

# PQ PLUS 2



PHARMACHOICE'S:

## MR. PHARMACY 2014

Maybe they were born with it - maybe it's Maybelline!

WIN A  
STARBUCKS  
CARD

PAGE  
24

### DAY IN THE LIFE

Learn what it's like to work in a  
Primary Care Network!

### YOU'VE

### GOTTA TRY THIS

We review APSA deals at Menchies



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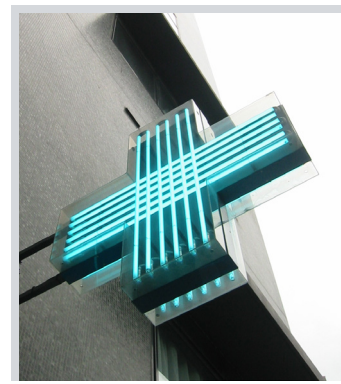
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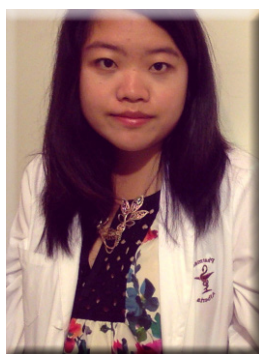
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*Disclaimer: Any opinions or viewpoints published are directly from the contributing authors and do not represent the philosophy or viewpoints of the Faculty of Pharmacy or the University of Alberta.*



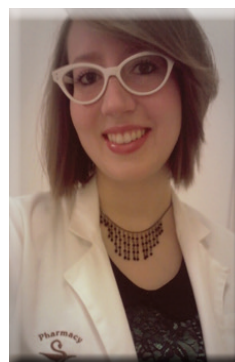
Happy Movember, fellow pharmlers! And more importantly, congrats on surviving the hectic midterm season!

Though this month is sure to bring its own

challenges (the words "every day I'm shovellin" come to mind), we've got lots of wintery goodness to look forward to, including one my favourite APSA events, Mr. Pharmacy! Read on to learn more about our awesome candidates, and be sure to check out our other exciting features as well.

As always, please don't hesitate to contact us if you have any idea for our next issue! Happy reading!

Grace Wong



after reading about our contestants I know you will be as excited as I am.

I hope all of your midterms went well and with all your extra free time now you will write for the PQ+2... email us anytime!

Morgan Basiuk

Although it is one of the busiest times of the year, I can see the light at the end of the tunnel - Mr. Pharmacy! It is one of the most entertaining nights of the year and

# APSA EVENTS CALENDAR

## NOVEMBER 2014

**11.14**

### World Diabetes Day Eating Competition

**Nov. 14** | ECHA 2-430, 12-1 PM  
Take part in IPSF's eating competition to raise awareness for diabetes!

**11.20**

### Pharmacy Career Fair

**Nov. 20** | ECHA 2<sup>nd</sup> floor, 2-6 PM  
Learn about different employers from retail, industry and more!

**11.24**

### Dan Dean's Financial Presentation

**Nov. 24** | ECHA L1-490, 12-1 PM  
Learn about income protection plans (open to 3rd and 4th years).

**11.29**

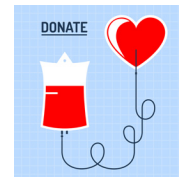
### PharmaChoice presents: Mr. Pharmacy 2014

**Nov. 29** | Myer Horowitz, 5 PM  
Support men's health in one of APSA's most popular events!

**11.30**

### HSSA Blood Drive Competition

**Last day to participate: Nov. 30**  
Support your faculty and make a difference! Donate your RBCs and WBCs at Canadian Blood Services.

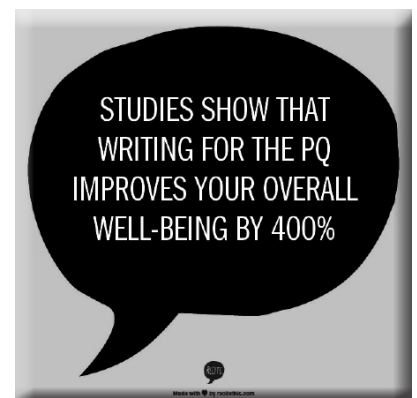
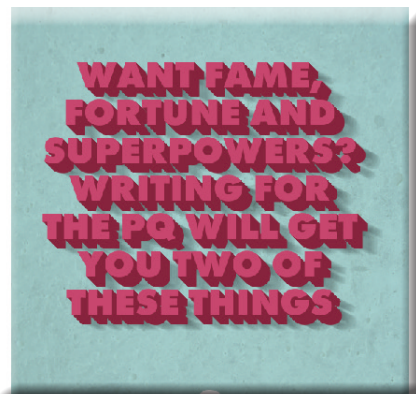


For more up-to-date info, please see <http://myapsa.ca/calendar/> or the APSA Members' Corner Facebook page!

## GET INVOLVED - WRITE FOR THE PQ!

Like to write? Join the PQ Column Club by submitting a piece about anything that's on your mind to the 3rd and 4th year PQ editors Grace Wong (ggw@ualberta.ca) or Morgan Basiuk (basiuk@ualberta.ca), and get ready to see your name in the spotlight!

In addition to getting published, we are working on ways to make it worth your while - so stay tuned :)





# 2018

## INTRODUCTIONS

BY LINDSEY SPRUYT



PHOTO CREDIT: LINDSEY SPRUYT

**"I decided to join pharmacy because of my love for the profession and my excitement for the direction it is heading."**

Congratulations to **Karlson Kennedy**, who has been elected first year class rep! Karlson is from the small town of Hanna, Alberta. Before joining pharmacy, he completed his undergraduate degree in biological sciences at the University of Calgary. In his free time he enjoys staying active, which includes long boarding in the summer and hockey in the winter. He also loves playing his guitar and singing in the shower.

*Here's what Karlson had to say about being elected and the class of 2018:*

As a class representative I hope to foster an open environment where each person has the opportunity to contribute in a way that reflects their individual talents and gives them a sense of accomplishment. After meeting much of the class, I feel incredibly honored and privileged to be the representative for such an amazing group of people. This class is incredibly talented in so many different unique ways. Along with this they are not scared to be themselves and show other people who they really are. I really sense that this class is incredibly caring and wants to do all they can to help each other succeed. Most importantly they are my friends and I am so excited to see the amazing health professionals that they will become.

**"I am in pharmacy because I wanted to pursue the most fulfilling career in the world and I have always been interested in pharmaceutical sciences."**

Congratulations to **James Tao** for being elected social rep for the class of 2018! Originally from Calgary, Alberta, James studied chemistry at the University of Alberta for 3 years before transferring into pharmacy. He loves playing basketball and going to the gym. He also likes to cook and eat food everywhere. One fun fact about James is that he's always wanted to be an astronaut—and still does.

