

Pharmacy Phile SOPhS

University of Waterloo School of Pharmacy
ISSUE 19 - February 2011

SOCIETY OF PHARMACY STUDENTS



Photo by Neil Trotter

SOPhS President's Message

January was a busy month for the school of pharmacy. With the grand opening of the Dispensary Cafe, three classes of students roaming the halls, and many social and educational events taking place. Some highlights from the month include:

Orientation week - we had over 40 upper year student volunteers and an enthusiastic group of first year students. Events were planned every day of the week and we had great support from local, provincial, and national sponsors. A special mention goes out to team "Plan B" who collected the most points over the week out of all ten teams.

PDW Saskatoon - The University of Waterloo sent a group of student representatives over to the national student conference. It was a great experience and I personally had the opportunity to sit at a meeting with all of the other presidents from pharmacy schools across Canada and highlight our school's success. I hope we can send a bigger contingency of students to PDW Halifax next year and show the nation how passionate we are about the future of pharmacy.

Music Night - Two of our fourth year students, Noah Bates and Greg Becotte, put on an amazing performance at McCabe's, where they entertained the student body and drew quite the crowd!

Diabetes Awareness Week - Hosted by CAPSI; featured guest speaker Johanne Fortier a local pharmacist and diabetes educator. In addition, a diabetic food sale and physical activity night were two of the week's features. Overall, the committee did a great job promoting a holistic approach to educating our future patients on diabetes management.

In the upcoming month, SOPhS will be hosting a town hall meeting on Tuesday March 1st at 6pm in the main lecture hall. This is an excellent opportunity for all students to voice their concerns to your student representatives that we can bring forward to faculty and administration. In addition, you can come to the town hall with suggestions or ideas that you would like to see implemented at the school. This is a great way for everyone to partake and get involved in your local council. I encourage all students to continue to get involved! There are so many opportunities awaiting you at the school of pharmacy. The first month of school can be overwhelming and getting back into the swing of things can be a challenge but it is never too late to get involved in SOPhS, CAPSI, OPA, PIC, Inter-Professional events, CSHP, and many more. Stay informed by reading through your newsletter and weekly SOPhS updates.

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Communications Update

It's hard to believe that we're already into February, and at the same time reading week is not coming soon enough! Congratulations to the first years, shown above, on joining us in the profession!

Progress has been a little slower than I was hoping in terms of getting SOPhS communications moving, but rest assured things are on the way. That being said there are a few new pages on the SOPhS Website with information about some of our organizations so take a look. Print versions of the newsletters are on the way as well and it's looking like those will be out within a week.

It's getting to be time for the Housing Edition to come out and I've set a tentative deadline for submissions on February 21, 2011. Specific details will follow as to how it will work this time around but if you're interested in posting an ad it's time to think about making one. As always, thanks for reading and let me know if you have any comments!

Dave Hughes
SOPhS Communications Director

Messages From SOPhS Council

Vice President

January has flown by - it's true that time flies when you are having fun! Congrats to Rx 2014 for surviving your first month of school. Orientation week was a blast - with special thanks to the 41 dedicated team leaders, the 17 organized committee members and OF COURSE the 117 enthusiastic phrosh. A shout out to the winners of Phrosh Week 2011: Plan B.

Your highlights from the week:

- DALLAS! Not to mention taking over the mechanical bull...
- Free food and swag
- Meeting new classmates and the upper year students
- Learning about pharmacy
- The AMAZING race... congratulations to Meloxicam for the win!
- Speed meeting with new classmates
- Games night (Because board games CAN be fun)

I would like to thank our sponsors one last time for making the week possible: Scotiabank, Septodont, HBC Pharmacy, PCCA Canada, Shoppers Drug Mart, CAPSI and Sobey's Pharmacy. Make sure to check out the events that SOPhS has scheduled this term and continue to be involved in student society events.

Robyn McArthur
SOPhS Vice President
r3mcarth@uwaterloo.ca

Graduation Committee

Over 60 people from the vanguard class will be heading to the Mayan Riviera to the Grand Sunset Princess resort. This trip will be taking place from April 21 to April 28 and will be a wonderful opportunity to relax before our last term. Also, our Graduation formal will be held on Friday August 12, 2011 in the Ballroom of the Delta Hotel, Kitchener. We're looking forward to making this a memorable event for all vanguard students.

