

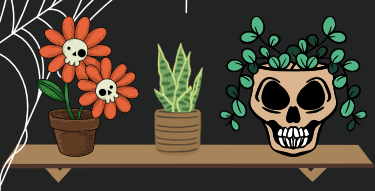
FEATURED IN THIS ISSUE

ZT8 PHROSH

MOVIE REVIEWS

RECIPES

AND MORE!



MUNDGRAPHA
VOLUME 26 ISSUE 1



THE MONOGRAPH TEAM



Editors In-Chief

Purvi Mahida, 2T6
Vivian Hang, 2T7



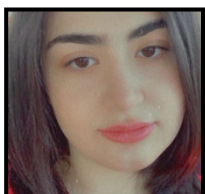
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EDITOR'S ADDRESS



*Hello Phriends
and Phamily!*

We're thrilled to present the first issue of the Monograph for this year! And with it, we're excited to introduce our lovely 2T6 and 2T8 Monograph Representatives, Yasmeen Ameeriar and Fieruz Mobarak!

In this issue, you'll find an array of captivating content—think movie and show reviews that may inspire your next watch, cozy fall recipes to try out, and student experiences on their visit to Fort William Historical park and reflections on key primary care issues. There is something for everyone to read!

We hope you've all had a great start to the semester and are taking advantage of reading week to recharge and unwind after a hectic month of midterms.

A big thank you to everyone who helped bring this issue to life, from submitting content to crafting the layout! If you're interested in contributing or joining our layout team, please reach out to your class reps. Thank you for taking the time to read the Monograph!

Sincerely,

Purvi Mahida and Vivian Hang
Monograph Co-Editors, 2024/25
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Photography



By: Mona Mollaeizadeh and Rehan Saeed, 2T6

Hey Pharmacy Phamily,

We hope you are all doing well and enjoying the start to your fall semester! We wanted to take this October address to share some exciting highlights from our campus lately and reflect on the wonderful community we've been fortunate to have at LDFP.

First off, a massive shoutout to everyone who helped make our Phrosh week event for first-year students such a success! It was fantastic to see so many new faces, all eager to connect and dive into their journey here. I hope you all feel welcomed and inspired as you work your way through the fall semester! While you may be writing those exams individually, remember you are not alone, everyone here is part of a supportive community, so don't hesitate to reach out if you have questions or need guidance.

On the note of community, our UPS Welcome Back BBQ was a huge success! It was great to gather both students and faculty, and enjoy some delicious food, catch up with familiar faces and meet new ones. Events like this remind us how important it is to foster connections outside of the classroom. It is equally exciting seeing all the clubs getting active and showcasing their spirit at the UPS clubs fair; our wide array of unique clubs brings life and energy to our faculty. Whether you're into sports, arts, advocacy, or anything in between, there's a place for you to get involved. We encourage everyone to explore what's out there and get involved across the school year!

As we all know, midterm season is now in full swing. As you sit down and work hard to study, we want to wish our first-year students **GOOD LUCK** as you tackle your very first pharmacy midterms! This can be a challenging time, but remember to breathe and take it one step at a time—you've got this!

To our second-year students, we hope your midterm experiences from first year can help you find more success in this year's midterms. It's all about learning and growing, so keep pushing through, this year is going to be one of the most important years for you all! And to our third years, it's time for your first-last midterms of the fall and your last few months here at the faculty! So try to take advantage of all the events and try to be as involved as you can—and also best of luck! You're almost there!



Looking ahead for the month, we've got some fantastic events lined up. Get ready for UPS Halloween week activities, which promise to give you ample opportunities to showcase your spooktacular Halloween spirit! It's a great time to let loose and enjoy the festive spirit. Plus, we also have the CAPSI competitions coming up and the Phollies event thereafter —opportunities to showcase your talents, pharmacy knowledge, and school spirit. We can't wait to see the turnouts!

To close this address we would like to remind students to pace yourselves, take care of yourselves and your peers, and watch for burnout. While the pharmacy program and the adventures it brings can truly be some of the best memories you make, we recognize it can equally be as gruelling and challenging to navigate through. We encourage students to reach out to friends, faculty or us for any help in navigating the school year and any challenges it may bring. At the end of the day we're all a Phamily!

It's always inspiring to see everyone coming together to support each other. Let's keep this momentum going and make this semester one to remember!

Take care, and see you around campus!



Cheers,

Handwritten signatures in blue ink.

Mona Mollaeizadeh and Rehan Saeed
2024-2025 President and Vice-President
Undergraduate Pharmacy Society (UPS)



By: Sara Rokni Abjari, 2T7

WELCOME 2T8s: A MEMORABLE PHROSH!



We would like to extend an official welcome to the 2T8s. We were all incredibly excited to welcome them to the Phamily. From the moment they stepped into registration and received their orientation packages, there was an air of excitement. The 2T8s quickly formed bonds with their peers, as they were grouped into teams led by a 2T7 mentor. Phrosh week is always an incredible and exciting experience for the incoming class and we hope that the 2T8s truly enjoyed what we planned for them.