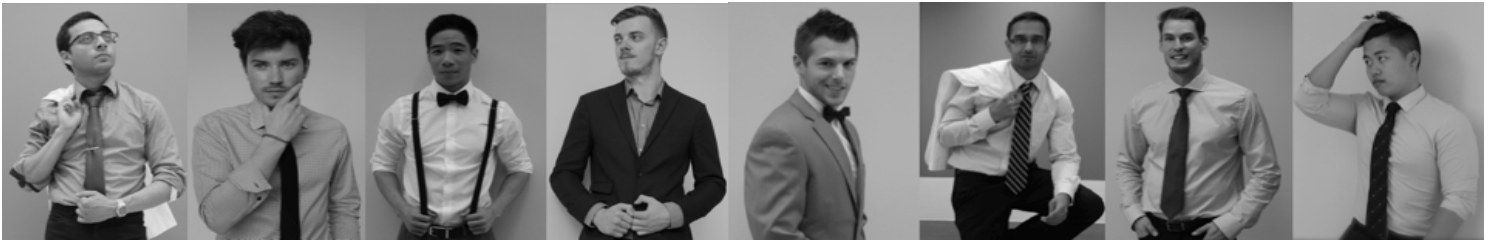
*How would you describe the class of 2018?*

Our class has been extremely out-going. I've already made tons of new friends and continue to meet new people daily. We are definitely a curious group of students, never hesitating to ask questions and think outside the box. I think the sky is the limit for the class of 2018.

*What types of activities do you have planned for your class this year?*

A Christmas party is a must, as well as an end of the year party in April. There will also be tons of eating events like frequent wing nights and going to buffets as often as possible. I also want to take the class on an amusement park field trip since we have hook ups in Galaxyland (shout out to Aliaks).





# PHARMACHOICE'S MR. PHARMACY 2014

BY HELEN MARIN,  
VP EXTERNAL

November is here and that means that gentlemen all over the world are letting it grow! I have actually started to develop a slight rash from kissing my husband, who is usually moustache-free for 11 months a year. Yep, it's definitely Movember: The month of the moustache. These men are sacrificing their beautiful faces and potential chances of meeting a partner in order to grow a moustache, all for men's health! As for me, you think I may not be able to grow one – but my pink moustache says otherwise!



PHOTO CREDIT:  
HELEN MARIN

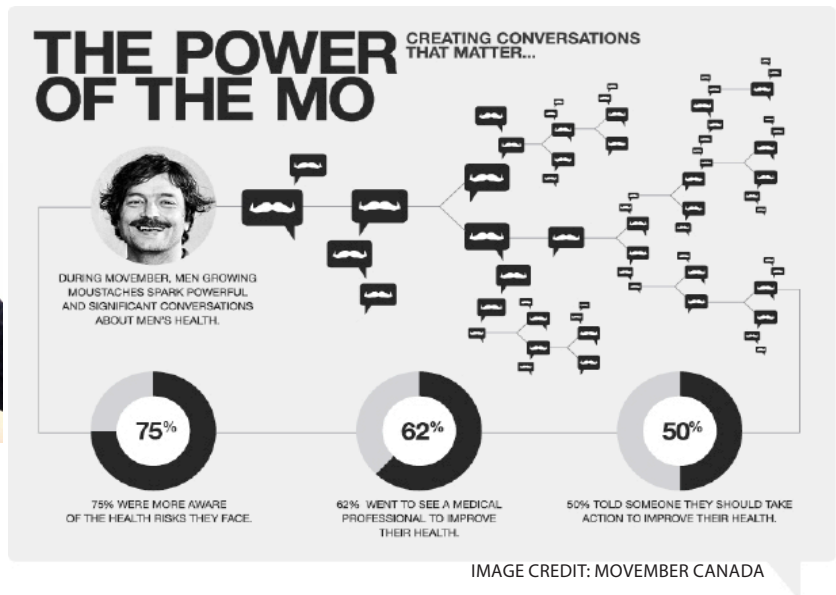
This year, I have had the privilege of working with 8 awesome, charming and talented contestants. Each gentleman will be competing on the night of Saturday, November 29th for the title of PharmaChoice's Mr. Pharmacy. These contestants will face each other in several challenges, including a "Pharmily Feud" competition, an empathy competition, and a talent show. For the first time ever, the winner will then represent our school on the national level, during Professional Development Week (PDW) in Quebec City!

Last year, we raised \$13,500 for Movember Canada, and we are aiming to raise \$20,000 this year for men's health.

## Why is this important for us future pharmacists?

As future pharmacists, we need to promote health improvement, wellness, and prevention of health issues, as well as help advance medical research in order to better our patients' lives. Did you know that in 2011, the cause of death for 3728 Canadians was suicide – and over three-quarters of these suicides were men? Did you know that 1 in 8 men will be diagnosed with prostate cancer in their lifetime? Did you know that the incidence of testicular cancer has increased steadily over the last several decades – but still, the reasons for this increase are poorly understood?

Let's come together as a student body and a profession to change those statistics!



## How can I get involved?

There are several ways to become involved, and help us achieve our goal!

1. Buy tickets for PharmaChoice's Mr. Pharmacy 2014: <http://www.ticketfly.com/event/715937>.
2. Invite all your family, coworkers and friends!
3. Make or ask for donations for our UofA Pharmacy Movember page: <http://moteam.co/u-of-a-pharmacy>.
4. Find an item for the silent auction (email Kevin Thai: [kthai@ualberta.ca](mailto:kthai@ualberta.ca))

Your Mo Trusted  
Vice-President,  
Helen Marin



# MR. PHARMACY CANDIDATES

Get to know the gentlemen competing for the coveted title! *(Questions by the PQ Editors)*

## CLASS OF 2018



**MORGAN MOFFAT**

### Why will you win Mr. Pharmacy?

Two words. Hair spray.

### Why is Movember important to you?

Movember isn't just a time to bust out the old moustache oils and show how much testosterone is running through your lip; it's very important for raising awareness about men's health. Men are stubborn when it comes to seeking help from health care professionals, so it's a great way to motivate people to get involved in spreading the message about prostate cancer and mental health.

### Name your greatest strength and greatest weakness.

Greatest strength, the electric slide.  
Greatest weakness, legs day.

### Tell us an interesting fact about yourself.

I'm a big nature junky. Avid skier, biker, and diver. Two summers ago, I took my eco-love to Indonesia where I volunteered collecting coral reef conservation data in Wakatobi National Park.

### Who is your inspiration?

Toss up, between Mr. Rogers and Notorious B.I.G.

### What makes you irresistible to the ladies?

My collection of turtlenecks....all made of boyfriend material.

### Which drug do you think you may need the day of Mr. Pharmacy?

First off, say no to drugs...but a bottle of Jack should do it

### Imagine a future where everyone is forced to earn their living by competing on reality TV shows. Which show would you choose to compete on, and why would you win it?

Hell's Kitchen because I can make some pretty gourmet toast.

### What is your favourite villain (TV, films, history, etc) and how would you defeat them? Bonus points for using pharmacy-related skills.

