

FEBRUARY 2012

PQ

PHARMACY QUARTERLY



Winner of our Winter Photo Contest: Charles Campbell, Class of 2013.



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

Message from the Editors

Well hello there.

Yes, we survived the first term of second year and are here once again to bring you delightful articles, daunting distractions, and delectable photos. First off we'd like to thank everyone who has made contributions to the Pharmacy Quarterly this academic year, and to keep them coming! The last two issues have seen articles about piercings in the profession, grading, Mr. Pharmacy updates, disasters while traveling, PharmD updates, and even an article on watermelons! So there's lots of variety, and we want to hear from you, so if you have an article fire away: PQ@myapsa.ca

Life is an adventure. There's new sights and things to do every day. Recently I've been exploring Edmonton and discovering this. I visited the Art Gallery of Alberta for the first time, have been skating at Hawrelak Park (even with the deep freeze this last week), running in the river valley, and found my new favourite diner downtown. Even if you're pressed for time, and need an adventure, check out Rutherford Library's special collections room, or see if you can find the pathology museum in ECHA.

So be adventurous, engage your environment and find new things to do. And take someone along while you're at it. Then write about it, and tell us about your adventure!

Devin Davis
PQ Editor

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important dates

Additional information may be found on the APSA website www.myapsa.ca

february

1 - 3 Wednesday - Friday

Blue & Gold Ball - Early Bird Ticket Sale
APSA Office

1 Wednesday

IPSF Anti-counterfeit Drugs Campaign
DP 2104
12:00 p.m.

3 Friday

Mini Blood Pressure Clinic
Mazankowski Heart Institute
1:00 - 4:30 p.m.

11 Saturday

Curling Funspiel
Saville Sports Center
1:00 - 5:00 p.m.

28 Tuesday

CSHP Career Night
Faculty Club
5:30 - 7:30 p.m.

march

4 - 10 Monday - Friday

Pharmacy Awareness Week

10 Saturday

Blue & Gold Ball
Shaw Conference Center

17 Saturday

Pharmacy Alumni Hockey Game
Clare Drake Arena
6:00 - 10:00 p.m.

21 Wednesday

Career Night
Lister Hall
6:00 - 9:00 p.m.

APSA Update - January 2012

All APSA Council Meeting minutes can be reviewed online at <http://myapsa.ca/apsa-council-meetings/>

VP Student Services, Mike Newman, met with faculty members to discuss the layout of the **new practice lab for Medical Sciences Building (MSB)**. The move is still not for two to three years, but the plans look like it's going to an exciting move for our future colleagues. If you have questions regarding the move to MSB or anything regarding current or future student space, contact Mike at mdnewman@ualberta.ca

Important Dates!

IPSF Anti-Counterfeit Drugs Campaign

Wednesday, February 1st, 2012 at 12pm in DP 2104

Sign up to event required for attendance (note: black-listed event)

Blue & Gold Ball

March 10, 2012

Shaw Conference Centre, Hall D

Tickets will be on sale in early February in the APSA Office

Curling Funspiel

February 11th, 2012 from 1pm – 4pm

Alumni Hockey Game

March 17th, 2012

Pharmacy Awareness Week

March 4th to 10th, 2012

A big thank you goes out to all the students who attend the **Town Hall Meeting** on January 20th, 2012. We had a great student attendance and, as always, Dean Kehrer was happy to answer our questions. At the end of the forum the Dean welcomed all students to provide feedback year round via your APSA representatives or through email. If you were unable to attend the meeting but have questions regarding what was discussed, please contact your Class Representative.

Thirty students from the Class of 2013 attending this year's **Industry Trip** will be heading to Toronto from April 28th to May 2nd, 2012, to **visit pharmaceutical industry sites such as Eli Lilly, TEVA, Apotex and Glaxo Smith Kline**. The trip, which is now a student-run initiative, will hopefully continue in future years, though it will be the responsibility of APSA and the 3rd year students to advocate for its importance in exposing pharmacy students from Western Canada to opportunities within the pharmaceutical industry. The trip offers an unparalleled opportunity to gain an introduction to the pharmaceutical industry, and is an incredible educational experience for students.

Pharmacy Development Week (PDW) 2012 in Halifax: "Oceans of Opportunity"

If I were given one word to describe PDW 2012, the word of choice would be: LEGENDARY! This year, University of Alberta had an amazing turnout in which we had 34 students attend the 5-day conference in Halifax. During those few days, the students were given the opportunity to experience the east coast culture, learn from various educational speakers, and attend social events where they got to mingle with other pharmacy students.

The highlight of the conference was University of Alberta winning several awards!

- National CAPSI Student Literary Competition - 1st place - Emily Li
- National CAPSI Compounding Competition - 2nd place - Basel Alsaadi, Andrew Noh, Joey Ton, Peter (Ran) Yang,
- CSHP-CAPSI Hospital Pharmacy Student Award - Sarah Hasenbank
- National CAPSI Guy Genest Award - Tyler Watson

PDW 2013 will be in Montreal with over 900 delegates attending! Needless to say, next year's PDW is definitely something you won't want to miss!

The **White Coat Ceremony** for the Class of 2015 took place on January 26th, 2010 was a huge success! On behalf of APSA, welcome to all our 1st year students into the profession of Pharmacy and wish you all the best as your work through the program and go on to be successful pharmacists. The night would not have been possible without our wonderful group of volunteers! Thank you for your time and dedication to this event!



President's Message

My dear fellow students, respected faculty and cherished colleagues,

We are in times of change. The profession is in a state of flux throughout the country. Changes such as the licensing of Pharmacy Technicians and the recognition of a need for a better reimbursement model, all the way to changes in the Pharmacy education program such as the approval of the PharmD program make it clear that Pharmacy is changing.

