



## SOPhS President's Message

I am calling on all current UWaterloo pharmacy students to share your opinions and voice your concerns around suggestions on how we can improve our school and make your pharmacy experience more enjoyable. Over the year, I have heard many students comment on our tuition being substantial (I tried to find a nice word to replace how it was actually phrased to me), and it's one thing to complain about it but wouldn't you like to actively do something about it? I don't mean in the sense that we will see our tuition reduced, but how I do mean to express this last comment is to say, we can at least try to ensure we are getting the best education and experience that our money has to offer. We have a building full of dedicated administration, faculty, and support staff who want to hear student opinions to further enhance our program. You have a full student council, SOPhS, who you have elected to help voice your student concerns and suggestions. There is a protocol in place for students to share their opinions which include the following opportunities:

- Town Hall, hosted every semester by SOPhS.
- Class Representatives, who meet with year coordinators and faculty.
- SOPhS meetings, every one of you is welcome, and we always open the forum at every meeting for anyone who has items they would like to add to the agenda to discuss.
- SOPhS office hours, each council member has dedicated an hour of their time every week to be in the SOPhS office and meet with students.

There always seems to be talk among the classroom about things they wish they could see different. If you were to bring these ideas forward in one of the ways mentioned above, it is the obligation of the council member, to bring your suggestion to council in a formal fashion.

SOPhS will be hosting a Town Hall forum at the end of October and I encourage all of you to come out and share your ideas and opinions to the group. It is a forum where we discuss issues openly and schedule a follow-up meeting with administration to act on your concerns. The date and time of this terms town hall will be in an upcoming SOPhS update, as this is an opportunity you want to miss. In addition, there are council members scheduled in the SOPhS office everyday, if you can't make Town Hall, or would prefer to pitch your ideas in a one on one setting, than I encourage you to stop by.

Since my time on SOPhS, I have seen a lot of great ideas presented by students implemented into our school. I look forward to hearing yours at the next Town Hall.

- Kaitlin Bynkoski

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## Communications Update

It's a busy time at the School of Pharmacy, and the same can be said for SOPhS. I am pleased to announce some news that will affect all students, which is the implementation of a redesigned, upgraded SOPhS website. There has been much debate on council about the details of the new site, particularly since the current site is not highly used by our students. This has been one of the motivating factors for us to initiate the project, and has been the central focus of the concept for the upcoming site. We are still in the early stages but a rough plan and budget have been finalized, which means work is scheduled to start soon.

The design and build are being undertaken by an external website developer so hopes are high that the site will be refreshingly functional and professional in its appearance. Plans for the site include a full calendar for each class that is updated with each terms events, assignments, and any other related items.

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# What Are You Passionate About?

By: Robyn McArthur

As my term as vice president begins to come to an end, I thought I would write an editorial on a subject that I am very passionate about. Most of my classmates know that I am involved in a lot of interprofessional events that bring students from different programs together, and also that this involvement is not the beginning of my ventures in the interprofessional world. Interprofessional collaborative practice is "a process for communication and decision making that enables the knowledge and skills of care providers to synergistically influence the client/patient care provided" (Way, Jones, & Busing 2000). Does that sound okay to you? There are so many reasons why health professionals should learn to work together effectively, and as future health professionals it is even more important to prepare ourselves for the future in health care delivery.

My life before entering pharmacy involved mixed-methods research in two provincially-funded programs that explored exactly how interprofessional education and collaborative practice can influence quality of patient care, healthcare spending and attitudes of healthcare providers. The interprofessional learning labs project under Dr. Carole Orchard enlisted a nurse practitioner under direct physician supervision to provide care to low-income families alongside groups of interprofessional students in nursing, social work, child and youth worker, food and nutrition, psychology, and occupational therapy. The model increased access to consistent primary care for this high-risk population, and it also provided a large annual comparative cost savings. Thirty-seven percent of the patients seen would have used a walk-in clinic or emergency department for primary care if the clinic was absent. Students felt their placements were enriched through the experience of working together to enable change in a community with an identified need. A patient struggling to navigate through referrals and long wait

times was able to receive mental healthcare: "A healthcare system like this one is very much needed for single moms like me to help improve our quality of life" (Orchard et al., 2009). Fortunately, this model will continue to provide primary care to these patients under nurse practitioner clinic funding by the Ministry of Health and Long-Term Care.