Donkey Kong. I'd slip him some extra cyclobenzaprine when he stops by the pharmacy.

### Upon walking into Med Sci one day, you realize with horror that the sounds of constant construction have somehow turned everyone into ravenous zombies. What do you do next?

Ensure all the PBL room doors are closed, as I have no way of knowing whether these are pharmacy zombies, or stray med students trying to capitalize.

### What advice would you give to other students who wish to follow in your manly footsteps?

There's no such thing as leftover steak.





**ALIAKSANDR SAVIN**

**Why will you win Mr. Pharmacy?**

I will keep it short and simple: destiny.

**Why is Movember important to you?**

Cancer affects everyone in one way or another. One of my biggest mentors has passed away from cancer a couple years ago while my friend's dad has actually gone through prostate cancer. It is tough knowing that people all over the world are affected by this horrendous condition, be it prostate, breast, lung or any other. By participating in Movember, I am focusing my efforts on being a part of the solution to help combat this disease.

**Name your greatest strength and greatest weakness.**

As a supervisor in Galaxyland, my greatest strength is probably telling teenagers to get off their skateboards while they are on my turf. My greatest weakness has to be being too good at telling teenagers to get off their skateboards while they are on my turf.

**Tell us an interesting fact about yourself.**

I was actually adopted by a pack of wild wolves in the little country of Belarus. I travelled with the herd until I turned 6 and realized that if I wanted to be a pharmacist, I should probably get actual education that is not something like hunting.

**Who is your inspiration?**

James Tao's biceps have been my inspiration in preparation for Mr. Pharmacy. I look at the picture of them every time I approach the free weights or the bench press. But my actual inspiration has got to be my parents. I mean, they abandon a comfortable lifestyle they have been in for 40 years to come to Canada where they have to start all over just so my brother and I have better opportunities. That's just out of this world courage.

**What makes you irresistible to the ladies?**

When girls hear that I have been working in Galaxyland for over 6 years, they seem to not be able to leave me alone. Ladies start calling me "Danger" because I have the courage to tell teenagers to get off their skateboards while they are on my turf.

**Which drug do you think you may need the day of Mr. Pharmacy?**

Does anyone know where I can get that drug from Limitless...

**Imagine a future where everyone is forced to earn their living by competing on reality TV shows. Which show would you choose to compete on, and why would you win it?**

Probably Survivor. Especially if there is Survivor: Russia, I would win that 200%. I would just use my empathy skills to show everyone that I care, no one would have a reason to trash talk me and I would never be eliminated.

**What is your favourite villain (TV, films, history, etc) and how would you defeat them? Bonus points for using pharmacy-related skills.**

I don't think any villain is my favorite (I don't admire what they do) but if I could try to defeat a villain, it would be Alex DeLarge from A Clockwork Orange. After he is admitted to prison, I would take over monitoring his medication regimen. Using patient-centred care approach to show him that his needs are also important might make him a little less evil. I would also make sure he takes the right anti-psychotics and employ the help of my IP team to help him reintegrate back into society while also making sure that he does his best to adhere to the medication therapy.

**Upon walking into Med Sci one day, you realize with horror that the sounds of constant construction have somehow turned everyone into ravenous zombies. What do you do next?**

Make sure there are no Lunch and Learns that day (Domino's Pizza 4 Lyfe). I would then catch a 4 to WEM and go to Galaxyland to pick up a supervisor shift because I know there are teenage kids who are probably skipping school and are on their skateboards, potentially on my turf.

**What advice would you give to other students who wish to follow in your manly footsteps?**

Grow out a beard, don't eat week old unrefrigerated borsch and don't be afraid to try new things. Always think before doing something and take courage and pride in making your own choices because at the end of the day, you are your own #1 priority.

# CLASS OF 2017



## WILLIAM CHAN

**Why will you win Mr. Pharmacy?**

All dis. Awwwl dat.

**Why is Movember important to you?**

Prostate cancer is important, beards are nice.

**Name your greatest strength and greatest weakness.**

Greatest strength = All dis  
Greatest weakness = N/A

**Tell us an interesting fact about yourself.**

I fought a bear once.

**Who is your inspiration?**

Ellen DeGeneres

**What makes you irresistible to the ladies?**

I'm the strong, silent type. I cuddle.

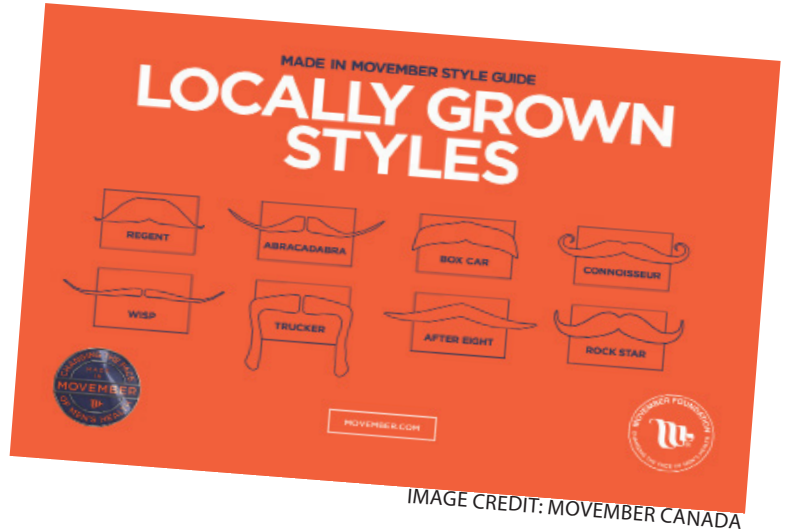


IMAGE CREDIT: MOVEMBER CANADA

**Which drug do you think you may need the day of Mr. Pharmacy?**

Cialis

**Imagine a future where everyone is forced to earn their living by competing on reality TV shows. Which show would you choose to compete on, and why would you win it?**

Bad Girls Club, for obvious reasons.

**What is your favourite villain (TV, films, history, etc) and how would you defeat them? Bonus points for using pharmacy-related skills.**

Snooki, Amoxicillin.

**Upon walking into Med Sci one day, you realize with horror that the sounds of constant construction have somehow turned everyone into ravenous zombies. What do you do next?**

Try to blend in by emulating Michael Jackson in Thriller.

**What advice would you give to other students who wish to follow in your manly footsteps?**

Eat, sleep, eat, repeat!



IMAGE CREDIT: MOVEMBER CANADA





## YASIR IQBAL

### Why will you win Mr. Pharmacy?

One man (maybe even me) will win the crown on Nov 29th but everybody wins. Contestants become legends. The pharmacy community is praised for putting together this event and raising awareness and money (20K is the goal). The Public benefits from that donation to Movember Canada.

### Why is Movember important to you?

Movember is a great way to get people talking about overlooked Men's Health issues like prostate and testicular cancer, as well as mental health. Furthermore, mental health is an area where pharmacists are able to make a difference in patient care and be compensated for it. Also I don't need to shave all month and it is still socially acceptable.