Throughout these times of change, we are faced with a choice. Where some see threat, others see opportunity. We can choose to respond negatively by adopting an apathetic stance and choose to do nothing - accepting whatever changes sweep over us good or bad; or we can choose to embrace a resistant mentality and fearing for the future seek a future elsewhere; or we can **respond positively and embrace change**, realizing that in times of change we can help forward-push the profession to the place where we want to see it!



Throughout this nationwide change, **APSA is also changing and we are committed to spearheading positive change with courage, innovation, and hard work.** As President of APSA, my term will run until December 2012. Throughout my time as President, it is my mandate, and purpose to help drive changes that will benefit the student body. I hope to augment the relationships between faculty and students, increase the awareness of students towards health issues and the issues that our advocating bodies wrestle with, and I hope to grow the connections that students have with the national and international Pharmacy body.

My four guiding principles are: **Advocacy, Presence, Student services, and Academic excellence! (A.P.S.A.)** These four guiding principles have been the motivations for all of the projects that I have undertaken since election even as President-elect from the streamlining of orientation registration to the implementation of a new website for APSA. There is great work being done behind the scenes in all four areas from talks to increase the presence of RxA in the student body to discussions of a more regular feedback model that professors can utilize to obtain feedback from students for courses. It is my pledge as President of APSA to remain true to these four guiding principles and to help drive changes that are beneficial to the entire profession starting with the student body.

I encourage you to **be an agent of positive change!** Many hands make a big job small - and there is much work to be done - so I encourage you to get involved and become an advocate for positive change. Bring growth to the things that others may have become stagnant in! Seek improvements where things may have settled into the status quo! Push to renew the courage and motivation in people who may have fallen into apathy! Embrace change and lend your voice, your time and your energy to drive forward the profession to a place that is more positive and more profitable for all peoples - Pharmacists, and patients alike. I believe that through this attitude and effort, as our founding President of the University of Alberta, Henry Marshall Tory, purposed: ***we will uplift the whole people.***

With enthusiasm,

Ken Soong
President of APSA



PDW 2012 - Halifax, NS



My experiences at PDW have been unforgettable.

Having gone to PDW 2011 in Saskatoon, SK, I had high expectations for PDW 2012 in Halifax, NS. For those of you who don't know, PDW consists of educational speakers, workshops, CAPSI competitions, Pharmafacts, and social events. In the past, I have heard people call PDW "Professional Drinking Week". It was a plus that we get to have fun and socialize every night with other pharmacy students in Canada, but it was more than that.

The educational speakers and workshops were quite interesting! The ones I enjoyed the most were about mental health and stigma, transgender pharmacotherapy, and tips on how to make pharmacies more clinical. Aside from pharmacy topics was the motivational speaker, Alvin Law. Being born without arms due to the thalidomide tragedy, he gave his perspective on life. I was most inspired by one of his messages that no disability exists because people can adapt and choose what they make their life to be. He adapted to use his feet as his hand and was capable of performing activities of daily living as well as playing musical instruments. Who would be opposed to seeing this guy play the piano and drums or comb his hair with his feet!

An upbeat event is the Pharmafacts competition. One student from each year forms a team to represent their school and compete to take the winning title. Students are in an uproar going crazy cheering for their team. I have never seen so many rowdy pharmacy students! There is one aspect of this event that disappoints me. I found that some of the cheers and chants other schools make were

demeaning putting others down. As much fun as I had participating in the Pharmafacts competition this year, I would like to see students show pride and dignity for themselves by positively portraying themselves and not trying to degrade others.

Although the conference is only five days, there is a lot of time to have fun! There are social events (which do involve alcohol) every night for students to mingle. This year's events included a Maritime kitchen party, a social nightclub, comedians, and as always, the closing gala. It is time where

you can dress up, have a few drinks, dance, and socialize to your liking. Need I explain more? (This is where the "Professional Drinking Week" comes into play)

Lastly, there is still time to explore the city. We explored downtown Halifax, took the ferry to Dartmouth, and also went to North America's oldest farmer's market. If you know me, you would know that I love to eat! Fish and chips, lobster, sushi, and candy! The food was amazing!

PDW is an experience to remember. Whether we have to suffer the windy winters, spend a lot of cash for a good lobster meal, or be on edge that the hotel staff will kick us out because there was a snowball fight on the fifth floor, I had a fabulous time getting ready and going to the social events, listening to the speakers, and gorging on candy in bed with my roomies.

As you can tell, my expectations were met, and hopefully PDW 2013 in Montreal, QC will top that off!

Jessica Lui
Class of 2014



Photo Courtesy of Ken Soong

Updates from RxA

Hi Pharmers!

Hope the Winter Semester is starting out well for you!

There are some exciting pharmacy initiatives on the horizon. APSA (President and RxA Student Representative) met with RxA (CEO, President and President Elect) to discuss engaging students more with the association. RxA is looking into a speaker series to bring you more knowledge about it's activities and it's people working behind the scenes to advance pharmacy practice in Alberta.

Anywho, here is an update on what RxA is up to!

1. RxA seeking your help for student communications survey

The 2012 RxA student communications survey is now open! The purpose of this survey is to explore communication methods and pharmacist information that will be of interest to students.

We are hoping to engage as many students as possible so we are offering a bit of an incentive...After completing the survey; you will have the option to enter a draw prize for two complimentary registrations (for you and a friend) to the *Spring RxA PD Event!!* The PD event is taking place in Edmonton on March 3.

To complete the survey, visit <http://www.surveymonkey.com/s/D85Z38W>. The survey will be open until February 6, 2012.

2. RxA sits down with Minister of Health

On January 12, RxA President, Neil Cameron, along with other representatives of RxA, met with Alberta's Minister of Health, the Honourable Fred Horne, to discuss the role of the pharmacist and the value of the services that our profession provides in supporting healthcare in Alberta.