Angela Puim
On behalf of the Graduation Committee

Interprofessional Representative

The 2nd Annual Geriatric Interprofessional Conference was a successful day that brought together Optometry, Pharmacy and Medical

Students, encouraging them to work collaboratively to both understand and practice optimal patient focused care. The day consisted of learning from several speakers, including our very own Dr. Carlos Rojas-Fernandez, an assistant professor at the School of Pharmacy who also is the Schlegel Research Chair in Geriatric Pharmacotherapy. Breakout workshop sessions and a patient-encounter using multi-disciplinary skills concluded the day. Thank you to all that came out and showed a *genuine* interest in interprofessionalism!!

Questions? Contact me, Interprofessional Representative - Heidi Stanisic at:

heidi_isic@hotmail.com

CAPSI Representative

Hello everyone,

Since we returned to classes in January, CAPSI has been busy holding a membership drive for first years and planning events. Recently we held CAPSI's Diabetes Awareness Week (Jan 24-28) and we would like to remind you that there are more than 9 million Canadians living with diabetes and pre-diabetes. Prevalence rates of diabetes are on the rise, as the Canadian population ages and rates of obesity increase. As future pharmacists in the health care profession, we have an essential role to play in prevention strategies and educating our patients of this fatal disease.

CAPSI-IPSF's "Diabetes, Health, and Wellness" Campaign aimed to raise awareness about diabetes and healthy living. Some of the events included, having a local Diabetes Educator, Johanne Fortier, coming to speak to us about her role as a Diabetes Educator pharmacist and information about becoming one, and essentially, sharing her passion and involvement with diabetic patients within her community. We also had a successful "Diabetes Healthy Eating Bakesale" held at our school, where the CAPSI council and some dedicated members baked and brought some delicious "diabetes-friendly" desserts and other healthy food choices. Education tools were provided, such as pamphlets and brochures regarding Diabetes and Healthy Eating, and even some recipes that went along with the baked goods! All our desserts were made to perfection with sugar substitutes (e.g. Splenda) or reduced sugar, including cookies, banana bread, pudding, and brownies.

Continued on Page 3

January Pictures



Photo by Neil Trotter



Continued from Page 2

There was also sugar-free fruit punch, bags containing an assortment of fresh fruits, and even low calorie chicken wraps and vegetable pasta salads! D-E-L-I-C-I-O-U-S! Thank you everyone who took a part in the event and we hope that as you go out into your co-op placements and future pharmacy practice, you will make a difference in the lives of your diabetic patients by assisting them in manage their diabetes!

Upcoming events to look forward to in February include Valentines Day Candygrams, and a cell phone recycling drive. Prior to Valentines Day CAPSI will be selling Candygram tickets. You will have the opportunity to purchase a bag of Valentines Day sweets for your sweetheart, special friend, or secret admirer in pharmacy school. On Valentines Day, CAPSI will deliver the sweets for you. You can decide whether to sign your name on the card or leave it as a surprise. Also in February, CAPSI will revive its cell-phone recycling drive. Please bring as many old cell phones as you can find and pass them along to your class CAPSI rep or members of CAPSI council. Any cell phone is welcomed-working or not! The cell phones that are in working condition are turned into emergency 911 cell phones to benefit senior citizens, the homeless, and victims of abuse nationwide. So your old cell phones will be put to good use!

CAPSI aims to offer benefits that members find useful, thus if you have any suggestions for events or fundraising initiatives I encourage you to email me at waterloosr@capsi.ca, Jenny at waterloojr@capsi.ca or talk to your class rep!

Sincerely,

Ashley Gubbels

Senior C.A.P.S.I. Representative
Canadian Association of Pharmacy Students
and Interns

Local Representative
Canadian Pharmacists Association
University of Waterloo
waterloosr@capsi.ca



Music Night - Blaster and The Beaks



In case you missed it (or can't remember it), Blaster and the Beaks had the whole crowd bumpin' on Friday, January 21st at McCabe's in downtown Kitchener. Even Gio hit the dance floor, which is truly an event all on its own! In the words of one attendant, this show was "SO FUN!"¹

Who is this "Blaster and the Beaks" duo, you wonder. Well, we're not talking hand guns and bluebirds, folks. Blaster and the Beaks, more affectionately known as BATB, are a Rocky-and-Bullwinkle duo from Rx2011. Having played far too many solo gigs in their bedrooms over the past couple of years, Noah Bates (Blaster) and Greg Becotte (The Beaks) decided that it was time to join forces. They started jamming back in September 2010, and discovered that there was just too much "mo" to keep it a secret. They began touring in January 2011, and hope to soon play a second show.

If you were in attendance (and, therefore, smart/happy), you may have been wonder-

ing where the drum and bass players were hiding. Well, here's a little secret: with the use of some recording equipment, Noah recorded the bass, keyboards and drums in his home studio, and Greg added in the lead guitar, which included some solos and riffs. Impressed? You should be! This show took some serious preparation well in advance, not to mention a ton of talent.