### Name your greatest strength and greatest weakness.

Greatest Strength: My procrastinating ability. Greatest Weakness: I'll tell you later.

### Tell us an interesting fact about yourself.

I'm single.....

### Who is your inspiration?

The PQ editors

### What makes you irresistible to the ladies?

I've been asking myself the same question for many years now.

### Which drug do you think you may need the day of Mr. Pharmacy?

Salbutamol because all the beautiful judges will be taking my breath away.

### Imagine a future where everyone is forced to earn their living by competing on reality TV shows. Which show would you choose to compete on, and why would you win it?

Amazing Race, but only if my partner could be Daniel Leung. Otherwise, I would do Survivor and I would win because I have survived (to this date) second year pharmacy school so this will be a breeze.

### What is your favourite villain (TV, films, history, etc) and how would you defeat them? Bonus points for using pharmacy-related skills.

Hard to decide. If you watched Man of Steel you saw the difficult time Superman had with fellow Kryptonian General Zod. All Kryptonians draw their power from the sun. So, in order to defeat General Zod, I would administer a photosensitizer like

tetracycline, thus causing him to have a phototoxic skin reaction when he tries to power up. However, this drug could be harmful to Superman if it got into the hands of someone like Lex Luthor. I feel Lex just needs some additional drug therapy to control psychosis, maybe Seroquel? Alternatively, in the Marvel universe, Hydro-Man (you can guess his powers by his name) is a villain of Spiderman, whom I would defeat by slipping him a loop diuretic, a vasopressin V2 receptor antagonist, and 3% NaCl to make him hypovolemic and effectively pee out his power.

### Upon walking into Med Sci one day, you realize with horror that the sounds of constant construction have somehow turned everyone into ravenous zombies. What do you do next?

Honestly, sometimes pharmacy students seem like zombies anyways (like around exams) so it wouldn't be a big deal. Since I was not affected by this I am obviously somehow immune, and would proceed nonchalantly to the compounding lab and create a vaccine or cure from my blood and lymph.

### What advice would you give to other students who wish to follow in your manly footsteps?

Make sure you read the PQ. (If you're reading this right now you're on the right track).

# CLASS OF 2016



**MARCUS ANG**

## Why will you win Mr. Pharmacy?

Honestly, I think that every one of us that goes up on stage is already a winner. It takes a lot of courage to stand up there knowing you could freeze up and embarrass yourself in front of hundreds of your friends. But anyways to answer your question, I will win because I am lucky that I have no friends. Focussing and performing to my maximum potential will not be a problem.

## Why is Movember important to you?

Obviously raising awareness for men's health is incredibly important. It's also nice that for one month of every year, I'm not the greasiest person in the room.

## Name your greatest strength and greatest weakness.

It's tough to pick out just a few of my 4 strengths, but if I had to choose, I would go with my perfect immune system, push-up competitions, and slo-pitch. In no particular order, my weaknesses include: Eczema exacerbations behind the knees, toe cramps, dry eyes, and the top shelf.

## Tell us an interesting fact about yourself.

I have carried a deck of UNO cards in my backpack everyday for the last 7 years. Also, I don't know how to use chopsticks.

## Who is your inspiration?

I wouldn't say that there is one single person who is my inspiration. I like to take exceptional qualities from a variety of individuals and use that as motivation. For example, I consider Oprah, Derek Zoolander, and Darth Vader as people who possess extraordinary traits. One is a philanthropist, another is an award-winning model, and the other is a father.

## What makes you irresistible to the ladies?

Are you sure these are my questions? I think you might have mixed them up with Yasir's. But I guess if a girl ever did find me irresistible, it would probably be for my taco pencil case, 10% discount at Superstore, and my "pearl white" SUV. That's seriously what the colour's called.

## Which drug do you think you may need the day of Mr. Pharmacy?

I probably will need a dose of Oxybutynin. Not necessarily for my episodes of urge incontinence, but I just really like having a dry mouth.

## Imagine a future where everyone is forced to earn their living by competing on reality TV shows. Which show would you choose to compete on, and why would you win it?

Definitely "The Newlywed Game". I'm really good at memorizing obscure facts and I don't plan on ever being married longer than 2 years each. A close second is "The Bachelor". I don't think the guy can really lose that one...

## What is your favourite villain (TV, films, history, etc) and how would you defeat them? Bonus points for using pharmacy-related skills.

Jaws... I would just swim around in a seal costume and when he comes to eat me, I would punch him in the nose. Sharks hate that. No pharmacy-related skills required.

## Upon walking into Med Sci one day, you realize with horror that the sounds of constant construction have somehow turned everyone into ravenous zombies. What do you do next?

I would just go home. Flawed question, Grace.

## What advice would you give to other students who wish to follow in your manly footsteps?

Take the jump and compete! Having this opportunity is a privilege that only a select few will get to experience. It is likely something you will REFLECT on and cherish forever. Personally, deciding to partake has already provided me with so many memorable moments. Before the school year began I never could have fantasized that I would get to sit at the top of the Butterdome and wax another dude's nipple. So if you do decide to follow my footsteps, please watch your step. There are stray hairs and adhesives everywhere.



**JAY MUTCH****Why will you win Mr. Pharmacy?**

I'm not sure if you need to "win" a role in which the gods part the clouds, ascend from the heavens and crown thee Mr. Pharmacy, Lord of Drug Interactions. Broken tiara and all, right Jason?

**Why is Movember important to you?**

Great cause. Great awareness. Moust-u-ache more?

**Name your greatest strength and greatest weakness.**

Greatest strength: gluts. Will Chan is totally jealous of my gluts. I'm sure one day he'll squat 3 plates a side and be part of the 315 club. Greatest weakness: Yasir Iqbal. He is so suave it makes my knees weak.

**Tell us an interesting fact about yourself.**

My cat's breath smells like cat food.

**Who is your inspiration?**

Be yourself. Unless you can be Dan Bilzerian. Always be Dan Bilzerian.

**What makes you irresistible to the ladies?**

Style and Mystery (sleek The Game reference, get it?)

**Which drug do you think you may need the day of Mr. Pharmacy?**

Bromazepam. Bro+Mazepam. Bro=Man, Mazepam=Benzo. Man=Mr. Benzo=Drug, Drug=Pharmacy; Therefore Bromazepam = Mr. Pharmacy. It's simple math. I heard there's a bowl of them in the green room. Next to the skittles.

**Imagine a future where everyone is forced to earn their living by competing on reality TV shows. Which show would you choose to compete on, and why would you win it?**

Price is Right. Would LOVE to win a nice chesterfield/davenport. Or even a chifferobe!

**What is your favourite villain (TV, films, history, etc) and how would you defeat them? Bonus points for using pharmacy-related skills.**

Walter White - While treating his cancer, "accidental" intrathecal vincristine. LOVE me them bonus points!



Upon walking into Med Sci one day, you realize with horror that the sounds of constant construction have somehow turned everyone into ravenous zombies. What do you do next?