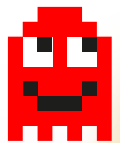
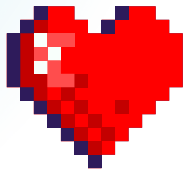
The week was packed with fun, starting with a series of icebreaker games that helped everyone get acquainted. Starting with the icebreaker activities truly helped everyone feel more comfortable with each other and to just have fun. From the exciting Spoonful Sprint to the teamwork-testing TARP TROUBLE, the energy was high and the spirit of friendly competition filled the air. The 2T8s were incredible team players who tried to enjoy every second of these activities.

By: Sara Rokni Abjari, 2T7

As the icebreaker games came to a close it was clear that lasting friendships were established and above all the 2T8s felt more comfortable with their new environment and peers. But this was definitely not the end of the fun activities the 2T7s had planned for the incoming class. They also experienced a lovely social night at Freeplay where the 2T8s and their 2T7 mentors enjoyed an evening filled with vintage arcade games. They also took part in social and trivia night where they became better acquainted with their fellow 2T8s.

As 2T7s, we were thrilled to meet the class of 2T8. We know they're going to do incredible things, and we're here to support them every step of the way. From academic challenges to navigating the ins and outs of student life, the 2T7s are always just a call away.

Welcome to the Phamily, 2T8s! Here's to a fantastic year ahead—we can't wait to see all that you achieve!



Special thanks to Roba Khalil and Cici Chen for the beautiful pictures.

Said's Cinematic Reviews: The Silence of the Lambs

By: Said Aoude, 2T5



Welcome, ghouls and gals, to this very frightening first installment of Said's Cinematic Reviews! This is the series where I give you the spook—err, I mean scoop—about the latest feature-length flicks. And what better way to kick off this series (and the Halloween season) than with a review of the terrifying 1991 classic *The Silence of the Lambs*? Now, granted, I have never seen this film, but just from the title alone, you know you're in for one bone-chilling ride. Anyone who has ever been near a farm or even a petting zoo will tell you that lambs can be quite loud indeed. But why are they so silent this time around? Well, pop on this fearsome flick to find out!



If you're an avid reader like myself, you'll be glad to know that this film is actually based on a 1988 book by Thomas Harris. Fans of the novel will absolutely adore this movie adaptation, as it likely features many of the same plot points and possibly some of the same characters as the original! So, this Halloween, pop some kernels in your cauldron and grab an ice-cold witch's brew as you embark on this suspenseful adventure with a ghastly gang of characters, including our protagonist Clarice Starling, an FBI agent with her eyes set on solving her first big mystery.



Will she find out what caused the sheep to shut it? Maybe so! Thankfully, Clarice is joined by a whole team of kooky cast members on her adventure, including Buffalo Bill (an American football fanatic, maybe?) and Hannibal Lecter (or should I say Dr. Cannibal Specter... hmm?). As you can tell, this mysterious romp will quickly have your head spinning!

Thankfully, you won't have to wait too long for the answers to all your boo-ring questions and creepy queries. With the lambs gone silent, there will probably be no "bah's," but I'm sure there will be plenty of "boo's" for the whole family to enjoy! So, what are you waiting for? Check out this scream fest today—if you dare! For now, I'm giving *The Silence of the Lambs* my highest rating so far: Five spooky stars out of five! ★★★★★



5 BINGEWORTHY SHOWS YOU CANNOT MISS RIGHT NOW

By: Yasmeen Ameeriar, 2T6

With so many streaming options at our fingertips, finding the perfect show to dive into can feel overwhelming. Whether you're in the mood for a gripping drama, a mind-bending thriller, or a feel-good comedy, I've put together a list of five amazing shows that will entertain, surprise, and keep you hooked. So grab your popcorn, settle in, and get ready for your next binge-worthy obsession

“Warning: These shows may cause excessive binge-watching, loss of sleep, and an urgent need for ‘just one more episode.’ Proceed with caution!”



Only Murders in the Building

Streaming on: Hulu

If you love a good mystery but also crave a healthy dose of comedy, *Only Murders in the Building* is your perfect match. The show stars Steve Martin, Martin Short, and Selena Gomez as three strangers obsessed with true crime podcasts who find themselves entangled in a real-life murder mystery within their posh New York apartment building. The show manages to balance intrigue and humor seamlessly, and the trio's chemistry is off the charts. Add to that a charming supporting cast, and you have a light-hearted whodunit that never feels too heavy.



Severance

Streaming on: Apple TV+

Severance is one of the most inventive and unsettling sci-fi shows in recent memory. The series explores the idea of "severing" one's work and personal life—literally. At Lumon Industries, employees undergo a procedure that divides their consciousness into two distinct personalities: one for work, and one for their personal life. It's a slow-burn psychological thriller with a twisty, layered plot that keeps you guessing.