The night at McCabe's was riddled with a mixture of music appropriate for ear drums of all types. In addition to some of their own original compilations, BATB got the crowd rocking with goodies such as "That Song", "Mr. Brightside" and "Like a G6". They took it down a notch and made us (well, me anyways) cry along to "Freshmen". It was the perfect song to kick off our last year together. It really wasn't so long ago that we were the new kids in town, and now look at us... all grown up... sigh...

However, like a double rainbow in the sky, Blaster and the Beaks were amazing but couldn't stay around forever. They ended the 24-song set beautifully with a medley of Top 40 and YouTube songs that left us all wanting more (hint, hint!)

References: (1) Lindsay Bennett, at every single event, every single weekend

Heather Foley



Professional Development Week 2011

By Jillian Grocholsky - Rx 2012

Scarf? Check.

Mittens? Check.

Parka? Check.

Speech...?



Once I had successfully packed every piece of winter clothing I owned, it dawned on me; Not only would I have to brave the minus thirty-degree Saskatoon winter, in just a few days I'd have to stand up and deliver a speech to over 600 pharmacy students from across the Country. It became clear that this time around my PDW experience was going to be very, very different.

Professional Development Week is a time for pharmacy students to attend educational seminars, listen to inspirational speakers and compete for bragging rights in various competitions. If you're a member of CAPSI National however, it is also a time for many long days and a lot of hard work.

To make the most of the rare opportunity we have to meet face-to-face, our General Council meetings begin prior to the opening night of the conference. These meetings allow CAPSI representatives from across the Country to share their successes and discuss the challenges experienced over the past year. Throughout the conference, the Council also considers new initiatives and member benefits aimed at engaging students and helping them prepare for their future as health care practitioners.

PDW not only allows CAPSI National to meet and discuss various agenda items, but it also provides a forum for our National Elections and Annual General Meeting with our membership. This year we successfully elected 4 new Executive Council members and had the most well attended AGM to date. During the conference we also completed the difficult task of selecting 24 well-deserving students to partake in international pharmacy exchanges all around the world. The number of applicants we received this year for these coveted spots was overwhelming.

In addition to the many responsibilities I have taken on as President-Elect, I have also been given countless opportunities and invaluable experiences. Throughout the conference I was able to liaise with key pharmacy stakeholders, industry leaders and representatives

from other national associations such as the Canadian Pharmacists' Association and the Canadian Society of Hospital Pharmacists. I have also been afforded the opportunity to work with amazing students from across the Country; their passion for the profession and dedication for the Association has been simply remarkable.

While the past eight months leading up to PDW have been very busy and nothing short of hectic, becoming involved at the national level has also been very rewarding. I encourage students to consider becoming more involved within the profession. As this year's inspirational speaker, Catriona Le May Doan said, "We owe to ourselves to see how great we can be", I think we owe this to the profession as well.

Student Perspective

Saskatoon might be cold in January, but that didn't stop PDW from being a great success! Being at a conference with students and classmates, who will be our future colleagues, was a great experience that left me with a sense of pride and excitement for the future of our profession. We heard from many speakers, most memorably Olympic gold medalist Catriona Le May Doan, who spoke about setting and achieving goals, and pushing through in the face of adversity. We also got to cheer on our Pharmafacts bowl team, who ended up demolishing the U of T team (which is really all that matters). Perhaps one of the best moments during Pharmafacts was when the U of T team started cheering "Go Ontario!", a proud moment for the underdog and often forgotten Waterloo team!

The CAPSI health fair included reps and employers from different pharmacy sectors all across Canada, and a pretty cool bag of drug company swag! The night life at PDW was guaranteed to be a good time, with party themes such as "The Last Saskatchewan Pirate" and "Fairytale Formal". It was so much fun to see our classmates all dressed up and spend the evening dancing and singing! It was also so exciting to spend dinner watching our classmates win awards and make speeches to the full conference center. I can hardly wait for PDW 2012, in Halifax. It's sure to be a great time filled with many more memories!

Chelsea Barr - Rx 2013



*Wide open future
Un avenir sans limite*

The annual CAPSI national pharmacy competitions took place during PDW 2011 in Saskatoon. During the national competitions, each of our local competition winners from the University of Waterloo were given an opportunity to practice their compounding, counseling, and patient interview skills, while competing against fellow pharmacy students from all across Canada! This year the University of Waterloo was represented in each of the national pharmacy competitions by one or more of our local competition winners.

