

PHARMVILLE

PHROSH WEEK 2012



Welcome Rx2015!

Yeeeee haw!! The reports are in, and with the dedicated efforts of our volunteers and sponsors, Phrosh Week 2012 was a Big Success! The Pharmville themed week-long events were filled with a lot of laughter, team spirit and dancing that left us all with some great memories of our first week back this January! The hard work of our enthusiastic 'Pharmers' made the orientation experience for our in-coming class top notch! For those of you that are curious about what we got up to during orientation, please see the summary of our activities below, as well as some of the fun we captured in photos!

A special Thank You goes out to our Gold Sponsors: Scotia Bank, Shoppers Drug Mart, Septodont, and Remedy's Rx for their support in making these events possible.

Monday: Orientation Night

The first night of Orientation was a great success. The first years finally got a chance to meet each other, after all of that creeping

on the Facebook group! They received their awesome shirts and were assigned to their respective animal groups for the week. They also met the 'Pharmers' - their first year Phrosh Leaders and their Big Siblings.

The night was filled with building tours, speed dating and the first years got a chance to learn about all the different clubs we have at our school! The night ended off with everyone acquiring some sweet new dance moves as they learned the Phlashmob dance to 'Save a Horse' performed at Dallas at the end of the week (See Page 2).

Tuesday: Faculty Orientation/Main Campus Tour/Games Night

The first official day of Rx2015's time at UW kicked off with an Orientation session from the administration and faculty. Special thanks to Sobey's for providing first years with lunch and some sweet swag! The afternoon had some making the trek to Main Campus for the first time to get their WatCard and iclickers.

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President & Vice-President's Message

Welcome to 2012! This year is already off to an exciting start; there is so much to celebrate! We now officially have our first batch of UW Pharmacists out in practice! We are very proud of our Vanguard class for leading the way into the future of pharmacy and wish them all the best in their chosen pharmacy careers.

Now, as one class leaves another class enters. During the first week of January, we embraced the class of 2015 into our pharmacy family. Phrosh Week 2012 was a great success and really highlighted this creative and enthusiastic batch of new students. We also welcome the class of 2014 back to school as they return from their engaging and interesting first placements in the field. With students working all over the country, we look forward to hearing stories about everyone's experiences while on co-op.

That being said, we'd like to wish the class of 2013 all the best as they go out on their work terms. This class is filled with inspirational future leaders and they will undoubtedly showcase what Waterloo pharmacy students have to offer while in their practice settings this semester.

As for the class of 2012, you're almost there! We hope you enjoy these last 8 months on campus and are thrilled to cheer you on as you set your sights on graduation in the fall.

As President and Vice President for the 2012 year, we look forward to leading the SOPhS Council and working closely with everyone to make this year memorable. Keeping with the theme of 2012, we'd like to share with you our list of 12 wishes for the year. We hope that by defining these goals early on, together with our team of elected student leaders, we can accomplish them all!

- 1) Increase community engagement and promote our civic responsibility to give back to our city of Kitchener
- 2) Improve transparency and communication within the student body.
- 3) Enhance collaboration between SOPhS and other local student run organizations.
- 4) Highlight and showcase the incredible

faculty we have here at UW Pharmacy.

- 5) Strengthen and expand national alliances between pharmacy students across the country.
- 6) Promote a healthy balance of work and play by promoting recreational activities such as intramural sports and physical activity.
- 7) Build a stronger partnership with main campus, including FEDS and CAP.
- 8) Offer opportunities for out of classroom educational opportunities to supplement our pharmacy knowledge.
- 9) Push forward the steering committee initiatives to fulfill student concerns brought up at Town-hall meetings.
- 10) Utilize the talented and passionate students we have in our school to help make a difference as we advocate for the profession of pharmacy through new and innovative ways.
- 11) Foster a school-wide culture of camaraderie between Waterloo pharmacy students.

- 12) Last but not least, enhance the overall student experience at UW Pharmacy by ensuring that we all make time in our busy schedules to have fun!

We look forward to sharing the next 12 months with you and wish you the best in your upcoming semester. We'll leave you with a little motivational cheer we learned at Professional Development Week in Halifax last week: **H₂O L₀2 Pharmacy Rock at Waterloo!**

Sincerely,

Saleema Bhaidani
President

Danielle Paes
Vice President



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With Rx2015's first class under their belts, Games Night turned out to be a series of hilarious events. The Salbutamol Sheep turned Batman into Arnold Schwarzenegger while the Fenyanyl Fish entertained us all with a beautiful, silent rendition of Snow White, which was followed by a roudy showdown as reps from each team showed off their prowess at taking some good ol' shots as per Lil Jon's wise words! To end the night, students continued the competitive spirit with board games in the lounge!