This was RxA's first opportunity to share with Mr. Horne the important role that our Association plays as well as build upon our relationship with government. Many issues were touched on from pharmacist negotiations to the role of pharmacists in primary care.

Sheldon Chow

RxA Student Representative



SU Update

Hello Pharmers!

As Winter once again shows us who the real boss is in Alberta, I want to remind you that there is always cozy seats and hot food at Students' Council meetings every other Tuesday night! Send me an email if you're interested in more details.

As you may know, Students' Council is back in session after a much needed holiday break. The programming department at the Students' Union was the busiest right off the bat with an energetic week of Antifreeze, the biggest outdoor/indoor team competition open to U of A students. You may have seen some ridiculous antics and raucous cheering while walking through QUAD or SUB during the first week of classes. If you'd also like to do ridiculous things and have tons of fun, start thinking of a way to make your own ten-person team for next year!

U of A is attempting to re-break the world record for the **largest dodgeball game with 5,000 students**. The epic event will be going down Friday, February 3 at 12 noon. Registration will begin at 10 AM. This is one event that you do not want to miss!!

There is still a lot of talk surrounding the upcoming provincial election. You will no doubt see a lot of advertisement and information coming from the Get Out the Vote campaign which encourages you to pledge to vote. Even if politics does not make sense to you (and really, who can make sense of it), keep in mind the attitudes towards health care spending in Alberta as future candidates start to announce their platforms.

The redevelopment of SUB is currently underway. I have seen the renderings from the architecture firm involved in this with the SU. Let me tell you that we are going to have one impressive and modern building when this is all complete. I'd love to tell you more about it in person!

Keep in mind that SU elections are coming up in March for both executive positions and council positions. I encourage you to talk to me for more information as well as look online at su.ualberta.ca.

Happy Winter-ing!

Sarah Zhao

SU Pharmacy Councillor

pharmacy@su.ualberta.ca



Sarah's team for Antifreeze, and Antifreeze champs! Campus Badassadors, Dumbledore's Army.

CSHP Update

1) Career Night (for CSHP members)

Career Night is an opportunity for CSHP members to discuss hospital pharmacy with pharmacists that are currently employed at an institution. Students will be able to discuss one on one with the pharmacists or as a group. It is a great opportunity for students to increase their awareness about another kind of pharmacy, have their questions answered, and network. This year, Career Night will be held at the Faculty Club (Papaschase Room) on February 28th, 2012 from 5:30-7:30pm. Refreshments will be served including samosas, chicken fingers, shrimp, and a variety of vegetables and fruits.

2) Banff Seminar (for all Pharmacy Students)

Banff Seminar is a wonderful opportunity to meet institutional pharmacists from British-

Columbia, Alberta, Saskatchewan, Manitoba as well as students. There will be Educational Seminars (Therapeutic discussions and Clinical pearls) during the day followed by an activity to meet and greet in the evening. There will be an 'Opening Reception' Friday with a **007 theme!** So come dressed up! Saturday evening, there will be a banquet! Our guest speaker will be **Bal Arneson**, from the food channel show 'Spice Goddess'!

The Banff Seminar will take place over the weekend of March 23-25th, 2012. Unfortunately, CSHP does not book any buses that go directly from Edmonton to Banff. Students may drive to Banff or take Red Arrow bus to Calgary Airport and then take Banff Airporter from Calgary Airport to Banff.

Registration fees are as the following:
Until February 24th (Early Bird Deadline):
125\$ for CSHP members, 175\$ for non-CSHP members.

After February 24th: 150\$ for CSHP members, 200\$ for non-CSHP members.

Unfortunately, both sets of prices do not include accommodation and food. However, delegates attending the Banff Seminar are eligible for financial aid through APSA's Market Modifier Fund Travel subsidy. For more information please contact Ken Soong at ksoong@ualberta.ca or myself at mshoblak@ualberta.ca.

To learn more about Banff Seminar, please visit the following website: http://www.cshp.ca/events/BanffSeminar/index_e.asp#registration

Thank you,

Muna Shoblak
CSHP-AB Student Representative

Get to Know a Student - Laura Coleman, Class of 2015

Do you own the camping brand?

No.

Does your family?

No, but we do camp a lot.

Where are you from?

Quesnel, BC. A small town, it has a population of about ten thousand. It's quaint. Lots of rural areas. There's lots of outdoor activities. It's got seven or eight lakes around it.

Where did you study before pharmacy?

I did an undergrad in Prince George - biochem and biology, for 3 years.

How do you like Edmonton?

I like it, it's kind of like a little big town. It's got a small town feel. It's a little more down to earth. The mentality is little town.

What inspired you to enter into pharmacy?

I liked the aspect with health care. I wanted to work in health care. I like the way it's changing. I'm really positive, about how fulfilling the profession can be. I like the lifestyle too, and I've met a lot of happy pharmacists. I have friends in pharmacy and they enjoy it.



Share a pharmacy experience with us?

I went to the pharmacy once, and the pharmacist was really thorough. He took the time to really counsel me on the medication, and it was really helpful.

What do you love about the program?

I like how it's really diverse. Lots of people from different backgrounds. You meet a lot of different personalities. I like that it's really hands on. It makes things seem a lot more useful. I like the professors, the faculty is really good. Everyone's really outgoing.

What would you change about the program?

A little more focus on avoiding burn out. Something that we could add to the program about stress management. It is high stress career, and schooling. Maybe a seminar focuses on health, or something optional. I would go!

If you were a drug what would you be?

I'd be a beta blocker. There's lots of people on it, and I could help a lot of people avoid heart attacks!



Do you enjoy Teenagers?

The *P.A.R.T.Y. Program is looking for you!

*(Prevent Alcohol & Risk Related Trauma in Youth)

P.A.R.T.Y. focuses on making smart choices.

