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SPECIAL POINTS OF INTEREST:

- Check out SOPhS online at www.sophs.uwaterloo.ca
- Pumpkin's Cooking Corner is undergoing kitchen renovations this month. Be sure to check upcoming issues for the latest student-friendly recipes!

University of Waterloo
School of Pharmacy

[Pharmacy Phile]

June 17th, 2009

[Issue #4]

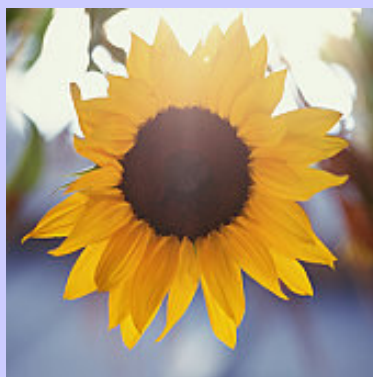
Summertime... and the livin' is easy

With only 4 days left of spring we can hope for warmer days with the official start of summer on June 21st. This past month has been a busy one for SOPhS. I would like to touch on just a few highlights.

It was election time again as SOPhS endeavored to fill the remaining council positions. Congratulations to our new Marketing Director Mihir Patel and our new Communications Director Boris Tong! Mihir and Boris will take over these positions starting in January 2010. Thanks to all the candidates and student volunteers that helped out with the election.

The results of the recent Pharmacy Phile newsletter survey are in. Thank you to everyone who took the time to fill it out and provide me with your excellent feedback. Congratulations to Mitch Peart, the winner of the \$20 Starbucks gift card! For a look at the results check out page 3.

Instead of having a separate housing edition this term, I decided to include a housing section as part of



the regular newsletter. There was a great response from people with places for rent. If you are currently homeless for the fall be sure to check out the ads on Pages 6 & 7. There is also a sublet agreement on Page 8 to help renters out.

For those that have not heard, disaster has struck: the Tim Hortons located in the plaza behind the pharmacy school is closing its doors in August; however, according to the Tim Hortons website's store locator, there are still 2 other locations within a 1 km radius.

Happy summer everyone!

Jean Cameron
Communications Director

Briefs

"A father is a guy who has snapshots in his wallet where his money used to be" -Unknown- Mark your calendars: Father's Day is coming up on June 21st!

I have had a request to provide a timeline of upcoming events; please check out the following important dates:

- The Spring '09 exam schedule is posted on Ace; exams run from Aug 4th to Aug 12th
- Fall '09 tuition payment deadlines are Aug 31st for cheque/money order/promissory note and Sept 9th for bank payment/international wire transfer
- Fall '09 lectures begin on Monday, Sept 14th
- Fall '09 lectures end on Dec 5th
- Fall '09 exam period is from Dec 9th to Dec 22nd (actual exam schedule to come)

For more important dates check out the following website:
www.quest.uwaterloo.ca/undergraduate/dates_2009_2010.html

From the Bench- June Edition

On Saturday, July 4 from 1-3 pm, Pharmacy Athletics will be holding a 3-on-3 basketball tournament. Anyone interested is encouraged to sign up. Please contact Kim Adamczyk (kadamczyk@uwaterloo.ca) or Calvin Poon (c4poon@uwaterloo.ca) by June 22 if you are interested in playing.

Also, we will be handing out athletic awards at the end of term banquet. If you have any ideas for awards or want to make a nomination, please contact Kim or Calvin.

After 4 epic games, the *And 1 Pharms* have yet to win their first

game. The team only had 4 players for the last game. The game was tied at half, but by the end they were unable to scrape in a win. Two thumbs up for those who showed up last game! The next game is June 21 at 2 pm. Come on out and cheer them on!

The intermediate beach volleyball team, *The Dosettes*, and the advanced volleyball team, *Beta-Blockers*, have also suffered a winless season so far.

The beginner slo-pitch team won their first game on Friday, thanks to excellent teamwork by all. The

team now sits at 1-2-0. Their next game is Friday, June 19 at 7 pm.