Learning and practicing patient care as a pharmacy student has put me in another position to expand my knowledge and experience in collaborative practice. I am learning how to provide care to patients and identify their needs, as well as reflecting on how these practices fit into the greater picture of a patient's experience in the healthcare system. The care provided by a pharmacist is vital to patients like that single mom who cannot seem to properly access healthcare. Sometimes I cannot help but laugh when patients and other healthcare providers denote the full job of a pharmacist to "just sticking the label on a vial". Educating others on the role of your profession is just one step closer to opening the door to a healthcare system where both patients and healthcare professionals can navigate services that are both necessary and cost-effective.

This is a great time to show your passion. HOW MUCH DO YOU LOVE PHARMACY? Could you tell someone in 30 seconds why it is important to them? I hope most of your answers were "SOOOO MUCH" and "YES!". Have a look at the SOPhS calendar for events organized by the Waterloo Health Professions Club (a sub-chapter of the National Health Sciences Students' Association). I encourage everyone to participate in interprofessional events that give us the opportunity to learn about collaborative practice, expand our knowledge of other healthcare professionals, and educate other students about pharmacy practice.

#### References:

Orchard, C., McArthur, R. & Pallaveshi, L. "Executive Summary 2009". Interprofessional Education and Research at the University of Western Ontario, 2009.

Way, D., Jones, L., Busing, N. "Implementation Strategies: "Collaboration in Primary Care – Family Doctors & Nurse Practitioners Delivering Shared Care". Ontario College of Family Physicians. <http://www.eicp.ca/en/toolkit/hhr/ocfp-paper-handout.pdf>

## Class Rep Updates

Are we really on our final coop term? It is almost hard to believe! Speaking to a few students, it seems as though the work term is moving along great! Rx2012s are hard at work with various projects, patient assessments and many other responsibilities.

So far this term, other than thinking about what electives to choose for next term, another thought for some Rx2012s is residency. Merna, our OPRA Student Representative, has done a great job keeping us informed about the various programs and residency open houses. It was great seeing such a great turnout at many of the open houses, despite being on our coop term. Yay UW Pharmacy!

I would also like to recognize all those who participated and raised money for the CIBC Run for the Cure. It is such an amazing cause and I am so proud of our UW Pharmacy Team contribution!

- Dianna Sabbah, Rx2012

Hey Pharmers! I hope everyone is enjoying their current co-op placement. I know many of us are doing different placements and types of work, but I'd like to hope that all of you are taking something away from your experiences and that you're continuing your pharmacy education outside the classroom. I read an interesting Facebook status the other day that read: "The only thing that interferes with my learning is my education." - Albert Einstein.

Working in a community pharmacy really adds some validity to that quote for me as I've come to learn so much from actually being surrounded by the pharmacy practice on a daily basis. I have also realized how invaluable real life experience is and I'm quite happy to have selected Waterloo as my pharmacy school of choice. Let's take a moment to give some credit to our current curriculum as well - our professional practice courses have come in handy quite a few times for me already (anatomy not so much, sorry).

Anyways I want you all to keep up the good work and maintain a positive attitude moving forward. I'm already very excited to see everyone back in January to do it all over again, but will take as much as I can from the co-op experience. Cheers to all of you and the best of luck as you continue on with co-op!

- Jeff Baxter, Rx 2014





### Continued from Page 1

The intent of these calendars is to provide a single location for all class related information that students can depend on. In addition, we are planning for a section addressing student issues, a text-book exchange, image galleries from events, and many other features that will ensure the site is user-friendly and convenient for students to navigate. If you want a rough idea of what the site may look like please check out the following two sites which were used as ideas for our design. If you have any comments or questions about the new website please email them to SOPhS at [pharmsoc@uwaterloo.ca](mailto:pharmsoc@uwaterloo.ca).