Congratulations to **Eric Romeril**, **Dianna Sabbah**, and **Amanda Tavone** for their excellent efforts in representing the University of Waterloo in the Patient Interview, OTC Counseling, and Student Literary Challenge Competitions respectively. Special congratulations should also go out to the members of our compounding team **Julie Tran**, **Dajanna Domazet**, **Bojana Banovic**, and **Agatha Dwilewicz** for placing second in this year's national compounding competition.

The UW CAPSI Council and the School of Pharmacy could not be more proud of all our national competitors!

Be sure to look for local competition updates in the fall for your chance to compete for an opportunity to represent the University of Waterloo in the national pharmacy competitions at PDW 2012 in Halifax!

Julia Denomme

Junior Competition Coordinator
UW CAPSI Council

Updates - Ontario Pharmacists Association

By: Stacey D'Angelo - Rx 2012

OPA Awards

Nominate someone by March 1, 2011 for your chance to win an iPad!

You can nominate yourself or a peer for the Student of Distinction Award. This prestigious award recognizes a pharmacy student who has demonstrated outstanding leadership to the community, the Association or the profession of pharmacy – I'm sure you can think of several of your classmates who fit the bill! Have you had a great supervisor or pharmacy mentor (even an inspiring professor)? Check out the other awards to see where they can be validated for their dedication to the profession.

Awards will be presented at OPA's annual conference June 9-11 at Deerhurst Resort in Huntsville. To submit a nomination and for more details on award categories and criteria, please visit

http://opatoday.com/index.php?option=com_content&view=article&id=370&Itemid=151

OPA Student Cup

This year's OPA Student Cup will be hosted by UofT Pharmacy. The event will be held Sunday March 20th, with the game scheduled 3-5pm at Varsity Stadium and a social event to follow (location TBD). Like last year, we will be having a pep rally beforehand to make signs and T-shirts and rile up team spirit to support our team. If you're interested in being involved in planning the pep rally, contact Stacey at stacey_dangelo@yahoo.ca.

More details will come via SOPhS email.

OPA Interns

The OPA Internship program offers two undergraduate students in Ontario the opportunity to spend four months (summer co-op term for UW) learning about pharmacy practice from within the largest provincial pharmacy association in Canada. Congratulations to our very own Nick Malian and Lois Chung who were selected for these positions!

Tip for Signing up Online for Membership

You can sign up for membership online at www.opatoday.com/opa/membership2011.

Some of you, especially in first year, may have had problems with the mandatory "OCP #" field. To bypass this problem, use dashes to fill the field. Any other problems, contact

the membership coordinator Wendy Furtenbacher at

wfurtenbacher@opatoday.com

New Member Benefit:

Special Rates with Rogers Wireless

Features	Price with OPA Discount
Basic rate	\$19.52
Included minutes	250
Incoming minutes*	250
Per second billing	Included
Evenings/weekends (6pm start)	Included
Rate/min overage	Included
Contract term	3 years
Included features	Voice messaging, call display, company calling, group calling, call waiting
System access fee	Waived
911 access	Included
Text Messages	125 included, unlimited incoming
500 MB Data	\$25.00

Upgrades on minutes/texting/data all available. To get more info on this plan login to the members section of the OPA website and click on the link to the "Rogers Wireless corporate plan discount" under value added member benefits

OPA's Business 2.0 Event

Date: March 6, 2011

Location: Sheraton Airport Hotel, Toronto

Everything has changed for the business of community pharmacy. Savvy pharmacy owners know it's time to move to a new and more sustainable business model that de-emphasizes product and focuses - appropriately - on the patient. Are you ready for this new reality?

The OPA and Drugstore Canada invite you to participate in a practical, hands-on educational event designed to support current and prospective pharmacy owners and managers as they plan not just to survive but to succeed in these new and challenging times.

A preferred rate has been established for current OPA members and a student rate is also available. Please register as a delegate and enter your OPA membership number along with the coupon code OPAB20 to take advantage of the \$25 discount

PDW 2012: HALIFAX



Join CAPSI members from across Canada in January 2012, when the School of Pharmacy at Dalhousie University will be hosting PDW 2012!

Waterloo had a great showing in Saskatoon this year, but our local CAPSI council is hoping that next year's group will be even BIGGER and BETTER!

Be prepared to be inspired by speeches from leaders in the pharmacy profession, compete against other pharmacy schools in a variety of competitions, and meet lots of new people during the social events each night.

So start planning now, and join us in Halifax for PDW 2012!!

