



MONOGRAPH

VOLUME 26 ISSUE 4

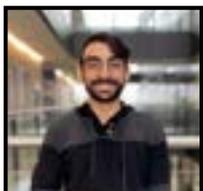
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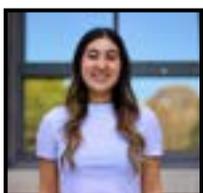
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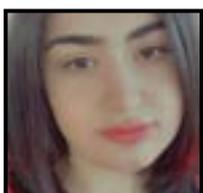
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EDITOR'S ADDRESS

Hello Friends!

Welcome to the latest edition of the Monograph!

We are thrilled to present you with our international-themed issue, featuring a diverse range of articles that highlight various topics such as student travel experiences, travel essentials, global recipes, and more. Additionally, we invite you to check out articles from some of our clubs, including PHAMSA x DAEI, PSFCA, and CAPSI, in our clubs corner section.

You'll also find captivating photographs from many of your classmates and anonymous submissions of students reminiscing about their mishaps in pharmacy, in our "RxFails: Unplugged" section.

As a bonus, we are holding a raffle following our scavenger hunt, so don't miss out on this exciting opportunity!

If any of the articles featured in this issue inspire you, feel free to reach out to either of us or to your class reps to have your piece featured in our next and final issue of the year.

Thank you for your continued support, and we hope you enjoy reading this edition of the Monograph!

Sincerely,

Purvi Mahida and Vivian Hang
Monograph Co-Editors, 2024/25
monograph@uoftpharmacy.com

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UPS ADDRESS

As we approach the end of March, we hope everyone had a smooth and successful midterm season! The semester is flying by, and we're so proud of how far each of you has come in your pharmacy journey.

March is **Pharmacy Appreciation Month (PAM)**, a time to recognize and celebrate the invaluable contributions of pharmacy professionals in healthcare. This year, CAPSI and UPS worked hard to organize engaging and meaningful pharmacy appreciation events for everyone. From initiatives highlighting the impact of pharmacists to fun gatherings like PAMcakes, these events bring our community together and remind us of the importance of our profession and colleagues. Thank you to everyone who participated and helped make these events a success!

To our **first-year students**, you're almost there—your first year of pharmacy school is nearly complete! You've navigated the challenges of a brand-new learning environment, adapted to the rigorous coursework, and built the foundation of your pharmacy knowledge. Now, you're so close to your EPE-1 and the White Coat Ceremony, an exciting milestone that marks the transition from student to healthcare professional. We can't wait to see you officially receive your white coat and begin applying everything you've learned in your placements. This is just the beginning of your journey, and we are so excited to watch you grow!

To our **second years**, you've made it through one of the most demanding semesters of pharmacy school. This year has challenged you to think critically, integrate clinical knowledge, and refine your problem-solving skills. With each passing week, you're becoming more confident and capable in your abilities. Keep pushing forward—you're almost at EPE-2, where you'll take on a more active role in patient care and further develop your clinical decision-making. The work you've put in this year will make a real difference in how you approach pharmacy practice, and we can't wait to see you shine in your placements.

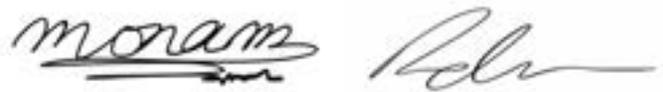
To my **fellow third years**, this is it—our last semester together in pharmacy school. We have all come a long way from where we started, and now, as we reach the final stretch of our academic journey, it's important to take a moment to cherish these last few months. This is the last semester of our degree where we will all be together in class, so don't take this time for granted. Make memories, plan study sessions, spend time with friends, and appreciate the moments that make pharmacy school special. Soon, we'll all be stepping into our APPE rotations and, before we know it, into our professional careers. Let's make the most of this time together!

And finally, to **our fourth years**, congratulations to those who have matched to residency programs! This is an incredible achievement and a testament to your hard work, dedication, and passion for pharmacy. Residency is a challenging but rewarding experience, and we have no doubt that you will thrive in your roles, contribute meaningfully to patient care, and continue to push the profession forward. For those pursuing other career paths, whether it be industry, community, or hospital pharmacy, this is just the beginning of an exciting new chapter. Whatever direction you choose, we are confident that you will make a meaningful impact.

As we wrap up the semester, we look forward to celebrating with all of you at the **UPS Awards Ceremony in March!** This is a time to recognize the hard work, dedication, and contributions of our fellow students. Be sure to check your emails and UPS points to see if you've won an award—we hope to see you all there as we come together one last time before the semester ends.

We are also excited to announce that **Miral Bunha and Unnati Shah** have been elected as the **UPS President elect and Vice-president elect for 2025-2026**. We look forward to seeing them lead the next chapter of UPS and continue fostering a strong, supportive pharmacy student community. Congratulations to both of them!

Wishing you all a strong finish to the semester—keep pushing, stay motivated, and most importantly, take pride in how far you've come!



Mona Mollaeizadeh and Rehan Saeed
2024-2025 President and Vice-President
Undergraduate Pharmacy Society (UPS)
Leslie Dan Faculty of Pharmacy
University of Toronto



STUDENT COUNCIL'S 2T7 WINTER EVENTS

By: Sara Rokni Abjari, 2T7

The student council has been busy this past semester organizing fun and exciting events that brought our 2T7 community together. From ice skating to candy grams, we've had an amazing lineup of events that truly showcased the spirit of our class.

We kicked off the winter season with a chilly afternoon of skating at Nathan Phillips Square. Despite the cold, students embraced the winter weather, gliding and laughing as they skated around the rink. The crisp air and festive atmosphere provided the perfect backdrop for enjoying a typical Canadian winter day. It was an afternoon filled with warmth, laughter, and memories, proving that even the coldest days can be packed with excitement!

Next up was our Valentine's Day Candy Grams, where we spread a little extra love and kindness. Students had the opportunity to send sweet messages and treats to their friends and loved ones. It was amazing to see so many people get involved, adding a special touch to the season of love.





Next, we hosted the incredibly popular Step-Up Walking Challenge. Students tracked their steps throughout the competition, all fighting for the coveted title of ‘Step Champion.’ It was a fun and healthy way to stay active while bringing out some friendly competition among classmates, all for the chance to win a 18 feet gift card. With everyone stepping up to the challenge, it was an event to remember!



Finally, we had our Pharma Pursuit event which was an exciting campus-wide race. Teams of two raced across campus, solving clues and completing challenges along the way, all in the hopes of winning a \$100 prize! The best part? All proceeds from the event went to charity, supporting a cause close to our hearts. The fast-paced event got everyone involved, laughing, and sprinting for the finish line, leaving everyone exhilarated and eager for the next big event. We’re thrilled with the amazing turnout and participation in these events. They’ve truly highlighted the vibrant, supportive community we’ve built together, and we can’t wait to bring even more fun events in the months ahead. As always, the 2T7 student council is here to keep you engaged, active, and connected—stay tuned for what’s coming next!



SAID'S LIT REVIEWS:

TOP BOOKS NOT SET IN CANADA



By: Said Aoude, 2T5

If you're an avid reader, chances are you've journeyed through the rugged, desolate, snow-covered landscapes of Canadian literature more times than you can count. But in this special international edition of *The Monograph*, I have decided to introduce readers to the small subset of works not set in our home and native land. These captivating novels will transport you to far-flung destinations, offering a literary escape that is sure to inspire your next adventure abroad so you may experience the wonders of the non-Canadian world!

GONE GIRL

Starting off strong is one of my favorite books ever by one of my favorite authors: *Gone Girl* by Gillian Flynn. Contrary to popular belief, this mystery thriller is not set in Canada but is instead set in the friendly, unassuming state of Missouri. The novel unravels the twisted, toxic marriage of Nick and Amy Dunne—until Amy's sudden disappearance turns Nick into the prime suspect. What really happened to Amy? Is Nick hiding something? You'll have to dive into this razor-sharp thriller to uncover the truth—just remember, it all goes down in Missouri!

