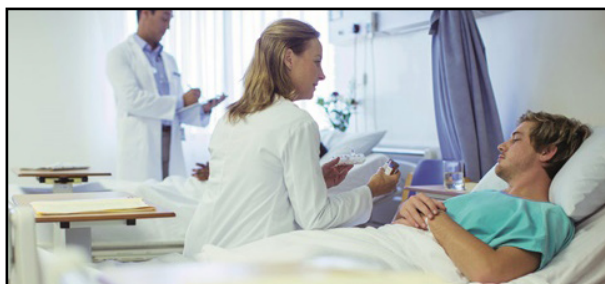
<3 Your CAPSI Team
Rachel Anisman, 2T0 and Elaine Nguyen, 2T1

CLUB'S CORNER • CSHP

ADVOCACY IN PHARMACY PRACTICE

Peter Zhang, 2T1

For over 50 years, the Canadian Society of Hospital Pharmacists (CSHP) has worked to advance the interests of patients and pharmacists alike in ensuring safe and effective medication usage in institutional settings and beyond. Since its inception in 1947, CSHP has grown from a small collective of 17 pharmacists to over 2,300 members. Throughout this time, CSHP was involved with a variety of different campaigns and became a trusted source of consultation in the field of medication therapy and the health care system.



One well known campaign that continues to be held every year is “Pharmacy Awareness Month” (PAM) which occurs in March. But how PAM came to its present form is not well known and has a unique connection to CSHP initiatives. In 1989, the Ontario Branch of CSHP advised the CSHP National Council to designate a Pharmacy Awareness Week (PAW) which encompassed all fields of pharmacy to be held in November. In 1991, the first PAW was held with success, and within 2 years, CAPSI and CPhA joined in a partnership that made PAW a national pharmacy event. In 2013, it was renamed to PAM and became the month-long event that many are familiar with today.

Another role that CSHP plays is consultation. Health Canada, the federal governmental branch that governs the many aspects of healthcare, often asks for comments and feedback regarding new policies or changes to existing policies. CSHP represents the viewpoint of its members and communicates the feedback it receives as stakeholders in the healthcare system. Previous topics that pharmacists have been

invited to provide consultations include proposed amendments to legislation on opioid regulations, regulation of patented medications, and mandatory reporting of adverse drug reactions. These are aspects of legislation that affect the practice of every pharmacist, and it is important that the pharmacy perspective is heard.

Lastly, CSHP continues to offer opportunities to students in terms of leadership experience. Since 2005, CSHP hires one pharmacy student from any accredited pharmacy school in Canada to intern at their head office in Ottawa for the summer. Pharmacy students in this role support initiatives in advocacy, education, and research. On the CSHP website, there is a profile for each CSHP intern, followed by their story. Many speak not only about the position as a valuable learning experience, but also about the contributions they were able to make. The application deadline for this program is the beginning of December of each year, and students who are looking to get involved in hospital pharmacy and healthcare advocacy are strongly encouraged to apply.



Like our Facebook page to receive updates about CSHP events and for more information about the practice of pharmacy in hospitals.

<https://www.facebook.com/cshputoronto/>

FACULTY SPOTLIGHT

INTERVIEW WITH MONICA GAUTAM

Narthaanan Srimurugathan, 2nd Year

Monica Gautam is a pharmacist with experiences in the community, hospital, and industry settings. After completing her BSc Pharm from Dalhousie University, she completed her PharmD from the University of Toronto. She has extensive industry experience in the Medical Affairs and Marketing departments. Most recently, she started her own Medical Affairs consulting company, COMPASS. Monica has taught PHM 321 Selected Topics in Pharmaceutical Industry for a number of years. She also taught PHM 215 Management: Skills, Communication and Collaboration and has coordinated the Business Plan Competition.

Narthaanan Srimurugathan: What interested you to pursue a career in pharmaceutical industry?

Monica Gautam: I actually never thought I would go into pharmaceutical industry. I initially worked in community and hospital pharmacy. I got exposed to industry during my PharmD rotations at Merck and GSK, and an exciting opportunity at Amgen presented itself. The role was diverse, different, and there were a lot of complex problems to solve. I had the flexibility to be creative in my solutions.

NS: Can you tell us a little bit about COMPASS?

MG: I gained a lot of experience over almost two decades in the pharmaceutical industry, primarily in Medical Affairs. My team and I worked with capable consultants who didn't have the same experience and that I had and I felt I could offer a unique perspective to other companies. COMPASS is exclusively a Medical Affairs consulting company that works with existing and emerging companies. We have been well received within the first year of business, having had consulted companies in Canada, USA and Europe.



NS: Can you describe your previous role at Amgen?

MG: I spent 18 years at Amgen, and had ten different job titles during that span. I began as a Professional Services Manager in the Marketing department. They didn't have a Medical department at the time. As the company grew, new opportunities in different departments arose. I am grateful that I was able to develop new skills and take on leadership roles in the company. My most recent position was Director of Scientific Affairs and Shared Services. This function encompassed Medical Information, Medical Advisors, Medical Education, and Patient support programs. I was also a member of the country executive Management Team and involved in affiliate level decision making. I really enjoyed leading a large team and enabling people to achieve their personal and professional goals.

NS: What are the challenges you faced when starting up your own company?

MG: The biggest challenge was the unknown - you don't know what you don't know. It's daunting not having all the answers. To overcome this, I sought mentorship and advice from someone who was very successful in pharmaceutical consulting business. Also, leaving a senior position in a large company to starting a new company from scratch was challenging because I needed to focus on forging new relationships and establishing my COMPASS brand.

INTERVIEW • *Monica Gautam (continued...)*

NS: Do you have any regrets?