The soccer players on *TFC Select* won their last game. They are now 1-1-0. The hockey players on the *Sci-Hawks* also sit at 1-1-0.

All of the outdoor sports have suffered due to poor weather, and many games have been rescheduled. We would like to see more spectators at the games, so pick a game and come cheer our pharmacy teams to victory!

Kim Adamczyk and Calvin Poon

[Issue #4]

Page 2

Athlete of the Month

Jason Miron (Jay)

Maybe the Raptors or the Blue Jays will become serious competitors in their respective sports if they recruited Jay in their lineup. Standing at a towering height, Jay is a dominant force in the paint in basketball and a homerun bomber in slo-pitch.

Jay has played basketball throughout high school. He was always one of the tallest players on the team

and in the top 10 in scoring in Sudbury. Don't be fooled by his height though, he can still play the guard position be-

cause of his quickness and ability to take anyone off the dribble. He has also proven himself to be a Dwight Howard on the boards in intramural basketball. Being an unstoppable force down low in the post and quick with the ball, Jay is truly a fantastic basketball player in all aspects.

Jay also exhibits the same dominating performance on the diamond. He has played slo-pitch for his entire life and has played for traveling teams ever since he could walk. He is currently playing on a traveling slo-pitch team (Sudbury Easton Indians). He and his team travel around Southern Ontario playing in large scale tournaments (ex. Northern Championships, World Series of Slo-Pitch, and Provincial Championships) and is rated as one of the top teams in Ontario. In intramural slo-pitch, Jay has been hitting some long bombers every time he steps

up to the plate. He would have singly-handedly saved the pharmacy slo-pitch team in their first game if it wasn't for the "can't touch home base" rule.

When interviewed about his athletic success, Jay said, "Kobe 4, Lebron 0." Maybe Lebron would be happier if the Cavs signed Jay for next season.

Congratulations to Jay being this month's Athlete of the Month.

Do you know somebody that deserves to be named Pharmacy Athlete of the Month? Let us know at athletics@uwaterloo.ca.



Survey Says...

The results are in! A huge thank you to everyone that completed the recent Pharmacy Phile survey. This survey was meant to provide feedback and to help guide changes to the newsletter. The following is a summary of the results.

Demographics:

of 2011 students: 25
 # of 2012 students: 36
 # of faculty/staff: 13
 Total: 74 (69 completed the survey)

Of the individuals that completed the survey, 67.6% were female and 32.4% were male.

Reading Habits:

You can imagine my joy to find out that 75% of people either always or usually read the Pharmacy Phile. Only 6 people said they rarely or never read it.

When asked for reasons why you might not read the newsletter the vast majority (54.2%) responded that you are too busy (any surprises there?). 27.8% said that you were not interested in the content and 20.8% said that the articles are too long.

Rating:

The next section of the survey asked respondents to rate their satisfaction with different aspects of the Pharmacy Phile. The majority of respondents completely agreed with the following statements:

- The newsletter is an appropriate length
- I am satisfied with the newsletter appearance (colors, pictures, etc)

- The font & font size allow for easy readability
- The articles are relevant
- The articles are interesting
- I am happy with the frequency of issues (~monthly)
- Overall, I am completely satisfied with the newsletter

The majority of respondents agreed with the statement:

- The average article length is appropriate

Very few people responded that they disagreed with these statements and no individuals completely disagreed.

Content:

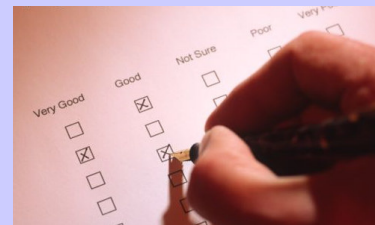
There was a huge response when asked what type of content you would like to see in the newsletter. The top 5 responses in order were:

- Pharmacy-relevant articles (74.6%)
- Current events (66.2%)
- Health & wellness (56.3%)
- SOPhS news (54.9%)
- Social News (53.5%)

Other great suggestions included national/international pharmacy news, milestones of students/faculty/staff (ex. engagements, weddings, births etc.), distractions (puzzles, etc.), and a 'What's up down at the library?' article.