1

THE KITE RUNNER

If you were a Canadian high school student, chances are you read (or begrudgingly skimmed) *The Kite Runner* by Khaled Hosseini for English class. Surprisingly, this novel is also not set in Canada at all! Instead, this book primarily takes place in Afghanistan. The setting of this novel is particularly important as Afghanistan's changing landscape mirrors the protagonist's personal struggles with guilt and atonement as he is faced with the consequences of his past actions. Since the book chronicles the life story of Amir, is a young Afghani boy growing up in the 1970s, a modern Canadian setting would not have fit.

2

CONTINUE ON THE NEXT PAGE



ANIMAL FARM

3

George Orwell's *Animal Farm* is another literary classic. However, more casual readers may be surprised to learn that it, too, does not take place in Canada.

Instead, this novel takes place on a farm in England, where a group of rebellious animals overthrow their human owner in pursuit of equality. While this may seem to be a simple children's tale about talking animals on the first few read-throughs, the very astute among us will find that it features some subtle commentary on the rise of totalitarian regimes upon closer inspection. Though the themes are universal, the setting here is not Canadian, and so it certainly deserves a spot on our list.



GAME OF THRONES

4

Okay, I admit I cheated a little bit with this entry. George R.R. Martin's *Game of Thrones* is not actually a book but an entire series. Still, it is not set in Canada at all. Instead, this epic fantasy tale unfolds across the sprawling continent of Westeros. Here, noble houses wage war against one another, dragons soar across the skies, and political betrayals lurk around every corner. To quote Ned Stark, "Winter is coming." But it is not the kind we're used to in the Great White North. Pick up this series if you are looking for some enthralling non-Canadian literature.

5



PROJECT HAIL MARY

Rounding off our list is *Project Hail Mary* by Andy Weir. This novel does not take place in the Great Canadian North—it's not even set on Earth! Instead, this popular sci-fi tale takes readers on a thrilling intergalactic journey through outer space. In *Project Hail Mary*, we follow Ryland Grace, an astronaut who awakens alone on a spaceship with no memory of who he is or how he got there, only to discover that the fate of humanity rests on his shoulders. If you're seeking a fresh escape to the far reaches of the universe, this one's for you!

ALGERIA

A Hidden Gem of Beauty, History, and Healing

By: Amira Bouchemma, 2T6

As someone whose roots are deeply connected to Algeria, I've always believed it's a place the world deserves to know better. Nestled in North Africa, Algeria is a land of striking contrasts—stretching from the turquoise shores of the Mediterranean to the vast, golden silence of the Sahara Desert. It's the largest country on the continent, yet still one of its best-kept secrets.

welcome strangers with genuine warmth, where traditions are cherished, and where stories are passed down like treasured heirlooms.

Walking through Algiers' Casbah, you can't help but feel it—the essence of a place that remembers where it came from. Exploring Roman cities like Timgad or watching the sunset over the endless dunes of the Sahara, you realize Algeria doesn't need to pretend or perform. Its authenticity is effortless and undeniable.

Although Algeria isn't yet a famous tourist destination, it's a hidden gem that's worth giving a chance. And maybe—just maybe—you won't regret it. What makes Algeria truly special isn't just its breathtaking landscapes or its ancient ruins. It's the deep sense of nostalgia and authenticity that lingers in the air, like the aroma of fresh mint tea or the sound of traditional music echoing through narrow streets. Life here feels slower, simpler, and more connected to the past. It's a place where people still take the time to





And Algeria's story isn't just about culture and history—it's also about healing. The country is home to over 3,000 species of medicinal plants, many of which are still used in traditional medicine today. From desert plants like *Artemisia herba-alba* (used for its antidiabetic and antimicrobial properties) to *Nigella sativa* (black seed), which is valued for its healing potential, Algeria's natural pharmacopeia has supported health and wellness for centuries.

For us as pharmacy students, there's something powerful about a country that embraces both its ancient traditions and modern healthcare. Algeria reminds us that authenticity does matter—in the stories we tell, the people we serve, and the medicines we create.

So if you ever get the chance to visit, take it. Algeria is a place where history, healing, and heart come together—and if you give it a chance, it might just stay with you forever.

Nowruz

By: Negar Shavandi & Sanaz Karimi, 2T6

Nowruz, the Persian New Year, is a celebration that is beyond borders and unites millions worldwide in a shared expression of hope and renewal.

History:

With its origins rooted in ancient Persia over 3,000 years ago, Nowruz intertwines with the cultural fabric of the region. It is the most magnificent celebration of the year for all Persians around the world. Festivities that go on for 14 days have their roots deep in ancient Persia and the Zoroastrian culture.

The name "Nowruz" itself echoes a universal theme – "New Day," symbolizing the triumph of light over darkness and the rejuvenation of nature, as it marks the first day of spring in the Northern Hemisphere. Families and communities come together to celebrate the new year, new season and new beginning.



Global Synchrony:

The beauty of Nowruz lies in its global synchrony. Celebrated on the vernal equinox, usually falling on March 20th or 21st, the festival marks the arrival of spring in the Northern Hemisphere.



This synchronicity exemplifies the universality of seasonal change, bringing people from diverse backgrounds together to celebrate the beauty of nature's reawakening. The countdown for the new year is at a set time for all regions around the world. This year, due to the leap year, the countdown is on Thu, Mar 20th, 2025, 5:01 a.m Eastern Time.

Traditions:

At the heart of Nowruz traditions lies the iconic "Haft Sin" table, displaying seven symbolic items, each commencing with the Persian letter "S" (sin). These items include Sabzeh (sprouted wheat or barley for rebirth), Samanu (sweet pudding symbolizing power and strength), Senjed (dried oleaster fruit representing love and compassion), Seer (garlic cloves for medicine and health), Seeb (apples symbolizing beauty and good health), Somāq (sumac berries representing the sunrise and patience), and Serkeh (vinegar for aging and patience). The Haft Sin table not only serves as a visual feast but also carries deep meanings that resonate with the essence of Nowruz.

Celebrations and Customs:

The journey into Nowruz festivities begins with the exuberant "Chaharshanbe Suri" - translated to "Wednesday feast" and is celebrated on the last Wednesday before Nowruz. It is a precursor to the New Year marked by bonfires, music, and the symbolic act of jumping over flames for purification. As the equinox ushers in the official arrival of Nowruz, joyous fireworks, traditional music, and dances illuminate the night. Families and friends come together and leave all bitter events of the year and throw them in the fire. As they jump over the bonfires, the phrase "من از تو زردی" is repeated, which translates to leaving behind any sickness or bad luck and wishing for a prosperous and happy year ahead. This lively tradition plants seeds for a hopeful tomorrow.

Persians welcome the new year with a vibrant traditional dish, Sabzi-Polo-Ba-Mahi served on the eve or first day of Nowruz. This traditional dish contains herbs (sabzi) and rice (polo) with (ba) fish (mahi) and symbolizes a rebirth, new beginnings, and abundance. Another traditional dish that Persians enjoy for Nowruz is KooKoo-Sabzi (Herbs Frittata) that is believed to symbolize prosperity and happiness. Lastly, sweets like Baklava (skinless almonds, ground cardamom, pistachios, rose water and saffron syrup), Nokhodchi (chickpea cookie with pistachio), and Shirini-Berenji (rice flour cookies, recipe included below).

Another iconic festivities of Nowruz is "Sizdah Bedar" translating to the thirteenth day after Nowruz, where families engage in outdoor activities, picnics, and nature exploration on the thirteenth day of the New Year, symbolizing the dispelling of bad luck and embracing the fresh beginnings that spring offers.