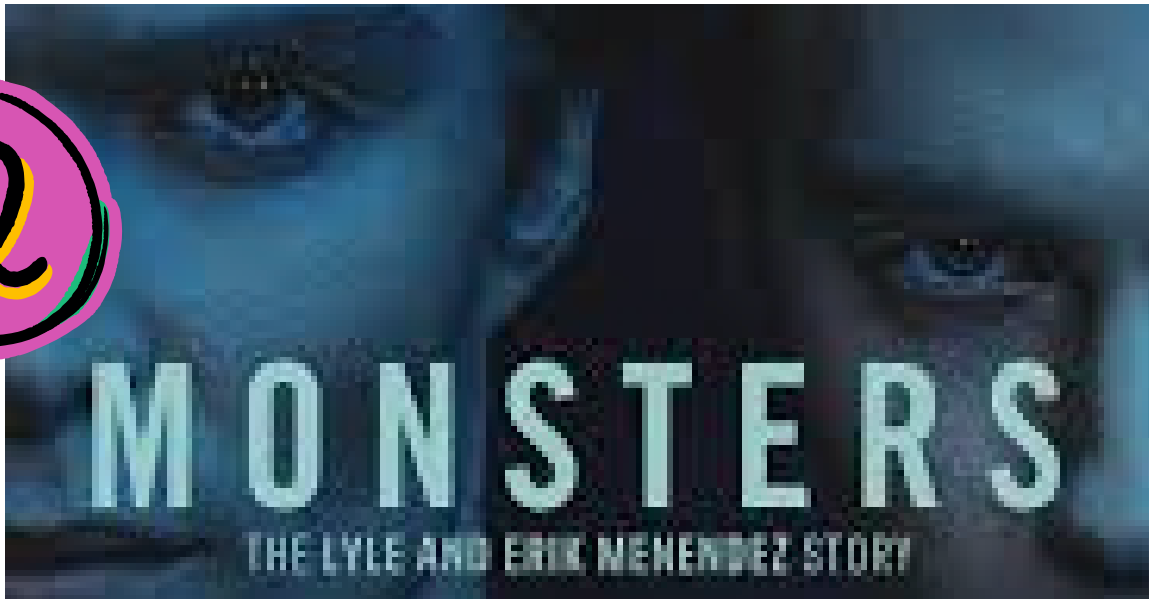


Nobody Wants This

Streaming on: Netflix

Kristen Bell plays Joanne, a candid podcast host, while Adam Brody portrays Noah, a flirty rabbi. The show's first episode introduces a delightful meet-cute, family dynamics, and awkward romantic encounters, blending humor with romance. The characters' chemistry and strong banter are praised, though the rom-com's humor could be stronger. Ultimately, it's a promising setup for a quirky love story with obstacles, including religious and personal differences.

2



Monsters

Streaming on: Netflix

This anthology series created by Ryan Murphy, focuses on the infamous Menedez brothers, who were convicted of murdering their parents in 1989. The series delves into the brothers' upbringing, their parents' alleged abuse, and the trial that captured national attention. This installment aims to provide a fresh perspective on the Menedez case, exploring the psychological and familial dynamics that led to the tragedy.

1



Tell Me Lies

Streaming on: Hulu

Tell Me Lies is an addictive rollercoaster of love, lies, and toxic relationships. Based on the novel by Carola Lovering, this drama follows Lucy and Stephen through their intense and often destructive romance, beginning in college and spanning several years. What sets Tell Me Lies apart from typical relationship dramas is its exploration of how deeply manipulation, deceit, and bad decisions can impact one's life. The series is captivating, raw, and at times unsettling as it paints an unflinching picture of love's darker side. Prepare for emotional highs, lows, and plenty of twists.

The Science Behind Haunted Houses: What Makes Them So Scary?

By: Justin Wu, 2T7

Haunted houses are a staple of Halloween festivities, designed to evoke fear, thrill, and excitement. But what makes them so effective at terrifying people? The science behind haunted houses taps into the very core of human psychology and biology. From manipulating our senses to triggering primal fear responses, these attractions are carefully crafted to exploit the way our brains react to fear.

One of the key elements of haunted houses is the way they play with our senses. The human brain is wired to respond to uncertainty and unpredictability. When we enter a haunted house, we are thrust into a dimly lit, disorienting environment where it's difficult to see what's coming next. Our brains immediately go on high alert, scanning for potential threats.

Lighting, sound, and temperature are all manipulated to heighten our anxiety. The dim, flickering lights and sudden darkness disorient us, while eerie sound effects—like footsteps, whispers, or creaking doors—cause our imagination to run wild. The sense of the unknown keeps us guessing, and our brains fill in the gaps with worst-case scenarios, making us more susceptible to fear. This sensory overload heightens our alertness and amplifies the tension.

