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University of Waterloo
School of Pharmacy

[Pharmacy Phile]

April 19th, 2009

[Issue #9]

One Term Closer to Being a Pharmacist!

Congratulations everyone! We all survived the term- hopefully unscathed. Whether it was your first or your third academic term, it is an accomplishment to have made it through.

This past month was full of highlights as we finished off the term. I'd like to touch on just a couple:

The hockey team faced off against Toronto's pharmacy class at an OPA-sponsored event downtown Toronto. The game was followed by an evening of socializing and getting to know pharmacy students from Toronto.

The end of term event was a huge success! It was great to see everyone's different talents. Check out the article on page 2 for all the details.

The School of Pharmacy Grand Opening was held on the morning of April 17th. See the article on page 7 for more information.

The last month also saw a few very successful bake sales during Friday's social hour in the student lounge. These provided the perfect treats for study breaks!

As most of you have realized, the



classes of 2011 & 2012 will not be on campus together again until the spring term of 2011. It is time to test the limits of Facebook and keep in touch!

You will be happy to know that the Pharmacy Phile will continue to operate during the upcoming summer term. Monthly issues are planned and a Fall housing edition may be in store. Be sure to watch your emails for the latest updates and, as always, send any submissions to pharm-soc@uwaterloo.ca.

Good luck to everyone as we enter into either co-op or another term of school!

Jean Cameron
Communications Director

Briefs

The Community Open House for the School of Pharmacy was held on April 18th. Lots of great presentations and demonstrations really showed the community what pharmacy and our school is all about.

Admission interviews for the next class of pharmacy students are coming up the first weekend in May (May 1st-3rd). Current student volunteers are needed to help out over the weekend. If you are interested, contact Dianna Sabbah at disab-bah@primus.ca.

For Rx2012 students, tuition fees are due on April 27th for promissory notes, cheques, bank orders, or money orders and on April 30th for bank payments or international wire transfers. Check out UW's financial services website for more information: www.adm.uwaterloo.ca/infopin/students/stdfees.htm

The next holiday coming up is Victoria Day, which will be celebrated on May 18th this year. This is a university holiday and may also be a day off for many co-op students! Also, don't forget Mother's Day, which is on May 10th this year.

Pharmacy's Got Talent

Susan Boyle of Britain's Got Talent may be making headlines this week, but April 4th was all about the local talent of UW's School of Pharmacy classes. The end of term Open Mic/Talent Night, spearheaded by second years John Sewell and Jeff Wong, was held at Bomber and attended by many. Although initially predicted to only be an hour, the stage was occupied for three full hours as performer after performer blew us away with their amazing talents.

To start off the night, John Sewell took to the stage, armed with his guitar and beer, and set the bar high with renditions of 'Sitting, waiting, wishing' by Jack Johnson, 'Saints and sailors' by Dashboard

Confessional, and many others.

The talent continued as Jesse got up on stage and sang with his guitar. Preston and his 'snazzy looking bass guitar' also graced the



stage, and I remember hearing a song that I recognized from my guitar hero days.

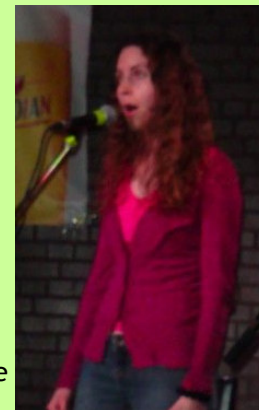
Just as it seemed like the second year class was going to steal the entire show, two first year students came up to show off their talent. After "losing a bet" Cindy came up with her guitar and played for us. Perhaps the most unique performance of the night was Kim, who showed off her ballet skills in pointe shoes!

Noah "I haven't had time to prepare, I'm just going to wing this" Bates once again blew us away with his amazing musical talents that neither reflected his lack of time to prepare or the fact that he played 5 hockey games within the prior 48 hours.

After several "garage jam sessions" John, Jeff, and Preston combined their efforts to bring us such performances as "Viva la vida" by Coldplay and "Wonderwall" by Oasis. This was quite the crowd pleaser!