-Jamie Rafuse, 2013





Pumkin's Cooking Corner



Leftover Turkey Pot Pie

Greetings once again! Well, we're back from the holidays and if your family is anything like mine you've had way too many gluttonous meals. What's worse, now what do you do with all those leftovers? You can only eat so many turkey sandwiches with those cheap little buns you also had at the big dinner, right? That's where the following recipe steps in! Remember my Shepherd's Pie recipe? Of course you do. I have adopted my Shepherd's Pie recipe to incorporate the leftover turkey, which as a student you always get from your

relatives. "I'm a starving student!" Is what you so often exclaim! Well, maybe you don't exclaim it per se, but you still mention it in passing.

Another difference between the Shepherd's Pie and Turkey Pot Pie recipes is the crust. With the Pot Pie I like to use Bisquick® instead of the mashed potatoes on top. However, last time I made it I used Bisquick® then I stirred in the leftover mashed potatoes as well. It's crazy I know, but it tasted great!

Ingredients

2 tbsp Olive oil	1 cup Bisquick® mix
1 Carrot	½ cup milk
1 Onion (of course)	1 egg
1 Celery rib	½ tsp Dried Thyme
Leftover turkey	½ tsp Dried Rosemary
1-2 cups Frozen corn	Can of Cream of Mushroom, Chicken or Celery... soup
Cheddar cheese	

1. Slice and chop your carrots, celery, and onions. Start frying them in a large pan with the olive oil. Of course, feel free to fry up some garlic or chopped red peppers too.
2. Once the onions, celery, and carrots are soft (10-15 min) add leftover turkey and fry it for a few minutes then add the thyme, rosemary, and ground pepper. Mix.
3. Set the oven to 400°F.
4. Add the can of Cream of Whatever soup to the frying pan. Fill the empty can roughly half way with milk and add it to the frying pan mix. Add the frozen corn. Heat and mix until everything looks good.
5. Pour the frying pan contents into a lasagna pan. Cover in cheese (slices or shaved).
6. Whip up the Bisquick® by combining it with the egg and the milk in a large mixing bowl. Remember, you could easily add lefto-

ver potatoes here by mixing it in with the Bisquick®.

7. Cover the lasagna pan mix with the Bisquick.
8. Put into the oven for ½ hour.
9. Enjoy!



Athletics Update

Campus Recreation

Thanks to everyone for signing up and getting involved in Athletics! There are 11 teams representing Pharmacy in hockey, soccer, basketball, dodgeball and volleyball. If you feel like you're missing out, there will be new team registrations in May for the spring/summer semester.

Campus Rec Sports Clubs

Campus Recreation has 28 exciting sport clubs for you to get involved with. From badminton, cricket, martial arts, dance, dragon boat racing to triathlon training sessions, there is a club for everyone. The great thing about the sport clubs is you can join any time throughout the term (based on space availability). Check out www.clubs.uwaterloo.ca for more details, and contact me if you're interested in forming a club with other pharmacy students.



Curling Bonspiel

Are you ready for some curling? The 1st Annual Curling Bonspiel will take place on March 6th at the Westmount Golf and Country Club. Whether you are an experienced player, a casual curler or completely clueless, this day is open to anyone who wants to take a break from the usual and come out to have some fun. The day includes a 1 hour lesson from an experienced Curling Pro, a catered buffet lunch provided by the Country Club, prizes, fun, and a full day of Curling!

Sign up in teams of 4. The cost is \$40 per person, and registration will start Monday, Feb. 7. Spots are very limited and will be sold on a first come first serve basis, so hurry hard and get your team together today!

Dan Dalton - Rx 2013 Athletic Rep

LA Fitness Gym Membership

As a Pharmacy Student you are now entitled to sign up for a discounted membership with LA Fitness. The gym is located within walking distance from the School of Pharmacy, at 264 Victoria Street. The cost is \$29.99 per month, with a \$25 start-up fee. The membership is free to cancel at any time, and can be put on hold for \$10 per month. For those interested, email uwpharmacy.athletics@gmail.com or speak to Nabil Kanji or Dan Dalton for your voucher and corporate ID numbers. Special thanks to Nabil for arranging this package on behalf of Pharmacy Students.

BLURBS ON HERBS

BLURBS ON HERBS

"After the first glass, you see things as you wish they were. After the second, you see things as they are not. Finally, you see things as they really are which is the most horrible thing in the world" - Oscar Wilde (regarding absinthe).