The "jump scare" is a classic horror tactic, and haunted houses use it liberally. But why do sudden loud noises or unexpected movements frighten us so much? It all comes down to the brain's fear center: the amygdala. The amygdala is responsible for detecting threats and triggering the body's fight-or-flight response.

When we encounter a sudden scare, like a monster jumping out from the shadows, our amygdala kicks into action. The brain doesn't take time to logically assess whether the threat is real; it responds immediately with fear, triggering an adrenaline rush. This is why jump scares are so effective—they bypass our rational thought and go straight to our primal fear response.

Haunted houses are carefully engineered to tap into our deepest fears using sensory manipulation, jump scares, the uncanny valley, and social dynamics. By understanding how the brain processes fear, designers can create environments that feel overwhelmingly terrifying. While our rational minds may know that we're in no real danger, our primal instincts take over, ensuring that we experience a rush of adrenaline and fear. So, the next time you find yourself screaming in a haunted house, remember—it's all science at work!



BEST Oatmeal Raisin Cookies

By: Nicolle Fava, 2T6

Prep time: fast

Makes: not that many ... but enough ... maybe 12 cookies?

Ingredients:

- 1 cup all purpose flour
- ½ tsp baking soda
- ½ cup salted butter (softened)
- ⅓ granulated sugar
- ⅔ cup brown sugar
- 2 tsp vanilla extract
- 1 egg
- 1 ½ cup rolled oats
- ⅔ cup raisins
- 1 tbsp cinnamon

Instructions:

- Mix together all the dry ingredients (flour, baking soda, rolled oats, cinnamon) and set aside in a large bowl.
- Mix the butter and the sugars with an electric or stand mixer in a large bowl.
- Add in the egg and vanilla and continue to mix.
- Slowly add in the dry ingredients and mix with the electric or stand mixer until combined.
- Fold in the raisins.
- Use a baking tray with a piece of parchment paper and place rounded tablespoon sized balls of dough on the sheet (spread them out so that they don't grow into each other). You can make them bigger if you prefer :)
- Bake for 10-12 minutes at 375 degrees (they will not look done but they will bake a bit more when you take them out of the oven so trust the process) Unless you like them more crisp you can keep them in for longer 14-16 minutes!
- ENJOY :D



Perfect Peanut Butter Squares Recipe

By: Ayman Lakhani, 2T5

Ingredients:

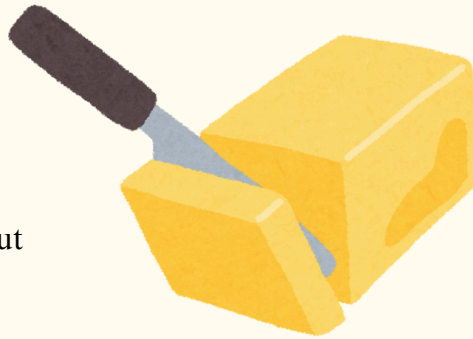
- 1/2 cup of butter
- 16 ounces of brown sugar
- 1/2 cup of milk
- 3/4 cup of creamy or chunky peanut butter
- 1 teaspoon of vanilla extract
- 3 1/2 cups of powdered sugar

Instructions:

1. Melt butter in a medium saucepan over low-medium heat, then stir in the milk and the brown sugar.
2. Boil for 2 minutes while stirring. the mixture should have an even golden-brown colour at this point.
3. Remove the pan from the heat and stir in your peanut butter and vanilla extract.
4. Place your powdered sugar into a large mixing bowl, then pour the peanut butter mixture over top.
5. Mix until the texture is smooth and the colour is even.
6. Pour the mixture into a parchment-lined dish.
7. Place it in the fridge for about an hour or until the mixture hardens.
8. Cut it into squares and enjoy!

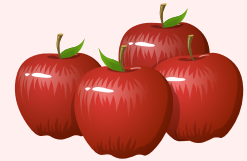
Notes:

- This recipe should yield approximately 30 servings.
- It can be stored at room temperature in an airtight container or in the fridge.
- You can melt in some chocolates as well for some added sweetness and flavour.



Apple Galette Recipe

By: Vivian Hang, 2T7



You've probably heard of apple pie, but have you ever tried an apple galette? This rustic, free-form version of the classic dessert is not only just as delicious, but it's also even easier to make! Give this simple recipe a try and taste the difference for yourself.