<http://www.wlusu.com/>  
<http://myapsa.ca/>

Other SOPhS news includes the Vanguard Class Convocation Reception and Ceremony on Friday and Saturday, October 21<sup>st</sup> and 22<sup>nd</sup>. As you can see from the pictures above, there are a few new additions to the lobby, which were added in time for this weekends events.

Finally, the entire school is preparing for our official accreditation site visit, which is taking place on November 8th. This is a special day for the University of Waterloo Pharmacy, and is part of our accreditation process as a Canadian pharmacy school.

Thank you all for reading this issue!

Dave Hughes

## CAPSI Update

It's CAPSI Competition time at the University of Waterloo! This year CAPSI will be holding their competitions on Saturday, November 12 and Sunday, November 13, 2011. Details regarding each of the competitions are listed below:

### 1) CAPSI Compounding Competitions sponsored by Medisca

The CAPSI Compounding Competition is an exciting event for pharmacy students to demonstrate their pharmaceutical skills. Students will work in teams of 4 to practice compounding prescriptions. The Compounding Competition will be held on Saturday, November 12, 2011 at 10:00 AM in the flex lab.

### 2) CAPSI OTC Competition sponsored by Wyeth Consumer Healthcare

The CAPSI over-the-counter competition is an excellent opportunity for pharmacy students to apply their OTC knowledge to clinical situations. Participate in this competitions and practice counseling on commonly seen self-selection products. The OTC Competition will be held throughout the afternoon, beginning at 12:30PM, on Saturday, November 12, 2011, in the professional practice lab.

### 3) CAPSI Patient Interview Competition (PIC) sponsored by CAPSI National

The CAPSI patient interview competition is a great way to practice your patient interaction skills in a clinical scenario. During the PIC competition, students will have the chance to complete a patient

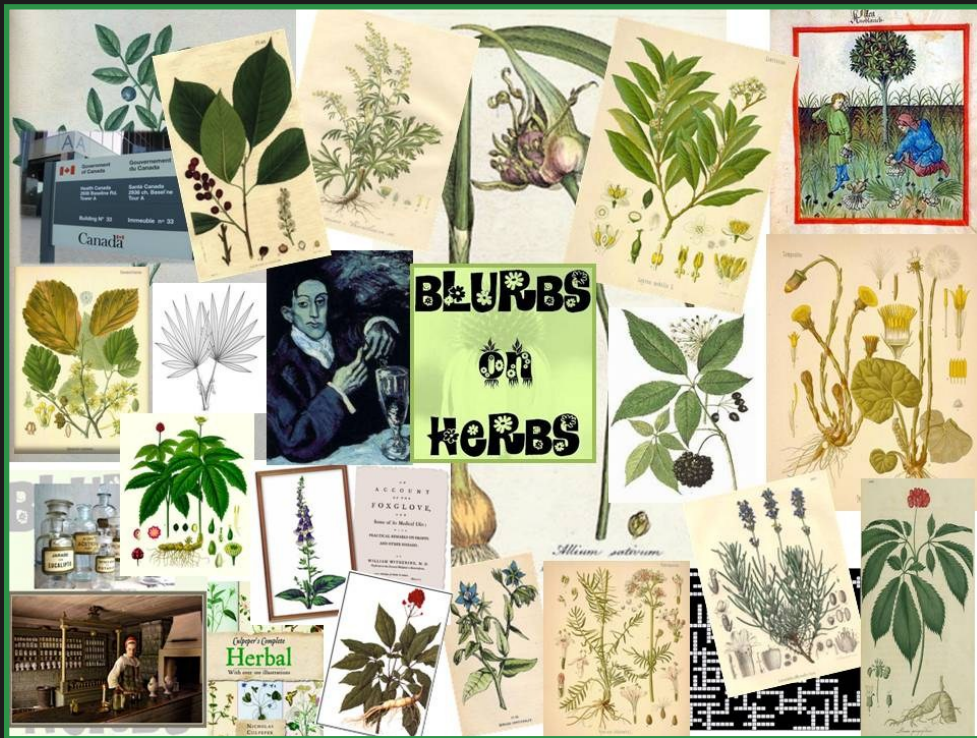
assessment, identify drug-related problems, counsel, and document patient interactions. The PIC Competition will be held throughout the day, beginning at 10:00 AM on Sunday, November 13, 2011, in the professional practice lab.