Wednesday: Team Dinners & Yuk Yuk's

Rx2015 was met with a full day of classes on Wednesday and after surviving their first anatomy/physiology lecture, the evening was all about unwinding and relaxing. Teams explored a bit of the KW area for dinner and hit up the Huether Hotel, McMullan's, Symposium, Firkin on the Tannery, or Crabby Joe's - groups tested their knowledge via some trivia, and enjoyed some good food and drinks. Many thanks to the 4th year students who volunteered to take some of the groups on behalf of leaders in class!

After dinner, teams headed to Yuk Yuk's for a night of good laughs! With an exclusive pharmacy audience, the comedians unleashed their fury on the second years in particular - no insult was spared as patients and our skill at labeling bottles took the driver's seat. Apparently drugs make for good jokes, who knew?

Thursday: White Coat Ceremony

The visit from the team at Scotia Bank this afternoon proved to be rather insightful! This evening marked a very special occasion; the class of Rx2015, looking sharp as ever, received their White Coats. In a very memorable ceremony, the class was welcomed into the profession by a number of outstanding leaders from our pharmacy community. The address by our SOPhS President, Saleema Bhaidani, was truly motivating, and the smiles of family and friends reflected the pride they shared as this inspirational class was honoured!!

Friday: KW Symphony/Shoppers Night/Bobby's After Party

A surprise performance by the Kitchener-Waterloo Symphony in the School's lobby

was an excellent way to start off a great day - the beautiful sounds and pieces conducted by the Symphony had students, faculty, and staff lining the hallways and using the staircase as impromptu seating!

The evening marked one of Rx2015's first professional, networking opportunities. As per annual tradition, Shoppers Drug Mart put on a night of classy appetizers, drinks, and speakers from all over to share insight, their experiences, and give all of our students the opportunity to hear about community pharmacy. The night continued on for many, as UW Pharmacy took over Bobby O'Briens -- good times all around!

Saturday: Barnyard Battle/SOPhS BBQ/Bowling/Dallas Night

The final day of Phrosh Week saw us Pharmers channel our competitive spirits in Barnyard Battles in Victoria Park, followed by a much-desired SOPhS BBQ! With the sun peaking through the clouds, teams faced off in various events: Flag Football, Hawaiian snowman building, a relay race full of laughs, a scavenger hunt, and an exhausting chariot race. With the Paroxetine Pigs coming into the day with the lead on Spirit Points, the (mighty) Ducks' flying

V formation was a quacktacular hit, and their competitive spirit earned them the title of PHARMVILLE 2012 Champions! Congratulations Diclofenac Ducks!!

Fitting end to an amazing week? A relaxing night to show off our bowling skills for some students and taking over Dallas Nightclub for others! Even all those non-lovers of country can safely say that Saturday night was the best mix of cowboy hats, bull rides and our main event, the Save a Horse, Ride a Cowboy 'PHLASHMOB'!


A huge thanks goes out to all of the leaders and upper years that helped plan, organize, and execute Pharmville 2012, as well as Saleema and Danielle for their excellent leadership.

Welcome to the phamily Rx 2015!!!



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 **The Heparin Horses Pharmville Phrosh Group at Games Night.**


Check out pages 4 and 5 for more Pharmville 2012 Phrosh Week Pictures!

Rx2015 students enjoying the annual Shopper's Drug Mart Reception








 Students from Rx2012, Rx2014, and Rx2015 celebrating a successful Phrosh Week at Bobby O'Briens following the Shopper's Drug Mart Reception.
 

A surprise performance by the Kitchener-Waterloo Symphony in the School's lobby was an excellent way to start off a great day - the beautiful sounds and pieces conducted by the Symphony had students, faculty, and staff lining the hallways and using the staircase as impromptu seating!
 





 Pharmville teams compete at the Barnyard Battle followed by a SOPhs BBQ

 Following the Barnyard Battle pharmacy students invaded Dallas to dance the night away.