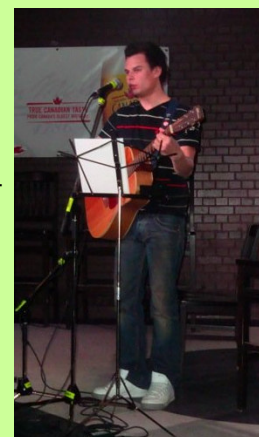
Although still in recovery from his role as "Coach" for the hockey team in Ottawa, and deserted by his part-

ner in crime (ahmm... Brady), Greg braved the crowd solo and demonstrated his kick-ass guitar skills for the school. We think we even heard him singing at one point!



Not to let this opportunity pass her by, Kathryn Guse, took to the stage and sang a cappella, proving your voice is instrument enough.

This event had a great turnout by both classes, and we were happy to see so many people come out and support their classmates. Congrats to all the performers for a job well done. Maybe you can take a few of us less talented individuals under your wing next year and turn us into superstars too!



Triturating Tracks Presents: Self-Care Summer Setlist

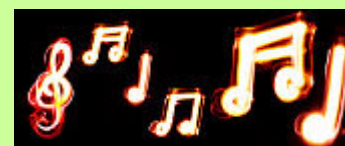
The perfect non-pharmalogical option; all songs proven to boost energy, improve mood, and enhance brain function (Rose and Slash, 2009).

- **Around the Bend** - The Asteroids Galaxy Tour
- **Don't You Cry Tonight** - Guns n' Roses
- **Sick As A Dog** - Aerosmith
- **Superhero** - Jane's Addiction

- **You're Not Sorry (CSI Remix)** - Taylor Swift
- **Our Lips Are Sealed** - Hilary Duff & Haylie Duff
- **The Shock of the Lightning** - Oasis
- **Communication Breakdown** - Led Zeppelin
- **Lifeboats** - Snow Patrol
- **Right Round (feat. Ke\$ha)** - Flo Rida

- **Come Clean** - Hilary Duff
- **On My Way** - Cocoon
- **Bruises** - Chairlift
- **Daydream in Blue** - I Monster
- **Free Fallin' (Acoustic)** - JJ & the Prestos

Rose A, Slash. The efficacy of kickin' tunes for cure of summertime blues. *Rock On*. 2009;210:134-967.



Pumpkin's Cooking Corner goes to Italia... sort of: Quick Fettuccine Cacciatore

Well, here we are again. I hope you enjoyed the last recipe I posted: cooking emu eggs in the sand under a campfire. This time we're going to cover some kind of mock-Italian cuisine.



Although the following recipe suggests boneless skinless chicken breast, any old chicken will do.

Keeping in mind that the entire premise of this cooking corner is to save money, you may want to buy a pre-cooked chicken at the grocery store and make the following recipe with the leftovers. Also, I guess I should mention that this was blatantly borrowed from

Kraft What's Cooking (Winter 2007).

Prep: 5 min Total: 20 min

Ingredients:

- 1/3 of 900 g pkg fettuccine, uncooked
- 2 tsp. Oil
- 1 lb. Boneless skinless chicken breasts cut into bit-size pieces
- 1 cup green pepper strips
- 1 cup sliced mushrooms
- 1 can (19 fl oz / 540 mL) diced tomatoes
- 1/4 cup Zesty Italian Dressing
- 1/2 cup Shredded Cheese (4-Cheese Italiano Shredded Cheese recommended)
- 1/2 cup chopped fresh basil leaves

Cook pasta as directed on package.

Meanwhile, heat oil in large nonstick skillet on medium-high heat. Add chicken; cook and stir until no longer pink. Add peppers and mushrooms; cook 3 min., stirring occasionally. Stir in tomatoes and dressing. Reduce heat to medium-low; simmer 5 min. or until chicken is cooked through.

Drain pasta. Toss with chicken mixture. Sprinkle with cheese and basil.

Makes 4 servings, 2 cups each.

Enjoy!



From the Bench

Congratulations go out to all the UW Pharmacy athletes for a successful winter intramural season! Unfortunately the schedules, results, and information for each team have been removed from Waterloo's Intramural website, but here's a quick roundup of some of this year's accomplishments.

The Carlos Boozers (2nd year Advanced Basketball):

For the third time, the team was disqualified from playoff contention due to its over-aggressive playing style. Regular sized people cannot handle the pure size of Matt DiGiovanni, Bryan Picco, or Greg and Laura Becotte. Better luck next year!

