



The Pitt Capsule



University of Pittsburgh School of Pharmacy

Welcome Back from Lambda Kappa Sigma!

By Kailey Troutman

After a restful winter break, the sisters of Lambda Kappa Sigma are ready to begin a spring semester filled with exciting events. An LKS activity for Pharmacy Weeks is currently in the works, and forms for the spring clothing sale will be distributed to all classes in the near future. LKS will also be holding a white coat sale this semester, and we encourage P3 students preparing to go on rotations to consider purchasing an extra coat!

This spring, the girls of LKS will be participating in several service and professional projects including promoting the smoking cessation initiative at the Birmingham Clinic and volunteering at a local soup kitchen each month.

Additionally, four bake sales will be held throughout the semester on January 12th, February 9th, March 2nd, and April 13th. The proceeds from these sales will benefit Project HOPE, a volunteer initiative that provides medical care and health information to populations in need around the world. Satisfy your sweet tooth and support a worthy cause by pur-



chasing items from any or all of these sales.

Hygeia Day, an annual LKS luncheon that features a guest speaker who discusses a particular health care topic, is tentatively scheduled for March 30th. Look for announcements over the next month detailing this event, as it is one you want to be sure not to miss!

Congratulations to Jessica Elefritz (P3) who was chosen as the Lamb Light for the month of November. Jessica is

currently serving as the vice president of LKS, and throughout the month of November, she contributed significantly to the organization and planning of several fraternity events, including the annual sister holiday party and gift exchange held at the Spaghetti Warehouse. We commend Jessica for all of her hard work. Stay tuned for reports of January's Lamb Light in the next issue. On behalf of all of the LKS sisters, welcome back to Pitt, and best of luck with the semester!

Pharmacy Weeks 2011 : January 22—February 4

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PPA Has Big Plans for Spring

By Kate Steward

There's a lot to accomplish and a lot going on with PPA this spring! PPA will be doing letter writing campaigns and hosting an OTC Jeopardy competition during Pharmacy Weeks. We have the chance to expand immunization programs in Pennsylvania by advocating for lower patient age limits (currently can only immunize people over 18 yrs old) and allowing student pharmacists to immunize under pharmacist supervision. Pitt will also be hosting the annual OTC Jeopardy competition where students compete against each other to demonstrate knowledge of self-care products. A sign up sheet will be distributed in class. You don't have to be a PPA member to participate in either of these events.

Additionally, PPA has the Midyear meeting, GRASP and Legislative Day coming up. Definitely try to make it to at least one of these events! First, the PPA Midyear Meeting will be held February 2-4 in Harrisburg (PPA provides a bus for \$15 roundtrip). Secondly, PPA's annual weekend program, Government Relations

Class Updates

P2 Class Updates

By Alicia Lichvar

After conquering the dreaded "P2 Fall," the Class of 2013 could only celebrate and relish in the fact that they had made it through the supposedly toughest semester of pharmacy school. Thoroughly enjoying a well-deserved Winter Break, the P2s return to make it through another semester in Salk Hall (among other locations...due to construction), one step closer to graduation.

Advocacy for Student Pharmacists (GRASP) will be Feb 18-20 in Harrisburg. The weekend is focused on developing your skills as a pharmacy advocate and essentially FREE. These two programs are great for networking, professional development and definitely fun! Please email Nick Wytiaz (npw6@pitt.edu) or Kate Steward (kls121@pitt.edu) if you are interested in either of these events.

Meeting dates are listed below – all are welcome to attend! Check the Student Portal for more updates!

JANUARY:

Mon, Jan 24, Noon-1pm (4th Floor Salk) – Pharmacy Advocacy: Letter Writing Campaign

Tues, Jan 25, Noon-1pm (4th Floor Salk) – Pharmacy Advocacy: Letter Writing Campaign

Mon, Jan 31, Noon-1pm (Location TBA) – PPA OTC Jeopardy Competition

FEBRUARY:

Fri, Feb 2 through Sun, Feb 4 – PPA Mid-year Meeting in Harrisburg

P4 Updates

By Mike Smith

Happy New Year. Good luck to the P1 Class at your White Coat Ceremony, try not to trip walking across the stage in front of everyone! 109 days till graduation!

Kappa Psi Initiates 29

By Julie Styche

As we all find ourselves back in Salk Hall and back to the grind, the Brothers of Kappa Psi wish everyone a Happy New Year and hope that everyone had a fun and relaxing holiday season!

