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## SPECIAL POINTS OF INTEREST:

- Check out SOPhS online at [www.sophs.uwaterloo.ca](http://www.sophs.uwaterloo.ca)
- SOPhS can be contacted through email at [pharmsoc@uwaterloo.ca](mailto:pharmsoc@uwaterloo.ca)

University of Waterloo  
School of Pharmacy

# [Pharmacy Phile]

May 19, 2009

[Issue #10]

## Geared up for another term!

Hi Everyone!

By now you should be settled into either your new job or your new academic term. As promised, your newsletter will be continuing throughout the summer and it is kicking off with a great issue! Thanks to everyone who contributed this time around.

This summer has started out as a busy one for pharmacists. To check out all the HPRAC details and expanding scope of practice news, check out the OPA article on page 3.

A number of individuals have asked about another housing edition of the newsletter. I think this was a valuable resource that helped students find places to live. Rather than having an entire issue dedicated to housing, I will include a housing section in the next newsletter. The deadline for submissions will be Saturday, June 13th, which should be enough time for all the first year students to have arranged their work terms. Please send your housing ads to [pharmsoc@uwaterloo.ca](mailto:pharmsoc@uwaterloo.ca).



You may include a picture with your submission. Remember to provide your contact information as well!

Also coming soon: your newsletter needs you! I am going to be conducting a very short online survey about the newsletter to help me identify areas for improvement. The survey will not take much time and the results will provide valuable insight to guide the newsletter as we move forward. Additional details and a link to the survey will be sent out soon. I look forward to hearing your feedback!

Good luck to all the first year students as you interview for jobs!

Jean Cameron  
Communications Director

## Briefs

Interested in getting involved with SOPhS? There are a number of interim and permanent positions open. Check your inbox for the details! Applications are due May 29th. For more information contact Claude at [crcharbo@uwaterloo.ca](mailto:crcharbo@uwaterloo.ca).

Are you wondering about the current status of H1N1? The best sources of information can be found on the Ministry of Health's website ([www.health.gov.on.ca](http://www.health.gov.on.ca)) and to get the international view, check out the WHO site ([www.who.int](http://www.who.int)).

The Interprofessional Committee is hosting a Case Workshop on May 26th from 7-9pm. The workshop will be held alongside McMaster medical students and will focus on asthma and COPD. Students interested should email Kate at [k2walsh@uwaterloo.ca](mailto:k2walsh@uwaterloo.ca).

The Spring 2009 final exam schedule has been posted on ACE. It can be viewed under the School of Pharmacy Resources group. It looks like 2012 will have a nice break at the end of August following 8 months of very intense school!

## From the Bench

This term we are proud to be hosting 4 all-pharmacy intramural teams, as well as participating in 3 additional sports. Here is a breakdown of some of the games so far:

The *And 1 Pharmers*, an intermediate basketball team lead by captain Calvin Poon, played their first game on May 14. Unfortunately, they did not win this one, but the season looks promising!

Some pharmacy students are also playing advanced soccer this term, on team *TFC Select*. They played their first game on May 12.

Beginner slo-pitch and intermediate beach volleyball captain Jenny Seguin and advanced beach volleyball captain Katie Poredos have yet to start their seasons, but may start as early as next week!

Overall, the season is looking very good for pharmacy athletics. Come out and support your classmates!

Calvin Poon & Kim Adamczyk  
2012 Athletic Representatives



## Athlete of the Month

### Victoria Sergeant

With the start of a new season comes the birth of new stars and talent, but in the case of Victoria it was discovery of a basketball shooting jewel.

Victoria comes from a history of basketball and must have 'shooting hands' encoded in her genes. She played basketball throughout junior high and high school and played OBA for the Ingersoll X-Plosion for 5 years. She also played

for some regional teams during summers with the Nike Elite Development Camp and won a gold medal at the provincial playoffs last year.

Her talent was recently discovered in a streetball team practice. Everybody was stunned by her amazing accuracy and ball-handling skills. News that Victoria has got some serious basketball skills began to circulate among the first year class the very next day.

Building on this momentum, the Pharmacy intermediate basketball team (*And 1 Pharmers*) will rely on Victoria to make some clutch shots.

Congratulations to Victoria as May's Athlete of the Month and the first Athlete of the Month from Rx2012!

Got an Athlete of the Month in mind? Let us know at [athletics@sophs.uwaterloo.ca](mailto:athletics@sophs.uwaterloo.ca).