MG: Not yet. My biggest risk was going from something very stable to starting my own company. There are fluctuations in income, uncertainties that you face, and challenges that you never expected. It's definitely not for everyone, however, I don't regret it because you learn from these experiences and it has been a dream that I am thrilled to be pursuing.

NS: What do you think is more important for pharmacists in the industry – being a good clinician/care-provider or being business-savvy?

MG: I think both qualities are equally important. As pharmacists moving into the industry, your greatest value is your clinical skills and knowledge. Developing strong business skills comes over time, but ultimately to be successful, you need to have both. Knowledge of the healthcare system including reimbursement as well as strong critical appraisal skills and understanding how data can impact clinical decision making are also important for industry pharmacists.

NS: In your opinion, what will the future of pharmacy look like?

MG: It's perhaps one of the most exciting times for pharmacy in general. Expanded scope is evolving over the country. It's placing pharmacists at the center of patient care. Pharmacists need to rise to the occasion. We have the skills, but it's ultimately up to us to decide whether we want to assume the responsibilities.

NS: What are some tips you can provide to students who wish to practice in pharmaceutical industry?

MG: You need to be a good clinician with strong therapeutic knowledge. You need to be curious, seek out opportunities, and understand how the pharmaceutical industry works to commercialize medicines. Take advantage of every opportunity you get, regardless of whether it's formal training, an APPE rotation, or an

industry residency. Treat each of these interactions as a long interview and put your best foot forward.

NS: Where do you see yourself in 10 years?

MG: I'm hoping to still be investing in COMPASS. It's off to a good start but my goal is to see the company thriving and expanded in 10 years. Retirement should be also on the horizon by then.

NS: If you couldn't work in industry any more, would you rather work in community or hospital pharmacy?

MG: I constantly find myself wanting to help the people in the OTC aisles when I am at the pharmacy, so I'd probably like to go back to community practice.

NS: What course(s) would you teach other than the two courses you currently teach?

MG: I started teaching here four years ago while still at Amgen. I enjoy my time at the faculty. I like seeing what's going on in the profession and interacting with students. I'd probably like to go back to my roots and teach therapeutics in pediatrics or nephrology/dialysis.

NS: What are two things on your bucket list?

MG: Thankfully my family likes to travel quite a bit so I've gotten a lot of things on my bucket list crossed off. I'd like to live in New York City, in Manhattan, for 6 months. I also want to go on a hot air balloon.

NS: What's a quote you live by?

MG: *"Actions speak louder than words."*
We complain a lot, however, if you can just show what you can do, people will take more notice.

BUDDING INFORMATION REGARDING PRENATAL EXPOSURE TO CANNABIS

Ersilia D'Andrea, MD

Regardless of which medications they are taking, pregnant women are always an especially vulnerable population for health care practitioners (HCPs) to look after. With the legalization of recreational marijuana this past fall, and the increasingly popular use of medical marijuana for various ailments, HCPs are now finding themselves considering the safety of marijuana on these patients.

Pregnancy presents a special set of physical symptoms such as hip and back pain, nausea, abdominal pain from shifting organs and a stretching uterus, and anxiety about motherhood. This often leaves pregnant women looking for safe and effective remedies for their discomfort. An important point to remember is that pregnant women typically choose what they consider to be herbal remedies instead of manufactured medications, and most pregnant women do not consider marijuana as being harmful, or only of slight risk and the lesser of two evils when compared to pharmaceutical drugs.



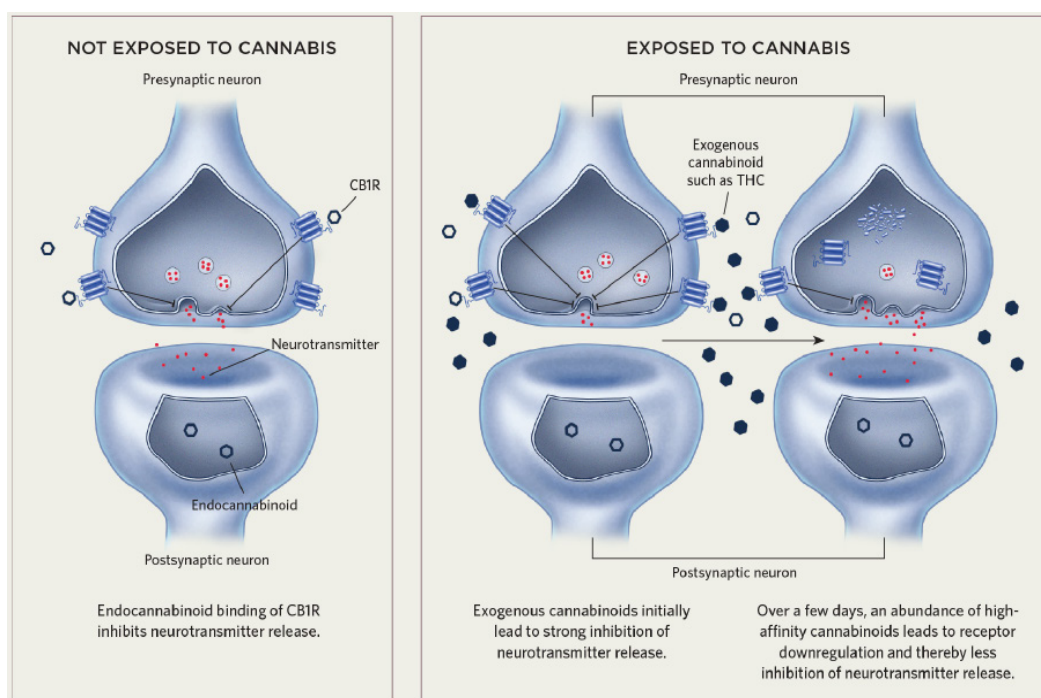
The monograph for cannabis that is now available warns that its use during pregnancy is associated with adverse fetal effects, with new findings constantly being published.