### 4) CAPSI Student Literary Challenge (SLC) sponsored by CPJ and CAPSI National

To compete in the SLC Competitions, students must submit a pharmacy related article on a topic of their choice to their local representatives ([waterloosr@capsica.ca](mailto:waterloosr@capsica.ca)) by midnight **October 31, 2011**. All articles must be original, and written by one individual only. Articles can be no longer than 1000 words, and all submissions should be double-spaced. Any submissions that do not meet these criteria will **not** be considered for judging.

To register for the Compounding, OTC, and PIC Competitions, email [waterloosr@capsica.ca](mailto:waterloosr@capsica.ca). Students must register as a team of 4 for the CAPSI Compounding Competition. The deadline for competition sign-up is **Friday, November 4, 2011 at midnight**.

Winners of each of the local CAPSI Competitions win a travel subsidy and registration for PDW where they will compete against pharmacy students from across Canada in the National CAPSI Competitions.



*"All substances are poisons. There is none which is not a poison. The right dose differentiates a poison and a remedy" - Paracelsus (1493-1541).*

### Issue 20 - Special Farewell: Potpourri

The recent graduation of the vanguard class means that I am no longer a student of pharmacy at UW and have entered into the land of internship and studying for the fast approaching PEBC exam, the Big Kahuna of tests, the most important exam of my life, and basically what the last 3½ years have been all about! I can honestly attest that time in school goes fast, so enjoy all the opportunities the UW program has to offer, through its curriculum, instructors and invited guests, co-op placements, social events, and of course your fellow students.

With that in mind, my classmates on the 1<sup>st</sup> SOPHS council started our great *Pharmacy Phile* newsletter in 2008, which I eventually saw as an opportunity to share my passion, interest, and knowledge in the area of medicinal herbs. I initially approached Jean Cameron, the 1<sup>st</sup> Communication's Director, about writing a regular column on NHPs. Jean gave me a supportive nod and soon *Blurbs on Herbs* was born, making its debut in *Pharmacy Phile* Issue 7, February 2009. The 1<sup>st</sup> issue on bilberry set the flavour and tone for my column, which continued to evolve over 20 issues. Naturally however,

in plant terms, the harvest has come and it is time to pick the medicinal herbs from the garden in my brain and retire *Blurbs on Herbs*. Although I could run this column indefinitely, as there are tons of interesting herbs and related topics to write about, I believe that *Pharmacy Phile* should continue as a UW pharmacy student endeavour.

Looking back, I've had a great time writing *Blurbs on Herbs* and learned something new with every article. The column of course focused on a variety of herbs: bilberry, garlic, wild cherry, coltsfoot, saw palmetto, lavender, valerian, borage oil, wormwood (and absinthe), goldenseal, foxglove (and Dr. William Withering's pioneering research with digitalis), and the ginsengs (North American, Asian, Siberian). Of course I also had some fun along the way with a crossword puzzle challenge (again congratulations to Cynthia Jones who was the 1<sup>st</sup> person to complete the puzzle and winner of a copy of the seminal 1653 work by herbalist Nicolas Culpeper, *Culpeper's Complete Herbal*), interviewing the Director General of the Natural Health Products Directorate, reviewing *Victorian Pharmacy*, and visiting the 12<sup>th</sup> Annual Midsummer Herbfest in Almonte Ontario (July 2009). I even collaborated with Pumpkin, famed gastronomist of *Pumpkin's Cooking Corner*, who made a mean Irish beef stew incorporating leaves of bay laurel (see: *Pharmacy Phile* Issue 14, October 2009).

## My Favourite Herb

I was once asked during a lecture "What is your favourite medicinal plant?" but couldn't give a definitive answer (and still can't). Among herbs I've worked with, I'm particularly fond of valerian, goldenseal, milk thistle, garlic (delicious as well), tea tree oil, and cat's claw.