Materazzi's Mob (2nd year Intermediate Soccer):

With most of the team away in Ottawa playing hockey, reserve players had to be recruited for the championship game. Matt DiGiovanni, who hadn't played soccer since he was 8, was quoted as saying, "all I did was kick the ball as hard as I could and hit people." Good work, Matt. Pharm superstar athlete Chris Hartman put on quite the show, and led the pharmlers to an unprecedented intramural championship. Well done!

The Remedy (1st and 2nd year Hockey):

After a rough couple of days playing hockey in Ottawa, the team was forced to play an additional two games the next day. All the extra practice must have paid off, because Anthony Amadio's squad won

the championship for the advanced division. Sudbury sensation Mat DeMarco netted a hat trick in the final.

We would like to thank everybody who participated in and/or helped out with our various causes throughout the term. Although we spend a lot of time with our faces in textbooks, we showed the rest of the student body at Waterloo that we can compete with the best of them.

We will be busy with co-op over the summer, so Calvin Poon and Kim Adamczyk will be taking over next term until we return in September.

Keep swinging for the fences,

-Greg and Ange

athletics@sophs.uwaterloo.ca

Ontario Pharmacists Hockey - A Coaches Perspective

I am the first to admit that I know very little about the game of hockey. I know that it involves ice, sticks, and missing teeth, but that's about it. I'm more of a basketball guy. However, when I was presented with the opportunity to travel to Ottawa with 15 of my classmates to "coach" at the Ontario Pharmacists Hockey Tournament, I jumped at the chance.

Most of my coaching duties involved opening and closing the gates, filling waterbottles, and yelling at referees. Following a Pharm 228 midterm, we piled into 5 vehicles and made our way to the nation's capital. We quickly learned that Heather Foley and Lindsay Bennett were the first two ladies to play in the 17 year history of the tournament.

Day one consisted of a social at our hotel, followed by a night out on the town. Having to wake up early for an 8:30am game the next morning was the biggest challenge I had to face.

Game 1 was a nailbiter, and was settled with 7.5 seconds left in the third period by a goal from Tom Christie (a last minute replacement for Eric Romeril, who could not make the trip). With the team's

health in mind, I took care of business by buying 16 McDonalds breakfast meals for a postgame "meal"; likely the worst idea I have ever had.

With only an hour off between games, the team gathered in the dressing room and pumped some Daft Punk beats, courtesy of Mat DeMarco. The second game pitted Waterloo against the top team in the tournament, and unfortunately we were not able to net a win. After a few hours of napping and following an inspiring pregame pep talk from yours truly, we took the third game of the day quite easily. Mat DeMarco, Anthony Amadio, Brad Linton, Noah Bates, Dan Chenier, and Josh Brady all had goals in the victory.

That night there was a sponsored dinner and evening entertainment. Comedian Rob Pue (www.robpue.com) threw down a hilarious set that was perfectly tailored for 130 hockey players. Let's just say I will never be able to look at a horse the same way again.

After another night on the downtown streets of Ottawa, we once again had to be up at 8am for another game. It is pretty much a miracle that we all made it in one

piece, but the squad did well and pulled out an easy win against 'The Maritimers'.



All in all, the weekend was a big success for the University of Waterloo School of Pharmacy. As an unranked team, our players played their hearts out and finished 3rd (3-1) among 10 teams from other pharmacy schools, drug companies, and pharmacy chains across the province.

Unfortunately my coaching duties for this season have come to an end, but I will gladly throw on the shirt and tie combo next year. Who knows, maybe some of you will see me on skates one day...but I wouldn't count on it.

Special thanks goes out to the team drivers (Lindsay Bennett, Heather Foley, Brad Linton, Mat DeMarco, Ben Austin, and Will Shannon), Pharmasave, Claude Charbonneau (for organizing the entire weekend), goaltender Aaron Forer, and the Ontario Pharmacists Association.

See you on the sidelines,

-Coach Greg Becotte

Events in Your Community

May 2: K-W Gem and Mineral Club Show and Swap

Come check out many displays of everything gem and jewel, including fluorescent rocks, fossils, meteorites, and of course, gems! Jewelry appraisal is also offered. *Waterloo Community Arts Centre, 25 Regina St. S., Waterloo.* 10-4, free admission.