Issue 13

Wormwood (*Artemisia absinthium*) aka: absinth, green ginger, indhana, grande wormwood, quing hao, wurmkraut)

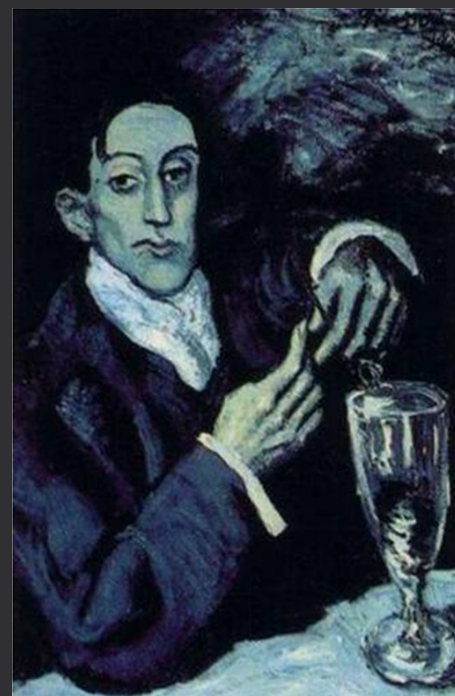
Arguably, wormwood is most famous, or perhaps 'infamous' for its association with absinthe. Authentic absinthe is a spirit (90 - 150 proof) made from anise, fennel, and wormwood which gives absinthe its psychoactive effects due to a neurotoxic monoterpene compound called thujone. Low doses of thujone act as a gentle stimulant and nervine tonic. Psychoactive properties of thujone increase with increasing dose; high doses can cause seizure, convulsions, hallucinations, and even rhabdomyolysis, acute renal failure, and death (with as little as 10 mL of ingested pure wormwood oil). Thujone content in authentic absinthe is variable although concentrations in the distilled spirit are restricted by various governments around the world where absinthe is legal. Absinthe, popularized by many artists and writers (known in literature romantically as The Green Fairy [La Fée Verte]) of the late 1800s and early 1900s, was banned by French and US authorities in the early 1900's due to its purported hallucinogenic properties; other European countries soon followed suit. Absinthe was vilified and portrayed as a dangerously addictive psychoactive drug (particularly during Prohibition), although the effects of consuming the beverage were often exaggerated. A series of lurid political cartoons and pundits of the period liked to attribute any bizarre public behaviour on the consumption of absinthe. For example, a famous

so-called absinthe "addict" was Vincent Van Gogh, who reputedly cut off his own ear under the influence of the drink in a love-addled absinthe induced hallucination. There is no actual evidence of this, and Van Gogh was known to have multiple psychiatric issues apart from his consuming of absinthe.

Although still banned in many countries, restrictions have lessened over the last 20 years. During the 1990s the European Union began to reauthorize the manufacture and sale of absinthe which many producers of absinthe have come to exploit. The quantity of thujone is still regulated: absinthe in the EU must not contain more than 35 mg/kg of thujone. Absinthe is legal in Canada but thujone content is regulated by province (BC/NB/NFLD – no limits; AB/NS/ON – 10 mg/kg; MB – 8 mg/kg; PQ – 15 mg/kg). Absinthe sold in the US must be "thujone-free", interpreted as containing less than 10 mg/kg. Absinthe continues to grow in popularity... just ask Marilyn Manson who produces his own brand 'Mansinthe'. Absinthe aside, wormwood has a longstanding traditional use as an herbal remedy, particularly as an anthelmintic, and deserves its own spotlight.

Description and Habitat: Wormwood is a perennial deciduous tree that grows to 5 m high along in secondary and old growth forests. Originally native to Europe, it was cultivated in North America and now extends throughout the eastern and central US northwardly to Newfoundland. It typically has multiple twisted, woody, branching trunks with grey bark. Its leaves are elliptical with coarse teeth and prominent veins; they drop off early autumn to reveal a nut that ripens in summer producing 2 black seeds. Small yellow flowers bloom from July to October.

Medicinal Constituents: Medicinally, the aerial parts of wormwood are used. Wormwood is an aromatic bush containing 0.2% - 1.7% essential oil. The very bitter oil is a mixture of phytochemicals including thujone, absinthin, anabsinthin, artabsin, resins, and various organic acids. Thujone, responsible for wormwood's toxicity, is present at concentrations of 40% to 90% as alpha- and beta- (more toxic) isomers. Thujone is structurally similar to delta-9 tetrahydrocannabinol (THC), the active ingredient in marijuana, but has a low affinity for the cannabinoid receptor. Thujone blocks gamma-aminobutyric acid (GABA) channels and thus is a CNS stimulant and convulsant. Wormwood oil also has insecticidal and vermifugal properties.