CRUST

- 200g all-purpose flour
- 1 $\frac{3}{4}$ tablespoon sugar
- $\frac{1}{2}$ teaspoon salt
- 150g cold, cubed unsalted butter
- 65g ice-cold water

APPLE FILLING

- 2 medium-large honeycrisp apples, peeled & sliced
- $\frac{1}{4}$ cup granulated sugar
- 2 tablespoon corn starch
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{4}$ teaspoon nutmeg



INSTRUCTIONS

1. Pulse flour, sugar, and salt in a food processor.
2. Add in cold cubed butter.
3. Pulse until butter is incorporated and the mixture is pebbly.
4. Gradually add ice water while pulsing (no more than 12-15 pulses to not overwork the dough)
5. Dump the dough out onto plastic wrap and shape it into a puck.
6. Refrigerate for at least an hour.
7. Allow to sit at room temperature for around 15 minutes before rolling out.
8. Preheat oven to 375°F (190°C)
9. Gently combine apples with the rest of the ingredients to coat.
10. Allow the apple mixture to sit while you roll out the dough.
11. Flour dough and roll out the dough to a 13-14" (33-35cm) circle.
12. Arrange apples on the dough and pleat the edges of the crust.
13. Brush visible crust with egg wash (1 egg whisked with a splash of water).
14. Sprinkle egg-washed crust with sugar.
15. Drizzle in a few spoons of the cinnamon cornstarch slurry that the apples were sitting in.
16. Sprinkle with a pinch of flaky salt and place 3-4 slices of butter on the apples.
17. Bake for 40-50 minutes, rotating halfway, until golden.

APPLE BUTTER RECIPE

By: Sam Broadfoot, 2T7

It's spooky season! And what else is spookier than food waste? Got too many autumn apples? Don't know what to do with them as they succumb to decay in your vegetable drawer? Time to boil 'em down and make some Apple Butter! Pretend to be a witch or warlock as you stir, cooking is basically domesticated chemistry anyway. Below is my tweaked recipe for Stovetop Apple Butter, shamelessly ripped from Love & Olive Oil (loveandoliveoil.com) and mutated to my preference:

Yield: ~1.5 cups

Ingredients:

5 medium chopped apples, cores removed (skin on for a teeny extra bit of fibre – love fibre? Remove the apple seeds and chop up the cores too! More core = less smooth butter though)

½ cup water

2 tbl-spn lemon juice (I omit this if more than half of my apples are tart eg. Granny smith),

¼ cup granulated sugar

¼ cup brown sugar – packed

¼ tsp ground cinnamon

Freestyle section: feel free to use a pinch of any or all of these things: salt (brings out the sweetness), cloves or allspice (more holiday feel)

Instructions:

1. Place chopped apples into a large saucepan/pot and bring to a simmer over medium heat in your water, then reduce to maintain that low simmer. Add white sugar and lemon juice. Cover concoction and cook for 20-25 minutes until apples begin to get a little mushy,
2. Remove from heat – either throw them through a food processor to make apple puree if you're fancy enough to have one, or mash them with a potato masher until it forms a fine paste,
3. Return to pot over medium-low heat, add that brown sugar, cinnamon, and your chosen additions. Bring to a gentle simmer and stir regularly (it will splutter otherwise, and you'll get burnt apple bits at the bottom of your pot), until the puree looks a nice caramel colour – or to your liking for thickness. A good end-point for Apple butter is when it can hold a mound shape when scooped by a spoon. Final colour will depend on the spices and apples used, greener apples = greener butter!
4. Throw that puppy into a clean jar or airtight container. Love and Olive Oil swears it'll keep for 3 weeks, but they've gone longer in my fridge, and they might do the same for yours if you keep an eye on them (discard anything that smells, grows, or doesn't stand up to a tiny taste-test).

Bruises don't impact the apple-butter, but mold and other colonies do! I would steer clear from adding apples with obvious fungal friends in/on them.

A Fall Treat for One: An Apple Crumble Recipe

By Rebecca Foster, 2T6

The temperature is starting to get cooler, the pumpkins are coming out, and it's almost time to stuff yourselves full of a comforting turkey dinner. But no turkey dinner is complete without dessert!

Dessert is the finishing touch to a filling, delicious Thanksgiving meal. But not everyone is gathering with a big family. For those of you living alone, you may not be able to make and finish a full-sized dessert before it inevitably goes bad. If you think this might apply to you, and you like apples and something sweet, this apple crumble for one may be just what you need!

Ingredients:

Oat and Flour Crumble:

- 1/3 cup of rolled oats
- 1/4 cup of all-purpose flour
- 1/2 tbsp of white or brown sugar
- 4 tbsp melted butter

Apple Filling:

- 1 cup of apples (Medium sized and chopped in cubes)
- 1 1/2 tbsp white sugar or brown sugar or mix of both
- 1 tsp cinnamon powder
- 1.2 tbsp of lemon juice
- 1 tsp vanilla extract

Instructions:

- Preheat the oven to 350 degrees Fahrenheit
- In a bowl, mix together (until a crumble forms) the oats, flour, melted butter, and white/brown sugar.
- In another bowl, add the chopped apples, cinnamon, lemon juice, vanilla, and white/brown sugar. Mix until all the apples are fully coated.
- Pour the now coated apples into the bottom of a ramekin or baking dish
- Add the crumble to the top of the apples and bake the apple crumble in the oven for 15 minutes
- Let it cool for 5 minutes after taking from the oven.