Currently, many clinical studies and trials are being performed in North America and Europe to examine the fetal effects of cannabis exposure during pregnancy. It is already known that prenatal exposure is linked to low birth weight, more time spent in neonatal intensive care unit, hyperactivity, higher rates of depression and drug abuse later in adulthood.



However, there are challenges to determining the causal nature between these effects and marijuana due to other confounding factors commonly present in pregnant women who consume it (i.e. polysubstance abuse including alcohol and nicotine) as well as the challenges of studying a drug that is so new to conventional Western medical practice. In addition, we know that the dose-effect correlation of marijuana is difficult to predict because of the variable cannabinoid compositions and potencies of different strains.

HEADLINES IN HEALTHCARE (continued)



Cannabis and the Prenatal Brain:

Being highly lipophilic, the smoked or ingested cannabinoids in marijuana (i.e. THC) easily cross the placenta from the bloodstream. Its many active metabolites can remain in circulation for up to 5 days after consumption, leading to prolonged fetal exposure. So far, there have been 3 major longitudinal studies (in Ottawa, the Netherlands, and Pittsburgh) on the effects of this exposure. They studied hundreds of women who smoked marijuana once weekly or more while pregnant, as well as their children, over a span of decades. Surprisingly consistent findings were seen during the early development and young adulthood of the children born to these women. As infants, they displayed hyperactivity, impulsive and delinquent behaviours, memory issues, and decreased IQ scores which persisted into adulthood in addition to higher rates of drug use and mental illness (depression and schizophrenia-like symptoms).

Studies with our favourite animal model, the mouse, have helped to explain underlying mechanisms for the prenatal effects of marijuana. CB1R, a primary canna-

binoid receptor in the mammalian central nervous system, is already expressed in the cerebrum by the second trimester and CB1R knockout mice exhibit behavioural problems. The endocannabinoid system, composed of endogenous neurotransmitters and their receptors throughout the central nervous system, is known to play an important role brain development. Therefore, altering aspects of this system disrupts cell differentiation and neuronal function, which are critical to formation of a functioning brain. For example, as seen below, increased exposure to exogenous cannabinoids (i.e. THC) during pregnancy leads to decreased endocannabinoid signaling pathways through negative feedback.

When it comes to pharmacy, it is of course important to stay updated on recent medical research findings. This is especially true for marijuana, which pharmacies will soon be dispensing and are already educating patients about. New information will be continually arising to pass on to patients, and pregnant women who are concerned or interested about marijuana use to ease the discomfort of pregnancy are a specific concern.

References:

Scheyer, A. (2019, January 1). Prenatal Exposure to Cannabis Affects the Developing Brain. The Scientist. Retrieved from <https://www.the-scientist.com/features/prenatal-exposure-to-cannabis-affects-the-developing-brain-65230>

A TRIP TO TAIWAN: A HAPPY ENDING TO A GREAT YEAR

Andrew Tu, 2T₂

The freedom from academic stress over the winter holidays can lead to many exciting plans. For some, this could mean taking a ski trip or going shopping with friends. For others, this could mean staying at home with the comfort of loved ones. And for some, it may mean working holiday hours (not exactly relaxing, but hey, at least you make those holiday wages)!

This holiday season, I had the opportunity to travel to Taiwan to visit my extended family. Having the opportunity to travel back means a lot to me since I grew up in Canada and only get to see my extended family occasionally. I divided up my trip between two places; in Taoyuan with my father's side, and in Tainan with my mother's side. They speak exclusively in Chinese so I got to practice my Mandarin while I was there.

I also got to try some classic Taiwanese dishes such as minced pork rice, Danzai noodles, beef noodle soup, and of course bubble tea. Although there are places in Toronto that sell these foods, nothing beats the place where these flavours came from. Tainan is very well known for its street food that can be found at every corner and there are night markets all over Taiwan that sell all sorts of delicacies.

During my time in Taiwan, I spent most of my time with my grandparents who are very old and have difficulty walking, so I didn't get to explore Taiwan very much. There were a few pit stops I took however, including the Tainan Confucian Temple, Chihkan Towers, the Museum of Taiwanese Literature, and Hutou Mountain Park in Taoyuan. Taiwan is a very small island and it is very easy to move around by public transit or even by walking! If I ever travel back in the future, I hope to see more of the island.

All in all, this holiday season allowed me to end 2018 off by reconnecting with my culture and loved ones overseas. For anyone who is looking for a place to go for their next vacation, Taiwan is definitely a place I would recommend!



CHICKEN CORN SOUP

Deevya Ramasawmy, 2T0

Winter is here! How about trying a warm, thick and creamy soup to embrace the cold weather? This chicken corn soup will blow your mind. It is easy to make and tastes just like what you get at the restaurant. The wonders of a can of creamed corn...

Servings: 2-4 people

Cook time: 10 minutes

Ingredients Needed:

- 1 can of creamed corn
- 1 tsp soy sauce
- 1 tsp cornstarch, mixed with a splash of cold water
- 1 egg, whisked
- 1 cup of shredded cooked chicken
- Salt and black pepper
- 2 cups (500ml) chicken or vegetable broth
- 3 tbsp sliced green onions, optional

Instructions:

1. Place broth, creamed corn, and soy sauce in a saucepan over high heat.
2. Bring to boil, then turn down the heat to medium and stir lightly.
3. Add the cornstarch/water mixture and cook for 5 minutes or until slightly thickened.
4. Add salt for seasoning and turn off heat, and slowly whisk in the egg so it cooks in "ribbons" throughout the soup. This also thickens the soup.
5. Add the chicken and season with black pepper.
6. Stir gently and serve, garnished with green onions.