Newsletter Quiz:

The survey also included a short quiz to test respondents' knowledge of the Pharmacy Phile. The correct answers were that the Pharmacy Phile was created in May 2008, has a total of 10 issues, and targets the student body. While 82.9% of you knew that the newsletter targets



the student body, only 31.9% correctly selected all the correct answers! Don't feel too bad though, by just completing the survey you're all A+ in my books!

General Comments:

34 respondents offered written comments when asked what changes would improve the newsletter. Here are just a few:

- Provide resources available to students and policies that affect students
- Clinical corner section
- Monthly OTC highlights
- Pharmacy organization information
- Restaurant reviews

Some respondents provided me with questions during the survey. I will address these on Page 5 under the heading 'Pharmacy Phile FAQs'.

Over the remainder of my term as Communications Director (ie. until January 2010), I will be looking at how to incorporate the suggestions made in this survey to help improve the newsletter. I will be addressing the concerns and attempting to get some new article ideas into action. If you have any further thoughts please contact me at pharm-soc@uwaterloo.ca.

The full survey results (minus the comments and ballot entries) will be made available through an upcoming SOPhS update.

Jean Cameron
 Communications Director



Issue 5 - Saw Palmetto (aka: Sabal, American Dwarf Palm Tree, *Sabal serulata*, *Serenoa repens*)

At some point in their life, most men will be offered a prostate examination by their physician as part of a general health screening. Alternately, a prostate exam may be advised as a precautionary measure simply because of a man's age (usually over 50), or due to problems related to a difficulty in passing urine. With respect to the latter, a condition commonly occurring in middle-aged and elderly men is benign prostatic hyperplasia (BPH), an increase in the size of the prostate. One herbal remedy often associated with relieving the symptoms of BPH is saw palmetto.

Description and Habitat: Saw palmetto is predominantly found growing on the Atlantic coast of the United States, from South Carolina to Florida, where it flourishes. The plant grows 1.8 - 3 metres high, forming a 'palmetto scrub', and has a crown of large, palm-shaped leaves. The tree produces red-brown fruit that are slightly wrinkled, irregularly-spherical to oblong-ovoid in shape, being 10 - 25 mm long and about 10 - 15 mm in diameter, containing a hard brown seed. The fruit, the part of the plant that is used medicinally, has a slight aromatic odour and a sweetish but predominantly acrid and oily taste.

Medicinal Constituents: Saw palmetto fruit contains a diverse mixture of pharmacologically active constituents, mainly fatty acids (20%) and their glycerides (oleic, caprylic, myristic, lauric, stearic, and palmitic acids), and phytosterols (mainly sitosterol and its derivatives). The berries also contain organic compounds (caffeic, chlorogenic, and anthranilic acids), polysaccharides, tannin, sugars, volatile oil (1.5%), and flavonoids. Despite its popularity at the turn of the century, saw palmetto tea contains very few medicinal compounds, as the fruit's constituents are highly lipophilic and impart their properties to organic solvents such as ethanol.

Traditional Medicinal Use: Saw pal-

metto berries are traditionally regarded as a diuretic, sedative, and nutritive tonic, reputed to have a stimulant action upon the genito-urinary tract. The berries are also expectorant, and have been used for respiratory illnesses. Saw palmetto has long been used for conditions of the reproductive organs: it is reputed to enlarge wasted organs such as the breasts, ovaries, and testicles; it has been touted as the "old man's friend" and was specifically indicated by the Eclectics for enlarged prostate, prostatic irritation, and associated urinary problems.