In essence, Nowruz emerges as more than a celebration; it's a testament to the enduring power of rich culture bringing together the nation.

Happy Nowruz and Spring! Nowruz Shadbash!

نوروز شادباش!

هر روزتان نوروز
نوروزتان پیروز!



The Land Where it All Began

By: Hyam Gaffar, 2T6

Egypt, to most of the world, is pyramids, mummies, and the occasional “did you go to school by camels” jokes. But to me, it’s home and a central part of my identity, even when I’m thousands of miles away. It’s a place where the air is thick with the scent of freshly baked baladi bread, jasmine, and the lingering laughter of family and friends gathered on their balcony long after sunset. Where conversations aren’t just small talk, they are heartfelt exchanges, filled with laughter, animated gestures, and the kind of warmth that makes even strangers feel like family.

And no, Egypt isn’t just endless sand dunes with a lone camel walking dramatically into the sunset. You want adventure? Scuba dive in the Red Sea, where the coral reefs are a nature lover's paradise. You can sail down the Nile and live like a pharaoh in Luxor and Aswan. After sailing through history, you can soak up the views from above during a scenic sunrise hot air balloon ride.

From hiking the mountains of Sinai, to getting lost in the chaotic beauty of Khan El Khalili’s old markets, or lounging in a beachside cabana on the North Coast, where the sea is fifty shades of blue and the white, long stretches of sands are so soft Egypt offers a rich tapestry of experiences. The beauty of ancient wonders standing side by side with modern life, and every street, every riverbend, holds a story waiting to be told.

But the real magic of Egypt isn’t just in its landscapes, it’s in its people. It’s warmth, not just from the sun, but from the energy, hospitality and good humor of the Egyptian people.



It’s a place where you can never be "alone" in the Western sense because someone is always looking out for you. Strangers will call you habibi (my dear) before they even know your name. Walk into any Egyptian home, and you’ll leave ten pounds heavier because "you didn’t eat enough." Tell a stranger you need directions, and they’ll not only guide you but also call their cousin to make sure you don’t get lost. Family isn’t just blood; it’s your neighbors, your friend’s parents, the fakha guy (fruit seller) who’s been giving you extra guavas since you were a kid. It’s a culture where generosity isn’t an afterthought, it’s instinct.

Being Egyptian is what shaped me. It’s why I have a deep love for hosting and gathering people, why I share what I have without thinking twice, and why I can’t physically let a guest leave my house without offering food at least five times. It’s why, in my future as a pharmacist, I know that patient care isn’t just about prescriptions, it’s about human connection, about making sure no one is left behind or feel alone navigating health scares and concerns. So no, I didn’t ride a camel to school. But if I had, at least three people would’ve stopped me along the way, one to wrap a scarf around my neck, another to slip a sandwich in my hand, and a third to remind me that wherever I go in life, I’ll never walk alone. And that pretty much sums up what kind of people Egyptians are.

By: Alex Su, 2T6

A MAGICAL TRIP TO FLORIDA:

Universal Studios and Disney World Adventure

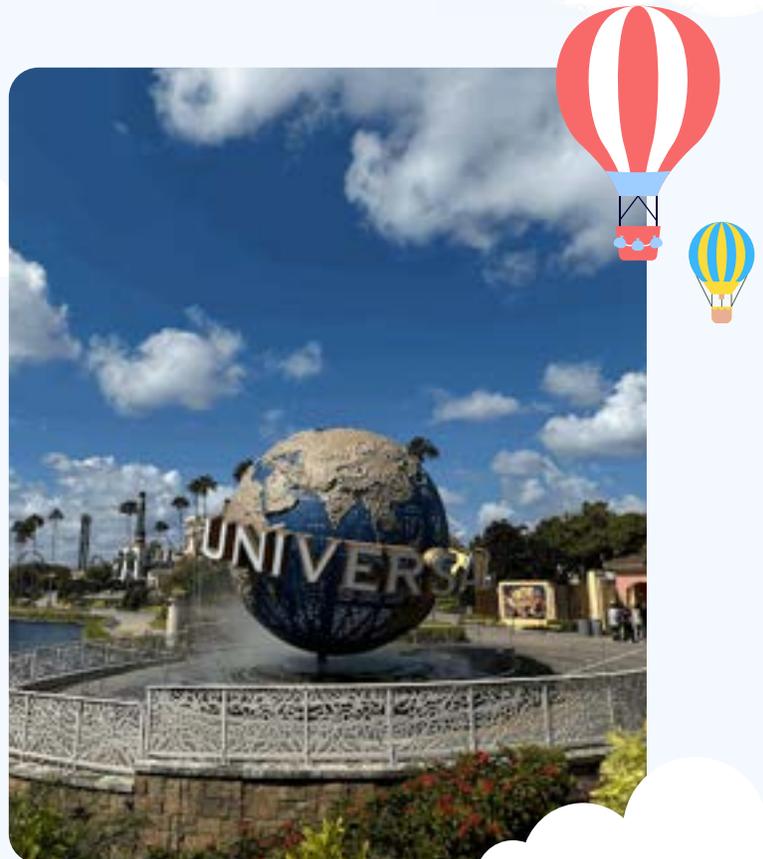
Florida has always been on my bucket list, and this year, I finally made it happen! A trip filled with thrilling rides, childhood nostalgia, and plenty of sunshine. I couldn't have asked for more. My adventure took me to two of the most famous theme parks in the world: Universal Studios and Disney World. From exciting attractions to meeting beloved characters, this trip was pure magic from start to finish.

Touchdown in Orlando: Let the Fun Begin!

As soon as I landed in Orlando, I could feel the excitement in the air. The airport was buzzing with families wearing Mickey Mouse ears, and I knew I was in for an unforgettable time. After checking into my hotel near the parks, I grabbed a quick bite and headed straight to Universal Studios, eager to kick off my adventure.

Universal Studios: A Movie Lover's Dream

Universal Studios did not disappoint! My first stop was The Wizarding World of Harry Potter, and let me tell you, stepping into Diagon Alley felt like I had walked straight into the books. I grabbed a Butterbeer, explored the shops, and rode Escape from Gringotts, which was an absolute thrill.



Next, I couldn't resist checking out Minion Mayhem, a ride dedicated to the lovable, mischievous Minions from Despicable Me. The moment I stepped inside, I was transported into Gru's laboratory, where I was "transformed" into a Minion and taken on a wild adventure. The 3D effects, humor, and fun-filled chaos made it one of the most entertaining rides of the day. After the ride, I explored Super Silly Fun Land, a playful area inspired by the movie, and even grabbed a Minion-themed snack!

By the end of the day, my feet were aching, but my heart was full. Universal Studios truly brought the movies to life, and I loved every second of it.

By: Alex Su, 2T6

Disney World: Where Childhood Dreams Come True

The next day was all about Disney, and I felt like a kid again the moment I walked into Magic Kingdom. Seeing Cinderella's Castle up close was surreal. I made a beeline for Space Mountain, then hit up Pirates of the Caribbean and Haunted Mansion. The classic rides that never get old!

After that, I took my time exploring the rest of Magic Kingdom, enjoying rides like Big Thunder Mountain Railroad and Peter Pan's Flight. The parade down Main Street was a highlight, with all my favorite Disney characters waving and dancing. As the sun set, I found the perfect spot for the fireworks show. Watching the sky light up over Cinderella's Castle was the perfect way to end the night.

By the time my trip came to an end, I was exhausted but beyond happy. Between the magic of Disney and the excitement of Universal, this adventure was everything I had hoped for and more. Whether you're into fun rides, immersive attractions, or just want to relive childhood memories, these parks have something for everyone. As I boarded my flight home, I was already dreaming about my next visit!