(Recipe was created by Sheenam and Muskaan)

Tsujiri Dundas: Review of a Local Hotspot

By: Hanan Abdul Selam, 2T8

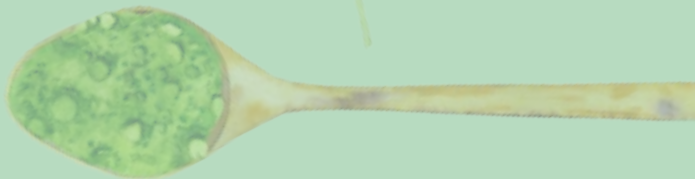


REVIEW

<i>Matcha Latte</i>	9/10
<i>Hojicha Soft Serve</i>	9/10
<i>Kinako Kuromitsu Latte</i>	9.2/10
<i>Yuzu Matcha</i>	7/10



147 Dundas St West



Experience at Fort William Historic Site

By: Sushmeet Bath, 2T6

Over the previous summer break I had the luxury of visiting Fort William Historical park in Thunder Bay. To give some background on the Fort William Site, the park allows us to travel back in time and take a peak on how life was in the 1800s. Upon entry you are taken to a pathway in which you are able to experience different aspects of life back then such as water pumping, fur trading, the building of canoes, farming and more. All equipment or clothing is what you would see if you were to be around in the 1800s, and all the individuals in the park were sure to stay in character. Within the park, we were able to learn and appreciate the culture, heritage and traditional lifestyle of the Anishnaabe.

The Anishnaabe were one of the largest First Nations groups in Canada and still to this day hold a big population. The name Anishinaabe means “person” or in some contexts “first man” and their territory generally includes areas near Lake Huron and Lake Superior.

MORE INFO

<https://www.canadahistoryproject.ca/1500/1500-07-algonquin.html>

Throughout my experience I noticed that each person I met at the site had an assigned job such as hunting, crafting boats and infrastructure, preparing meals, taking care of the animals and skinning the animals for fur. There is no skinning of animals or hunting at the Fort William Historic Site and it was for informative purposes only. It was also noted that bear fur was considered a top luxury and high value trade item. The beaver fur was noted as an exclusive fashion item to have for the wealthy and high status.

One of my most favourite places I visited on the site was the hospital. The hospital consisted of many different beds open in one room and a table with common medications in glass bottles. These medications mostly consisted of balms and herbal remedies but were meant to treat the common injuries at the time such as cuts and wounds, common fever and colds. It was common to try and induce bleeding or emetics to induce vomiting in cases of poisoning. I enjoyed visiting the hospital as I noticed the similarities from the past to present. Such as the layout of the beds, and how there was a designated pharmacy in every hospital. It was even told there that children were kept in a different area than the children.

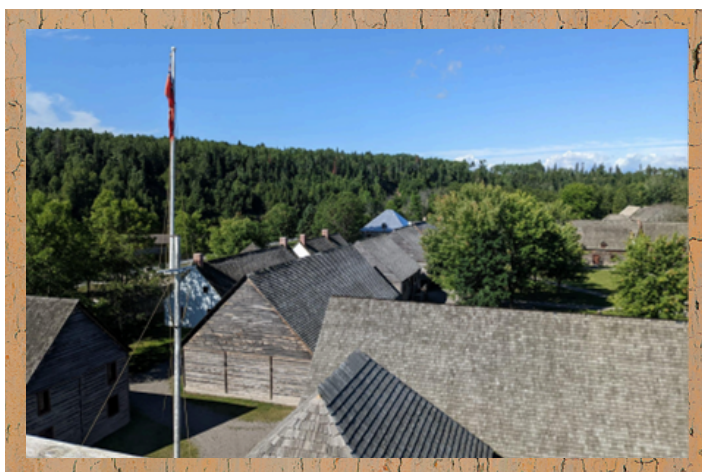
I spent the most time at the site on the farm. The farm had a wide array of animals such as horses, chickens, cats, dogs, roosters and so many more. These were some of the friendliest animals I have ever met, it seemed all the animals got along with one another and were all roaming in an open space and responded well when called upon. One special moment I had was when a bright orange cat named Felix started to follow me around and demanded to be played with. One of the staff gave me a toy and I played with Felix for 20 minutes and he followed me for the remainder of the visit. I had a great laugh here as I had pulled out my phone to take a picture and all the staff proceeded to be so confused and amused by the phone and acting as if they had no idea what it was.



It was very insightful to be able to learn of the traditional lifestyle of the Anishnaabe and see the way of living. We were able to sit in a teepee and I was able to appreciate and admire the infrastructure and how cosy it was inside. It was fascinating to see how food was prepared and how the harsh winters were conquered with animal fur. It was as if everyone had their distinct roles in the community and everyone was a vital member to ensure things moved smoothly.