Until May 3: A Celebration of Student Art from the Region of Waterloo

Explore the artwork of local youth under the following themes: house & home, flora & fauna, you & me, and bits & bytes. The student works are incorporated into the permanent collection. *Kitchener-Waterloo Art Gallery* (www.kwag.ca) 101 Queen St. N., Kitchener.

April 29: Akon Freedom Tour
Kitchener Memorial Auditorium
8pm; general admission is \$79.75.

Oct 3: Russell Peters- The 20th Anniversary Tour
Tickets are on sale now at www.centresquare.com and they will sell out fast!
Kitchener Memorial Auditorium
7:30pm; tickets are \$74-84

What's in a Name: Thinking about the switch from BScPhm to Entry Level PharmD in Ontario

What is a PharmD?

A PharmD is a clinical doctorate. The outcomes for a PharmD program are very similar to those for a BScPhm degree. More emphasis is put on clinical skills, leadership, research skills and patient care. A PharmD program expands on prescribing and physical assessment as well as having a much larger experiential aspect. Being a doctorate program, it does designate the holder to the title of 'Doctor'; however, the use of the title is up to personal preference.

There are currently two ways to obtain a PharmD: 1. doing a post-bachelors program, adopted at the University of Toronto and the University of British Columbia; or 2. graduating from an Entry Level PharmD (ELPD) program such as those in the U.S. An ELPD would typically be your first degree; many of the programs in the US have 2 years prerequisite and then 4 years in the program, similar to the UW program. Quebec also has adopted the ELPD format of pharmacy education. Essentially, there should be no difference between the two programs and the outcomes are expected to be the same.

A PharmD is not required for practice in Canada, while U.S. it is. Typically people apply for a PharmD when they are thinking of pursuing the clinical aspects of pharmacy. Other people may choose to do a residency program instead. To practice in a clinical setting a PharmD is not required, but it is often looked highly upon for people with less in-house experience.

Where has the University of Toronto gone so far with ELPD?

There are many different versions of the rumours surrounding U of T and their move towards ELPD. Currently

they have put forth a proposal for the change to their school's governing body, which has been approved. What this means is that their university has approved the structure of the curriculum they've proposed, pending approval from the Ministry of Training, Colleges and Universities of Ontario. This does not mean they are "going PharmD" (as people put it) in the immediate future. It does mean that it's in the balance right now, and the decision is now in the hands of the Ministry. The HPRAC Scope of Practice review that was recently published could give additional justification for the push to PharmD. Given the degree's additional instruction in clinical care and physical assessment, it would make for graduates who are more able to undertake an expanded scope of practice.

Where does that leave UW?

UW has expressed support for U of T moving towards the ELPD program. The ministry is aware of our interest and knows that we will likely want to be approved at the same time as U of T. It makes sense to have consistency between the two schools in the province. Currently, our School of Pharmacy is specifically approved as a Bachelors of Science in Pharmacy program, and administration is working hard to make sure the program meets the highest standards.

Currently, within the boundaries of our BSc program there are many things in our curriculum that could be easily adapted to a PharmD; for example: the introduction of physical assessment in Year 2, and the development of the later IPFC courses that will contain advanced therapeutics. We also have our co-op component, which would require assessment in terms of the value of each placement, how much more experiential learning

needs to be added, and in what capacity. The moral here is that if the switch did happen, our school is well prepared. School administration really



has our best interest at heart. Right now this involves ensuring that the program approved at our school is sound and produces capable graduates. If UW did go ELPD in the next few years, it is possible that the program could be changed given that no students are currently in 3rd or 4th year; however, the ministry could put restrictions on when the first ELPD class can graduate. Regardless, the school is not going to let the first class, who took such a risk to begin with by entering a brand new program, get short-changed. There would be programs put in place to "upgrade" the BScPhm degree.

Given the innovative nature of our program, I personally trust our administration to prepare us for what's to come. It is "watchful waiting" right now, but by the sounds of it, UW is quite capable of change. As students we should be confident that our best interests are always at the heart of the matter, and that we are being taken care of. Regardless of the title we graduate with, we will be one-of-a-kind pharmacists unique from any other graduates in Canada— and that's something to be proud of.