Diabetes in Ramadan

PHAMSA X DAEI

By: Adiba Khanam, 2T6

Fasting during Ramadan is a deeply spiritual and communal experience for Muslims worldwide. However, for individuals living with diabetes, it poses unique health challenges. To help the community navigate these challenges safely, PhAMSA and DAEI recently hosted our annual informative session featuring **Mohamed Elsabakhawi**, a pharmacist and associate owner who graduated from the pharmacy program at the University of British Columbia. His expertise shed light on the essential steps diabetics should take to ensure a safe and healthy Ramadan.

Mr. Elsabakhawi provided valuable insights into the safe management of diabetes while fasting. He explained that while fasting is obligatory for most Muslims, exceptions exist for those who are ill, including some with diabetes. However, many still choose to fast, making it crucial to understand how to do so safely.



Blood sugar monitoring was a key topic of discussion. Many attendees were surprised to learn that checking blood sugar levels does not break the fast and is **actually encouraged**. Mr. Elsabakhawi recommended that diabetics test their blood sugar multiple times a day, especially before Suhoor (pre-dawn meal), mid-day, and before Iftaar (breaking of the fast). If blood sugar **falls below 4 mmol/L**, fasting must be broken immediately with a fast-acting carbohydrate source like glucose tablets, juice, or honey to prevent dangerous complications. Similarly, hyperglycaemia (**above 11 mmol/L**) after meals may indicate poor diabetes control, requiring medical attention.

Diet and hydration were key discussion points. He advised eating **high-fiber, low-glycemic foods** at Suhoor for sustained energy and avoiding sugary, fried foods at Iftaar to prevent blood sugar spikes. Staying well-hydrated between sunset and dawn is essential, as dehydration can lead to serious complications.



Additionally, medication adjustments are crucial, as some drugs, like insulin and sulfonylureas, require dosage changes, while others, like SGLT-2 inhibitors, carry dehydration risks. Physical activity should also be moderated, with light movement and Taraweeh prayers encouraged.

This session reinforced the importance of preparation and medical guidance for those fasting with diabetes. Mr. Elsabakhawi's key message was clear: with proper management, individuals can observe Ramadan safely while prioritizing their health.

We wrapped up our session with a fun Trivia based on the information that was presented! Our top 3 winners were Hyam Gaffar (2T6), May Wong (2T6), and Ralph Ramos (2T6)!



DIABETES AWARENESS & EDUCATION INITIATIVE

By: Shangavi Senthuran and Justin Wu – 2T7 (DAEI Co-presidents)

We are incredibly proud of the progress the Diabetes Awareness and Education Initiative has made as a club this year. Our mission is to raise awareness about this prevalent disease and equip future pharmacy professionals with the skills needed to support patients with diabetes effectively.

This school year, we hosted our annual Diabetes Demo Tool Event, where students had the opportunity to gain hands-on experience with essential diabetes management devices, including insulin pens, glucometers, and continuous glucose monitors. With diabetes technology advancing rapidly, it is crucial for pharmacy professionals to feel confident handling these tools so that patients can rely on us for guidance and support. We were thrilled by the large turnout and the enthusiasm of our peers, many of whom expressed feeling more comfortable using these devices after attending the event.

Additionally, we collaborated with the Muslim Students' Association (MSA) for our annual Fasting in Ramadan and Diabetes Care Event. This initiative provided an opportunity to explore the intersection of cultural practices and diabetes management, ensuring that future pharmacists are



well-prepared to offer patient-centered care in a culturally sensitive manner. The strong participation from our peers at Leslie Dan further reinforced the importance of inclusive healthcare discussions.

Looking ahead, we aim to continue expanding our impact by increasing awareness, providing more hands-on learning opportunities, and organizing fundraisers to support charities like Diabetes Canada. We are excited to keep growing and making a meaningful difference in diabetes education and care!



PHARMACY STUDENTS FOR CANCER AWARENESS (PSFCA)

By: Sanmaan Chakkal, 2T6

Hello Phamily!

My name is Sanmaan and I'm one of the co-presidents of Pharmacy Students for Cancer Awareness (PSFCA) this year. I am incredibly passionate about fostering a community where pharmacy students can learn about oncology, engage in meaningful discussions, and understand the role pharmacists have in cancer care. Cancer is a complex disease that affects millions of people worldwide, and as future pharmacists, we have the potential to make a real difference—whether through direct patient care, medication management, research, or advocacy. Our club strives to provide a platform for students to explore these roles, gain valuable insights from experts, and contribute towards advocacy and research for advancement.

One of the most rewarding aspects of being part of this club is providing opportunities for students to expand their knowledge beyond the classroom. Cancer treatment is evolving rapidly, with advancements in targeted therapies, immunotherapy, and supportive care. Understanding how pharmacists fit into the multidisciplinary team is essential, as we play a key role in medication safety, adherence, symptom management, and patient education. Even for those who may not work directly in oncology, pharmacists in all practice settings encounter cancer patients—whether it's helping manage side effects, addressing drug interactions, or supporting survivorship care.

You may have seen our cancer trivia campaigns on social media, where we post interactive trivia about cancer care, screening, and upcoming treatments/research alongside our Q&A panels with pharmacists across various oncology settings. I'm excited to announce that we have a few more events lined up for the semester. Keep an eye out for our upcoming oncology pharmacist panel as well as a bracelet-making fundraiser in collaboration with Pharmacy Pediatric Initiative (PPI) to fundraise money for childhood cancer research! We hope to provide students the opportunity to engage with professionals, enhancing our understanding of oncology pharmacy and contribute towards a cause that affects so many lives.

Whether you're interested in pursuing oncology pharmacy or simply want to be part of an initiative that promotes cancer awareness and education, we welcome you to join us. Together, we can use our skills and knowledge to support cancer patients, advocate for better care, and continue learning about the ever-changing landscape of cancer treatment. Stay tuned for event details, and we hope to see you there!

Sanmaan Chakkal



Celebrating Pharmacists Appreciation Month (PAM) 2025: How CAPSI and UofT Pharmacy Students Are Honoring the Profession

By: Anica Shafiq, 2T7

Every March, pharmacy students across Canada come together to celebrate Pharmacists Appreciation Month (PAM)—a time dedicated to recognizing the invaluable contributions of pharmacists in healthcare. Organized by the Canadian Association of Pharmacy Students and Interns (CAPSI), PAM serves as a platform to highlight the role of pharmacists, foster professional pride, and engage pharmacy students in events that strengthen school spirit.

How CAPSI is Celebrating PAM Across Canada

As the national voice of pharmacy students, CAPSI chapters at pharmacy schools across Canada are hosting an array of events to educate, engage, and inspire. From interactive trivia games and outreach initiatives to wellness sessions and networking opportunities, these activities are designed to bring students together while reinforcing the impact of pharmacists in patient care.

At the University of Toronto, CAPSI representatives, including myself as the Junior Representative, and Lydia Wadie, the Senior Representative, have been working tirelessly to ensure that PAM 2025 is filled with fun, educational, and community-driven events. The goal? To celebrate the pharmacy profession, build school spirit, and create lasting memories for students.

How UofT is Celebrating PAM 2025

This year, UofT CAPSI has organized a diverse lineup of events, ensuring there's something for everyone. Here's a glimpse into what we've planned for our fellow pharmacy students:



Social and Fundraising Events

- PAMcakes Breakfast (March 4th) – A morning of free pancakes for students, bringing the community together over a classic breakfast treat.
- PDT Bake Sale (March 6th) & PARD Bake Sale (March 10th) – Fundraising through delicious baked goods, with proceeds supporting pharmacy student initiatives.



Engagement & Fun

- Instagram Trivia (March 11-14) – Daily pharmacy-related trivia questions posted on our Instagram stories, encouraging participation and offering students UPS points for correct answers.
- Toronto's Next Top Pharmacist (TNTP) (March 25th) – A highly anticipated competition showcasing students' skills, knowledge, and creativity in a fun and friendly contest.