There is only one person who can choose whether you get behind the wheel of a car when you are impaired or whether you will wear your helmet the next time you ride your bike, or wear protective gear when playing sports and that is YOU!

The consequences of your choices will either maintain your independence or lead you to an injury.



We are looking for volunteers (18+) to help with our PARTY Program. We need your expertise; are you an Injury Survivor? Perhaps a Nurse? Do you enjoy working with youth and want to Volunteer your time in this program?

This program is targeted at teens, (Grade 9 students) in St. Albert and surrounding communities.

You will feel good knowing you made a difference in a young person's life. Providing increased awareness of injury prevention and consequences of risk taking activities for students in the community.

We ask for a commitment of two/three shifts per month (Thursday or Friday), the program runs from September - June yearly. Shifts vary during this day, depending on volunteer's role.

For information contact:

Betty-Lynn Zukewich

Coordinator, Volunteer Resources

at 780-418-7375

Betty-Lynn.Zukewich@albertahealthservices.ca

Get to Know a Professor - Dr. Michael Doschak

What's your background?

Bachelor of Science in Medical Technology: with majors in pathology and molecular microbiology. So not just clinical microbiology, but also the DNA, RNA, and cloning aspect of biology. I was around when the field burst open in the 80's. It was intoxicating. In my home town of Perth they built a DNA staircase and you could climb it and look out onto the city. It was much like the social media explosion of the current generation; that's what it was like for us in the molecular biology field in the 80's, even though we just graduated from university we were the most comfortable with this technology other than the most highly trained professionals in the world. So there was a lot of room for exploration and drive, and opportunities for success. I did a masters degree in Medical Sciences, it started in Australia (Perth), but in the end I completed both my Masters and PhD in Calgary in the Medical Sciences. It's a neat discipline. You work a lot with physicians, so you can see the clinical relevance of the research, but you're still a basic scientist driving powerful lab based discovery.

Tell us about your research.

I've got a basic research program in bone health. It has two arms. The first looks at modifying current biologic drugs to improve their action at the site of bone disease, namely, we modify them to target bone tissues; so we improve them by reducing offsite side effects of the drug. The second is a bone imaging lab, using x-ray based micro-CT. We can examine how the skeleton adapts over time during a course of drug treatment without harming the subject.

The part of research I really enjoy is the freedom to explore and discover. I also really enjoy the interaction with increasingly more enthusiastic, and very bright graduate students; that we recruit domestically and from around the world. It really opens your eyes to just how important an opportunity can be, getting the chance for a place at a university and to try your best.

What is your teaching philosophy?

My teaching philosophy is to create a comfortable learning space where it's ok to question and make your own meaning of where the subject content sort of belongs, and to give it sense in the course. Above all the clarity - I place a high value upon the clarity of instruction of the material being presented. And accordingly I prepare for at least two hours prior to each lecture. If you're not prepared you're not going to get that clarity across, especially to a groggy room of students who themselves are sleep deprived because of exams and demands, and have different levels of prior exposure to the material. So what is it that's going to interest them? Someone where it's the first exposure to the material and is missing background and is very concerned and is frantically trying to connect things; so you've got to find a way to deliver to the entire class.

There's a big risk, when you're a young newly appointed prof you're just as nervous as the students especially when your primary degree is not pharmacy. We [profs] require just as much constructive guidance and feedback rather than angst and anger to change and improve practice. That develops based on mutual respect, and fairness. Those are principles that will take you far in this world.

I've notice that you use lots of different teaching tools...

It takes time for instructors to understand the type of lecture support the students require. After all, students could simply read the appropriate textbook(s) and sit the exam. Lectures should provide relevance and insight, its not meant to provide all content to you by infusion. So now as an instructor, how is it that I best offer my insight on this subject. So I'll use a mix of techniques and strategies that include Socratic dialogue, dynamic feedback

from the audience, chalkboard structural concept mapping, its where you give a sort of skeleton to a complex topic. You're saying, "here are the anatomical parts and we're building it together". There needs to be changes of pace throughout, time outs, etc - so you're not just sitting there sedentary until your audio visual is saturated. It's a big risk, because you might not cover the content that needed to be delivered, and that's why a lot of instructors take time to find that balance.

What is one of the challenges about being a research prof?

The worst thing for me is you keep borrowing more and more time from your family. So as the demands increase for writing grants, student support, grad student supervision, undergrad lecture prep, and necessary institutional reporting. Time doesn't stop. I often work extremely late, I'm a night owl I work late and the family suffers.

The other thing is you watch yourself age haha. You become an amorphous blob over time due to those sedentary demands of academia.

What do you do with your free time?

I reconnect with the family of course as best I can. I've got a passion for motor mechanics. I'm a British sports car fan, so I tinker with Triumph cars. My garage and basement are littered with motor engines and other parts, so don't be surprised to see a prof with grease on his hands in the morning. The cold Canadian garage is a good place to disconnect from your daily workplace problems.

If you were a drug what would you be?

Opiate. Because you start off with that warm fuzzy feeling and develop that dependence but you're never really sure if it will last and you're just gonna get let down really quick!





Hello **Pharmacy Students!**

First of all, **kudos** to the **Class of 2015** for completing a whopping **38** Community Ed presentations to date! All of which have received **excellent** Teacher Feedback as well; you are going to be fantastic **future pharmacists!** ☺

There are still quite a number of **presentation requests** that need to be filled at elementary schools, junior highs, and high schools. The topics include **Smoking Cessation** (TRAC training, anyone?), **Operation Wash-Up** (**hand washing**), **Role of the Pharmacist/Pharmacy as a Profession**, and **Sexually Transmitted Infections**. There are also 2-3 spots open to **assist in a hands-on lab activity** for Grade 6 girls in the **WISEST** Choices Conference on February 21 and 22. **EPAW** is also coming up in **March** so keep your schedules open for a ton of volunteer opportunities from that!