Thank you to Nancy Waite, PharmD and Associate Director for Practice-Based Education at UW, for sitting down and speaking with me—providing me with the majority of the background information for this article.

Required Reading

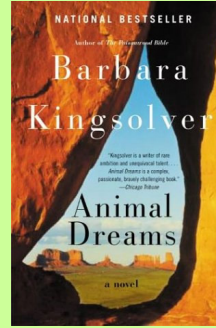
Animal Dreams

Author: Barbara Kingsolver

Barbara Kingsolver is definitely one of my favorite authors of all time. I would highly recommend any of her books including *The Poisonwood Bible*, *The Bean Trees*, *Prodigal Summer*, *Pigs in Heaven*, or *Home-land and Other Stories*.

In *Animal Dreams*, Kingsolver takes the reader into the life of Cosima “Codi” Noline, who has returned to her childhood town to care for her father who is suffering from Alzheimer’s disease. The small town has strong roots in Hispanic and Native American cultures. Noline takes a job as a biology teacher at her old school and moves in with an old high school friend. This novel fol-

lows Noline as she tries to find purpose in her life through love, family, and even her relationships with nature. The characters in this novel are easy to connect with and the interplay among them allows the reader to develop appreciation for the complexity of human relationships. Like many of Kingsolver’s books, *Animal Dreams* is written from alternating perspectives of the different characters, which adds both insight and understanding to the story. Despite some of the heavy themes, this novel maintains a light mood and contains plenty of comedic relief. *Animal Dreams* would be a great addition to any summer reading list!



Community Action Now (C.A.N.)

Community Action Now (C.A.N.) is a group of students and staff at the School of Pharmacy who are interested in community building / volunteer activities. We meet on an informal basis to give input on the development of Community Service-Learning curriculum and to discuss opportunities to get involved outside of class. Some current plans include: a day of volunteer service, a scavenger hunt in downtown Kitchener, a student-run community cafe and pharmacy camp.

If you have ideas or resources you would like to share, join us on Tuesday May 5th at 10:30am, Room 2006 or contact Laura Gorman 888-4567 ext 21307.



Animals dream about the things they do in the daytime just like people do. If you want sweet dreams, you’ve got to live a sweet life.

- Loyd Peregrina, *Animal Dreams* -

Dancing in the Dark Thank-You:

Mihir Patel, Taline Shalvardjian, Alia Thawer, Joanna Owens, Andrea Forgone and Marilyn Jung, would like to thank all the pharmacy students and staff who attended our Dancing in the Dark event! We really appreciate the support from our classmates in helping us make our event a successful one. We would also like to thank everyone who generously donated to the CNIB. With all your support we raised over \$1400



Community Action Now Events

C.A.N. recently ran two events, both of which were successful thanks to great participation! For the campus cleanup, eighteen individuals rolled up their sleeves one Friday afternoon and filled garbage bag after garbage bag full of litter from our campus. It made a big difference!

The clothing drive will also make a great impact, as it generated a truck-load full of clothing to donate to St. Vincent de Paul’s Thrift shop. They

were absolutely thrilled!

As this was set up to be a competition, the results are in:

Campus Cleanup:

- Rx2011- 3 participants;
- Rx2012 - 14 participants;
- Staff/Faculty - 1 participant

Clothing Drive*:

- Rx2011 - 12 participants;
- Rx2012 - 7 participants;
- Staff/Faculty - 4 participants



Thank you to everyone who participated in both events, and see you next time!

*number of people who filled out ballots

School of Pharmacy Grand Opening

The official ribbon-cutting opening ceremony of the School of Pharmacy was held on the morning of April 17th. Guests were ushered into the lobby of the building, which had been transformed with seating, a stage, many plants, and the new addition of an indoor flower panel with a donor recognition plaque. The TVs in the lobby were also set up with a slideshow of picture showing the construction of the building and lots of white coat ceremony shots. There was great turn-out with lots of big names and big donors. Pharmacy students, faculty, staff, and many community members also showed up to celebrate the event. Even the mayor of Stratford came out to show support!

School of Pharmacy Director, Jake Theissen kicked off the speeches with a recollection of the initial ground-breaking for the school back on a blustery day in March of 2006. Theissen also took time between speakers to recognize and thank many of the donors for their generous support.