My "favourite herb" of the moment is neem (*Azadirachta indica*), an evergreen tree native to the Indian subcontinent, plentiful throughout the tropics (I was fortunate to see one in Costa Rica). The oil of this tree is blood-red in colour and full of bitter triterpenoids which give the tree its medicinal properties. Neem extracts have significant antifungal, antiviral, antiprotozoal, antibacterial, and insecticidal properties. Neem compounds also tend to have synergistic effects when mixed with other botanicals. For example, neem extracts have been shown to enhance botanical insecticide activity and inhibit the development of insect resistance by interfering with CYP-mediated metabolism in the insect. Neem has been used traditionally in Ayurvedic and Unani medicine, and extensively in modern topical preparations (neem is poisonous taken internally). I tried using neem toothpaste for awhile and enjoyed it.

**Please check out Jason's other sections on pages 5 and 6. Thank you to Jason for all of his *Blurbs on Herbs* contributions over the past few years!**

I will leave you with the following thought. When it comes to your future career as a pharmacist, ensure that you take time as a student to pursue your pharmacy-related passions. Perhaps you could even turn that passion into a regular column for *Pharmacy Phile* and share it with others? If you do, I promise it will be rewarding and educational.

Thanks to the current Communications Director, Dave Hughes, for his continued efforts on *Pharmacy Phile* and in ensuring that all contributors' work looks great! I hope you have enjoyed reading *Blurbs on Herbs* as much as I have enjoyed creating it.

**Jason Budzinski (Pharm 2011)**



## Code Blue Aftermath

“Pap smear” is to “cervical cancer” as CASW is to...? These were only some of the terms used in the game that got the faculties of optometry, pharmacy and social work to scramble around looking for their match.

With the interprofessional evening beginning at Bobby's, students socialized with familiar and unfamiliar faces over free appetizers and casual drinks. To make sure students were mingling beyond their own faculties, stickers with a term that was specific to each profession were placed on everyone's backs and students were required to ask a series of 5 questions to different people in order to figure out their word. Once the word was identified, they had to look around for their missing match and the first complete pair would win a prize.

It was more than entertaining to see the confused faces of social workers that had terms such as “TSH”, “OPA” and “ED” and having to find a match to a word they didn't even recognize. This is not to say that us pharmacy students had absolutely no problem asking questions to finally figure out that the word on our back was “retinopathy” which was a match with “ophthalmoscope” or the Optoms that had to come up with foreign terms such as “CSWA” which went with “social worker's advocate”.



The ice breaker game had done its job perfectly as I began to notice that the different faculties started to blend and there was less division and more communication—exactly what we should be striving for in our healthcare system today.

The night ended with students making their way to Dallas while others continued at Bobby's. Overall, it was a successful night and the Health Professions Committee really appreciates everyone that came out despite school work, exams and even the distance!

Look out for our next **Cheese and Wine Code Blue event** that will take place in February (1<sup>st</sup>, 2<sup>nd</sup> and 4<sup>th</sup> years will be a part of this!) with the hopes of expanding to students from London and Toronto. Hope everyone enjoyed the night and thanks for all the support!

- **Jessica Karam, Interprofessional Representative**



## Blurbs On Herbs: My Favourite Resources

As pharmacy students, you should be aware that we can access Natural Standard via the UW library. This resource, along with the Natural Medicines Comprehensive Database (worth the subscription), provides great monograph summaries for medicinal herbs. These tertiary references are a “kitchen sink” of information and consider evidence and research from *in vitro*, animal, and human clinical trials.

I highly recommend that you also consult the Natural Health Products Directorate website (<http://www.hc-sc.gc.ca/ahc-asc/branch-dirgen/hpfb-dgpsa/nhpd-dpsn/index-eng.php>) and consult the *Compendium of Monographs* for information about some single ingredient NHPs and the *Licensed Natural Health Product Database* which lists all NHPs in Canada on the market that have received an NPN and thus have been evaluated by Health Canada for safety, efficacy, and quality.