## Pumpkin's Cooking Corner



Hello again. Welcome back to Pumpkin's Cooking Corner. This time around I'm going to be a little lazy. It's alright though

because it's going to allow you to be lazy as well; it's a win-win situation! Basically, we're going to take the old spaghetti sauce we made a few months ago that is sitting in the freezer and we're going to make an awesome lasagne out of it. The toughest part, as a student, may be to acquire a 9 X 13" lasagne pan. After that it's pretty easy.

### Ingredients:

- spaghetti sauce (see PCC 2- Issue8)
- 520 g brick of mozzarella cheese
- 9 or 12 lasagne noodles

1. Cook 9 or 12 lasagne noodles
2. Place a thin layer of sauce on the bottom of the lasagne pan

3. Add three noodles, sauce, then a layer of cheese.

4. Repeat layering of noodles, sauce and cheese until there are no more noodles.

5. Bake in the oven at 350 °F for ½ hour.

I guess one of the best things about lasagne is its awesomeness as a left-over meal. So tasty!

DISCLAIMER! I seriously doubt that your lasagne will ever look like the picture in this article that I stole from the Internet, but yours will probably taste better.



## OPA and the Changing Scope of Practice in Pharmacy



As the University of Waterloo's first student member on the Board of Directors at the Ontario Pharmacists' Association (OPA), I am enthusiastic and eager about being a link between pharmacy students and the professional world.

For those of you who don't know, OPA is a professional advocacy association that represents the views and interests of over 10 000 practicing pharmacists and pharmacists-in-training (us!) in Ontario. They offer tools to members such as continuing education programs, professional publications, information e-blasts and exclusive access to the members-only section of their website, which I have personally found useful as an information source for assignments about prevalent issues in pharmacy. The association works to elevate the professional image of pharmacists and generally to improve patient health in our province. They lobby the government and other stakeholders to ensure that pharmacists' voices are heard and addressed.

The changing scope of practice in pharmacy is something we have all heard of during classes- including professional practice and the second year health policy course. The Ontario government announced on Monday, May 11, 2009 that they are proposing a bill to officially change legislation and put into effect some of the changes that were proposed by HPRAC and supported by OPA.

"This legislation would bring Ontario one step closer to using pharmacists to the best of their abilities," said Dennis Darby, OPA's chief executive officer. "It acknowledges their vital role as healthcare professionals, with increased responsibility and accountability for the safe and effective use of medications by patients." If passed the legislation would:

- allow pharmacists to administer drugs by injection or inhalation for patient education and demonstration;
- prescribe Schedule 1 drugs for smoking cessation;
- extend, adapt or adjust prescriptions;
- perform a procedure on tissue below the dermis for patient education and demonstration (ex. lancing);
- and order laboratory tests for the purpose of medication monitoring and management.

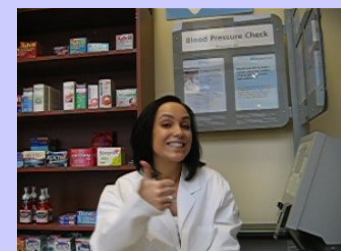
A huge step in advancing our profession will be the inclusion of pharmacists in the Drug and Pharmacies Regulation Act (DPRA) among all other regulated health professions designated as "health practitioners", giving them prescribing rights. Overall, this change in the healthcare system should also help to take some pressure off other health professionals and ease emergency room wait times. Pharmacists will be able to use their unique expertise in medication management to help monitor and manage chronic disease. We will have the ability to

take advantage of the advanced patient care initiatives that we are being trained to perform in our curriculum.

As pharmacy students and the future face of pharmacy, the changing scope of practice has a profound impact on us. It is crucial that we make ourselves aware of the issues to ensure we are able to use the knowledge and skills we are gaining in school to serve patients to the best of our ability.

It is never too early to start your professional career. Being an OPA member is a great way to keep up-to-date and become aware of issues affecting the industry. It is also an excellent feature to include on your resume, as most of the employers you approach will be OPA members as well. It shows that you are taking an initiative towards your future career and that you are aware of some of the issues, programs and policies currently affecting our dynamic profession. If anyone is interested in more of how OPA is involved in these issues, what OPA has to offer, or membership, feel free to contact me at any time.