After visiting the Fort William Historic site, I was eager to learn more about the traditional lifestyle of Indigenous peoples and appreciate the heritage. This experience kick started my journey into educating myself more about the Indigenous way of life and the barriers faced. After reaching out to individuals during my Thunderbay visit who identified as Indigenous, I was better able to understand health care barriers and decided I wanted to be an advocate and raise awareness on these barriers. After I started my first year in Pharmacy, at the club fair I discovered the Pharmacy Awareness of Indigenous Health club and our values aligned. Here I have met amazing people and am ready to aid in pharmacy's awareness of healthcare barriers faced by Indigenous communities.

Here are some pictures I took from the visit. The first being the view from the top of the light pole.



The second and third being a room holding the weapons used for hunting and survival.



TACKLING ONTARIO'S PRIMARY CARE CRISIS: THE ROLE OF PHARMACIES IN THE FUTURE OF HEALTHCARE

By: Purvi Mahida, 2T6

This summer, I completed a placement at Brampton Civic Hospital in the respirology department and emergency clinic, where I encountered a major issue—patients struggling to access primary care providers. Throughout the entire summer, the hospital was in Code Gridlock, a situation where the hospital was so overcrowded that patients couldn't be transferred from the emergency room to other departments. Many of these patients ended up in the emergency department because they had no other options, unable to secure timely appointments with family doctors or outpatient specialists. This highlighted a growing concern that affects not only the hospital system but the entire healthcare network.

Ontario is facing a critical shortage of family doctors, which is contributing to significant delays in diagnoses and treatments. This delay means that what might have been manageable conditions, if caught early, are now becoming severe and more difficult to treat. As a result, patients are increasingly turning to emergency departments as a last resort, putting extra pressure on hospitals already struggling with limited capacity. This reactive approach to healthcare—waiting until a condition worsens before seeking help—not only overwhelms hospitals but also leads to poorer health outcomes. Without intervention, the situation will continue to worsen, further straining an already burdened system.



Drawing from my placement experience and the change management frameworks I've studied, I believe there is an untapped solution that could ease this crisis: pharmacies. Pharmacies are often more accessible than traditional healthcare settings, and they already play a crucial role in providing vaccinations, medication management, and health consultations. By expanding their services to include chronic disease management, routine check-ups, and preventive care, pharmacies could fill some of the gaps left by the shortage of family doctors. This would allow patients to seek care earlier and manage their conditions more effectively, reducing the need for emergency interventions.



However, for this solution to work, there must be significant changes in legislation. Pharmacists need to be granted more authority to take on primary care responsibilities, which requires updating current laws and policies. Moreover, pharmacists would need additional training to ensure they are equipped to handle a broader scope of care, such as managing chronic illnesses and providing routine screenings. This could involve developing specialized programs that train pharmacists in primary care management, enabling them to deliver safe and effective healthcare services.

To move forward, we must also foster collaboration between pharmacies and other healthcare institutions. Creating integrated care models where pharmacies work alongside hospitals and family doctors would help distribute the burden of care more evenly. For example, pharmacists could help manage patients with chronic diseases like diabetes or hypertension, reducing the need for these patients to seek emergency care when their conditions worsen. This would ease pressure on emergency departments and improve patient outcomes by addressing health issues earlier.



Public awareness will also be key to making this shift successful. Many patients may not realize that pharmacies can provide more than just prescriptions and vaccinations. A targeted public education campaign should inform Ontarians about the expanded services pharmacies can offer, encouraging them to seek early interventions at their local pharmacy before their health concerns escalate. This could help reduce unnecessary visits to emergency departments and promote a more proactive approach to healthcare.



FALL

Word Search

FIERUZ MOBARAK - 2TB

S	H	P	L	A	E	F	H	P	K
B	L	H	M	Q	J	B	A	D	F
O	C	T	O	B	E	R	L	L	I
N	A	P	P	L	E	S	L	P	E
F	R	C	G	A	I	M	O	Q	D
I	D	R	Q	U	P	O	W		K
R	I	J	L	E	A	V	E	S	L
E	G	B	N	C	Y	U	E	I	N
M	A	Y	C	O	Z	Y	N	O	M
M	N	J	L	K	C	I	D	E	R



FIND THE FOLLOWING FALL-RELATED WORDS:

- OCTOBER
- APPLES
- HALLOWEEN
- CARDIGAN
- LEAVES
- CIDER
- BONFIRE
- COZY




Medication Word Scramble

By: Purvi Mahida, ZT6



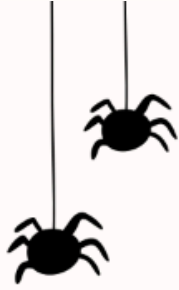
1. REBOPINUF _____
2. CLAIMLNOIXI _____
3. RNIFMETOM _____
4. MNITAVASSIT _____
5. APZEMROLA _____
6. IDUFEROSME _____
7. INFARARW _____
8. LEOTOPMROL _____
9. ANRISIP _____
10. XENNAPOR _____
11. AEIAMODRON _____
12. EONXYXODO _____
13. NIFEZENLACE _____
14. ILEYTRIPTNORN _____
15. REPILANEL _____