Pharmacies Going Out of Business...Hopefully

By Sarah Johnson, Rx2014



Walk into any pharmacy in Canada, and will they provide you with pharmaceutical care? Not necessarily. At the end of the day, a pharmacist cannot provide patient care without making a sale or filling a prescription. For example, some pharmacists will not give professional advice on an OTC product unless the patient gets prescriptions filled at that store. In reality, pharmacists do not want it to be this way.

Ontario Community Pharmacists are stuck in the status quo, and it's not their fault. Leaving pharmaceuticals out of the Canadian Health Act, set pharmacists apart from other healthcare professionals from the beginning. Furthermore, over the past several years, the increasing number of community pharmacies and the loss of Professional Allowances have put Ontario pharmacists in a tough economical spot.² Business is, again, at the top of the priority list. Unless the Ontario Government does more, this will never change.

The "Profession" of Pharmacy

A profession is "a vocation founded upon specialized educational training, the purpose of which is to supply disinterested counselling and services to others, wholly apart from expectation of other business gain".⁶ Unfortunately, most pharmacists do not fit this definition. Almost every patient-oriented service a pharmacy offers has an alternative business motive. For example,

what is the point of offering your patients a "Protein Health" workshop if they are just going to go buy their supplements across the street at Costco? Every workflow, staffing and patient care decision is under close scrutiny to maintain pharmacy profit.

National Pharmaceutical Strategy

Leaving community pharmacy out of the Canadian Health Act in 1984 was more detrimental than beneficial.¹ Not only has it driven pharmacists and pharmaceutical companies money-hungry, but has led some patients to choose between medications and food. While publically funded healthcare program costs have remained stable over time, drug costs have climbed uncontrollably.³ Pharmacists have transferred these costs to their patients, trying to maintain profit.

A National Pharmaceutical Strategy would mean more public drug coverage for Canadians plus it would help push pharmacy towards a true profession. The nation would be able to buy drugs in bulk at controlled prices, preventing drug costs from climbing upward.³ Also, medication formularies would be developed based on unbiased research to provide pharmacists with reliable drug data. Finally, patent restrictions would be enforced so that cheaper generics would become available quicker, and at a more affordable price.³ All of these programs would help to cost control, with the end result of community pharmacy becoming more publically funded. Pharmacies should be true health-care hubs with affordable medications, patient care and unbiased medical decisions.⁴

Unfortunately the progress on this front is slow, and is not on the horizon for community pharmacy.³ The more the government resists making changes, the more pharmacists will be stuck in their business ways.

The Hard Reality of Loss of Professional Allowances

In 2010, some pharmacies lost up to \$300,000 annually because of the cut of Professional Allowances.² As a result, complementary patient services were slashed from pharmacy budgets.² For example: clinics, orthopaedic fitting services, blood pressure machines, and free prescription deliveries were eliminated.² Although no pharmacies in Ontario have closed this year, pharmacists are working longer hours, hir-

ing less staff and offering less time for patient counselling.²

When the cuts were announced, the government had a contingency plan for community pharmacy, released a much later date. It is situations like these, which have put a pharmacist's professional obligation to care in conflict with business objectives.⁵ Pharmacies without high quality patient services and dedication to counselling, is a business, not a profession.⁵

Scrap, and Start Over

While other provinces have directly funded pharmacy into a profession, Ontario pharmacists sacrifice patient care to earn a buck. Ontario has finally begun to realise this, with the addition of MedsChecks and the Pharmaceutical Opinion Program. Unfortunately, the announcement of these programs occurred far too late after the slash of Professional Allowances.⁴ As pharmacy moves towards a profession, will pharmacists be willing to embrace it? The answer is yes. The new generation of pharmacists have patient care at the forefront of practise, if the government provides reimbursement for it.

Do not wait anymore Ontario—pharmacists are willing to fix it, help us become a true profession.

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The First Year Experience

Over the next three pages we've included some first hand accounts of Phrosh Week 2012 and the first few weeks of pharmacy school from members of the new Rx2015 class. We have also included pictures from their White Coat Ceremony on January 5th.

Interim Class Rep: Christina Zhou

Boy oh boy does time fly! It's only the third week of school and it feels like I've ran a marathon. Frosh week was so amazing and fun. I only got maybe 6 hours of sleep every night at the most but somehow still had the energy to get up every morning at 7 am. Just looking forward to finally kick start my career in pharmacy and meeting people who have the same goal and passion as you was invigorating. And can't forget that we pharmacy students know how to party!! It's only been a few weeks getting to know everyone in the class yet it feels like we are all best of friends. We are all here to support each other through every step of the way; and of course anyone who is lost can speak or email me at x37zhou@uwaterloo.ca. It has been an amazing past few weeks and I'm looking forward to all the greatness that is to come!