Stacey D'Angelo



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## Required Reading

### Water for Elephants

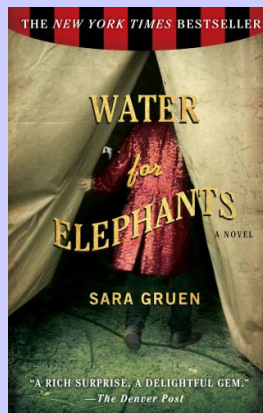
Author: Sara Gruen

This month's required reading may be one of my new favorite books. Impossible to put down, *Water for Elephants* is a New York Times Best-seller that has rightfully earned this distinction.

Jacob Jankowski is set to graduate vet school from Cornell University when a turn of events spins his world out of control. Without really intending to, Jankowski ends up jumping on a train and joining the circus. The events that unfold are truly amazing as we follow Jankowski's circus career as the vet for the menagerie.

Flash forward to Jankowski as an old man; over 90 years old and living in a long term care facility. Gruen seamlessly switches back and forth between the young man in the circus and the old man recalling his youth. This story totally exceeded my expectations and is truly a rare novel that is worth the read.

If you've ever wondered what it would be like to run away and join the circus, now you can find out!



## Yearbook Update

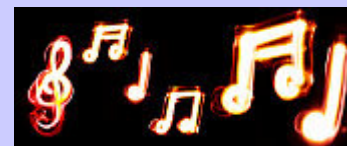
Hey Pharmacy,

The yearbook is underway!

Just a few reminders...

- This is the last call for yearbook profile pictures for the class of 2012. Please submit them to [eclamant@scimail.uwaterloo.ca](mailto:eclamant@scimail.uwaterloo.ca) by May 31<sup>st</sup> 2009. If I don't receive a picture, you will just have your name in print (no picture).
- If you are still interested in purchasing a yearbook and haven't done so already, please see Kim (class of 2012) or email Emily (class of 2011).
- If there are any pictures you wish to see in the yearbook please email them to me at the above email address.

Thanks!



lease. "Livin' On A Prayer" reached #1 on the Billboard charts, along with "You Give Love A Bad Name", another one of this album's deep cuts. This album is kind of pop-like, but also very much rock-like; it will appeal to jovial teenyboppers and the hard rockin' pharmacy students alike. But don't let lead singer Jon Bon Jovi's smashing good looks and excellent vocals get in the way of appreciating Richie Sambora's smooth guitar licks.

"Reading gives us someplace to go when we have to stay where we are"

~Mason Cooley~

## Triturating Tracks



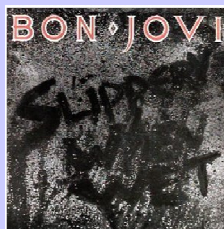
**Anjulie-Boom (2009)**  
Anjulie is from Ontario's very own Oakville! Her debut album has al-

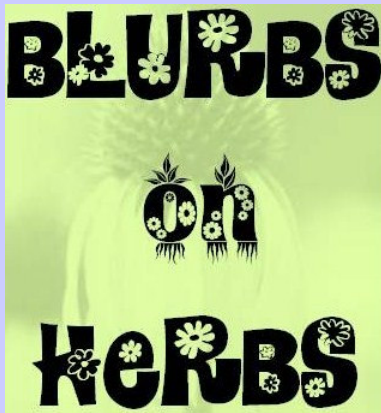
ready been a hit with features on MTV's *The Hills* and *The City*. Her unique voice and fresh sound set her apart from the usual pop music today. Be sure to check out her hit single "Boom". Another favorite track: "Rain". Her upbeat dance song, "Jamba", is

another catchy tune that begs to be danced to.

**Bon Jovi-Slippy When Wet (1986)**

Slippy When Wet's number one single "Livin' On A Prayer" almost never made it onto this multi-platinum selling rock record, but Bon Jovi lead guitarist Richie Sambora was convinced it was a single, so they re-recorded it and added it to the official album re-





### BLURBS ON HERBS

Recently, the US FDA advised the public to stop using Hydroxycut, due to reports of liver injuries potentially associated with this product. Hydroxycut products are labelled as a 'natural health product' promoted for weight-loss, fat burning, and energy-enhancement. As of May 1, 2009, Health Canada has followed the FDA's recommendations and no Hydroxycut products are currently authorized for sale in Canada while a safety review of these products is conducted.

In general, Health Canada advises consumers not to use any unauthorized health products, such as Hydroxycut (which had been available on the Canadian market without an NPN, since the NHP Regulations have not yet come into full effect) as they may pose a health risk. Authorized health products will bear either an eight-digit Drug Identification Number (DIN), a Natural Product Number (NPN), or a Homeopathic Medicine Number (DIN-HM) on the label.