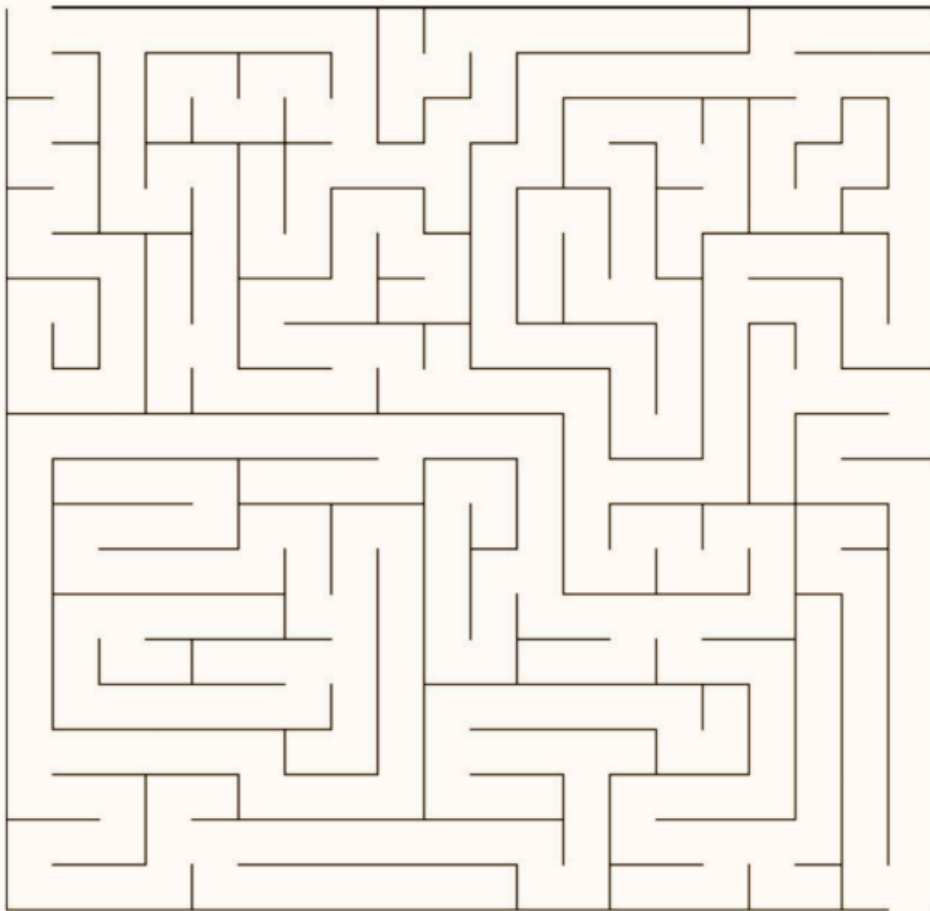
ANSWERS:

IBUPROFEN AMOXICILLIN METFORMIN AVASTIN ALPRAZOLAM
FUROSEMIDE WARFARIN METOPROLOL ASPIRIN NAPROXEN
AMIODARONE OXYCODONE CEFAZOLIN NORTRIPTYLINE ENALAPRIL

MEDICATION MAZE



By: Ayman Lakhani, 2T5



**Help guide the
Creepy Creon into
the Gastric Ghost's
medication vial!**





Sohila Elgedawi, 2T7



Nickolas Bekic, 2T7



David Saccutelli, 2T7



Marcus Lam, 2T7



Vivian Hang, 2T7



Radhika Thakkar, 2T6



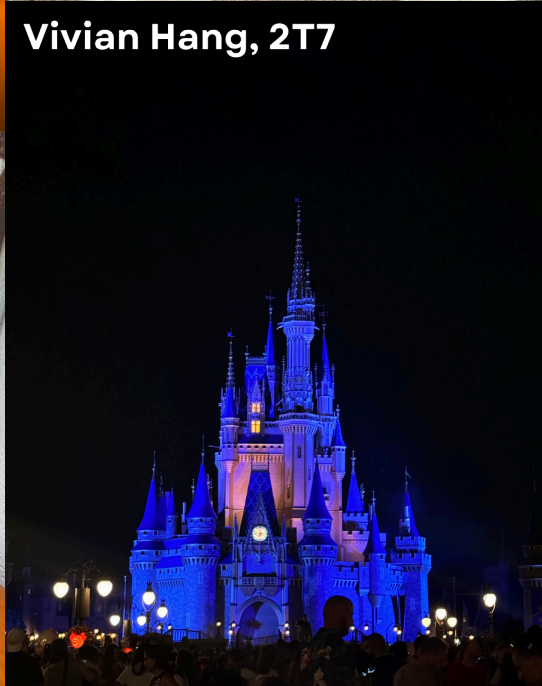
Christine Nguyen, 2T7



Saiema Samrodia, 2T6



Hitisha Solanki, 2T5



Justin Wu, 2T7