Student: Mohammad Masood

When I got my acceptance to UW Pharmacy, I had no idea what I'd be walking into. What I expected was my social life coming to an end, and a class full of introverts focused more on their own success than anything else. Fortunately, I couldn't have been more wrong.

What I found was a student body that feels more like a family than anything else. I've never seen a group of people so captivating, kind and accepting of one another, and I attribute the successful history of the school to this team-based mindset. In these 3 short weeks I've had some of the greatest experiences which have allowed me to enjoy the truly excellent company at this school. From Phrosh Week (GO DUCKS) to birthday parties where we take over entire restaurants (Joe was probably a little more Crabby that night), we never fail to have a good time. While I know school is only getting tougher, having a 117 person support system will definitely make it a little bit easier.

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Community Action Now Update

Community Action Now (CAN) is a student-run organization founded in 2009 at the University of Waterloo School of Pharmacy. Recognizing the value of community service learning as part of the training of future health professionals, our mission is to create opportunities for student pharmacists to engage in community service by being leaders in health advocacy, in raising disease awareness, and by providing humanitarian aid on both a local and global level.

For the Fall 2011 term, CAN prepared Christmas candy grams in support of the Eliminate Project. The Eliminate Project is an international campaign with Kiwanis and UNICEF to eliminate maternal and neonatal tetanus (MNT) globally. To eliminate MNT, more than 100 million women and their future babies must be protected. The goal of the Eliminate Project is to raise US \$110 million by 2015, which will support:

- Immunization of women of reproductive age and pregnant women
- Promotion of clean delivery practices
- Creation of a sustainability fund



- Education and organizational enhancement

We had a great turnout for this event at the School of Pharmacy, with contributions from students, faculty and staff. THANK YOU to everyone who supported this project, allowing us to raise close to \$200. On average, health education and a series of three doses of tetanus vaccine cost \$1.80. Our contribution has helped OVER 100 women and their children from contracting MNT! Great job everyone!

Stay tuned to find out more about our upcoming events for the Winter 2012 term! If you have any questions or ideas for future CAN events, feel free to give us a shout at can.uwpharmacy@gmail.com. Remember, you CAN make a difference!



Photo above: CAN members Alice Lin and Courtney Wong with Christmas candy grams for the Eliminate Project.

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Student: Samer Serhan

What surprised me the most coming into Pharmacy school was how well and how quickly everyone got along. After giving it some thought however, it only made sense - we were all chosen based on sought after personalities by the school, which means we all must have shared similar motives, and had many characteristics in common.

Phrosh week was a vital part of our student bonding and experience. The various events served as ice breakers, and gave students a chance to meet each other. Everyone just enjoyed their time together, becoming closer and closer as the week went on. The orientation was well thought out, and brilliantly managed by our 2nd year phrosh leaders.

Once the second week began, it was time to get serious; the classes were plenty, long, and lots of material was covered each day. Though seemingly overwhelming at first, it looks like everyone has now found a balance between studying and having fun. It's nice knowing that everyone is in this together, and everyone is extremely helpful, there is no competition whatsoever. In just three weeks we've planned events, birthday parties, that most of our class attends. I feel we're all only going to get closer in the upcoming four years. Personally, I'm having the greatest experience of my life so far, and I have this amazing program and its students to thank for that.

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Fresh from the Pharm

A Culinary Blog by Chelsea Barr, Rx2013

Post-Holiday Detox Soup

Ever get the feeling that you ate your own body weight in turkey, appetizers, and sugar cookies over the holidays? Yeah, me too! Although, thinking back on it, probably the best decision ever at the time! My dad makes amazing meals, and it was wonderful to be able to be home and enjoy them! Anyways, this soup was on the top of my list of things to make as soon as co-op began, it freezes well and is crazy delicious. As if that wasn't enough to convince you, it's also mega low in calories. It goes down really nicely on a cold winter day as well!