It's fun!
It's professional!
It's **Community Education!** (featuring Buggy from "Do Bugs Need Drugs?")

Take advantage of this great opportunity, and pick up a reference letter or gift card too!**

email **APSAspeakers@gmail.com**

**some conditions may apply

Send an email my way (APSAspeakers@gmail.com) if you are interested in any of these **extraordinary** opportunities to jazz up your **CV** ;)

Stay frosty!

Emily Yu

Community Education Director

The Life of the Angry Pharmacy Student

Sunday, Jan. 8, 2012

I wonder if I'll see her tomorrow...

Monday, Jan 9, 2012

8 AM classes are the worst. It's too dark and too cold outside for me to be awake. Hello, extra-large Tim Horton's coffee.

She said "Hi" to me!

Tuesday, Jan 10, 2012

Which way do I pass this sign-up sheet? And why are there so many!?

Wednesday, Jan 11, 2012

I'm hungry. My stomach growled... I hope she didn't hear that...

FOOSBALL!!! Dang, I need to practice. I got beat by a couple of FIRST YEARS!

Thursday, Jan 12, 2012

These profs need to use their microphones... If I cannot hear you I will not listen.

SHE IS IN MY GROUP FOR A GROUP PROJECT.

Friday, Jan 13, 2012

Ah, Friday at last.

What I should do this weekend:

- Start studying for midterm
- Start working on group projects
- Prepare for lab

What I'm actually going to do this weekend:

- Nothing.

Monday, Jan 16, 2012

So boring... We already learned this stuff last year. Twice.

She smiled at me!!
She's totally in to me.

Tuesday, Jan 17, 2012

Too many irrelevant questions in class. Let's just move on... I really don't care!!

Some people can be so selfish....

Wednesday, Jan 18, 2012

Somebody sat in my seat! MY SEAT!!!!

I made a joke. She laughed.

Best. Day. Ever.

Thursday, Jan 19, 2012

My car broke down.

It's a sign: back to bed!

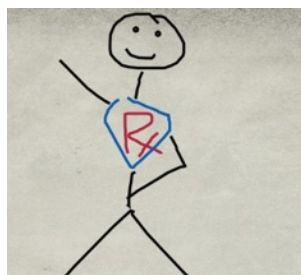
Friday, Jan 20, 2012

Two more years until I graduate.

Two more.

Two more.

Two more.



Monday, Jan 23, 2012

Seminar today. Attend or skip to study?

Attend = enhance my education for long-term benefit.

Skip = pass this midterm.

Sorry seminar. It's not you, it's me.

Tuesday, Jan 24, 2012

Hm, that exam went fairly well. All the questions made sense!

The average is going to be ridiculously high. Again.

Wednesday, Jan 25, 2012

HSPnet is open for site selections.

7 other people want my first choice!

WHYY!?

Thursday, Jan 26, 2012

I asked her to coffee. She said yes... And invited everyone else.

I'm in the "Friend Zone".

My life sucks.

Friday, Jan 27, 2012

Another week down.

Maybe next week will be better...

I doubt it.

The Health Benefits of Yoga

The ancient art of yoga, which originated in India, has been practiced for thousands of years.

Until very recently, however, much of the public viewed yoga as something restricted to the wheatgrass-drinking, tree-hugging, granola-eating hippy types.

In 1998, the first Lululemon store was opened in Vancouver, and suddenly the 5000 year old spiritual practice of yoga was the hot new trend. Similar to what Nike did for running, Lululemon catapulted yoga into the public spotlight. With such a rapid rise to fame, however, came a great deal of skepticism. Believe me- I was unconvinced that yoga would have any more staying power than Vanilla Ice, or Mark Hamill (sorry, Star Wars fans...). And yet, over a decade later, yoga continues to grow in popularity.

As yoga continues to reach the masses, its healing power and health benefits have become increasingly apparent, one of the main reasons I believe yoga has maintained its position of celebrity.

You may hear your dedicated yogi friends preaching the benefits of yoga, saying: "My chakras have become so aligned," or "my prana is totally flowing..." Or perhaps you have witnessed your less Sanskrit-savvy peers noting that yoga just makes them feel "more relaxed," "less stressed," and they have noticed that they are sleeping better, or getting sick less often. As attractive as this all sounds, let's be serious: we are pharmacy students, and we need cold, hard, peer-reviewed evidence to convince us of such things!

In the last few years, Western science has found increasing evidence indicating the major physiological and psychological benefits of regular yoga practice. All one needs do is type "yoga" into PubMed to



find an array of articles discussing the health benefits of yoga.

Evidence has shown that yoga acts on pathways such as the hypothalamic pituitary adrenal (HPA) axis and the sympathetic nervous system to down-regulate the production of substances like cortisol, inflammatory cytokines and catecholamines. As you all know from your extensive studies, the HPA and sympathetic system are activated by environmental or psychological stressors, and the over-activation or continual stimulation of these systems can eventually lead to conditions such as autoimmune disease, obesity, diabetes, depression, substance abuse, and cardiovascular issues.

Furthermore, yoga's ability to stimulate mainly the parasympathetic system leads to benefits such as lowered heart rate, blood pressure, and a general sense of well-being. Yoga, as a weight bearing exercise, also has more anatomical benefits such as lubrication of joints with synovial fluid, decreased risk of osteoporosis, improved posture and core strength, increased lung capacity, improved circulation, and the list goes on...

If the current research is not enough to convince you, allow me to share some anecdotal evidence with you.

Since I started practicing yoga regularly 5 years ago, I have become a much more balanced and happy person.