As for information on Traditional Western Herbalism, I always consult the following 2 websites:

1) Henriette's Herbal ([www.henriettesherbal.com](http://www.henriettesherbal.com)): If you create an account (free), you can search many of the seminal Eclectic Medicine texts from the 1800s and early 1900s archived on the website including *King's American Dispensatory* (Felter & Lloyd, 1898), *The Eclectic Materia Medica, Pharmacology and Therapeutics* (Felter, 1922), and *The British Pharmaceutical Codex* (BPC, 1911).

2) Botanical.com ([www.botanical.com](http://www.botanical.com)): This site has a free electronic version of the 1931 book by Maud Grieve, *A Modern Herbal* - fantastic!

# Therapeutic POEM: Patient-Oriented Evidence That Matters

By: Saurabh Patel, Rx 2012

**Clinical question:** Does varenicline (Champix) increase the risk of cardiovascular (CV) events in patients with heart disease?

**Reviewing:** Singh S., Loke Y.K., Spangler J.G., Furberg C.D. Risk of serious adverse CV events associated with varenicline: A systematic review and meta-analysis. *CMAJ*; Early release, published at [www.cmaj.ca](http://www.cmaj.ca) on July 14, 2011

**Bottom line:** The systematic review and meta-analysis showed a miniscule increase in CV events for patients on varenicline with stable CV disease compared to placebo. The authors overstated the risk with inappropriate interpretation of the results. Smoking cessation significantly reduces the risk of mortality and varenicline is a very effective pharmacotherapy for smoking cessation.

**Study design:** Systematic review & Meta-analysis (Randomized Controlled Trials)

**Synopsis:** The authors included 14 double-blind RCTs with at least 1 week follow-up that compared varenicline to placebo among tobacco users. The primary outcome was a composite of different CV events such as unstable angina, myocardial infarction, coronary revascularization, coronary artery disease, arrhythmias, strokes, TIA, congestive heart failure, sudden death, and CV-related death. CV event rates were 1.06% and 0.82% in the varenicline and placebo group, respectively. The Peto odd ratio was 1.72 and heterogeneity ( $i^2$ ) was 0%. The authors concluded that varenicline "significantly increased the risk of CV events compared to placebo (by 72%)" and number needed-to-harm was 27.

**Critical Appraisal:** This was a very well done systematic review and meta-analysis. The objective was very specific and literature was thoroughly searched for appropriate RCTs by two independent authors. The primary outcome(s) were clinically relevant. There was minimum

heterogeneity in the results and all the statistical analysis was appropriate.

However, the authors overstated their results by using incorrect statistics. A simple calculation from their own result gives absolute risk increase (ARI) of CV events of 0.24% and number needed-to-harm of 417. The authors stated that ARI was 4% and NNH was 27, which was misleading. Furthermore, one trial contributed to 57% of the results, which showed no increase in CV risk with varenicline, which begs the question of whether it was appropriate to do a meta-analysis. Although the primary outcome(s) was important, we have no idea which type of CV events were more prominent with varenicline. Some argue that authors incorporated all sorts of CV events (such as coronary revascularization, arrhythmias) to obtain statistically significant results, which disfavored varenicline over placebo. Finally, none of the trials were powered to look at CV events in the RCTs. Overall, this study calls for more vigorous trials to specifically look at CV events associated with varenicline. Varenicline is still an excellent option for smoking cessation in patients with "stable" CV disease.



**Disclaimer:** The term POEM used here was coined by Dr. David Slawson, MD and Dr. Allen Shaughnessy, PharmD (Ref: *J Fam Pract.* 1994;38(5):505-513). I have summarized the article to best of my abilities; however, it is always the reader's responsibility to independently assess the literature to verify the information.