Next up was the Minister of Training, Colleges, and Universities: Hon. John Milloy. Milloy spoke of the challenges that were faced when launching a health professional school in Ontario; due to tight regulations of these types of programs, it is not as easy as writing a letter to get approval to open a new school. The endeavor was well-worth it!



The Minister of Health and Long Term Care, David Caplan, then spoke about the importance of pharmacists as members of health care teams. He

talked about HPRAC's recommendations (something Rx2011 students are all too familiar with!) and the huge impact that pharmacists can have on the health of Canadians across the country.

The Dean of the Leslie Dan Faculty of Pharmacy in Toronto also got up to speak and presented Dr. Theissen with a gift to be displayed representing the partnership between the two schools in Ontario. He also took the opportunity to chirp our hockey team, which just means we have even more of a reason to beat UofT next year!

The Mayor of Kitchener, Carl Zehr, gave a speech about the huge decisions that were made to donate the land for the school and to allocate \$30 million towards construction of the building. Zehr also talked about the goal of revitalizing the downtown core of Kitchener and how the health sciences campus will help to do this.

UW President David Johnston spoke next. Johnston described the school through the metaphor of "barn-raising". The far-reaching shadow of the barn (ie. the school) represents the extensive impact the school will have on not just the surrounding community, but on Canada as a whole. He also spoke about creating an environment where health care will not only be exported from the school, but patients will be able to come to Kitchener to receive the best health care services available.

SOPHs' very own Claude Charbonneau also stepped up and spoke from the students' perspective. He spoke of the privileges felt to be able to be part of something so new and exciting and the pride that students feel toward to the school. Charbonneau also made a huge thanks to the community of Kitchener as one of the key stakeholders

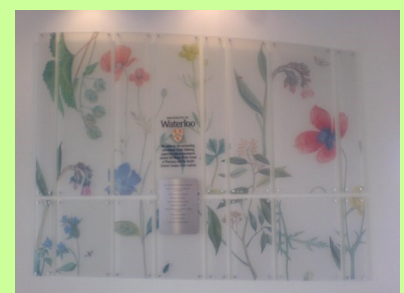


that made the school possible. Community members are keen supporters of the school and always seem eager to chat with pharmacy students about the program and how things are going.

The speeches were rounded off with a prayer from a representative of one of the colleges of the University of Waterloo. At the conclusion of the speeches, the red ribbon was finally cut!

Pharmacy student volunteers, donning lab coats hopefully free of coal tar stains, rounded up groups of guests and provided tours of the building. Each guest also received a vinca plant (more commonly known as the periwinkle). Teas made from mature plants are said to increase brain function, memory and cognitive performance, which should make this plant the most sought-after vegetation of pharmacy students!

Overall the event was a huge success. The huge turnout was representative of the great support that so many individuals have for the School of Pharmacy. As students, we can now be proud that our school is officially open!





BLURBS ON HERBS

Years ago, when I was a graduate student investigating wild cherry, I had a lot of potentially embarrassing hits one day (with my professor sitting right beside me) when I entered the phrase 'wild cherry' into the web-browser! So, I would like to take this opportunity to point out the importance of using Latin binomials when searching for authoritative information on various herbs. For a great resource on finding out what the proper Latin name for a particular plant is, try the USDA's Germplasm Resources Information Network (GRIN) database: <http://www.ars-grin.gov/cgi-bin/npgs/html/index.pl>

Issue 3 - Wild Cherry (aka: black cherry, choke cherry, Virginian prune, *Prunus virginiana*) (*Prunus serotina*)

At this time of year, if you are going to be travelling anywhere from the east to west coasts of the central to southern parts of the United States, you'll notice the wild cherry trees are already in full blossom. By late summer, their branches will be teeming with fruit and grandmas everywhere will be busy making fresh cherry pies and preserves. As delicious as the fruit is, it is the root bark and bark of the tree that is prized for its medicinal properties. Wild cherry has enjoyed a recent resurgence in popularity among herbalists and researchers alike (particularly in the area of cancer research).