My real faith in the healing power of yoga, however, comes from my Mom. My mom started practicing yoga 15 years ago after she was in a car accident and suffered a major whiplash injury. She quickly found that yoga decreased her pain and allowed for a greater range of motion in her neck. She constantly extolled the wonderful health benefits of yoga, but I remained skeptical.

After practicing yoga for over 10 years, my Mom decided that she wanted to take formal yoga training to become a yoga teacher. Only a few months into her teacher training, my Mom was diagnosed with aggressive breast cancer. She was immediately booked for a full mastectomy, and slotted to start chemotherapy shortly afterwards. Though she took a few weeks off to recover after surgery, my Mom was eager to get back on her mat and start practicing again. The doctors had warned her that the surgery and build-up of scar tissue would restrict the motion in her arm, and that the intense chemotherapy regimen would put her out of commission. Even through her 6 rounds of chemo, my Mom attended her yoga teacher training and practiced daily. I told my Mom that she should "take it easy," but she was adamant that she continue with her practice, explaining that the mind/body/breath connection of yoga had greatly minimized the side effects of nausea, stress, pain and fatigue associated with her treatment. When she returned to the hospital for her first evaluation following treatment, her doctors were astounded at how well she was doing- a recovery she attributed greatly to yoga.

(continued on next page)

The Health Benefits of Yoga (Cont'd)

Now, almost 2 years after she completed her chemo, my Mom has been certified as a Hatha yoga instructor and teaches 10 students on a weekly basis, as well as regularly instructs a choir of over 60 kids in yoga practice, and holds classes for schools and sports teams around Calgary. Many of her students have health concerns of their own, such as anxiety, depression, chronic back pain and cancer, and have found yoga extremely beneficial in the management of their conditions.

When asked her reasoning for keeping up her yoga practice, my Mom says, "Daily asana practice fosters a more positive attitude and gives me easily accessible tools to cope with daily stressors. I think that everyone benefits from yoga; not just the practitioner, but everyone who comes into contact with that happier, more grounded individual!"

Whether you are a complete beginner, or a master yogi, yoga practice can help instill well-being and nourish your mind, body and spirit. If you haven't done so already, I encourage you to pick up a mat and delve into the endless potential for improved health that comes with yoga practice.

Namaste!

Katie Reid

Class of 2013



Photo: My Mom, practicing tree pose, or Vrksasana, amongst the trees.

102nd Annual Blue & Gold Ball

Date: Saturday, March 10

Location: Hall D Shaw Conference Centre

Time: Punch competition – 5:00pm

Dinner – 6:30pm

Presentation and Dance to follow

Tickets will be sold in the APSA Office. Payable by cash or cheque.

February 1-3: Early Bird Tickets

\$60 for APSA members

\$70 for non-APSA members and guests.

February 6th

\$65 for APSA members

\$75 for non-APSA.

Valentine's Day Feature

Ah, love. Love is in the air.

With just a few short weeks until Valentine's Day, Love is the thing on everyone's mind.

I will be introducing a few new terms that are becoming increasingly relevant at this time of year.

pharmcest [**fahrm-sest**]

noun

Romantic relations between persons within the faculty of pharmacy.

Pharmcest is a general term that describes a romantic relationship between two pharmacy students. While it may sound like it has negative connotations, pharmcest itself can be a wonderful thing. Pharmacy creates a tight-knit community in which we tend to form strong friendships and lifetime bonds. Thus, it is not uncommon to find yourself attracted to a person within this community. We are all aware that it happens, and we may have experienced it ourselves. The result of initiating a relationship with one of your classmates may be positive or negative. You may find yourself in a strong, healthy relationship with one of your best friends. On the other hand, you may find that the relationship is unsuccessful and unfortunately you must see this person almost every day for the rest of your degree. Ultimately, the decision to embark on a romantic journey with a classmate is complex, and the factors to be considered will vary with each person.

In my opinion, love is never a bad choice. But love can take many forms, for example:

pharmily [**fahrm-uh-lee**]

noun

A group of people within the faculty of pharmacy that may not be biologically related but share mutual trust, love and friendship.

As students, we all experience many of the same difficulties and frustrations in our lives. There are the obvious challenges of a heavy course load, the dissatisfaction with the current grading scheme, and the vital need to balance school with the rest of our lives. These difficulties often create a necessity to seek support from our friends and classmates. The positive relationships we form in the four short years we have together will carry us into our future careers as pharmacists.

In my experience, my pharmily has helped me to succeed in school, encouraged me to branch out and try new things, and created and fostered my passion for pharmacy.

So in the spirit of Valentine's Day, I'd like to take the opportunity to say: *I love you, Pharmily. Be my Valentine.*

Tara Leong
Class of 2014

Interview with Pharmacy's Love Guru: Rahul



As pharmacy's self proclaimed Love Guru, what qualifications do you have to give others advice on valentines day?

I'm good at following my heart. I also know how to add spice to relationships, and I'm not talking about curry.

What advice could you give to a pharmacy student for valentines day?

Write a prescription for love, prn. And then use a love-o-statin for her heart.

I've never heard of that drug what does it do?

When they look at you it causes increased heart rate (tachycardia).

What is an ideal date for a pharmacy student on valentines day?

Laser tag is pretty good, and maybe some dinner afterwards.