## Blurbs on Herbs:

### Interesting Herbs and Topics I Would Have Liked to Explore:

If *Blurbs on Herbs* was continuing, I would love to explore the following herbs and topics:

- Maiden hair tree (*Ginkgo biloba*) - used in the elderly to treat memory loss
- *Echinacea* species - used in immune enhancement for cold and flu
- Cat's claw (uña de gato; *Uncaria tomentosa*) - used for its anxiolytic properties
- Devil's claw (*Harpopagophytum procumbens*) - used for its anti-inflammatory properties in osteoarthritis
- Sarsaparilla (*Smilax regelii*) - used for various skin conditions (and in the Old West for root beer)
- Poisonous plants - oh so many interesting plants to choose from... check out the "Canadian Poisonous Plants Information System": <http://www.cbif.gc.ca/pls/pp/poison>
- Plant WACKINESS: plants that... move, eat things, grow in the air, stink, strangle, look like rocks, rise from the dead, control insect behaviour, and even shoot napalm.

Check out: "8 Things You Won't Believe Plants Do When No One's Looking" ([http://www.cracked.com/article\\_19456\\_8-things-you-wont-believe-plants-do-when-no-ones-looking.html](http://www.cracked.com/article_19456_8-things-you-wont-believe-plants-do-when-no-ones-looking.html))

and "Weird Plants" (<http://generalhorticulture.tamu.edu/youthadventureprogram/weirdplants/weirdplants.html>)





# Fresh from the Pharm - A Culinary Blog by Chelsea Barr - Rx2013

## Pumpkin 'Pull-Apart' Bread

What could be better to coming home to a house that smells of baking cinnamon rolls? A house that smells of baking pumpkin pull-apart bread! This bread has a wonderful aroma and the texture of a cinnamon bun but with the added bonus of pumpkin! Perfect snack for studying IPFC while reminiscing about thanksgiving dinner!

### Bread

**2 Tbsp unsalted butter**

**1/2 cup milk**

**2 1/4 teaspoons (1 envelope)**

**active dry yeast**

**3/4 cup pumpkin puree**

**1/4 cup white sugar**

**1 tsp salt**

**2 1/2 cups bread flour**

**1 cup granulated sugar**

**1 tsp ground cinnamon**

**1 tsp pumpkin pie spice**

**1/2 tsp fresh ground nutmeg**

**2 Tbsp unsalted butter**

In a saucepan over medium-high heat, brown 2 tablespoons of butter, letting it bubble up and turn a dark golden brown but being careful not to allow it burn (turn black). Once browned, remove the pan from the heat and carefully add the milk, return to stove and heat through. Pour the milk (Use room temperature milk for the best results!) and butter into the bowl of standing mixer (fitted with a dough hook) and allow to cool so it is no longer hot but also not cool (about 100-110 degrees F). Once it has reached a warm but not hot temperature add the yeast and 1/4 cup of sugar and allow to proof (this can take up to 8 minutes, the top will look foamy and the liquid cloudy).

Then add the the pumpkin, salt, and 1 cup of flour. Stir until combined then add the rest of the flour 1/2 cup at a time and knead for 6 minutes, until the

dough is smooth and elastic and just slightly sticky. If the dough is too moist, add extra flour 1 tablespoon at a time.

Move dough to a lightly oiled bowl and cover with a clean towel. Allow to rise in a warm place for 60-90 minutes or until doubled in size.

When the dough has doubled in size, punch it down and flip out onto a clean floured surface and knead with hands for 1-2 minutes. Roll dough into a 20x12 inch rectangle. (I actually used a measuring tape to do this, made it so much easier when I was trying to make it fit into the loaf pan!) Evenly sprinkle the dough with the cinnamon sugar mixture and press into dough with palms of the hand. Cut the rectangle into 6 strips. Lay strips on top of each other and cut each strip into 6 even squares (cut in half then each half into thirds). Stack strips vertically into the loaf pan. Cover the pan with a clean towel and let rise for 30-45 minutes.

In the meantime preheat an oven to 350 degrees. After rising in the pan bake for 30-40 minutes or until top is a very deep golden brown.

### Fun Facts About The Pumpkin!

Native Americans used pumpkin seeds for food and medicine.

Pumpkins contain potassium and Vitamin A.

Pumpkins were once recommended for removing freckles and curing snake bites.

Pumpkins are 90 percent water.