**Issue 4 - Coltsfoot (aka: Ass' Foot, British Tobacco, Coughwort, Foalswort, Tussilage, Pas d'âne, and 'Kuan Dong Hua' [款冬花])**  
(*Tussilago farfara*)

The above advisory concerning Hydroxycut brings me to today's herb: Coltsfoot. Coltsfoot is not approved for use in Canada in natural health products (homeopathic products are exempt) because it contains hepatotoxic pyrrolizidine alkaloids that can result in severe liver damage. Despite this, coltsfoot can readily be found in unlicensed NHPs, from herbalists, and in some Traditional Chinese Medicine (TCM) preparations.

**Description and Habitat:** Coltsfoot occurs naturally throughout Europe, the Crimea, Persia, Siberia, and the East Indies. It grows from the seashore to

elevations of nearly 8000 feet and is commonly found in wet places, such as on the sides of brooks, rivers, streams, and railway beds. Coltsfoot has long-stalked, hoof-shaped leaves, about 4 inches across, with angular teeth on the margins, the surface of which is covered on both sides with loose, white, felted woolly hairs; these hairs fall off the upper surface as the leaf expands. The plant flowers in spring, and the flowers are fragrant, bright-yellow, and compound. Each flower has a drooping head about 1 inch wide, and is borne on a simple, round, woolly scape, about 5 inches high.

**Medicinal Constituents:** Coltsfoot is a member of the Asteracea (Compositae) plant family, which also includes ragweed, chrysanthemums, marigolds, daisies, and many other herbs. This plant family, along with the Boraginaceae and Fabaceae (Leguminosae) contain a diverse group of compounds called pyrrolizidine alkaloids (PAs), some of which are hepatotoxic. The PAs in coltsfoot, namely senkirkine (up to 0.015%) and senecionine, are considered to be medicinal constituents and are hepatotoxic, pneumotoxic, carcinogenic, and mutagenic; exposure to these constituents is associated with veno-occlusive disease and liver enlargement. Coltsfoot also contains the nontoxic alkaloids isotussilagine, isotussilagine, tussilage, and tussilage, usually in a total amount of <2 ppm.

**Traditional Medicinal Use:** Coltsfoot is regarded as an emollient, demulcent, and slightly tonic herb. Orally (and smoked), coltsfoot has been used to relieve irritation of the mucous tissues, primarily in treating coughs, asthma, whooping-cough, laryngitis, pharyngitis, bronchitis, and other pulmonary affections. The botanical name, *Tussilago*, signifies 'cough dispeller', and coltsfoot is most popularly known as a cough remedy; however, it is typically combined with other herbs for this purpose (e.g.: horehound, marshmallow, ground ivy, and others). Externally, coltsfoot has been used as a poultice for scrofulous skin and lesions. In TCM, coltsfoot ('Kuan Dong Hua') is used to relieve cough, expel phlegm, and redirect rebellious Qi (Chi) downward.

**Modern Use:** Some herbalists still recommend coltsfoot orally for bronchitis, asthma, laryngitis, pertussis, mucous membrane inflammation, cough & hoarseness, sore throat, and as an inha-

lant for coughs and wheezing. TCM practitioners still employ the herb routinely. Generally speaking, most NHPs used for treating cough do not contain coltsfoot because of its toxicity, and the wide array of safer herbal alternatives available (e.g.: horseradish or wild cherry, as discussed in the previous blurb- Issue 9).

**Typical Dosages:** Traditional oral doses (leaves and flowers) - of 'strong tincture' 1 to 10 drops; of decoction (1 oz. leaves to 1 quart of water, boiled down to a pint, sweetened with honey or liquorice) teacupful doses as required; or as dried powder added to cigarettes and smoked. There are no typical doses used in modern herbalism.

**Evidence:** Given the toxicity of the PAs found in coltsfoot, this herb has not been studied under clinical trials. Its use for treating coughs and related symptoms is based on its traditional use in Western herbalism and TCM.

**Coltsfoot in Pharmacy Practice:** The use of coltsfoot in commercial NHP preparations sold in Canada is rare. Products containing coltsfoot must be verified and certified to be 'absent' of toxic PAs in order to obtain an NPN or DIN-HM. Unprocessed coltsfoot, which contains the toxic PAs, can still legally be obtained from herbalists, TCM practitioners, or herb suppliers. Patients should be strongly cautioned and advised against taking any products containing coltsfoot.

Jason Budzinski (Pharm 2011)