Detox Cabbage Soup

3 cups nonfat beef broth

1 cup vegetable broth

2 garlic cloves, minced

1 tablespoon tomato paste

2 cups chopped cabbage

1/2 yellow onion, chopped

1/2 cup chopped carrot

1/2 cup green beans

1/2 cup chopped zucchini

1 cup cauliflower, chopped

1/2 teaspoon fresh basil, chopped

1/2 teaspoon fresh oregano, chopped

salt & pepper

1. Spray pot with non stick cooking spray; saute onions, carrots, and garlic for 5 minutes.

2. Add both broths, tomato paste, cabbage, green beans, cauliflower, basil, oregano and salt & pepper to taste.

3. Simmer for a about 5-10 minutes until all vegetables are tender then add the zucchini and simmer for another 5 or so minutes.

That's it! You're done! Amazing right? Now go enjoy it! Mmmm...I think i'll be taken out a frozen portion for lunch tomorrow!



What's so great about cabbage?

The Romans and Greeks placed great value, significance, on the healing abilities of cabbage. They thought that the vegetable is able to cure any kind of disease or illness. In Roman mythology, the crop is believed to have sprung from the tears of the "King of the Edonians", Lycurgus. Even Emperor Claudius called his Senate to debate whether any other dish could top that of the highly popular "Corned Beef and Cabbage". The answer of course is a resounding No!

Egyptian Pharaohs used to consume immense quantities of cabbage before setting out for a night of merriment and drinking. They believed that consuming the cabbage gives them freedom to drink more alcoholic beverages without fear of its adverse side effects. This ideology still stands today, with people still practicing the use of cabbage cooked with a bit of vinegar as a cure for hangovers.

In 1769, Captain Cook was documented to swear on the healing properties of the Sauerkraut, which is a fermented cabbage dish. He is said to have used the dish as a compress for the wounds of soldiers in the war. Apparently cabbage prevented the soldiers from getting infected gangrene.

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Student: Shekhar Mehta

About 3 weeks ago the class of 2015 embarked on a new journey. Using the School of Pharmacy at UW as a roadmap we all have one common destination, that is, to become Pharmacists. To begin this journey, students of Rx2014 organized an incredible week for us. Pharmville frosh-week was filled with amazing events, madness and good times. My personal favourite was the Shoppers Night and the after-party at Bobby's. Everyone looked fantastic that night in their semi-formal attire and it was a great opportunity for me to interact with my fellow classmates. With the help of Rx2014, Pharmville allowed first years to have an easy and enjoyable transition into Pharmacy school. Overall, I am sure that every student had an amazing time at Pharmville and even though the Diclo...whatever Ducks came first, Paroxetine Pigs are still the best!!

As school finally picked up in second and third week, there was an overwhelming amount of information that was thrown at us- heck, it was already hard enough to remember the number of courses we had! But within this chaos, it is comforting to know that everyone in our class is so nice and helpful. One thing I have learned over the past two weeks is that if all of us work together and help each other, then we can get by any hurdle (a.k.a Anatomy) that comes our way. In only three weeks, Pharmacy School has been an amazing ride and I wouldn't change it for anything.

UW Pharmacy Spirit Wear!

Check out this link to our promotional video for our very own UW Pharmacy branded clothing! [Spirit Wear Video](#)



Co-op Chronicle: Danielle Paes, Rx2014

Location: Langley, British Columbia



Setting: This past fall, I worked as a pharmacy student at Murrayville Family Pharmacy in the beautiful province of British Columbia. This independent community pharmacy situated on the campus of Langley Memorial Hospital, operated from two sites located within the same medical building. Each pharmacy focussed on a different patient base; the front store served walk-ins, patients from the family practices in the building, and hospital discharges, while the back store serviced long term care facilities and is where vaccinations took place. Since there is an orthopaedic surgeon in the building, our pharmacy also specialized in air-cast fittings and braces.

My Responsibilities: My tasks at the pharmacy involve many dispensing duties such as blister packs, compounding drugs, processing and filling prescriptions, working with the automated filling machine, sending refill requests, inventory management, and operating the pharmacy data system. During my work term I also assisted the pharmacists with medication reviews, on-site audits of our long term care facilities, counselling patients, and preparing prescriptions for the methadone maintenance program.

What lessons were you able to take from the previous school term and utilize while on co-op?

I had a number of moments during this co-op experience that definitely made me think of my pharmacy training at UW. For

me, one of the most critical aspects of the profession first brought to our attention in class, but then truly highlighted in practice, was that pharmacists are very trusted by their patients. I am continuously blown away by the amount of personal information people so willing share with us because we are healthcare providers. It's incredible to see the faith patients have in you. It really makes me realize how important integrity is in our profession.