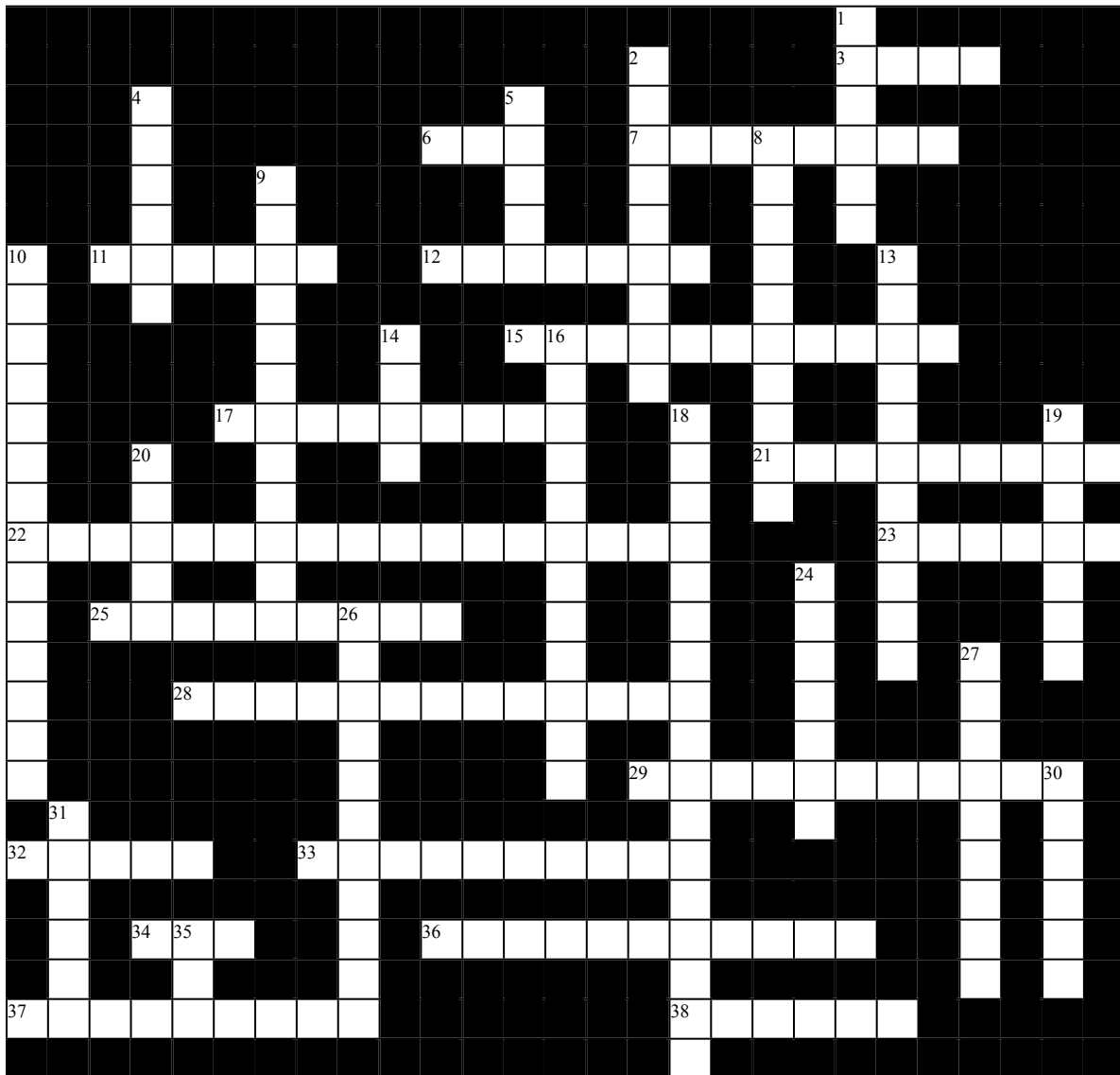
What's the most important thing on a first valentine's day date?

That attraction, that chemistry. The medicinal chemistry of pheromones. It's all about that initial attraction, you gotta feel that connection.



Pharmacy Crossword

created by: Devin Davis



Across

- 3 A ratio comparing probabilities of an event occurring vs not occurring
- 6 'good' cholesterol
- 7 Naturally occurring in coffee, tea, and chocolate
- 11 In clinical studies this ratio is used when time-intervals are a factor
- 12 Pharmacist, and inventor of Pepsi
- 15 Only one outcome can be examined in this type of study
- 17 A patient who adheres to their medication regimen rigidly
- 21 A primary factor affecting the heart's stroke volume
- 22 Phase 4 studies, or post-marketing surveillance
- 23 This 'signal' is reported information on a possible adverse event and a drug
- 25 This type of analysis uses data that was collected for other reasons
- 28 Inflammation of the bone
- 29 A yes/no variable
- 32 The probability of detecting a difference if it really exists
- 33 Initiation of an action potential in the heart occurs in this node
- 34 Junction for coupling electrical signals
- 36 Differences due to other reasons, and variables
- 37 A form of bias when choosing subjects
- 38 Using pre-recorded data, and blinding the interviewer diminishes this type of bias