This is a very quick soup to make and its thick, creamy, sweet from the corn and soul warming taste will help you not only get through the cold winter days, but also through those sick days.

This soup also pairs well with your favourite TV show, a cozy blanket and a pair of fuzzy socks.



OUR PROFESSION IS GOING TO FAIL, AND IT'S YOUR FAULT

Faizan Baig, 1T9

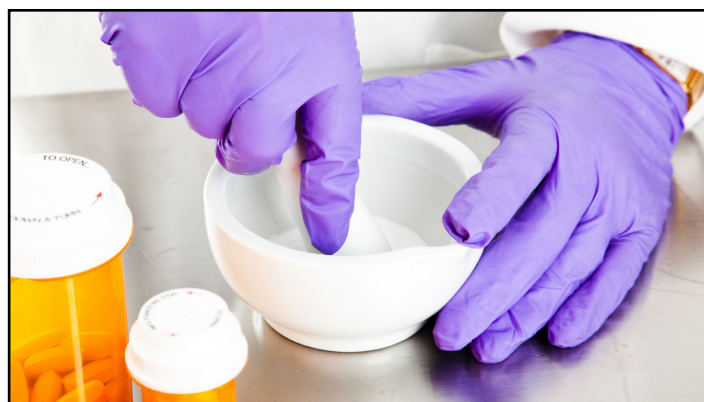
Congratulations, you've made it through pharmacy school and now you're ready to work. You were on the Dean's Honour roll, part of extra-curriculars throughout your years and even managed to create a club or two. Your resume is set and ready to impress, but that doesn't really matter since you've already networked, met potential employers and have something lined up. Oh, and that OPA/CPHA/CPA stuff, yeah that's cool, but they aren't going to be paying your bills, so let's leave it to the side.

Now you're probably in a residency position where you've got to impress your boss for the next 2-3 years to guarantee your hospital/industry position. Or maybe you were set on owning a pharmacy, which isn't cheap. At the end of the day, whatever route you choose, you've got to succeed as a professional now, and make sure that 80-100k investment (or more) was worth it. Oh yeah, and that advocacy stuff? Maybe later, not right now.



As you start to practice, automation and diversion of scope becomes more and more apparent as the value of pharmacists begins to decline. But that's okay, the wage freezes in community don't really affect you in hospital or residency, and it doesn't really matter that hours are being cut. Salaried positions are cushy, or you've

already gotten comfortable where you are, or maybe both. Or you're in the community and yes, wage freezes suck, but it's better than what new grads are getting now. Tuition is higher than what you paid, but I mean, you went through it all and still made it right?



More pressure is being applied top down, from generic prices changing, to organizational movement from other healthcare provider associations, and there's even less money in pharmacy than there ever was. But that's okay right? Our association hasn't ever done anything for us, and you've stopped supporting them, choosing to opt for your own personal private insurance brokers. Conferences and other opportunities don't really matter either because let's face it, you're comfortable, and sure you've been meaning to see what others are doing nowadays, but reaching out is really hard, and you're busy with your own work.

In all of these cases, I see examples of selfishness. Now I am not saying that you shouldn't be career driven and focused on becoming successful. But I have experienced many pharmacists that could have been students just like I was with their sights set on a better world for pharmacy...



But a world that they never took part in. See the thing with our profession, is that it stops becoming OUR profession when you decide to ignore it. When we choose to focus on the negativity of our practice, of our associations and our experience instead of where and how we can add value. I wish that pharmacists in the past had tried harder to prevent wage freezes, that we had united earlier to ensure the success and image of our profession. I wish for a lot of things, but at least what I can do, and what we all can do, is create a future for incoming pharmacists and pharmacy students where we can tell them things used to be worse, and the future is looking a lot better. The business and practice of pharmacy is not going anywhere, and someone, somewhere will always be profiting from it. Pharmacists are obsolete, and we will be, because of you.

Or maybe, we have a future where you can specialize in a certain field and become recognized for it. Nuclear pharmacy, cardiovascular pharmacy, how about calling your friend that is a PharmD with specialization in neuropsychology to help with a Mental Health focused medication review that you've done. A medication review that was done separated from a dispensing pharmacy, one that the patient actually paid out of pocket for, because they valued your service. Something that the government has been looking to fund due to the mental health struggles our society as a whole is dealing with.

Maybe we have a future where doctors diagnose and prescribe a class of medication and we counsel and choose the right medication for the patient. We can help to order lab tests for patients so they do not have to wait in the doctor's office for hours, or wait weeks to get a requisition. A future where pharmacists are first line and last line, triaging patients and doing monitoring/follow-up to ensure that our healthcare system is efficient and effective.

Maybe you have an idea that revolutionizes our practice, and can implement it because our voices are united enough to make a difference. Our profession can succeed, and will succeed, and it will be because of you, if you care. If you become involved with the association that represents us. If you engage with your patients on a day to day basis and show your value. If you give back to the school that you went to and help nurture the new generation of pharmacists, giving them positive experiences and outlooks. Care. Ask. Get involved.

Try and go to at least one conference per year. If funds are an issue, check out the Allied Health Fund, which is an amazing resource to help continue your education and support the profession. Feel free to contact me, ask questions or even argue why I am wrong. Conversations are the beginnings of action. If we never talk, it will never get done.

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LETTERS • 2019 Begins!

NEW YEAR, NEW YOU?

Sarah Bento De Sousa, 2nd O

I am the very first person to say that I am not a fan of New Year's resolutions. I make em' break em' and forget about em' all before the first week of school ends. It's kind of silly trying to promise yourself something before even knowing how your year is going to turn out. But it is 'No Negativity 2019', so I'm going to break down my FIVE goals for this year and why I think they are good ones.