Modern Use: Saw palmetto is used by both genders as a mild diuretic, sedative, anti-inflammatory (especially for pelvic pain), to stimulate hair growth (gaining in popularity), and as a topical antiseptic. It is also a popular remedy for the upper respiratory tract, used for cold, coughs, irritated mucous membranes, sore throat, asthma, and bronchitis. Due to its relatively high levels of phytoestrogens, saw palmetto is also used as an aphrodisiac, to enhance sexual vigour, and by women orally to increase breast size and vaginally (powdered fruit) as a uterine and vaginal tonic. Its chief popularity among men remains as a treatment for the symptoms of chronic non-bacterial prostatitis, BPH, and in mixed-herbal preparations to treat prostate cancer. Saw palmetto is recognized in the *German Commission E Monographs* as having antiandrogenic actions and is official for treating urination problems in BPH stages I and II.

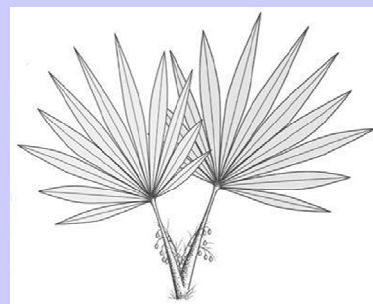
Typical Dosages: Traditional oral doses (fruit/berry) - of (Homeopathic) Mother tincture 1 to 30 drops; of Extractum Sabal Liquidum (BPC) 10 to 25 minims; of fluidextract (1:1) ½ - 1 drachm (1- 60 drops); of solid extract 5 - 15 grains; of specific saw palmetto 1 to 60 drops. Modern oral doses vary considerably, particularly since saw palmetto is a widely studied herb in humans. Doses for BPH that have been used in recent clinical trials include 160 mg bid or 320 mg once daily of a lipophilic extract containing 80% - 90% fatty acids. For hair loss (androgenic alopecia) 200 mg bid, twice daily combined with β -sitosterol 50 mg bid has been used in clinical trials. The *German Commission E Monographs* recommend 1 -2 g berry or 320 mg lipophilic ingredients extracted with lipophilic solvents (hexane or ethanol) 90 % v/v.

Evidence: There is a large body of research surrounding saw palmetto, from

compound characterization studies, to *in vitro* studies, to full clinical trials. *In vitro* evidence has demonstrated that extracts of the berry have compounds that target some cancer cells, causing apoptosis. In clinical trials, there is insufficient evidence to demonstrate saw palmetto's effectiveness against prostate cancer, or prostatitis, chronic pelvic pain syndrome, and androgenic alopecia. For BPH, many clinical trials have demonstrated that extracts of saw palmetto have had some effectiveness in treating the condition's symptoms. Like the drug finasteride, extracts of saw palmetto inhibit the enzyme 5 α -reductase, blocking the conversion of testosterone to dihydrotestosterone, a major growth stimulator of the prostate gland. In addition, extracts have an anti-inflammatory and spasmolytic effect on bladder muscles, thought to decrease swelling in the prostate. However, like finasteride, saw palmetto does not seem to reduce prostate size or prostate-specific antigen (PSA) levels. A recent systematic review of 30 randomized saw palmetto-BPH trials lasting from 4 - 60 weeks concluded that saw palmetto was not more effective than placebo for treatment of urinary symptoms consistent with BPH.

Saw Palmetto in Pharmacy Practice: Saw palmetto is a very popular herb, used by both men and women, and its products are found in most pharmacies and herbal product stores. Saw palmetto has been safely used traditionally and in clinical studies lasting up to a year, with very few reported adverse events. Common side effects include dizziness, headache, nausea, vomiting, and diarrhea. Saw palmetto may have antiplatelet effects and may increase the risk of bleeding in some patients, particularly those on nonsteroidal anti-inflammatory drugs (NSAIDs) and anticoagulant therapies. Saw palmetto has hormonal activity and may adversely affect oral contraceptive or estrogen therapies; it should be avoided by women who are pregnant or breastfeeding. Counsel patients accordingly.

Jason Budzinski (Pharm 2011)



Pharmacy Phile FAQs

You asked, I answered. The following are questions that were brought up during the recent Pharmacy Phile survey.