Description and Habitat: Wild cherry trees can be found throughout North America, their northern range extending to the southern parts of Canada and south into Mexico. It is most abundant and grows to its full size in

the south-western United States. It is a large tree, generally growing 50 - 80 feet high, typically undivided to a height of 20 - 30 feet, with a diameter of 2 - 4 feet. Its bark is black and rough and peels from the wood easily; the wood is fine-grained, compact, and polishes easily, making it popular for furniture construction. The leaves are deciduous, about 3 - 5 inches long and 2 inches wide, with incurved teeth, and a glossy surface. The tree flowers in May and the fruit ripens in late summer. The 'cherries' are pea-sized, purplish-black in colour, globular, and have a bitter-sweet taste.

Medicinal Constituents: The 1st detailed analysis of wild cherry bark (conducted in 1834) found that it contained starch, resin, tannin, gallic acid, fatty matter, lignin, and a volatile oil analogous to that found in bitter almonds (giving the tree an almond-like odour that disappears upon drying). Medicinally, the bark imparts its properties to water or alcohol, but boiling the bark destroys the active constituents. The main medicinal compound is prunasin, a cyanogenic glycoside that is hydrolyzed to toxic hydrocyanic acid (HCN) (bark contains approximately 0.15% when collected in fall; 0.05% when collected in spring). Wild cherry also contains considerable amounts of naringenin, a potent CYP 450 inhibitor (CYP1A2 and CYP3A4) that is also found in grapefruit.

Traditional Medicinal Use: Wild cherry is considered an astringent tonic, and a pectoral and sedative agent for the nervous system and circulation. Traditionally it was used during convalescence for pleurisy, pneumonia, acute hepatitis, and other inflammatory and febrile diseases. Its primary use was in relieving irritation of mucous surfaces, making it a remedy in many gastrointestinal,

urinary, and pulmonary conditions such as catarrh, cough, whooping cough, and bronchitis of various types.

Modern Use: Wild cherry is still used in the treatment of colds, coughs, lung problems, and for bronchitis. It is also used for digestive disorders such as diarrhea. It is an ingredient commonly added to cough syrups because of its sedative, expectorant, astringent, and antitussive effects. It is also used in foods and beverages as a flavouring agent.

Typical Dosages: Traditional oral doses (powdered bark) - of syrup BP and USP 1 - 4 drachms; of tincture BP ½ - 1 drachm; of fluidextract (1:1) ½ - 1 drachm; of prunin (prunasin) 1 - 3 grains; of the infusion (1 oz. bark: 1 pint cold water) 1 - 4 fluid ounces 4 - 5x/day. Modern oral doses - of liquid extract containing wild cherry bark (12 - 14% by volume) 2 - 3x/day; or as part of blended cough syrup (variable dosing).

Evidence: There are no clinical trials involving wild cherry and its use for treating coughs and related symptoms is based on its traditional use. Recent *in vitro* evidence shows that wild cherry bark extracts exhibit an anti-proliferative activity in human colorectal cancer cells, suppress cell growth, and induce apoptosis.

Wild Cherry in Pharmacy Practice: Wild cherry is generally regarded as safe when consumed in amounts commonly found in food and beverages. It is also considered safe when used orally short-term in small quantities for cough and related symptoms. The use of wild

cherry is potentially unsafe when used long-term or in excessive amounts. Of concern is the use of wild cherry during pregnancy - prunasin, which hydrolyzes to HCN is potentially teratogenic, and the use of wild cherry products should be avoided. Advise patients accordingly.

Jason Budzinski (Pharm 2011)



And now, a word from the president

Rx2011/Rx2012 -

First off, I'd like to wish everyone the best of luck in this semester's exams!

I want to take this opportunity to update everyone on the outcomes from the Student Issues Meeting (SIM) held in March. There were several great concerns brought up by students; the following is a summary of issues and outcomes we have heard back on to date.

Although we will continue to host "SIMs" in the future, we encourage you to communicate your questions and concerns at any time in person or via email at pharmsoc@uwaterloo.ca or to myself at crcharbo@uwaterloo.ca.

Issues and Results:

Food in the lecture theatres: When the semester began, a policy of no food or drink was implemented. Fortunately we were able to compromise with the administration and seek a resolution. On the condition that all students will take a greater role in maintaining cleanliness at the School of Pharmacy, food will be allowed in the lecture halls. Additionally, provided your drink is in a re-sealable bottle, (eg: water bottle with screw on top, coffee mug) and not in juice boxes or coffee cups, drinks will also be allowed in the lecture theatres. Again, the change in policy is the result of a compromise with the administration and without your compliance with the aforementioned provisions we risk losing this privilege.