1. Put that gym membership to use

Ok, this one is a cheat resolution because I'm already someone who goes to the gym frequently. But I think it is SO important for everyone to be active in some way. There is no right way to break a sweat; I am a big fan of doing something that makes you happy and gets you active. As for me, I love strength training. But some people prefer sports (I have -10 athleticism) or dance (-10 grace) or running (-10 lungs on FIYAH).

Canadians are recommended to get 150 minutes of physical activity per week (1). So find what moves you and get to work! Working out keeps your heart healthy, increases your bone mineral density, releases endorphins, and creates more muscle mass!

2. Fuel your body right

As the saying goes, you are what you eat. Personally, I feel a lot more energetic on days when I fuel my body with meals that are high in vegetables and protein. Processed foods can make you feel sluggish because of the high carbohydrate levels (hello sugar crash!) and additives. The Canadian Food Guide recommends 7-10 servings of fruits and veggies for adults (2), which is near impossible during midterm and exam season. Your best bet is to figure out which veggies and fruits you enjoy eating, and to stick with those. Hiding your spinach in smoothies helps too!

3. Learn how to finance and budget

I'm definitely still working on this one; it helps to find a friend who is good at budgeting and steal their Excel spreadsheet. Start by just tracking your money. Once you see where your money is going, you'll be better able to budget how much to spend and start saving a little. For some of us, repaying OSAP debts will be upon us sooner rather than later!

4. Become a planner

If you're typically the person who does things on the fly (me), never writes their appointments and meeting times down (also me) and generally forgets everything unless reminded several times (ahem, me), then you best start planning. If you like cute things, find yourself the cutest planner at Indigo, some cute stickers and sparkly pens and do this grade school style. If you like constant reminders, enter everything onto a Google or Outlook calendar and be reminded every time something needs to be done.

5. Detox social media

This one is a hard one. But if you are like me, the time you spend on scrolling through your many social accounts makes you realize exactly why you didn't have "time" to finish your care plans. Social media can be a drain and brings such little value to your life. Live in the present, and don't live your life behind your phone. And with this, I am unfollowing (almost) all of my celebrity accounts and focusing on the people closest to me.

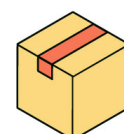
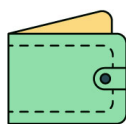
And NO MORE TARGETED RUNESCAPE ADS
INSTAGRAM.

References:

1. www.canada.ca/en/health-canada/services/food-nutrition/canada-food-guide/food-guide-basics/physical-activity-canada
2. www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/

LETTERS • 2019 Begins!

NEW YEAR, BROKE ME

Edward Ho, 2T0

It's post-holiday syndrome. You've enjoyed two weeks away from school, going from student debt broke to student debt PLUS holiday purchases broke. If I've learned anything from high school math, it's when you add two negative integers together, you get a bigger negative number. I don't know about you all, but I cringe when I think about my non-existent wallet. When you're in this state of financial overdraft, the word "FREE" touches you in a way that Oprah can't. Here are some tips to help you make the best of things, when you have nothing:

Birthday Freebies

These are my favourites. I like to use and abuse these wherever, and whenever. By simply joining a reward program or signing up for e-Newsletters from certain companies, they will give you a free voucher of x amount of monetary value. The key word is "limit one per account" – this does not necessarily mean you can only have that one account; just make sure to set your birthday for each account. That being said....

- Free item from Starbucks on your birthday, valid up to 6 days after your birthday
- Free burger from Harvey's, valid for one month after your birthday
- Free smoothie from Booster Juice – valid for six months after your birthday
- Free breakfast from Denny's – only on your birthday
- Free Sugafina Candy Cube from any boutique location – on your birthday
- Free ice-cream from Baskin Robbins Club 31
- Free Big Mary Chicken Sandwich from Mary Browns
- Free small fries from NY Fries valid for 6 days after your birthday

Referral Codes and Survey Reward Programs

Have 5 seconds of your life to spare? Then collect some points with that towards gift cards.

Free to join – opt out at anytime!

- Carrot App – sync your Petro Points, Scene, Aero-plan or Drop Rewards account to this app and earn free points for completing surveys or by keeping active daily and hitting your step count goal. Use the code edwardh4166 to receive a welcome bonus! (Shameless Plug)
- Ritual – Want free food and don't want to wait for it? Pre-pay for food in-advance and pick up at a later time. This app always has promotions including \$5 off your first order from certain restaurants as a "First Taster" or things like "\$1 Meals in the Junction." Use the code EDWARD3070 to receive \$10 as a welcome bonus – on me!
- AskingCanadians – a free program to join to answer easy surveys – you will receive them periodically and can decide to get the base minimum (by providing a false birthdate <18 years old) or actively finish the survey to get the targeted amount. Aero-plan, Visa, HBC, and more!
- EBates.ca – while shopping online with major retailers, use ebates to receive up to 8% cash back for making the same purchases you would otherwise still make.

Here's my shameless guide to stretching your dollar when you don't have a dollar. There are plenty others available, but these are the ones I've found myself using frequently especially if money is tight, OSAP hasn't kicked in, or if you're financial unstable due to no support from parents or otherwise.

#ShamelessPlug where applicable.

JOE'S PICKS FOR TOP 2018 FLICKS

1) **Avengers: Infinity War**

This movie was awesome. The villain was awesome. The action was awesome. It was awesome. If you've been along for the 10-year build-up of the previous 18 films, this film won't disappoint. If you haven't, you might wonder who the purple guy is and why the rabbit talks.