The largest pumpkin pie ever made was over five feet in diameter and weighed over 350 pounds. It used 80 pounds of cooked pumpkin, 36 pounds of sugar, 12 dozen eggs and took six hours to bake.

The largest pumpkin ever grown weighed 1,140 pounds.



*About halfway through the proofing process*





**Left:** Xanax, 2010, and Dilaudid, 2011 by Colleen Wolstenholme. These sculptures are presented as an off-site component of Synaesthesia, currently on display at the University of Waterloo Art Gallery in East Campus Hall 1239. The sculptures will be on display at the School of Pharmacy until October 29, 2011.

**Right:** A framed picture of our Founding Hallman Director, Dr. Jake Thiessen, mounted in our lobby to commemorate everything he has done to create the School of Pharmacy. In addition to this picture, there have been several recent additions to the lobby, some of which are shown on page 3.

Thanks to everyone who helped with this month's issue, especially Jas Ota, our Jr. Communications Director who worked to complete the majority of this issue.

**Pharmacy Phile  
ISSUE 27 - October 2011**

## Upcoming Events

### Vanguard Class Convocation Reception

The convocation ceremony of our Vanguard Class is taking place on Saturday, October 22nd and to celebrate the School of Pharmacy is hosting a convocation reception on Friday, October 21st. The event is expected to draw a large crowd including faculty and staff of the school, Vanguard Class members and their families, as well as various stakeholders in the school and members of the pharmacy profession

### CPhA QUIT Smoking Cessation Workshop

CAPSI is hosting the CPhA QUIT workshop at the School of Pharmacy on October 30, 2011. The workshop will cost \$70 for all materials and lunch and there are only 30 spots available. Please see the October 18th SOPhS Update for registration information.

### SOPhS Student Issues Town Hall Meeting - November 1st @ 7 pm

Many students have been voicing constructive criticism on how both SOPhS and the School of Pharmacy could be improved. If you have any questions or concerns to raise please contact your SOPhS class representative or attend the meeting yourself to take part in the discussion and help improve our school!

### Interprofessional Case Study Workshop - November 2nd @ 6-8 pm

Join other students in this student-led workshop to discuss a Multiple Sclerosis case scenario, and how each profession contributes to a patient's experience in the healthcare team. Pizza will be provided to participants.

Location: McMaster University DeGroote School of Medicine (10B Victoria Street South, Kitchener)

Please check out the calendar on the next page, or check out the weekly SOPhS Updates for information about all other events. If you have an event coming up that you would like to inform students about please submit an article for a SOPhS Update to [pharmsoc@uwaterloo.ca](mailto:pharmsoc@uwaterloo.ca) using the guidelines available on the SOPhS website.

## Society of Pharmacy Students (SOPhS)




### University of Waterloo School of Pharmacy



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# SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 6</b>	16	17	18	19	20 Newsletter Release Date	21 Convocation Reception @ Pharmacy School	22 Vanguard Class Convocation
<b>Week 7</b>	23	24	25	26	27	28	29 Interprofessional Case Presentations
<b>Week 8</b>	30 CPhA Quit Workshop 9 am - 4 pm	31 Halloween 	November 1 Town Hall @ Pharmacy School	2 Interprofessional Case Study	3	4	5
<b>Week 9</b>	6 Daylight Savings Time Ends 	7	8 School of Pharmacy Accreditation Site Visit	9	10 Newsletter Submission Deadline	11 Remembrance Day 	12 CAPSI Competitions Welcome Rx2015 Night - McCabes & Dallas
<b>Week 10</b>	13 CAPSI Competitions	14	15	16	17	18 Newsletter Release Date	19 CSHP AGM
<b>Week 11</b>	20	21	22	23	24	25	26

## SOPhS Calendar Notes

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

Beginning in the Fall Term the new SOPhS Office will have a hard copy of the calendar for students to use. In addition, there will be dedicated calendars for each class on the new SOPhS website in January.

If you would like to add an event to the SOPhS calendar please email Caitlin at [c3meyer@uwaterloo.ca](mailto:c3meyer@uwaterloo.ca)