**What advice would you give to other students who wish to follow in your manly footsteps?**

Make the most of your 4 years in pharmacy. It goes quickly and you'll soon regret the chances you didn't take.

# CLASS OF 2015



**JASPREET JHAJJ**

## Why will you win Mr. Pharmacy?

I have been waiting and preparing for this moment for 4 years now. It's has been my dream to win ever since I saw the respect Doug got in his gold leotard.

## Why is Movember important to you?

Movember is important to me because it allows me to raise awareness for an important issue. Plus I can grow a pretty mean mustache.

## Name your greatest strength and greatest weakness.

I think my competitiveness is my greatest strength and weakness. It doesn't matter if I am competing in sports or even the casual video game, I just have to win.

## Tell us an interesting fact about yourself.

I cannot step on the spaces between sidewalk blocks on even lines that divide floor tiles and etc. I don't know why, so don't ask.

## Who is your inspiration?

My inspiration has got to be my Mom. She is the strongest person I know and the most supportive.

## What makes you irresistible to the ladies?

Cause I have some great skills and ladies like guys who have great skills: like nunchuck skills, bowhunting skills, computer hacking skills

## Which drug do you think you may need the day of Mr. Pharmacy?

An ethanol:water compound at a 1:1 ratio

## Imagine a future where everyone is forced to earn their living by competing on reality TV shows. Which show would you choose to compete on, and why would you win it?

The reality show I would compete on would be The WB's Superstar USA. It only had one season. The show basically said they were looking for the best singer but in fact were looking for the worst.

I know I have great vocals but I would pretend to be a very terrible singer and it would be an easy way to make a living.

## What is your favourite villain (TV, films, history, etc) and how would you defeat them? Bonus points for using pharmacy-related skills.

Favorite villain has to be Lex Luthor. Since he is bald, I would recommend that he use Rogaine but it wouldn't actually be Rogaine. It would instead be a potion that causes amnesia and it can only be absorbed topically when applied at the top of your head.

## Upon walking into Med Sci one day, you realize with horror that the sounds of constant construction have somehow turned everyone into ravenous zombies. What do you do next?

I have always wanted to play a role on the TV show, The Walking Dead. This might be my only shot to have anything remotely close to the show. So I think I would leave the situation as is.

## What advice would you give to other students who wish to follow in your manly footsteps?

Just rig the votes otherwise you will be waiting 4 years like I did.

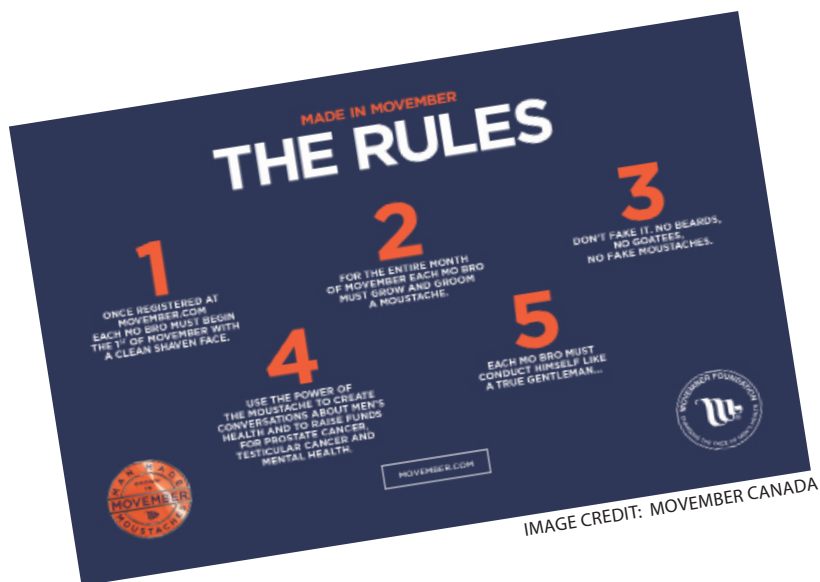


IMAGE CREDIT: MOVEMBER CANADA

## BOWDEN SYCH

### Why will you win Mr. Pharmacy?

Because the competition is so weak

### Why is Movember important to you?

Over all it is a great cause but it is particularly important to me because my grandpa is a prostate cancer survivor.

### Name your greatest strength and greatest weakness.

Strength: Humble and forgiving  
Weakness: Compulsive Liar

### Tell us an interesting fact about yourself.

I can combine with my eyes closed and drive any tractor with only my feet.

### Who is your inspiration?

Justin Timberlake

### What makes you irresistible to the ladies?

My singing voice. I can acapella to any JT song.

### Which drug do you think you may need the day of Mr. Pharmacy?

Quetiapine

### Imagine a future where everyone is forced to earn their living by competing on reality TV shows. Which show would you choose to compete on, and why would you win it?

Teen Mom because everyone's a winner. Teen pregnancy for everybody!

### What is your favourite villain (TV, films, history, etc) and how would you defeat them? Bonus points for using pharmacy-related skills.

Any Vampire. I would use a cross bow that was laced with Dabigatran because as you all know it carries this highest bleed risk of any NOAC's and as most of you should know Vampires need blood to survive so bleed, bleed!

### Upon walking into Med Sci one day, you realize with horror that the sounds of constant construction have somehow turned everyone into ravenous zombies. What do you do next?

Find Rick and Darryl off the Walking Dead.

### What advice would you give to other students who wish to follow in your manly footsteps?

Just giv'er.



# DAY IN THE LIFE

# OLIVIER SEMONIS, BSCPHARM, APA

## EDMONTON NORTH PRIMARY CARE NETWORK

QUESTIONS BY GRACE WONG

**Olivier Semonis (left) is one of two pharmacists at the Edmonton North PCN.**

**Read on to find out more about the role of pharmacists in PCNs, and what his typical work day looks like!**

**I'd like to begin by asking you a little bit about your career path in pharmacy. What experiences brought you to the Edmonton North Primary Care Network (PCN)?**

Came to Alberta when I was 10 (From Quebec originally and born in France). Graduated from U of A Pharmacy Program in 1994. Initial work experience doing retail work for Medicine Shoppe and spent 3 years at Hall's Pharmacy focusing on LTC homes and specialty compounding (completed PCCA training).

Transitioned to Pharmaceutical Sales with AstraZeneca for ~12 years, specializing in Psychiatry for 9 of those 12 years throughout Alberta. Returned to pharmacy by spending short period with Caritas – inpatient hospital work before finally finding my way to Edmonton North PCN 4 years ago. From the time that PCN's began to appear, I quickly became drawn to this new and exciting model to deliver care to patients realizing that it encompassed many pharmacy skills that I acquired over my career.