Joseph Corríea, 2To

2) **A Quiet Place**

While I am not a big fan of horror movies, this movie has opened my eyes to the genre. Despite wanting to cover my eyes for most of it, this movie was so suspenseful I couldn't look away! With every creek and squeak I was more engaged due to the unique premise of the film, the terrifying visuals, and superb performances.



3) **Spider-man: Into the Spider-Verse**

This film's bold colours, use of text, and fast pace makes it really feel like a comic book in a way that live action movies haven't been able to thus far. This is without question the best animated comic book movie put to the screen, but it was a pleasant surprise how much care went into the story and style, which makes it a contender for one of the best films of the year as well.



4) **Searching**

While some might not like this movie due to it all being shot through various media devices, (there is no conventional camera work), it is really worth a watch if you can get past its stylistic choices. I happened to enjoy the style this movie took because it was very true to how we use media to convey love, anger, embarrassment, and how we use social media to mask our true selves. It does all of this while delivering an interesting murder mystery with several twists and turns.



5) **BlacKkKlansman**

This film used a light tone and entertaining story to take on topics that are generally forced upon us heavy-handedly through media. It uses the occurrence of racial issues in the past as a reflection of the events that are currently happening in the U.S. due to a certain presidential figure. While the movie sometimes uses actual clips of events in the U.S, which sometimes feels like Spike Lee is trying to spoon-feed his message, for the most part this movie is a buddy-cop story with a great sense of humor.

LOOKING AHEAD AT 2019 IN FILM

Rajiv Rampersaud, 2T0

Last year, films such as *A Quiet Place*, *Bohemian Rhapsody* and *A Star is Born* showcased the talents of their lead actors. *Black Panther* and *Crazy Rich Asians* paved the way for greater diversity in Hollywood, while a slew of movie franchise installments including *Avengers: Infinity War* and *Aquaman* broke box office records. 2018 offered a variety of films for moviegoers, ranging from sleeper hits to major blockbusters. 2019 will be no different. Some of the most anticipated movies to be released during the first half of this year include:



Captain Marvel – March 8th

Taking place more than 20 years before the events of *Avengers: Infinity War*, *Captain Marvel* follows Carol Danvers (portrayed by Brie Larson) as she teams up with a younger Nick Fury (Samuel L. Jackson) to understand her role in a battle between two alien species, the Kree and the Skrull. When the conflict comes to Earth, Carol must recognize the full extent of her powers so that she can ultimately end the war. *Captain Marvel* is the first MCU movie to feature a female superhero in the lead role, marking the entry of its mighty hero while setting the stage for her appearance in future movies to come.

Us – March 15th

Following the success of *Get Out*, director Jordan Peele returns with *Us* which looks at a family vacation that takes a nightmarish turn with the arrival of sadistic strangers. In their fight for survival, the family begins to witness resemblances between the strangers and themselves. Lupita Nyong'o and Winston Duke reunite after *Black Panther* to star in this horror-thriller which fans of the genre will be sure to appreciate.

Shazam! – April 5th

Tired of Marvel? More interested in DC? Then consider *Shazam!* which follows 14-year-old Billy Batson who gets whisked to a different realm (while riding on the TTC) and is transformed into an adult superhero just by saying the word:

“Shazam!”

Emboldened by his new identity, Billy and his foster brother Freddy set out to learn more about Billy's new powers in an effort to stop the villain, Dr. Sivana, from gaining powers of his own.



Avengers: Endgame – April 26th

After the events of *Infinity War*, the universe is in disarray. Several characters are ‘gone’ while Thanos looms with immense power.

At this time, the plot details of *Avengers: Endgame* are not clear. However, we can expect appearances from



and *Captain Marvel* who will be joining the existing team of superheroes as they try to save the universe from Thanos' grip. Given the success of its predecessor, fans (myself included) are hungry for answers and will bolt to theatres upon its release.

REVIEW OF BLACK MIRROR: "BANDERSNATCH"

David Czosniak, 2T2



While new and exciting stories are being told through books, television, and film; it is rare that a particular work of media changes the way these stories are presented. A recent example of a movie that breaks the mold is *Avatar*, which brought a renewed emphasis on 3D in film (for better or for worse). In the future, a similarly dramatic impact on the media landscape will likely be attributed to “Bandersnatch” Netflix’s new Black Mirror episode.

This innovative episode uses a “choose your own adventure” narrative structure to further the boundaries of television/film. This narrative style allows the viewer to play a role in determining how the story unfolds; the viewer is presented with plot choices at various moments, and upon choosing one, the story continues down that path. As a result, this format allows for many alternate endings depending on the path the viewer has chosen.

“Bandersnatch” begins in the summer of 1984, in the early years of video game production, and tells the story of young amateur game developer Stefan Butler (Fionn Whitehead), who is in the process of creating a game called “Bandersnatch,” where the player makes numerous decisions impacting the gameplay, mirroring the viewer’s ability to control Stefan’s actions. As the story develops, Stefan encounters issues in completing his game, as well as personal and professional disagreements with those around him. It is often at these points of struggle that the viewer is given input into how the story shall proceed.

One of the main themes of the Black Mirror series is how advancements in technology can lead to serious unforeseen consequences. With “Bandersnatch,” this theme is taken to the next level with its integration of viewer choice acting as the advancement, leading to divergent consequences. The viewer can control much of Stefan’s day-to-day activity, from the minutiae of what cereal he has for breakfast, to how he responds to major setbacks in his game development.

This results in it being the viewer who defines the story based on their preferences. It is this innovation that elevates “Bandersnatch” from a good Black Mirror episode to a piece of media that has the potential to lead to a paradigm shift in the world of television and film, such that we will likely see more and more viewer interaction as opposed to simple passive viewing.