I also had the opportunity to accompany one of our pharmacists on a home visit where we counselled a COPD patient on Nasonex spray. It was a great experience and reminded me of our professional practice lab. It was amazing to see what we learned in school actually being applied in practice. The importance of proper counselling strategies was so evident in this experience; tailoring your vocabulary to your audience and making sure they can demonstrate back to you their understanding is critical to successful patient outcomes.

What was one of the personal highlights of your experience?

In BC, pharmacists play an important role in public healthcare, as they are easily accessible vaccinators for both the flu shot and travel vaccines. The highlight of my experience by far was taking on the responsibilities associated with running the seasonal flu clinic held at our pharmacy. In this role I was trained to give inoculations under the direct supervision of a pharmacist (Incredible!). As part of my duties, I was put in charge of setting up and running our flu clinic; my tasks included writing a protocol for the way the clinic would operate, ordering vaccines from the BC Health Network, ensuring vaccines were stored appropriately, as well as creating a procedure for processing the paperwork. Being so involved in the flu clinic allowed me to develop a myriad of useful and transferable pharmacy skills, not only as a future healthcare professional, but also from a business operations standpoint.

Any words of wisdom to fellow students?

I learned a lot during my time working at Murrayville, and in interest of word count I will summarize some of my take home lessons in point form:

- Attention to detail is critical in this profession; there is little room for error. Understanding the value in doing work accurately will undoubtedly aid in all dispensing activities.
- Patient safety should always be at the forefront of our practice.
- There are some things you can only learn by practice (i.e. reading doctor's writing)
- Fostering good relationships with other healthcare providers is healthy, and collaboration will ensure the patient gets the best possible care.
- Running an independent community pharmacy is no easy task. The business insight I have gained from this co-op term will definitely help me should I decide to one day open my own pharmacy; it has been an eye-opening experience.

Final thoughts:

During my work term, I realized how privileged I am to have the opportunity to help others in this profession. I can think of nothing more motivating than knowing that at the end of all the tough semesters and challenging exams, I will be equipped with the knowledge and tools to help make a positive difference in the lives of patients. I am looking forward to many more rewarding co-op experiences.

I would be more than happy to share more insights from my co-op experiences if anyone is interested...and while I chose to focus on the professional aspect of this work term, I have numerous stories and photos to showcase why BC was an awesome placement destination!



Therapeutic POEM: A Critical Look at Use of Multivitamins: Less is More

By: Saurabh Patel, Rx 2012

Clinical Question: Do multivitamins have clinical benefits for otherwise healthy adults?

Bottom Line: Overall, there is no clear benefit of multivitamins and minerals for reducing the risk of cancer, CVD, or mortality with the exception of Vitamin D. Certain vitamins such as Vitamin A and E are associated with increased risk of adverse outcomes. As clinicians, we should “enlighten” our patients on (no) benefits and the (possible) risks of vitamins and advise them on a healthy diet and exercise (referral to dietitian and physiotherapist). In the geriatric population many of whom are on multiple medications, vitamins can be discontinued if taken for “energy or good health”.

Summary & Evidence:

Antioxidants: In a meta-analysis¹, Bjelakovic et al. analyzed effects of antioxidants (Vitamin A, C, E, selenium, and beta-carotene) on all-cause mortality. This meta-analysis included 232, 606 patients and had a mean follow-up of 3.3 years. The authors found no significant effect of the antioxidants on mortality. However, analysis of only high-quality trials showed a significant *increased* risk on mortality with vitamins A & E and beta carotene (singly or in combination). Vitamin C and selenium had no effect on overall mortality. Of interest, the majority of the studies were funded by manufacturers, so there is a concern that results underestimate the true increased risk. In a recent RCT² with 35,000 patients with 7-12 year follow-up, vitamin E and selenium (singly or combination) showed no benefit in reducing the risk of prostate cancer. However, there was a concerning trend of an increased risk of prostate cancer with vitamin E (HR 1.17, 99% CI, 1.004-1.36, p = 0.008).

Vitamin B: In a RCT³ with 2,501 patients with history of ischemic heart disease or stroke followed for a median duration of 5 years, there was no benefit of vitamin B (+/- Omega-3 fatty acids) in decreasing the risk of major cardiovascular events.