"Portrait d'Angel Fernández de Soto" also known as "The Absinthe Drinker" (1903). Pablo Picasso painted this portrait of his friend indulging in their favourite drink, also enjoyed by contemporaries such as Henri Toulouse-Lautrec, Paul Gauguin and Vincent Van Gogh. The painting was recently sold at auction in June 2010 for US\$51.2 million by former owner Andrew Lloyd Webber to raise money for his foundation. Heirs of banker Paul von Mendelssohn-Bartholdy originally blocked the sale of the painting in 2006 claiming that the work had been forcefully sold in 1934 during the Nazi occupation.
Read more:
<http://www.digitaljournal.com/article/293777>

Continued on Page 8

Medicinal Use: The use of wormwood dates back as far as the Egyptians who made an absinthe-like alcohol based maceration. Apart from its psychoactive properties, wormwood has antihelmintic (and antibacterial, antifungal, and anti-amebic) properties and has long been used traditionally as a vermifuge to purge intestinal parasites. It has also been used as a nerve tonic and digestive aid. Although The Eclectics seldom employed wormwood preparations, recognizing its poisonous nature, wormwood was official in the USP (1890) and the National Formulary (The Dispensatory of the USA, 1918).

Typical Dosages: Traditional dosage forms: (1) fluidextract (1:1) - ½ - 1 drachm; (2) tea - 1 oz. of dried herb infused 10 - 12 minutes in 1 pint of boiling water taken in wineglassful doses; (3) infusion (USP: ʒi to Oj) - 1 to 2 fluid ounces; (4) wormwood oil - 1 - 5 gtt.; (5) dried powder - 10 to 20 grains. There is no 'typical' dosage form used today. A Canadian herbal company from BC that I found online sells a wormwood tincture (strength not specified!) dosed 1 mL 3x/day, up to 20 mL/week.

Evidence: The majority of evidence for the use of wormwood as a nerve tonic, vermifuge, and stomachic comes from traditional use. Preliminary research (mainly *in vitro*) suggests wormwood also has anti-inflammatory and antipyretic activity, in addition to its antihelmintic and antimicrobial properties. Any strong or reliable clinical data is severely lacking.

Wormwood in Pharmacy Practice: Wormwood that is thujone-free is commonly used in food products and is GRAS (Generally Regarded as Safe), however its medicinal properties seem to be linked with thujone. Based on the risks vs. benefits, patients should be discouraged from using products containing wormwood, particularly as an antihelmintic, since other pharmaceutical options are available. The NHPD presently has only issued an NPN to one NHP containing wormwood, a product called 'Para Purge Pak' (NPN80009948), with the claim "Used in Traditional Western Herbalism as a vermifuge (to expel intestinal worms)". However, there are still tons of unlicensed NHPs available in Canada from online vendors, imports, herbalists, or raw plant materials that can be sourced by individuals to make their own formulations. The Canadian herbal company I mentioned above sells their unlicensed wormwood tinctures (no NPN) with the following statement: "Bitter digestive tonic, prolonged use may cause brain damage". Frightening.

Jason Budzinski (Pharm 2011)

Co-op Chronicle

Co-op Experience: First Placement

Field: Corporate Community Pharmacy

Location: Costco Pharmacy, St John's Newfoundland

Brief Job Description: checking prescriptions under the supervision of a pharmacist, technical distribution, communicating with patients regarding OTC products; drug information research to present to patients related to NHPs, OTC products etc

Before this past co-op term, I had worked as a technician in community pharmacy for 2 years in Ontario. So learning how pharmacy operated in a different province was exciting. In Newfoundland, pharmacists have some prescriptive authority, so it was cool to see that in practice. Pharmacists who fill out the paperwork to be allowed to do so can extend maintenance medications if the patient is out of refills and cannot go see their doctor right away. That was interesting to see and discuss.

All of the staff were very helpful and really contributed to a team environment. We would break out into song sometimes if someone was reminded of song lyrics by some trigger. We had fun at work. All of the supporting staff except one are Certified Technicians and are in the process of becoming Registered. Most of the Certified Techs are Certified Diabetes Educators, so I shadowed them when they helped a patient with an error message on their glucose monitor or when they helped a patient choose a glucometer for the first time. That was a learning experience beyond the Device Day we had in class in first year.

Right away, my employer had me learn about the three most-asked-about OTC products and the conditions they were for so I could go out onto the floor and help the people who had questions about those products. I really enjoyed this! I really enjoy the patient interaction aspect of pharmacy, and I got to apply what I learned about patient interviewing to real people. By my third or fourth week, I was out on the floor talking with patients about glucosamine & chondroitin for osteoarthritis, calcium & vitamin D for osteoporosis, and fish oil supplements.