ENTERTAINMENT • TV

EXPECTATIONS AND REALITY

Steven Fong, 2T2

Way back in 2018, when news broke that the upcoming eighth season of *Game of Thrones* would be the last, I decided to jump back in the franchise and read books four and five (I stopped after book three a few years ago). News broke that book six wasn't going to hit shelves in 2018, so I resolved to binge all seven seasons over the break to catch up and see how things might play out in the books. No spoilers but wow, the show really did a number on Dorne...and a few subplots... and missing characters...

I'm sure for those that only watched the television series, the show itself is generally pretty good, but the show deviates quite substantially from the book, sometimes good (Brienne's journey is mercifully more streamlined), but mostly...not good (Dorne especially).

As a reader, I built up certain expectations on how things would go in the show. So as I'm sitting on the couch, enjoying my metaphorical "ketchup popcorn" entertainment, I couldn't help but feel disappointed by these changes...which got me thinking. What the heck is going to happen after graduation? Specifically, the dichotomy between expectations in school versus the stark reality outside.

Many of the things we learn in school are important and relevant for the vast majority of us, but there are also many topics that are not. This could be due to changes in laws and regulations, or it may also be because we won't be explaining the nitty gritty biological mechanisms to our patients. In terms of the *Game of Thrones* show, while the writers have a broad outline of the book's story, they used their creativity to create a different beast of a story.

Similarly, we all have an idea of what working as a pharmacist as a full time job for years on end will be like, propagated by our EPEs and work experience during the year, but once we've graduated and are working permanent full-time, it probably won't be what we imagined...and that could be unnerving!

When reality doesn't quite match up to our expectations, it can be disappointing, especially if someone has spent four years of their life in school only to find out that things are different on the outside. EPEs and employment can mimic what our reality will be, but the experience of working full-time will be fairly different. We learn so much in school but there's also so much more out there that cannot be learned through lectures or labs, it can only be learned on the job. There's a very valid reason why our professors say that we'll do so much more learning on the job: because it's true. And that's fantastic.

The pharmaceutical world will be full of new experiences with real challenges with far more real consequences. It'll be exciting, mundane, dramatic (workplace gossip) and dull. It'll be an experience, for good or bad (hopefully more of the former please).

I've been told by many people that "we'll miss school once we've left it," which may be true some of the time. It's always quaint to look back and reminisce about simpler times in school, but I, for one, am looking forward to graduating and stepping out from my expectations and into the real world...even if that means accepting the fate of some of my favorite characters.

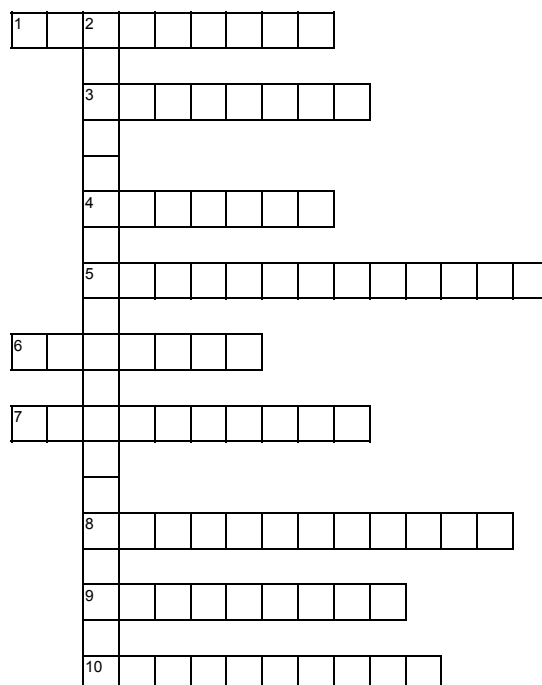
Seriously, why did they butcher Dorne?!

CROSSWORD AND CONTEST

Jessica Attalla, 2T2

How Well Do You Know Your Drugs - Informatics Revisited

Try not to use aids! (You'll probably have to for some of them)



Across

- 1 Releasing agent and non-selective adrenergic agonist
- 3 Natural sugar
- 4 An opioid analgesic given as controlled release tablets for pain
- 5 DIN number: 02285924
- 6 Active ingredient is amlodipine besylate
- 7 Non-medicinal ingredients include: colloidal silicon dioxide, croscarmellose sodium and lactose monohydrate
- 8 Brand name: Zithromax
- 9 3-9% incidence of nausea and heartburn
- 10 Given as a subcutaneous injection for active rheumatoid arthritis

Down

- 2 Antihypertensive diuretic

CONTEST DETAILS: DUE JANUARY 31ST 2019

To enter the contest, take a picture of your completed crossword and email it to:

monograph@uoftpharmacy.com

Out of the correct submissions, 4 will be randomly chosen to win a Starbucks Gift Card!

Name: _____

Circle your year: 1T9 2T0 2T1 2T2 Staff

Email: _____

Taken from The Monograph, Volume 12 (2010) Issue 3, Page 26



PHARMACY SHOUT-OUTS & Food

📣 S/O TO [redacted] FOR BEING THE KNIGHT IN SHINING ARMOR OF [redacted]'s FUTURE EX-GF

📣 shout out to the 2T2's ...the 56th year of pharmacy students to be taught by Jim Wells in the 53 years of the faculty's history!

📣 Shout out to everyone for making it into 2019! Let's make it a great one!

📣 Simon Oh has such a cute smile. His dimples and cuckoo-like laughter really brightens my day

📣 Shout-out to the cleaning staff of PB I see you late nights keeping our building clean and looking good! :)

📣 shout out to the organizers of the ping pong tournament it was a lot of fun!