Educational & Interprofessional Events

- IPE Event with University of Waterloo (March 17th) – A collaborative interprofessional education session on endometriosis, fostering discussion on how different healthcare professionals approach this condition.
- Lunch & Learn on Dermatology (March 31st) – A special session with Midtown Compounding Pharmacy, providing valuable insights into dermatological treatments.



Community Outreach & Wellness Initiatives

- Pharmacy Outreach with Interprofessionals at UTSC (March 20th) – Engaging with the Scarborough community, educating individuals on various health topics.
- CV Health Pharmacy Outreach Event (March 23rd) – Promoting cardiovascular health awareness, emphasizing the pharmacist's role in preventative care.
- IMHAP Yoga Session (March 27th) – Encouraging mental health awareness and student wellness through a relaxing group yoga session.
- RxRunners Outdoor Challenge (Ongoing) – A running challenge where students share their fitness progress, promoting an active lifestyle.

Why These Events Matter for School Spirit

Beyond celebrating pharmacists, PAM strengthens the bond among pharmacy students. Events like TNTP, trivia, and wellness activities foster camaraderie, reduce stress, and create a sense of belonging within the faculty. Fundraising initiatives, outreach events, and professional development sessions remind students why they chose this profession—not just to dispense medications but to make meaningful contributions to healthcare.



Upholding CAPSI Values Through PAM

As a CAPSI Junior Representative, I take pride in organizing and promoting events that align with CAPSI's mission of advocating for pharmacy students, enhancing education, and fostering professional growth. Through PAM, I strive to:

- Engage students in meaningful discussions about the profession.
- Promote well-being through wellness initiatives.
- Encourage networking and interprofessional collaboration.
- Strengthen school spirit by bringing our UofT pharmacy community together.

PAM is more than just a celebration—it's a reminder of the dedication, resilience, and passion that pharmacy students and professionals bring to healthcare every day. Whether through trivia, outreach, or simply sharing pancakes, each event serves as a testament to our commitment to the profession.

As PAM 2025 unfolds, we look forward to continuing the celebrations, engaging more students, and making this month unforgettable for all pharmacy students at UofT and beyond!

Happy PAM!



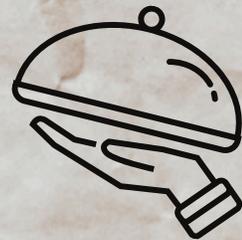
Mado

By: Hanan Abdul Selam, 2T8

Food 9/10

Service 8/10

Recommendation:
iskender kebab



Check
it
out



BUTTER BAKER

By: Fieruz Mobarak, 2T8



**Strawberry
Birthday Cake**



Rating: 10/10

experience

One of my favourite places to stop for dessert in Toronto. If you live in the city and don't want to travel far for a sweet treat, I definitely recommend checking them out! They have a special flavour every month which I always make an effort to try!

One of my favourite flavours so far (I love a touch of rainbow sprinkles)!

PERFECT PROTEIN COOKIE DOUGH

By: Rachel Kuruvilla, 2T5

INGREDIENTS

- 1 scoop of your favourite protein powder
- ¼ cup of your favourite protein shake (I prefer Fairlife)
- 1 tablespoon of peanut butter
- 1 bag of chocolate chips



NOTES

- This recipe should yield approximately 1 bowl of cookie dough.
- Cookie dough can be used for baking or can be eaten straight from the bowl.
- For some extra sweetness, add in a sprinkle of sugar or artificial sweetener.
- For some added colour, decorate your dough with sprinkles.

DIRECTIONS

1. Heat the oven to 160 C
2. Combine butter, brown sugar, white sugar, egg and vanilla, mix thoroughly using a mixer
3. Once combined, add flour and baking soda, mix it again with chocolate bits and a pinch of salt
4. Take a scoop of dough, spread it across the trays, make sure it has enough spaces in between
5. Bake for 10-15 minutes until the edge is crispy
6. Let cool for at least 10 minutes on cooling rack



Shirini-Berenji Recipe

By: Negar Shavandi & Sanaz Karimi, 2T6

Happy Nowruz, Spring and the Persian New Year to anyone celebrating! Here is a recipe for a common sweet for the duration of New Year:

Steps

1. In a mixing bowl, mix 250 g of ghee with 175 g of powdered sugar manually or with a mixer for 5 minutes or until it looks creamy
2. Separate one egg yolk from the egg white then add the egg yolk and cardamom to the mixture
3. In a separate bowl, whisk the egg white until it is frothed then whisk the egg white into the initial mixing bowl
4. Slowly introduce rice flour while whisking until you have added 500g of rice flour and your mixture has no clumps
5. Add ¼ tablespoon of rose water syrup
6. If the batter is still runny, you may add one glass of water and allow it to rest, but if it is firm enough to mold, begin separating the batter into small balls and place them on parchment paper on an oven tray
7. Preheat the oven to 170 degrees C or 338 degrees F for 20 minutes or until the edges turn golden.
8. Enjoy!





FIRNEE

BY: YASMEEN
AMEERIAN, 2T6



Instructions:

Afghan Firnee is a rich and creamy milk pudding, delicately flavored with cardamom and often infused with rose water. This traditional Afghan dessert is very smooth making it a comforting treat. Served chilled and garnished with crushed pistachios and almonds, Firnee is a popular choice for special occasions, celebrations, or simply as a delightful way to end a meal. Its velvety texture and aromatic flavors make it a favorite in Afghan cuisine.

1. Dissolve the cornstarch: In a small bowl, mix the cornstarch with $\frac{1}{2}$ cup of cold milk. Stir well until smooth and lump-free.
2. Heat the milk: In a saucepan, heat the remaining 3.5 cups of milk over medium heat, stirring occasionally to prevent it from burning.
3. Add sugar and cardamom: Once the milk is warm, add the sugar and ground cardamom. Stir until the sugar is fully dissolved.
4. Thicken the mixture: Slowly pour in the cornstarch mixture while stirring constantly. Keep stirring over medium-low heat until the mixture thickens to a pudding-like consistency (about 8-10 minutes).
5. Add rose water and saffron (if using): Stir in the rose water and saffron for extra flavor.
6. Cool and serve: Pour the Firnee into small serving bowls. Let it cool to room temperature, then refrigerate for at least 2 hours to set.
7. Garnish and enjoy: Before serving, sprinkle with crushed pistachios and slivered almonds.

Ingredients:

- 4 cups whole milk
- $\frac{1}{4}$ cup cornstarch
- $\frac{1}{2}$ cup sugar (adjust to taste)
- $\frac{1}{2}$ teaspoon ground cardamom
- 1 teaspoon rose water (optional, for extra flavor)
- 2 tablespoons crushed pistachios (for garnish)
- 1 tablespoon slivered almonds (optional)
- A pinch of saffron strands (optional, for color and aroma)





Microwave Ropa Vieja & Brown Rice

RECIPE ADAPTED FROM: [HTTPS://WWW.FOODNETWORK.COM/RECIPES/FOOD-NETWORK-KITCHEN/MICROWAVE-ROPA-VIEJA-3362995](https://www.foodnetwork.com/recipes/food-network-kitchen/microwave-ropa-vieja-3362995)

BY: SARAH SYEDA, 2T7

SERVINGS: 4 COST: \$3.5 PER SERVING PREPPING TIME: 10 MIN COOKING TIME: 40 MIN

Ingredients

- | | |
|-------------------------|--------------------------------------|
| 1 CUP BROWN RICE | 14-OUNCE CAN CRUSHED TOMATOES |
| 6 CUPS WATER | 1 CUP LOW-SODIUM BEEF BROTH |
| 1 SMALL ONION, SLICED | ½ CUP JARRED ROASTED RED PEPPERS, |
| 3 CLOVES GARLIC, MINCED | 2 TSP SOY SAUCE |
| 1 TSP GROUND CUMIN | 1 POUND FLANK STEAK, CUT INTO 3-BY-1 |
| ¼ TSP DRIED OREGANO | ½-INCH STRIPS |
| 2 TBSP CANOLA OIL | KOSHER SALT & PEPPER TO TASTE |



SERVE WITH
BROWN RICE!