LEFT: OLIVIER SEMONIS RIGHT: IHOR PECUH

**How would you describe your role, as a pharmacist, in a PCN? What does a typical day at work look like for you?**

My role can best be described as consultant, teacher and educator in a variety of different medical areas. The patients referred to me either come directly from PCN member physicians or internally from my colleagues within the clinic which include Nurses, Dietitians, Exercise Specialists, Social Worker or Mental Health Practitioners. The majority of patients seen are for Diabetes assessments, many for insulin starts or adjustments. The remaining balance of patients seen are typically for medication reviews, drug information requests, Chronic pain assessments or Mental Health discussion regarding treatments. Additional roles at the PCN include teaching Diabetes classes on a

regular basis, providing accredited CME programs to physicians via in-services and being involved on a few committees within the PCN. My role also allows me to be a preceptor to pharmacy students on a regular basis, especially for 4th year students looking for PCN rotations. Every day at the clinic is different because of the mixture of responsibilities...never gets boring!

**I see that medication reviews are one service that pharmacists have an important role in, at this PCN. What other primary services are pharmacists involved with?**

We only provide clinical services and do not dispense any medications, besides from providing insulin for new starts. I have completed my APA and will use it when needed depending on the situation. The medication



IMAGE CREDITS:  
EDMONTON NORTH PCN, BIGSTOCK (BRAINPENCIL), OLIVIER SEMONIS

reviews we complete may be somewhat different from what is seen in retail, due to our ability to spend up to 1 hour or more with patients, depending on the complexity of their issues.

**How would you describe your work environment? Which health care professionals do you typically work with?**

Our clinic is entirely referral-based from member physicians. Every PCN has different models to deliver care and ours is mainly centralized, having 1 large clinic for all patients to come to. Within our clinic, we have a variety of specialist physicians from different disciplines but our main clinical team is made up of Pharmacy, Nurses, Dietitians, Exercise Specialists, Mental Health Practitioners and Social Work.

**What is the most rewarding aspect of your job? The most challenging?**

By far, the most rewarding aspect of being a PCN pharmacist is using and developing clinical skills to assess patients, develop care plans and monitor their progress. Due to the academic detailing program we provide to physicians, we focus on "best possible evidence" for treatments and aim to engage patients in discussions during the entire process. The biggest

challenge we face is the lack of direct contact with physicians to ensure that recommendations are considered. With time and experience, many physicians allow us more freedom to initiate treatment plans; however, others may be more reserved... the key is open and collaborative communication whenever possible.

**What advice do you have for students who are interested in working in a PCN? (Or any advice in general?)**

We often get this question and the answer is always difficult. There are many key skills required to be an effective "PCN Pharmacist" regardless of the setting. Strong clinical skills including motivational interviewing, medication assessment and care plan development are critical. Good communication skills are important due to the group classes we teach and the physician based educational programs we provide. Any additional pharmacy experience (retail or hospital), training course, certifications will also ensure help when competing for positions. During my 4 years at the PCN I have completed my APA, Certification in Geriatric Pharmacy, Motivational Interviewing Training, Teaching Facilitation Course, Tobacco Cessation training, Chronic Pain

training, Certified Diabetes Educator (pending), Evidence Based Medicine Courses and hundreds of hours of general CME programs to stay up to date with current trends. The best advice I can provide is to never stop learning and to learn how to critically apply knowledge to the patients you see.

**Thank you so much for answering my questions! One last one, just for fun: what are your hobbies outside of pharmacy?**

Outside of my pharmacy life, I stay VERY busy with my wife and 2 amazing kids. I continue to play volleyball (played for the U of A Bears for 5 years), golf, running, coaching soccer, fishing, kayaking and bike riding...pretty much anything to keep moving! Time permitting, I like to work on renovation projects on my home but my real passion is cooking and enjoying a good glass of wine or cold beer....French people live to eat....not eat to live!

**Editor's note:** *Olivier would also like to add the following postscript:* Forgot to mention one important fact.... I am a HUGE Montreal Canadians hockey fan!

# **CAM CORNER:**

# **VITAMIN D IN RESPIRATORY TRACT INFECTIONS (RTI)**

Sponsored by the Branch Out Neurological Foundation

<http://branchoutfoundation.com/>

BY MORGAN BASIUK &  
AMANDA LEONG



## **Reader's Digest**

- Observational studies have suggested there is a link between respiratory tract infections (RTIs) and vitamin D deficiency<sup>2-5</sup>
- Theoretical mechanism: production and regulation of antimicrobial peptides while also enhancing innate immunity<sup>1,6</sup>
- Evidence: 4 systematic reviews limited by their heterogeneity (combining unrelated studies), inconsistent results and publication bias
- RCTs in systematic reviews: mixed results and limited by their poor quality (bias, study design, small sample size, poorly defined endpoints, lack of pre-defined disease criteria, inclusion of severely deficient vitamin D patients)
- Bottom line: The evidence available both for and against the use of vitamin D in RTIs has substantial limitations and is generally of poor quality. Thus given our current evidence, regular use of vitamin D does not seem to reduce the frequency, duration or severity of RTIs in Western populations.<sup>7,8</sup>

## **Research Spotlight**

Mao et al. *Scandinavian Journal of Infectious Diseases*. 2013.<sup>9</sup>

- 7 RCTs (n=4827) were included in this meta-analysis
- Evaluated the role of vitamin D in preventing RTIs in healthy populations
- No significant impact of vitamin D on relative risk of RTIs

Bergman et al. *PLoS ONE*. 2013.<sup>10</sup>

- 11 placebo-controlled RCTs (n=5660) were included in this meta-analysis
- Vitamin D showed a protective effect against RTIs (OR 0.64; 95% CI 0.49 to 0.84)
- Weaknesses: Significant measured heterogeneity and publication bias

Charan et al. *Journal of Pharmacology and Pharmacotherapeutics*. 2012.<sup>11</sup>

- 5 RCTs were included in this meta-analysis
- RTIs were significantly lower with vitamin D treatment (OR 0.582; 95% CI 0.417 to 0.812; P = 0.001)
- Subgroup analysis separating children and adults demonstrated benefit of vitamin D in RTIs
- Weaknesses: Heterogeneity, publication bias, small number of trials included

Yamshchikov et al. *Endocr Pract*. 2009.<sup>12</sup>

- 13 RCTs (10 placebo controlled, 9 of which were double-blind) were discussed in this systematic review (no meta-analysis was conducted)
- Determined that the strongest evidence supports further research into adjunctive vitamin D therapy for tuberculosis, influenza, and viral RTIs
- Concluded that more rigorously designed clinical trials are needed and that there is substantial heterogeneity between the studies available



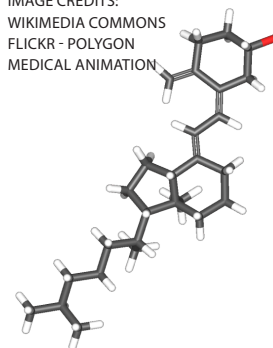
## For Your Patients:

- Vitamin D does not seem to have an effect on RTIs (eg. cold, flu or pneumonia)
- Follow the current vitamin D guidelines for bone health<sup>13</sup>
  - 400-1000IU daily for adults 19-50y
  - 800-2000IU daily for adults >50y and high risk younger adults
- Get the influenza vaccine yearly<sup>14</sup>
- Wash your hands regularly for 15-20s<sup>14</sup>
- Cover your mouth and nose when you cough or sneeze<sup>14</sup>
- Stay at home when you are sick<sup>14</sup>

Have any questions/comments about Vitamin D or CAM Corner in general? I would love to hear them! Email me at [basiuk@ualberta.ca](mailto:basiuk@ualberta.ca) or find me in ECHA crying into my Therapeutic Choices as I try to study for the PEBC!