TOP 5 DRINKS AT STARBUCKS

Sarah Bento De Sousa, 2T0

I am the first person to say, I am addicted to Starbucks. I am a permanent fixture in the Mars building drinking coffee by the gallon.

Here are my top 5 favourite drinks, both hot and cold:

1. Starbucks double shot on ice

Two shots of espresso, classic syrup shaken with ice and with a dash of milk on top. This is one of their stronger drinks and is my go-to drink when I have a busy day and need lots of energy.

2. Nitro cold brew + salted caramel cold foam

The perfect combination of salty, sweet and coffee. Nitro cold brew tends to be smoother than their normal iced coffees and the salted cold foam is the perfect sweetly salty touch. Bonus: it comes with a sippy lid so you can save a straw/a turtle/the world.

3. Gingerbread latte

Spicy beautiful christmassy, honestly you could skip PSL season and jump straight to Christmas with this gem.

4. Americano nuevo

An americano (long espresso shot) misto (with foamed milk) and a hint of hazelnut. This coffee is simple and subtly sweet.

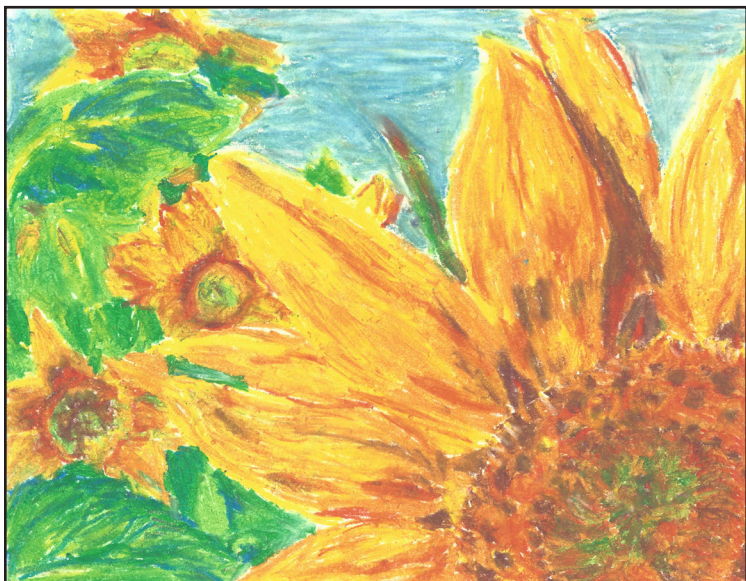
5. Iced coffee half sweet with a shot of espresso

This is my exam season drink. Iced coffee with an extra shot to give me that extra kick. Usually too sweet for me, I ask for half sweet and milk to top it off.

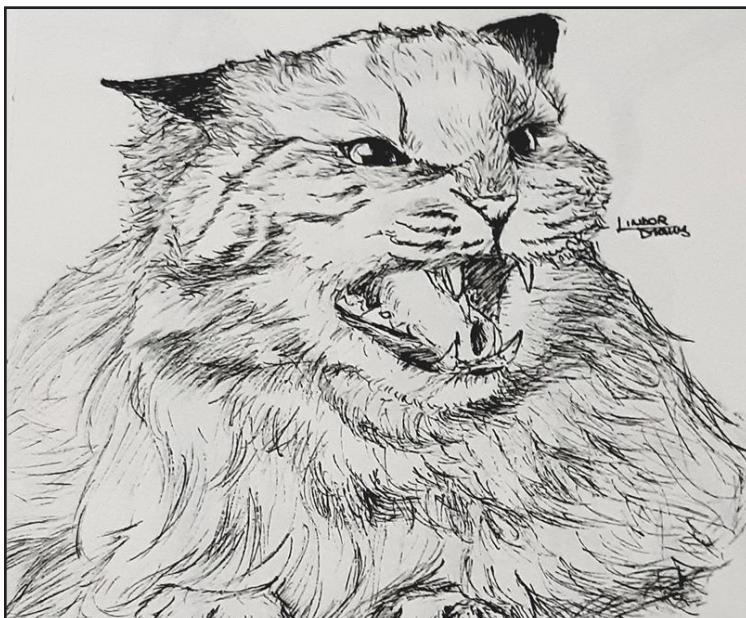


Artist Spotlight

Shelby Giv, ZT1



Linda Pham, ZT1

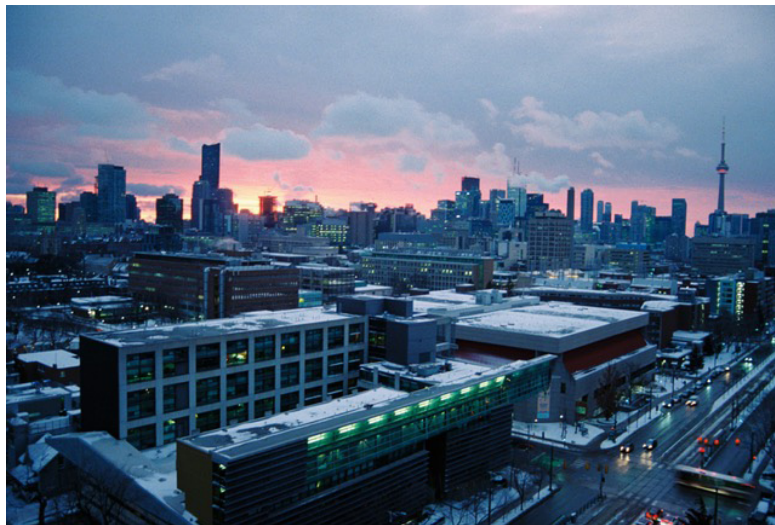




Behind the Lens



- Shaista Malik, 2T2



- Ann Chang, 2T2



- Kevin Leung, 2T2