Vitamin C: In yet another RCT, Sesso et al⁴, randomized 14,641 physicians to receive vitamin C (500mg/day) or vitamin E (400 IU/day) with placebo or double placebo and were followed for 8 years. This study showed that neither vitamin E nor vitamin C had any benefit in reduction of major CVD events or total mortality; however, in a secondary analysis, vitamin E was associated with *increased* risk of hemorrhage stroke.

Vitamin D: In a Cochrane review, vitamin D₃ decreased mortality predominantly in elderly women who were mainly in institutions and dependent care⁵. In another two systematic reviews, vitamin D reduced falls in elderly (NNT=15)⁶ and reduced risk of hip fracture (when combined with calcium)⁷.

Multivitamins: Finally, a meta-analysis by Huang et al⁸ concluded that there was *not enough evidence* to prove the presence or absence of benefits from multivitamin and mineral supplement in preventing cancer and chronic diseases in adults (8). These results were mirrored 3 years later in the Women’s Health Initiative study cohort where use of multivitamins and minerals showed neither benefit nor harm in reducing risk of cancer, CVD, or mortality⁹.

References: 1) JAMA 2007; 297: 842-857 2) JAMA 2011; 306: 1549-1556 3) BMJ 2010; 341: e6273 4) JAMA 2008; 300 (18): 2123-2133 5) Cochrane Database Sys Rev 2011; CD0074706 6) J Am Geriatric Soc 2010; 58 (7): 1299-1310 7) Cochrane Database Sys Rev 2009; CD000227 8) Ann Intern Med 2006; 145 (5): 372-385 9) Arch Intern Med 2009; 169-294

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.



Rx2014 Class Representative

Hey Pharmers,

I hope all of you have enjoyed reuniting during our first couple of weeks back in classes!

Phrosh Week 2012 was a huge success and a great way to start the new year and to introduce the 2015's into the UW Pharmacy family. A lot of hard work and effort was put into Pharmville and I just wanted to take a moment to say thank you to everyone involved. A special note goes to Saleema Bhaidani and Danielle Paes - these two put in a tremendous amount of work and the week wouldn't have been the same without their geniuses. Diclofenac Ducks squeaked by as the official Pharmville group champions edging Paroxetine Pigs by only 2 points - great job to everyone who participated. Team Leader Niki Bajic will go down as one of the most talented game night hosts our school will ever have the pleasure of seeing.

It's been so refreshing to be back in 1004 again with all of you and I know this term will be as memorable as last year's! I hope everyone that made it out to PDW had a blast and we look forward to hearing your stories and seeing your pictures of beautiful Halifax.

Until next time, cheers to all of you and best of luck with JobMine and Co-op applications!

Jeff Baxter

Class Rep Rx2014

Get To Know The Plan!

Provided to you by FEDES – the Federation of Students

This plan was established by students, for students, to provide affordable and extensive health care coverage to satisfy your needs as students of the University of Waterloo.

With this plan, you have access to a number of health benefits and services at a reduced cost. You can increase the amount you'd save on these services by visiting a health care professional within one of the Networks. To find a health care professional within the Network located near the pharmacy building, visit

http://www.ihaveaplan.ca/rte/en/UniversityofWaterlooundergraduatestudentsFEDES_Home

select the Network of interest from the drop down bar in the top right-hand corner, and select the location you'd like to find a Network member near.

Read on to find out how to get the most out of you dental, vision, and health care coverage!

If you have any questions about coverage by the Health Plan or would like to learn more, visit the website at:

<http://www.ihaveaplan.ca>.

Check to make sure you're eligible for the benefits before any appointments.

To submit any claims, visit the website above, select the respective service of interest, and then select 'How to Claim' on the left hand side.

Dental

The plan covers 70% of dental costs, but you can save 20-30% more by visiting a member of the Dental Network.

Keep in mind that services performed by an orthodontist are not covered. Before receiving any treatment, make sure you're eligible for coverage.

You should realize that some services are covered more often than others (ie. Recall exams are covered once every 12 months, where as complete exams are covered once every 36 months), so be sure to check eligibility.

Vision

Your plan covers the cost of eye exams, replacement eyeglasses or contact lenses, and laser eye surgery.

Visiting a member of the Vision Network can increase your coverage.