Directions



1. BROWN RICE: BRING 6 CUPS OF WATER TO A BOIL. RINSE THE RICE TO REMOVE EXCESS STARCH.
2. ADD THE RICE TO WATER. REDUCE THE TEMPERATURE TO PREVENT OVERFLOW. BOIL UNCOVERED, FOR 30 MINUTES. DRAIN OFF WATER AND RETURN THE RICE TO THE POT. COVER THE POT AND LET THE RICE REST, OFF THE HEAT, FOR 10 MINUTES.
3. PUT ONION, GARLIC, CUMIN, OREGANO, OIL, ½ TEASPOON SALT AND BLACK PEPPER IN A MICROWAVE-SAFE BOWL. TIGHTLY COVER BOWL WITH PLASTIC WRAP; CUT A SMALL SLIT IN THE CENTER TO VENT EXCESS STEAM. MICROWAVE ON HIGH UNTIL ONIONS ARE SOFT AND TRANSLUCENT, ABOUT 4 MINUTES.
4. ADD TOMATOES, BEEF BROTH, RED PEPPERS, SOY SAUCE, & ½ TEASPOON SALT. STIR IN THE STEAK. TIGHTLY COVER BOWL WITH 2 PIECES OF PLASTIC WRAP; CUT SMALL SLIT IN THE CENTER. MICROWAVE ON HIGH FOR 20 MINUTES. STIR, COVER, AND MICROWAVE FOR ANOTHER 20 MINUTES. UNCOVER BOWL, AND LET COOL FOR 5 MINUTES.
5. REMOVE STEAK AND SHRED USING TWO FORKS; RETURN TO BOWL. TIGHTLY COVER BOWL, CUT A SMALL SLIT IN CENTER AND MICROWAVE FOR 5 MINUTES. LET SIT, COVERED, FOR 5 MINUTES, AND SERVE WITH RICE.

Scarborough Sites and Bites

BY: SAID AOUDE, 2T5

For this special international edition of The Monograph, I'm excited to share some of my favorite culinary gems from one of my most beloved destinations: Scarborough! This vibrant community is a melting pot of cultures, offering an array of dining spots where you can savor flavors from all corners of the globe.



Sumaq

Sumaq is truly one of a kind. This Iraqi grill serves up some of the best shawarma in the GTA. While the popularity of the place means you might face some long wait times, trust me—it's well worth it. The meat is perfectly seasoned, the sauces are mouthwatering, but the real standout is the homemade bread which is light, airy, and perfectly chewy. If you're craving top-notch shawarma, this place is a must-visit.



Stacy's Island Flavor

Stacy's Island Flavor, a vibrant Jamaican restaurant in the heart of Scarborough, serves up some of the best jerk chicken, roti, and curried goat in the area. But my personal favorite is their oxtail-stuffed patties, which are packed with incredible flavor. If you're a fan of Caribbean cuisine like I am, you should definitely check this place out!



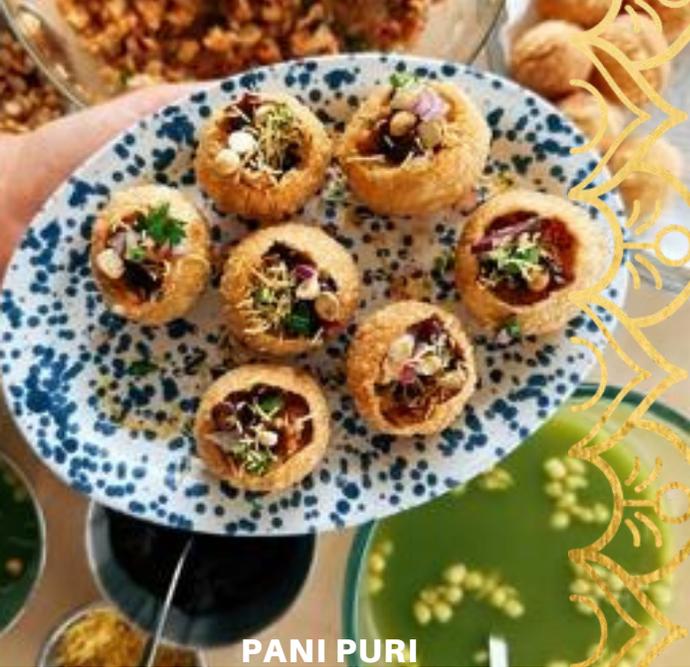
Narcos Tacos

If you're craving next-level Mexican cuisine, Narcos Tacos should be at the top of your list. Their specialty? Birria tacos. This irresistible dish features a bowl of rich, spicy stew paired with three tacos packed with tender pulled beef, melted cheese, onions, and cilantro. The bold, unique flavors are so delicious that I'm literally salivating just thinking about them!



THG's Hot Chicken

If you're craving Nashville-style fried chicken with some seriously HUGE portions, look no further than THG's Hot Chicken. This place serves up mouthwatering chicken tenders that are perfectly seasoned. For spice lovers, they've got some fiery heat that will satisfy your cravings. The service is quick, the staff is friendly, and the food is exceptional—what more could you ask for from a chicken joint? If you're in the area, don't miss out on this spot; you won't be disappointed.



PANI PURI



ALOO TIKKIS



PANEER TIKKA

INDIA'S STREET FOOD

THE GREATEST CULINARY ADVENTURE YOU'LL EVER HAVE

By: Purvi Mahida, 2T6

THE ULTIMATE FLAVOR BOMB

Indian street food doesn't believe in subtlety. It's an explosion of flavors in every bite—sweet, spicy, sour, and umami all doing the tango on your taste buds. Take **pani puri** (or golgappa, depending on which part of India you're in). These tiny, crispy balls are filled with spicy tamarind water and mashed potatoes, and they deliver an instant punch of flavor. You'll probably start sweating, but trust me, it's worth it.

THE VARIETY IS INSANE

Imagine this: You're strolling through a bustling street, and on one side, you've got a vendor expertly flipping **aloo tikkis** (crispy potato patties), while on the other, someone is squeezing fresh lime over a steaming plate of **bhel puri** (a crunchy, spicy puffed rice snack). Turn the corner, and suddenly you're inhaling the smoky goodness of **paneer tikka** sizzling on a grill. India's street food offers a new adventure on every street corner.

INDIA'S STREET FOOD CONT'D...

THE SHOWMANSHIP

Street food vendors in India don't just make food—they perform. Watch a **dosa** guy skillfully swirl out a paper-thin crepe and then fold it with the grace of a magician. Witness a **chaiwala** pouring hot tea from a foot above the cup, creating the perfect frothy blend. And if you've ever seen a vendor toss **kulfi falooda** (Indian ice cream with vermicelli) into a bowl from across the counter without missing, you know this is an art form.

SUPER AFFORDABLE

You can feast like a king for the price of a cup of coffee elsewhere. For just a few rupees, you get a plate of piping hot **vada pav**, Mumbai's answer to the burger. And let's be honest, the slightly questionable hygiene only adds to the thrill.

**WILL YOU GET SICK?
PROBABLY.
SHOULD YOU STILL TRY IT?
ABSOLUTELY.**

Let's address the elephant in the room: street food might give your stomach an extreme rollercoaster experience. But hey, **what's life without a little risk?** Some say your first battle with Indian street food earns you a badge of honor—others just call it a 'spicy cleanse.' Either way, once you've tasted the real deal, no five-star restaurant meal will ever hit the same.

FINAL VERDICT: JUST GO FOR IT

India's street food is messy, spicy, unpredictable, and absolutely glorious. It's the kind of food that makes you forget table manners, makes you sweat, and might even make you cry (from both joy and spice). But one thing is for sure—you'll never forget it.