IMAGE CREDITS:  
WIKIMEDIA COMMONS  
FLICKR - POLYGON  
MEDICAL ANIMATION



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# YOU'VE GOTTA TRY THIS:

## MENCHIE'S

As one of the largest (and most colourful) self-serve fro-yo franchises worldwide, Menchie's has proven that its frozen deserts have staying power. From its inception in 2007 in Los Angeles, California, Menchie's now "serves smiles" in over 300 locations – and you can use your swanky APSA card at two of them! Flash your card (but nothing else) at the Menchie's in Garneau or on Whyte to score 10% off some sweet frozen yogurt, topped with anything you could ever want – cheesecake, Nanaimo bars, cookie dough, gummi worms, something called fruit (whatever that is) and so much more!

Grace Wong

### Jon Hung

Tried: Frozen hot chocolate, creamy peanut butter

Toppings: Nanaimo bars, toasted coconut, chocolate caramel cups, oreo pieces, brownie

Thoughts? It's like a deconstructed Reese's peanut butter cup. It pleases me. #konradism

### Lindsey Spruyt

Tried: Honeydew melon sorbet, zesty lime, black cherry

Toppings: Nerds, peanuts, oreo pieces

Thoughts? If Ritalin was a food, this would be it. Reference Jon's quote

### Morgan Basiuk

Tried: Cake batter

Toppings: Popping boba

Thoughts? Almost as sweet as not having midterms!

### Pheobe Hsu

Tried: Pineapple, honeydew melon sorbet

Toppings: Almond flakes, oreo pieces, graham cracker crumbs, cheesecake pieces

Thoughts? Tastes like skittles! Though honeydew was an odd addition



### Azra Mustajbasic

Tried: Frozen hot chocolate, creamy peanut butter

Toppings: Peanuts, almonds, M&Ms, cookie dough, cheesecake pieces, chocolate sauce

Thoughts? Didn't love the cheesecake bites, but everything else was tasty! It really fired my dopamine receptors ;)

### Madeleine Durrant

Tried: Pumpkin patch, frozen hot chocolate, purely tart

Toppings: Too many to count! Blue bubbles, mochi, almonds, peanut butter chips, coffee crisp

Thoughts? The pumpkin tastes like cinnamon...curious! Très bien!

### Van Pham

Tried: Pineapple, purely tart

Toppings: Nanaimo bars, cheesecake bits, blue and cookie mochi, honeydew, strawberries

Thoughts? Mixing random combinations is not advised

### Grace Wong

Tried: Pumpkin patch, frozen hot chocolate

Toppings: Strawberries, skor pieces, oreo crumbs

Thoughts? I should've probably started eating this before taking notes for everyone else's reviews. But even when it's half-melted, it still tastes pretty awesome!





PHOTO CREDIT: GRACE WONG  
 LOGO CREDIT: WIKIMEDIA  
 COMMONS

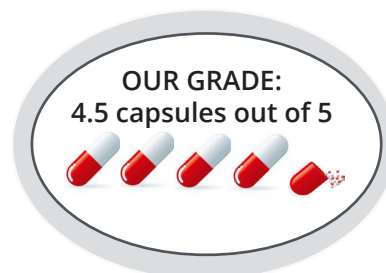


**Yasir Iqbal**

Tried: Pure chocolate, classic vanilla, purely tart, black cherry, cake batter, red velvet cupcake, pumpkin patch, frozen hot chocolate, shredded coconut, zesty lime, pineapple, original greek yogurt, fluffy marshmallow, creamy peanut butter, orange vanilla sorbet, and honeydew melon sorbet

Toppings: Nanaimo bars, crispy crunch, chocolate caramel cups, and some bananas and strawberries for a healthier kick

Thoughts? I feel that this has positively impacted my mood after my pulmonary final and would recommend it as an alternative to nicotine replacement therapy to smokers and non-smokers alike.





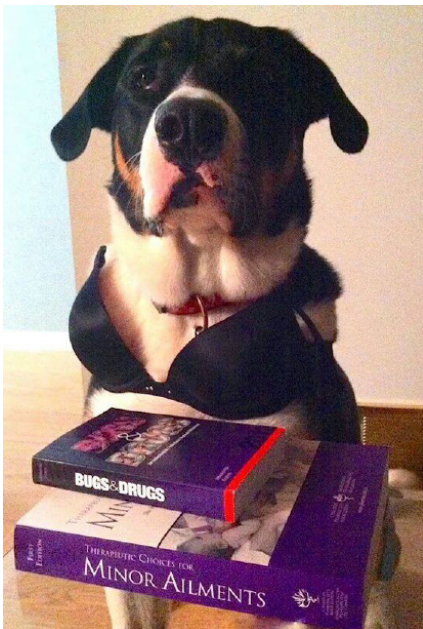
# ODDS & ENDS

## CIBC RUN FOR THE CURE

BY GRACE WONG

Nearly 10,000 Edmontonians gathered at Churchill Square on October 5 to participate in the annual Canadian Breast Cancer Foundation CIBC Run For The Cure. Across the city, over \$1,315,000 was raised to help create a future without breast cancer, and of that, the 72 members of the U of A Pharmacy team raised an amazing \$17,771! To top that off, our team won the Top Post Secondary Team Award!

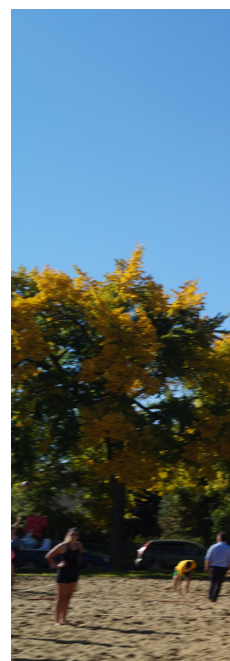
One in nine Canadian women are diagnosed with breast cancer, amounting to an expected 24,400 Canadian women in 2014. Funds raised from this event go towards breast cancer research, as well as initiatives for education and advocacy across Canada. Thank you to everyone who got involved – whether it be by participating in the run, fundraising or donating – to support this important cause!