Q: Where can I find archived issues of Pharmacy Phile?

A: Every edition is posted on the SOPhS website. You can check out the most recent issues or see older copies at www.sophs.uwaterloo.ca. Eventually I hope to have lounge copies available each month and a color copy posted on the bulletin boards at the bottom of the stairs.

Q: Can the authors' names be included with articles?

A: Although it may be nice to know who the author is, some people prefer to submit anonymously. It is currently up to the authors to decide if they would like to have their name included. In order to prevent discouraging submissions, names will

not be required.

Q: What is the Pharmacy Phile?

A: Pharmacy Phile is a student-based newsletter that is put forth by the UW Society of Pharmacy Students (SOPhS). It was introduced in May 2008. The newsletter targets the student body and aims to communicate SOPhS-relevant information. The newsletter also aims to have a variety of articles that cover extra-curricular student activities and interests. The Pharmacy Phile is sent out by email approximately every month.

Q: How can I get involved with Pharmacy Phile?*

A: Great question! I am always looking for articles and people interested in writing. The possibilities are endless... you can choose to write a regular column, an article here and there, or just a single arti-

cle; you can pick any topic you'd like, or I can give you some topics to choose from! If you've got a great idea, but writing is not your specialty I would be happy to help you formulate your thoughts. I also edit everything that is submitted for spelling & grammar, so you don't have to worry about that. If you are a creative person, I'd be happy to work with you from a design perspective to give the newsletter a make-over. Finally, feedback goes a long way; if you've got any comments or suggestions please do not hesitate to share them. If any of this intrigues you, contact me at pharmsoc@uwaterloo.ca.

Jean Cameron
Communications Director

*Question was not actually asked during the survey :)

Required Reading

Still Alice

By Lisa Genova

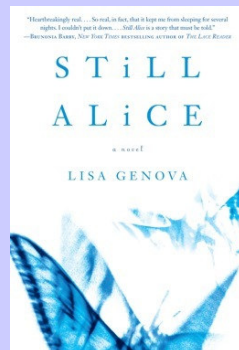
Still Alice tells the story of a 50-year old woman newly diagnosed with early-onset Alzheimer's Disease. It is written by first-time author Lisa Genova, who holds a PhD in neuroscience from Harvard University.

Alice is a cognitive psychology professor at Harvard, who eventually comes to realize that her memory lapses and disorientation are more than "just getting older". Scarily accurate and realistic, the novel gives us insight into Alzheimer's disease from the patient's perspective, as well as Alice's supporting family

members. As a pharmacy student, I was interested in the pharmaceutical options for Alzheimer's, which Genova explores quite a bit.

Despite the differences between myself and the main character, I found myself drawn to this book, and felt I learned a lot about the disease, about living with the disease, and most of all the reminder to live each day to the fullest.

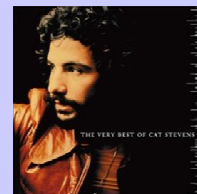
I would rate this book 4/5



Triturating Tracks

ALBUM OF THE MONTH

The Very Best Of Cat Stevens, 2000



I first heard the "The Wind" by Cat Stevens on the *Almost Famous* soundtrack, and made a wise decision to immerse myself with more of his music. After listening to *The Very Best Of Cat Stevens*, I quickly understood his legendary status. "Father and Son" and "Where do the Children Play" offer pure acoustic bliss, and "Moonshadow" is a song that displays song writing at its best. As with most "Best Of" albums, all songs are good; you'll have to listen for yourself to pick out your favorites. PS - Read this guys bio, it will blow your mind. Also check out his latest appearance on *The Colbert Report*.

Note: In order to protect the privacy of the individuals advertising housing, the housing ads will not be posted online. Please see your personal copy of the newsletter; it was emailed to you on June 17th, 2009.

Further questions can be directed to Jean Cameron at pharmsoc@uwaterloo.ca.

Thank you.