So, grab a plate, embrace the chaos, and **let the flavor journey begin!**



THE USE OF TRADITIONAL CHINESE MEDICINAL SOUPS FOR HEALTH

By: Vivian Hang, 2T7

Traditional Chinese Medicine (TCM) has been practiced for thousands of years, emphasizing balance and harmony within the body. One of its most well-known aspects is the use of medicinal herbal soups, which combine herbs, roots, and nutrient-rich ingredients to promote health and well-being. These soups are often consumed to prevent illness, boost immunity, and support overall wellness. Here, we explore popular Chinese medicinal soups and their health benefits.

Gingseng Chicken Soup



Health Benefits: Ginseng chicken soup is a nourishing tonic known for boosting energy, strengthening the immune system, and improving circulation. It is often consumed during periods of fatigue or recovery from illness.

Key Ingredients:

Ginseng – Enhances energy (qi) and supports immunity
 Chicken – Provides protein and strengthens the body
 Red dates – Improves blood circulation and digestion
 Goji berries – Supports eye health and immunity

Health Benefits: This soup is known for aiding digestion, strengthening the spleen, and improving nutrient absorption. It is commonly consumed by individuals with poor digestion or lack of appetite.

Key Ingredients:

Chinese yam – Strengthens the digestive system and enhances kidney function
 Lotus seeds – Helps with digestion and calms the mind
 Poria – Reduces dampness and supports gut health
 Fox nuts – Strengthens the spleen and stomach

Four-Herbs Soup



Black Bone Chicken Soup



Health Benefits: This nourishing soup is commonly used to replenish blood, support women’s health, and boost overall energy levels. It is especially recommended for postpartum recovery.

Key Ingredients:

- Black bone chicken – Rich in collagen and essential nutrients
- Dang gui – Improves blood circulation and supports women’s health
- Red dates – Enhances blood production
- Ginger – Warms the body and improves circulation

Health Benefits: This soup is believed to improve lung health, support digestion, and promote overall vitality. It is also known for its mild, sweet flavor and cooling properties, making it ideal for hot weather.

Key Ingredients:

- Lotus root – Enhances lung function and improves digestion
- Peanuts – Strengthen the spleen and boost energy
- Red dates – Enhance blood circulation and immunity
- Pork bones – Provide collagen and minerals

Lotus Root & Peanut Soup



Health Benefits: Known for its cooling and detoxifying properties, this soup is beneficial for reducing water retention, promoting weight loss, and improving skin health. It is particularly popular during the summer.

Key Ingredients:

- Winter melon – Helps reduce heat & detoxify the body
- Barley – Reduces water retention & improves digestion
- Dried shiitake mushrooms – Enhance flavor and provide antioxidants
- Ginger – Adds warmth and improves circulation

Winter Melon & Barley Soup



Must-Have Medications While Traveling

By: David Saccutelli, 2T7

Traveling is an exciting experience, but it comes with unpredictable situations, including health concerns. Whether you're heading on a short trip or an extended vacation, having the right medications on hand can make all the difference. A well-prepared travel health kit ensures you stay healthy and enjoy your trip without unnecessary disruptions. Here are some essential medications to consider packing for your journey.



01

Over-the-Counter Pain Relievers

Headaches, muscle aches, or minor injuries can happen anytime. Carrying pain relievers like acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) can help manage pain, fever, and inflammation.



Antihistamines

Allergies can flare up due to environmental changes, unfamiliar foods, or insect bites. Antihistamines like loratadine (Claritin) or diphenhydramine (Benadryl) help alleviate allergic reactions, runny nose, and hives. Benadryl can also double as a sleep aid during long flights.

02



Motion Sickness Medication

If you're prone to motion sickness, carrying medications like dimenhydrinate (Dramamine) or meclizine (Bonine) can help prevent nausea and dizziness while traveling by car, boat, or plane.



03

Travel Smart

How Pharmacies and Pharmacists Keep You Safe on Your Adventures

By: Purvi Mahida, 2T6

So, you've booked that dream vacation—whether it's a tropical getaway, a backpacking adventure, or a business trip overseas. Exciting, right? But before you start packing your bags, there's something just as important as your passport: your health! That's where travel clinics in pharmacies come in to save the day.

What's a Travel Clinic, and Why Should You Care?

A travel clinic is your one-stop shop for everything health-related before you jet off. These clinics, often found in pharmacies, provide essential travel vaccines, medications, and expert advice to help you stay healthy while abroad. No one wants their vacation ruined by an unexpected bout of food poisoning, malaria, or traveler's diarrhea, right?



The Unsung Heroes: Pharmacists in Travel Health

Pharmacists are stepping up in a big way when it comes to travel health. They play a key role in:

- **Administering Vaccines:** Many destinations require vaccines for diseases like yellow fever, typhoid, or hepatitis A and B. Your pharmacist can help you figure out which shots you need and give them to you on-site.
- **Recommending Travel Medications:** Whether it's malaria prevention pills, altitude sickness meds, or something for that spicy street food adventure, your pharmacist has got you covered.
- **Giving Pro Tips:** Pharmacists can provide tips on avoiding common travel illnesses, packing a solid first-aid kit, and handling prescription medications while abroad.





What Should You Do If You're Traveling Soon?

1

Plan Ahead



Some vaccines require multiple doses or take time to become effective, so visit a travel clinic at least 4–6 weeks before your trip.

2

Know Your Destination



Different countries have different health risks. Your pharmacist can check travel health guidelines for your specific location.

4

Stay Informed



Keep an eye on travel advisories and make sure you have any required travel documentation for vaccines.

3

Pack Smart



Bring a travel health kit with essentials like motion sickness pills, anti-diarrheal meds, and basic first-aid supplies.

5

Ask Questions



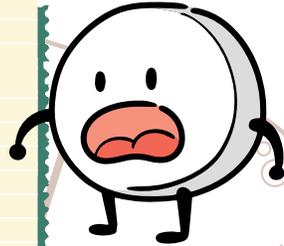
Unsure about water safety? Need tips on bug bites? Your pharmacist has answers!

Final Boarding Call: Visit Your Pharmacy's Travel Clinic!

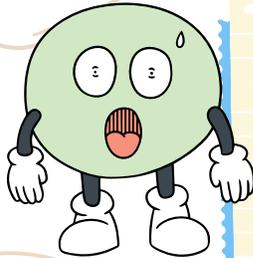
Before you take off, make a pit stop at your local pharmacy's travel clinic. With the right precautions, you'll be free to explore, relax, and make incredible memories—without worrying about unwanted health surprises. Safe travels!

RxFails: Unplugged

I accidentally gave a patient the wrong prescription bag and they didn't notice until they walked out of the pharmacy



I lost 200% profit on Ozempic from my pharmacy by not accepting the markup



I restocked a medication in the wrong location and my manager called for a meeting to find out who it was



When I spent 5 minutes making a patients' profile to conduct a minor ailment to only find out that they weren't eligible

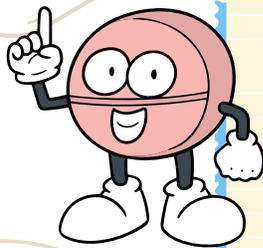


RxFails: Unplugged

When I did my first injection, I stuck the needle in but I didn't actually inject the patient so I had to re-inject them



I made a new profile for an existing patient because I couldn't find their profile



For my first injection, I failed to locate the injection site and the patient turned out to be a physician and pointed out my mistake



I accidentally threw away a multi-use dose vial after its first use



PILLS & BLADDERS

can you help eliminate this bacterial infection?