### #UOFAMAMMING

### BEST PHOTO WINNER

This is Moo and he believes in Mammimg, because it encourages women to embrace the awkwardness of mammograms and inspires them to mam where it counts: at the doctor's office! - Moo's owner, Helen Marin







# SHOPPERS DRUG MART WELCOME BACK BBQ

BY DANA MOYNIHAN

Thank you all for the amazing turnout at this year's Shoppers Drug Mart Welcome Back BBQ and Beach Volleyball tournament! It all started with a delicious BBQ cooked up by some Shoppers associates, accompanied by a DJ who played some great music! They were all keen on meeting their potential future co-workers and it was great to get some insight about the profession from them, as well as from the district managers on hand. We started our volleyball games at the Garneau Courts later in the afternoon, with a kings court style tournament. The games were intense but luckily in the end our students were able to prevail over Team Shoppers to take the win! We were fortunate enough to have some sweet swag bags for each person as well as prizes for the winning team. Shoppers also kindly donated a gift basket worth over \$250 as well as a \$300 gift card.

Once again, I want to thank Shoppers Drug Mart for their support. This would not have been possible without them!

I hope you all had as much fun as I did and I hope to see you out next year!



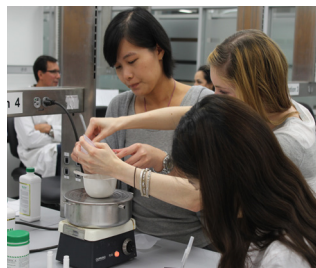
PHOTO CREDIT: YEARBOOK EDITORS



# CAPSI COMPOUNDING COMPETITION



PHOTO CREDIT: YEARBOOK EDITORS



# SLO-PITCH 2014



PHOTO CREDIT: MIRANDA TO





# PHARMACY HOROSCOPES

BY MORGAN BASIUK & RAJ BHARADIA



## LIBRA (SEPT 23 - OCT 22)

Libras are known for being able to quickly identify DRPs, having excellent counseling skills, and being ridiculously good-looking. So practice your smolder a la Marcus Ang and swoon those patients into better health PRN.



## SCORPIO (OCT 23 - NOV 21)

Is studying giving you a migraine? NSAIDs and Triptans just not cutting it? Growing a large mustache has shown to help reduce headaches by 23% (data obtained from one observational study by one manly man who observed himself in a mirror for 12 days). Further studies may be needed. #EBM



## SAGITTARIUS (NOV 22 - DEC 21)

Your pharmaceuticals knowledge will be put to the test when the stars align with Uranus. Please review and be ready to perform USP <151> Pyrogen Test and remember to use healthy, mature rabbits. A thorough knowledge of ClipArt retrieval skills is also necessary.



## CAPRICORN (DEC 22 - JAN 19)

Don't underestimate the power of a power nap or a good night's sleep. Practice good sleep hygiene and catch some Z's (without those Z-drugs). And when times get stressful as finals approach, take a couple puffs (30 seconds apart, of course) of your imaginary SABA and hit those books, iPads, laptops, tablets and notes hard.



## AQUARIUS (JAN 20 - FEB 18)

Indian food is great when it's cold outside. Although a little kick is nice, it is generally recommended against adding A SPICE to your butter chicken, as diarrhea is sure to ensue. However, after a risk/benefit analysis, it was found that said diarrhea is still more fun than reading the pharmacy management textbook and definitely not as dry.



## PISCES (FEB 19 - MAR 19)

The planets have begun orbiting around your match, although you will probably be anxiously waiting for the result until the New Year. No, not your Tinder match – your rotation match. Try to forget about it for now and don't let it hang over your head during your break. I am sure your masterful selection strategy won't have you sent to the boonies...



## ARIES (MAR 20 - APR 19)

Love is in the air and it's sticking around longer due to slow diffusion rates in the cold. Take a chance this week, don't be shy. #YOLO, but remember to be safe and watch out for T. palladium. It's something you can't just shake off, Taylor. #Penicillin



## TAURUS (APR 20 - MAY 20)

Money management is a must during this Mercury cycle. Don't spend beyond your means today, Taurus. You already spent too much money on Halloween and the daily ECHA bake sales. Spend wisely and save some cash for your mo-sista!



## GEMINI (MAY 21 - JUN 20)

The full moon has not brought you werewolves, although men have grown hairier this month. Do not look them in the eye or encourage their lack of grooming with a smile. Just swallow the vomit, remember it is for a good cause and donate!



## CANCER (JUN 21 - JUL 22)

For the past few weeks you have been having nightmares about randomized control trials with no allocation concealment. Sunday's moon lights up your playful 6th house –relax, forget about the surrogate endpoints and have a little fun... unless you're presenting tomorrow!



## LEO (JUL 23 - AUG 22)

As the planets spin, so will your head when you attempt to rationalize how the semester is already more than half way over. Take some betahistine, be on your way and don't sweat it too much. The time flies by faster than the onset of a glycerin suppository, enjoy it while it lasts!



## VIRGO (AUG 23 - SEP 22)

You have self-diagnosed your tremor and are just about to start propranolol. Instead this month, try stepping down your caffeine from IV infusion to 1 cup PO daily. Remember to take a break, relax and enjoy some fresh air... even if there is a polar vortex outside!

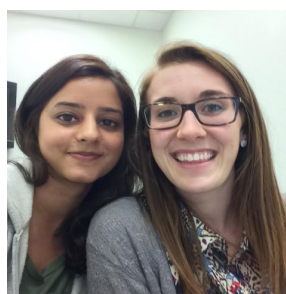
# PHOTO CONTEST

Win a \$10 gift card to Starbucks!



PHOTO CREDIT: ESPARTA PALMA, FLICKR

Coffee, tea, and carbs - Starbucks has the fuel you need to get you through those long hours in Med Sci. Get your venti caramel brûlée latte on us! Win one of five \$10 gift cards to Starbucks by taking a selfie with a Mr. Pharmacy candidate AND someone participating in Movember (may be a mo-brotha or mo-sista, but must be registered on the U of A Movember page, and may not be the same Mr. Pharmacy candidate). Submit the photo, your names and your years of graduation to [pqcontest@gmail.com](mailto:pqcontest@gmail.com) or post it on Instagram with the hashtag #meyouPQ by **November 30<sup>th</sup>** and we will pick FIVE winners at random! Plus, your pic might make an appearance in our next issue! So, what are you waiting for - get to picture-taking! (And check out some of the selfies you submitted below!)



SEPTEMBER WINNERS: KATIE SWAN, LYDIA CHEUNG, JESSICA HUYNH, MEHNAZ ANWAR

Sponsored message

## Pharmacare Specialty Pharmacy Rx

*Did you know: Pharmacare is an Edmonton owned and operated Specialty Pharmacy Group. The pharmacy boasts: over 20 clinical pharmacists, a state of the art fulfillment centre a Specialty Compounding Division, 3 retail locations—1 in Calgary and 2 in Edmonton, 24/7 on call service, in house bonded delivery, disaster protocols, policy and procedure training, online training courses, AADL home medical partnership, Immunization services, Health and Wellness assessments, Blister and Pouch automated packaging and Medication Detection Machine Technology.*

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