Additional Services (No additional network discounts)

Psychologist

80% coverage up to \$400 per calendar year

Naturopathic Doctors

80% coverage up to \$400 per calendar year

Osteopath

80% coverage up to \$400 per calendar year

Registered Dietitian

(Must be approved by Health Services)
80% coverage up to \$400 per calendar year

Podiatrist/Chiropractist

80% coverage up to \$400 per calendar year including 1 x-ray

Speech Therapist

(Medical doctor referral required)
80% coverage up to \$400 per calendar year

See Page 13 for Additional Health Coverage Information

Dental Coverage	Insured Portion	Dental Network Savings	Total Coverage
Preventative Services (eg. Recall exams, cleanings, root planning)	70%	30%	100%
Basic Services (eg. Fillings, oral surgery, root canals, gum treatments)	70%	20%	90%
Major Restorative (eg. Crowns, bridges, posts)	Not Covered	20%	20%

Vision Coverage	Coverage	Additional Network Coverage
Eye Glasses & Contact Lenses	The cost of new or replacement eye glasses or contact lenses, with a max of \$75 per 24 months	Independent specialists (see website) can offer 30% off prescription eye glasses - Clearly Contacts offers 70% off contact lenses
Eye Exams	One eye exam, up to \$50 per 2 policy years	---
Laser Eye Surgery	Covered up to \$150 per policy year	Save \$200 with LASIK MD, for a total savings of \$350

Health Coverage	Coverage	Additional Network Coverage	Total Coverage
Massage Therapist	80% coverage, up to \$400 per calendar year	\$30 (plus hst) 30 min treatment \$55 (plus hst) 60 min treatment	30 min treatment for approx. \$7 60 min treatment for approx. \$13 (after reimbursement)
Chiropractor	Coverage up to \$20 per visit up to \$400 per calendar year (includes 1 x-ray)	Initial assessment will cost no more than \$40, and subsequent visits no more than \$25	Initial assessment for no more than \$20 & no more than \$5 for subsequent visits (after reimbursement)
Physiotherapist	80% coverage, up to \$400 per calendar year	Initial assessment will cost no more than \$45, and subsequent visits no more than \$35	Initial assessment for no more than \$9 & no more than \$7 for subsequent visits (after reimbursement)

The health plan covers a variety of services by a variety of health care professionals. Note: You need a referral from a physician to receive this coverage for the services listed above.

SOPhS Website Update

I'm sure those of you who have been following the website project have been wondering what's going on lately with www.sophs.ca. We're a little behind schedule but we're rolling out the site as quickly as possible based on everyone's workload. Right now we're waiting for some of our key functionality to be added by our designer so keep checking the site for updates.

Please note that not all of the visible pages contain accurate content and that information, particularly on the Home page, is filler content that is meant to be replaced by actual updates. The pages that display accurate information are Communications under Student Resources, the Phrosh page, and the SOPhS Council section. We're hoping to have all of the class calendars up soon as well. Thanks for your continued patience!

Pharmacy Phile ISSUE 28 - November 2011

Upcoming Events

Our SOPhS Updates are now online! Click the following links to access the update pages for the last 4 weeks:

[SOPhS Communication Page](#) - All updates will be posted here with the newest two being visible on the page. In addition, links to Pharmacy Phile Newsletters, Submission Guidelines, and old SOPhS Updates will be posted on this page soon!

[Week 4 Update - January 24](#)

[Week 3 Update - January 17](#)

[Week 3 Extra Update - January 22](#)

[Week 2 Update - January 10](#)

[Week 2 Extra Update - January 13](#)

[Week 1 Update - January 3](#)



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 using the guidelines available on the SOPhS website.


Society of Pharmacy Students (SOPhS)

University of Waterloo School of Pharmacy



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

SOPhS 6 Week Calendar

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 4	22	23	24	25	26 Co-op Interviews	27	28
Week 5	29	30	31 OPSIS 2012 Applications Due	February 1 CSHP CE Event in Toronto	2 CSHP Dinner & Learn @ 5 pm	3	4
Week 6	5	6	7	8 Interprofessional Case Study	9	10	11
Week 7	12 ESTA Nominations Due	13	14 Valentine's Day	15 SOPhS Meeting	16	17	18
Reading Week	19	20 Family Day	21	22	23	24	25
Week 8	26	27	28	29	March 1	2	3

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 in the process of adding class calendars to the website and it is our hope that these calendars will provide you will all of the event and deadline information you need during each term.

If you would like to add an event to the SOPhS calendar please email Caitlin at c3meyer@uwaterloo.ca