Whenever a patient came in with a question that required some looking-up of information, the pharmacist would call me over and have me research the issue to provide an answer to the patient. I enjoyed this process as well.

On top of the great learning opportunities I was exposed to at Costco in St John's, I was in Newfoundland! Having never been east of Montreal, it was a fantastic experience to spend 4 months on the East Coast in St John's. I went out-sight-seeing often, and enjoyed interacting with the people. I picked up some Newfie slang and expressions and had fun with the pharmacy staff.

I highly recommend working a co-op term somewhere beyond your horizons. For me last term, that was St John's Newfoundland. It was a great experience. I learned first-hand about pharmacy in a province outside of Ontario, and was exposed to the Newfie culture. Take initiative and show what you can do, and who knows what you could end up doing?

Austen Finlay - Rx 2013





Call for Content & News

If you have an upcoming event or an announcement for the School of Pharmacy please let us know! The deadline for submissions in the next newsletter is February 27th, 2011.

Thank you to all of the staff members and students who provided content for this newsletter.

If you have any questions, comments, or concerns about this newsletter or The Society of Pharmacy Students at the University of Waterloo School of Pharmacy please send an email to: pharmsoc@uwaterloo.ca

Thank you for reading and good luck with the rest of term!

News & Events

Superbowl Party

Are you ready for some football? Come on out to The Huether Hotel (59 King Street North, Waterloo) on Sunday, February 6th, 2011 and watch the Packers take on the Steelers in Superbowl XLV. The social committee has reserved the Billiard Room there, so come on out and cheer your team on! Kickoff is at 6:30pm. We hope to see you there!

Study Space

Please be aware that there is designated quiet study space in rooms 2009 and 2024 when classes or meetings are not scheduled. Please respect bookings in these two rooms if you happen to be using them for study space. There is also quiet study space in room 0013, located next to the library. First floor fishbowls are primarily designated for group work so individuals may be asked to leave if a group intend to meet in one of these areas.

Town Hall Meeting

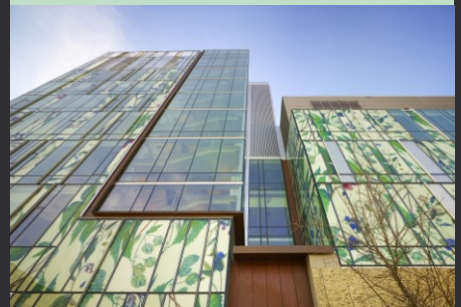
This term's town hall student issues meeting is scheduled for Tuesday, March 1. If you have any questions, comments or concerns for anything school related please attend and voice your opinion. These meetings are scheduled to give students the opportunity to influence the decisions made by SOPhS Council and School of Pharmacy Administration.

Picture Database Submissions

I would like to begin a database of pictures that can be used in school of pharmacy publications and promotional material so please send pharmacy related pictures to pharmsoc@uwaterloo.ca

Please ensure that the images you send are appropriate, of reasonably high resolution, and are related to the school of pharmacy in some way. Any social event photos are welcomed as well!

Pharmacy Phile ISSUE 19 - February 2011



Society of Pharmacy Students (SOPhS)

University of Waterloo School of Pharmacy



**10A Victoria Street
Kitchener, Ontario N2G 1C5
www.sophs.uwaterloo.ca**

SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Week 5	30	31	February 1 SOPhS Meeting	2	3	4 Code Blue IP Event Rx 2014 Class Rep Apps Due	5
Week 6	6 Super Bowl Party	7	8	9	10	11 Rx 2014 Class Rep Selection	12
Week 7	13	14 Valentine's Day	15	16	17	18	19
Week 8	20	21 Reading Week	22 Reading Week	23 Reading Week	24 Reading Week	25 Reading Week	26
Week 9	27 Newsletter Submission Deadline	28	March 1 Town Hall @ 6 pm	2	3	4 Newsletter Release Date	5
Week 10	6 Curling Bonspiel OPA Business 2.0	7 CAPSI Pharmacy Awareness Week	8 CAPSI PAW SOPhS Meeting	9 CAPSI PAW	10 CAPSI PAW	11 CAPSI PAW	12

SOPhS Calendar Notes

Please note that event dates may be subject to change. Contact SOPhS if you are unsure of an event date

We are currently working to have the SOPhS calendar available in print at the SOPhS office as well as online. Further details will be provided in a future SOPhS Update.

If you would like an event to appear on the SOPhS calendar please email Jamie at jrafuse8@gmail.com