60 	59	58 PRESCRIBING CASCADE!!	 57 TRYING NON-PHARMS SKIP YOUR TURN	56 PRESCRIBING CASCADE!!	55
 49 TRYING NON-PHARMS SKIP YOUR TURN	50	51 	52 STEP DOWN THERAPY :(53	54
48	47	46 STEP UP THERAPY!	45 	44	 43 TRYING NON-PHARMS SKIP YOUR TURN
37 	38	39	40 STEP DOWN THERAPY :(41	42
36 STEP DOWN THERAPY :(35	34 	33	32	31
25 	26	 27 TRYING NON-PHARMS SKIP YOUR TURN	28	29 	30
24	23 STEP DOWN THERAPY :(22	21	20	 19 TRYING NON-PHARMS SKIP YOUR TURN
13 	14	15 	16	17 STEP DOWN THERAPY :(18
12	11	10	9	8 	7
1	2	3 	4	 5 TRYING NON-PHARMS SKIP YOUR TURN	6



By: Ayman Lakhani, 2T5

INTERNATIONAL WORD SEARCH

By: Leeya Wilson, 2T5

O E R E O E A I T E G O A A
A T G F T G R D N E G P L G
T L G S O A T U A L T P S I
D S L N O G V K O P L A N E
L N T D T G A O P V R G U L
S E K E R U C R A L I C P V
H U O A R L A A S U S V I D
I O I V G S T L S T C O R C
P O T T C U I T P G R F T S
A H K E C G O A O R S L D A
P S N H L A N A R A R I A L
V O T R S A S O T V S G O T
O A P L I U R E A O C H R S
T P R R H P P T L L A T L E

GRAVOL
DUKORAL
LUGGAGE
FLIGHT
PASSPORT
HOTEL
VACATION
PLANE
SUITCASE
ROADTRIP

Egypt Word Search

By: Sohila Elgedawi, 2T7



Find the following words in the puzzle.

Words are hidden → ↓ and ↘ .

SHARM EL SHEIKH
HIEROGLYPHICS
ALEXANDRIA
PYRAMIDS

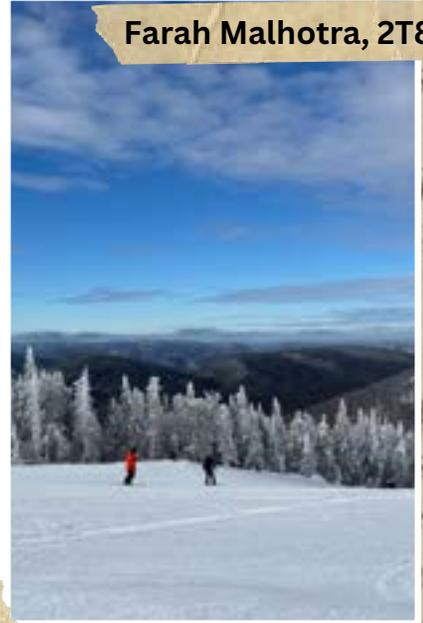
PHAROAH
CAIRO
EGYPT
SINAI

NILE
SIWA

Purvi Mahida, 2T6



Farah Malhotra, 2T8



Sohila Elgedawo, 2T7



Christine Nguyen, 2T7

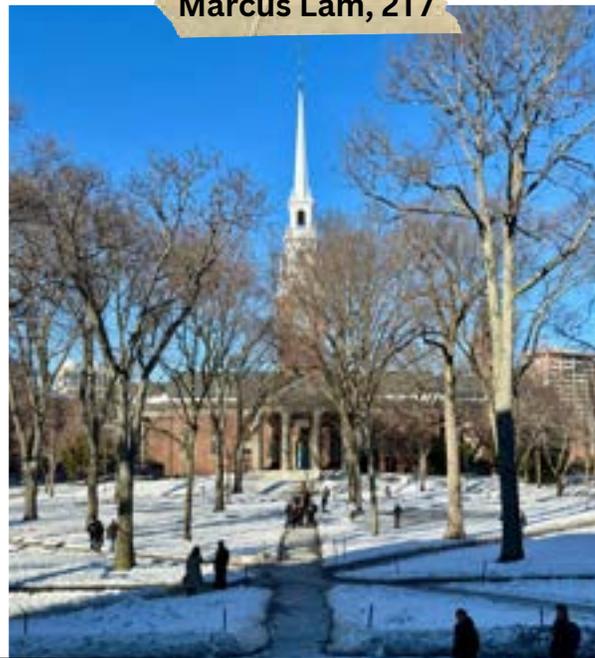


NEVER
STOP
EXPLORING



David Saccutelli, 2T7

Marcus Lam, 2T7



Alisha George, 2T6

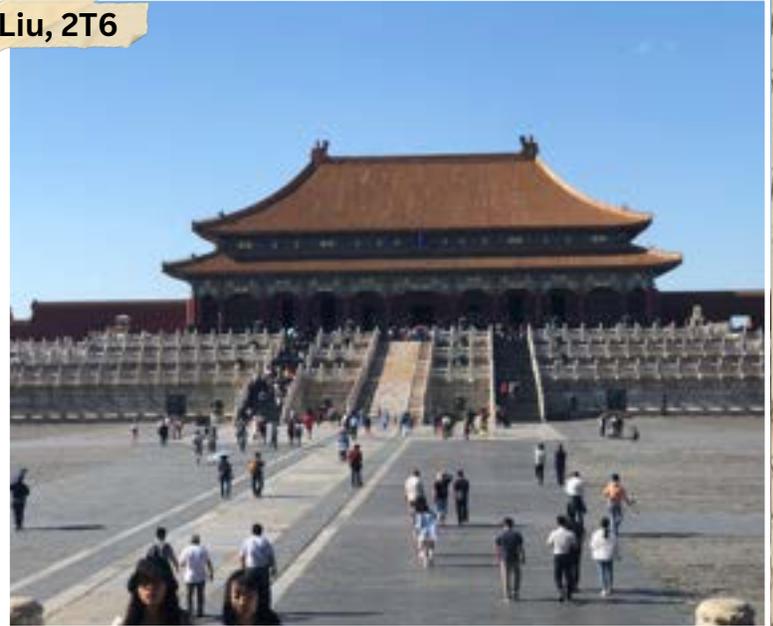
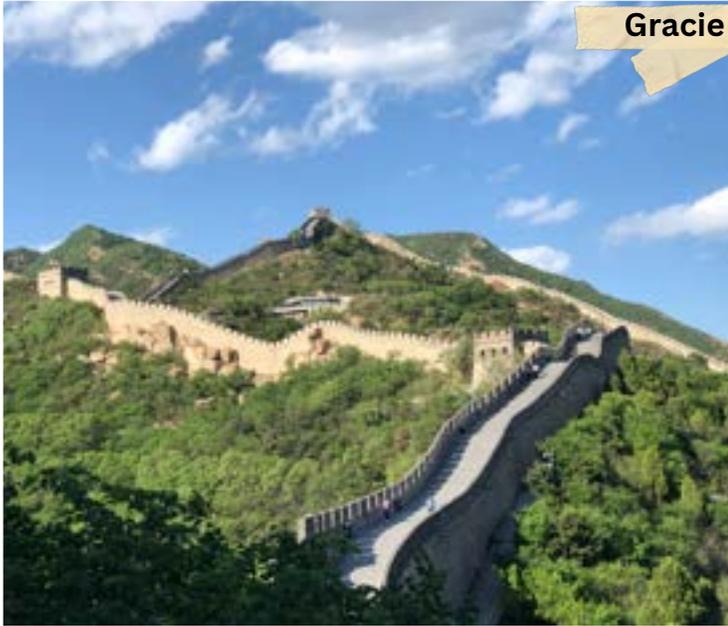


Vivian Hang, 2T7



*euismod lacinia at quis. Ut tellus element
lacus sed turpis tincidunt id aliq*

Gracie Liu, 2T6



Zahraa Alimari, 2T6



Julia Greene, 2T7



Sohila Elgedawo, 2T7

Alisha George, 2T6