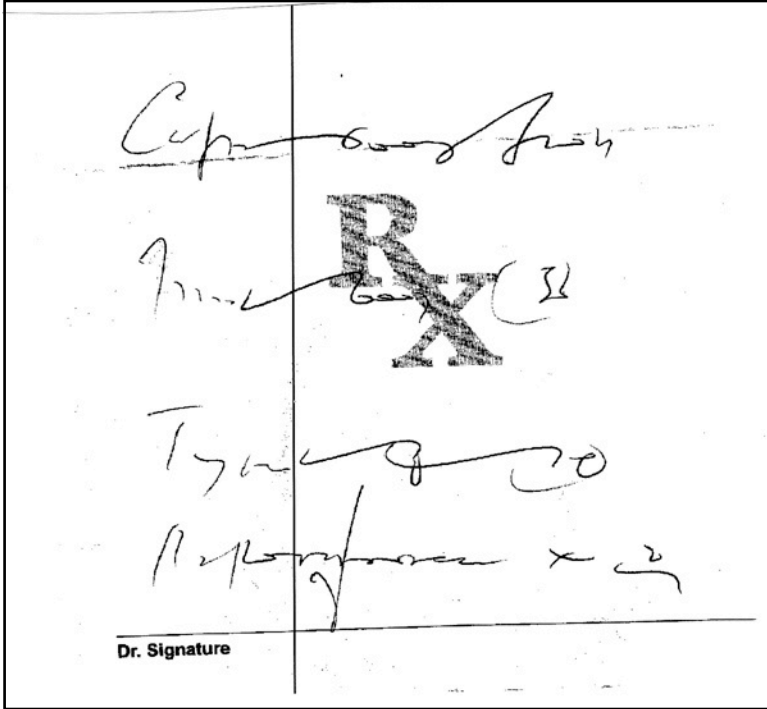
Down

- 1 Extracellular ion
- 2 A spontaneously depolarizing cell
- 4 Heart valve
- 5 A false positive error
- 8 This risk score was developed from the 'heart study'
- 9 This drug alkylates DNA
- 10 Submission of ADRs by health professionals is voluntary and may result in...
- 13 A newer type of licensing model likely to replace the current point in time model
- 14 This type of hypothesis asserts there is no difference
- 16 In reference to the spontaneous, involuntary, and self-regulating properties of heart tissue
- 18 A team of professionals from diverse and varied backgrounds
- 19 French microbiologist famous for work in rabies and milk
- 20 Standard number of phases in pre-marketing studies
- 24 Ideally you will use the same source population for this group in a study
- 26 Antibiotic
- 27 Chemotherapeutic causing single and double strand breaks in DNA
- 30 This author holds degrees in both pharmacy and computer science
- 31 Drinking this beverage is said to reduce the risk of alzheimer's
- 35 Levels indicate diabetes control

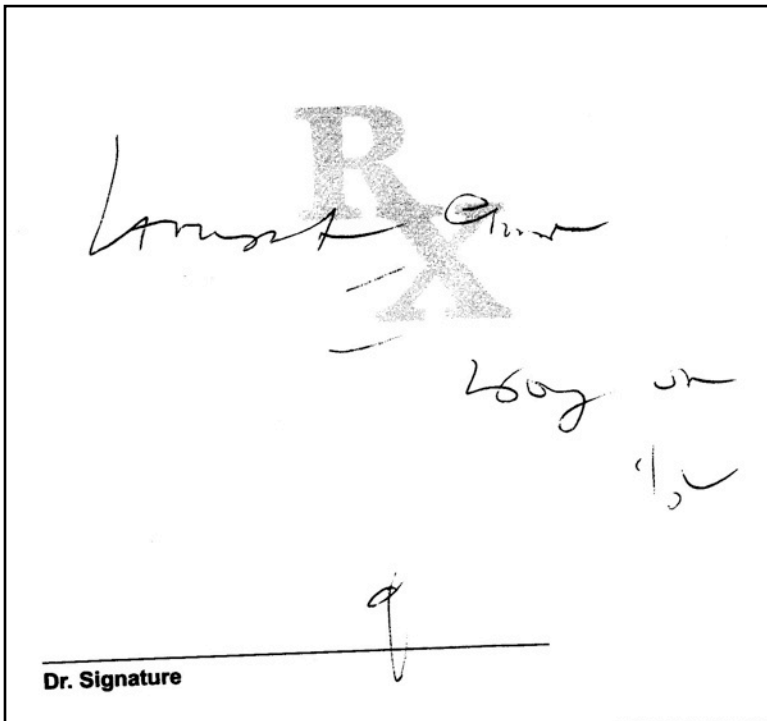
distractions

Chicken Scratch - What do these prescriptions say?

1.



2.



Answers to Chicken Scratch

- | | |
|---|--------------------------------|
| 1. Cipro 500mg BID 1wk
Ibuprofen 600mg BID x 30
Tylenol #3 x 14
Methylprednisolone x 2 | 2. Lamisil Cream 250mg QD 1/52 |
|---|--------------------------------|

PQ CONTEST

Congratulations to Charles Campbell for winning our Winter Photo Contest!

For this PQ Contest:

In 500 words or less, tell us what you think is the coolest OTC product and why.

Creativity will get you extra points!

Submit your entries to PQ@myapsa.ca

Answers to Crossword:

- | Across | Down |
|-----------------------|-----------------------|
| 3. odds | 1. sodium |
| 6. HDL | 2. pacemaker |
| 7. caffeine | 4. mitral |
| 11. hazard | 5. alpha |
| 12. bradham | 8. framingham |
| 15. case-control | 9. streptozocin |
| 17. compliant | 10. underreporting |
| 21. afterload | 13. progressive |
| 22. pharmacovigilance | 14. null |
| 23. safety | 16. automaticity |
| 25. secondary | 18. interdisciplinary |
| 28. osteomyelitis | 19. Pasteur |
| 29. dichotomous | 20. three |
| 32. power | 24. control |
| 33. sinoatrial | 26. amoxicillin |
| 34. GAP | 27. bleomycin |
| 36. confounders | 30. stross |
| 37. selection | 31. coffee |
| 38. recall | 35. A1C |



FEATURE PICTURE

Peter Yang, Joey Ton, Andrew Noh, and Basel Alsaadi. 'Nuff said.

Thanks to...

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Laura Coleman
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Muna Shoblak
Rahul Sahajpal
Sarah Zhao
Sheldon Chow

Thanks for reading! 😊

**WE WOULD LOVE TO
HEAR FROM YOU!!**

If you have any feedback or
submissions, e-mail them to us at:

PQ@myapsa.ca

BREAK THE GUINNESS WORLD RECORD

THE RETURN OF THE UofA LARGEST DODGEBALL GAME FEBRUARY 3 2012

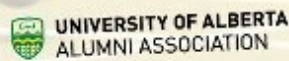


5000
PEOPLE NEEDED

BUTTERDOME

Open to all University of Alberta Students, Staff & Alumni

REGISTRATION 10AM GAME START TIME 12NOON



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