Lack of Study Space: The Faculty has responded by making several rooms available between the basement and second floors including 2009/2011 and the center lecture theatre. Library hours have also been extended Mon-Thurs until midnight, Friday until 7pm and Sat-Sun from noon to 7pm. Additionally, some of our student lounge furniture has arrived, making it possible for students to utilize the area for studying.

HPRAC and PharmD recommendations: A concern was brought to our attention by a Rx2011 student who had the opportunity to review HPRAC's recommendations. Although we hosted a short town hall meeting during the summer and fall terms, we wanted to communicate to Rx2011 students that the leadership at the School of Pharmacy is keenly aware of the current developments and they have pledged to advocate and fight for your best interests. We hope this reassures any fears and please keep an eye out for an upcoming scheduled session to discuss the issue further.

Building Access: An email was sent out regarding the updated policy for building access. Here is a run-down: Access cards should be carried by students at all times as the stairwells will now be locked and require swipe access to enter any given floor (with the exception of the lobby to prevent you from getting stuck in the stairwell!). The elevator will require similar swipe access. Students will only have access to the floors assigned to them, but if you require access to another floor the receptionist can help you. Additionally, the rear entrance to the building will also be locked, but students will have access using their cards (same goes for the King St. entrance). The Victoria St. entrance will have open access from 8am to 5pm on weekdays; however, your access card gets you in 24/7. This system has been put in place for the safety and security of all persons involved. This system is not at any time to be abused (ex. propped doors).

Theatre Microphones: Yes, they do function! The administration is attempting to bring all instructors up to speed on how to utilize the mics, a move appreciated by those students in the back rows!

Walk Safe/Parking Services: As a Waterloo student, you deserve the same services afforded to students on main campus. Your FEDS Representative is working with her counterparts on main campus to find out how we can bring this service to our students downtown Kitchener.

And now, a word from the president (continued)

Café in the Lobby: This issue is currently in discussion. Progress has been slow, but we are working together with the administration in order to make a café service available to students, staff and faculty.

iXpress bus stop: The School of Pharmacy has approached Grand River Transit and the University of Waterloo in order to investigate the feasibility of adding an iXpress bus stop at the pharmacy campus downtown. Unfortunately, the results of the investigation didn't warrant the creation of a stop here. Additionally, initiating a shuttle between UW's main campus and the pharmacy campus downtown also proved unfeasible.

Posters: The current student lounge poster areas have gone largely unregulated. In order to create equal representation and to maintain the integrity of postings, a poster policy will be made available to students at the beginning of next semester. This policy will require students and groups to register posters, designate posting areas, etc. In order to make this possible, current Poster Committee Chair John Thai needs your help! If you are interested in lending a hand, please email me at crcharbo@uwaterloo.ca.

Emails: Tired of emails yet? Here at SOPhS we understand your frustration! In that spirit, we are continuing to condense emails - sending them out regularly on Monday and Thursday nights. We want to stress the importance of at least scanning these emails to see if anything is relevant to you! Please don't get in the habit of simply disregarding them. A SOPhS email policy will be made available in the near future.

Bike Racks: Is there a bicyclist in you? Looking for somewhere to tie down your hog? Bike racks will be made available at the rear of the building; watch for the new additions!

Aggressive Traffic: The administration has been made aware of student concerns with aggressive drivers. The School of Pharmacy is working with the University of Waterloo to file a formal complaint to the regional police.

Thanks to everyone that brought concerns to the Student Issues Meeting. It is our hope that you will continue to offer your opinion and feedback because all students can benefit when you voice your opinion. Your input is extremely valuable and changes can't be made until the issues are identified. Additionally, there is a good chance that your peers are facing the same barriers as you and would benefit from someone bringing these concerns to light.

Moreover, you can count on your Council to work with the faculty and staff here at the School of Pharmacy in order to find a resolution to your issues. Lastly, SOPhS will continue to listen to your concerns, raise them with the appropriate people and ensure that you receive feedback and updates on the outcome of those discussions.

Best of luck in your exams! Enjoy the sunshine; we'll be seeing you next semester!

Regards,

Claude R. Charbonneau