The Kappa Psi Brothers wrapped up the past semester with the initiation of 29 new Brothers. We are happy to see such an excited group of individuals who are eager to continue the great traditions of our fraternity. Shortly thereafter, all of the Brothers, including a handful of graduates, gathered at the KY House for the annual Christmas party. Brothers kicked off the holiday season with an enormous holiday feast followed by dancing, camaraderie, and a Secret Santa gift exchange, during which each Brother sat on Santa's lap (played by Regent Dan Yarabinec).

As the Kappa Psi Brothers begin to get into the swing of the new semester, they will elect the new executive committee to serve throughout the rest of



The New Kappa Psi Brothers in Salk Hall after initiation in December.

the calendar year. The Brothers also plan to spend the first weekend of January in Seven Springs for their annual ski trip. They are excited to head out to the mountains, as the weather forecast calls for snow showers throughout the weekend. Upon their return, the Brothers will be hard at work, planning and

refining the details of upcoming philanthropic and social events, including blood pressure screenings, Relay for Life, Pharmacy Weeks, formals, and tailgates.

Welcome back and good luck in the Spring semester!

AMCP Kicks off 2011 With P&T Competition

By Brad Stevens

November and December marked the initial period of preparation for the annual pharmacy and therapeutics competition.

After a brief introductory meeting to explain background information about the P&T competition, teams were selected. In late November, Dr. Butteri

and Dr. Stackhouse from Highmark came in to explain the role of managed care pharmacists in presenting to P&T committees. They highlighted the process followed for new drugs coming through the "pipeline" as well as offered insight on the importance of communication skills in presenting at P&T.

January is an exciting month as teams will work to finish their projects for the P&T competition. The deadline for submission of entries will be Monday, January 24 and presentations will be given on Monday, January 31 beginning at 6 pm.

Complementary and Alternative Medicine in Pittsburgh

By Svetlana Goldman

As an immigrant originally from Odessa, Ukraine I grew up learning a lot about natural remedies from my family. Often, these natural treatments were preferred over more modern therapy. For example, if I got symptoms of a cold, my grandma would boil some tea with honey and force me to eat lots of garlic. For any illness, my parents always believe that lots of liquids and rest would help the body heal itself.

Through these simple philosophies, I actually had quite a healthy childhood. During pharmacy school I have gained much knowledge about certain disease states and ailments that can be treated effectively with specific medicines. While I realized the importance of learning about pharmacokinetics, pharmacodynamics, and other aspects of drugs, I wanted to learn more about alternative treatments for disease.

This passion for complementary and alternative medicine brought me to the office of Dr. Connor, where I discussed my desire to start a Special Topics elective alongside my classmate, Marina Shkayeva. Marina is a fellow third year pharmacy student who also is an immigrant from Russia. Similarly, she grew up nourished by immigrant parents who constantly used various natural treatments and utilizes complementary medicine in her daily life.

We came up with a plan to compile a list of various alternative medicine practitioners in the Pittsburgh area ranging from chiropractors to reiki masters. After contacting five different practitioners we decided to meet with each of them and conduct an interview to gain a better understanding about their practice. We learned more about the certification and licensing process required for each practitioner and what patients should look for when seeking alternative treatment.

Through this course I gained a great appreciation for the work that these complementary practitioners do on a



Marina Shkayeva (left) and Svetlana Goldman (right) with Susan Merenstein, RPh.

daily basis. First we met with Jeff Greenwald, who specializes in both massage therapy and traditional Japanese reiki. When asked what he thinks about the future of western and eastern medicine, Jeff truly believes that these will be more integrated together.

We also interviewed Susan Merenstein, owner of Murray Avenue Apothecary in Squirrel Hill, who specializes in natural hormonal replacement and supplements. She emphasized the need to find out the cause of every medical problem and how a practitioner cannot “just use a Band-Aid to cover it up”. Every one of the practitioners we interviewed placed a great emphasis on finding the root cause of every illness, whether it is hypertension, diabetes, or Crohn’s disease.

In addition, we spoke with Eric Randolph, a master tai-chi instructor, who explained the benefits of tai-chi including a better state of physical and mental balance and emotional harmony. Finally, we interviewed a naturopathic physician, Dr. Darrell Misak, and a chiropractor, Dr. Elizabeth Langer. Dr. Misak believes that illnesses come from causes that could potentially be reversed with changes in nutrition, sup-

plementation, and lifestyle and that ultimately we have complete control of our health. Dr. Langer uses chiropractics and acupuncture as gentler approaches than conventional medicine to help with various illnesses.

After completing all our interviews we compiled all the information onto a website along with some general information about the top 10 complementary treatments used in America. If you are interested in more information you can log onto <https://sites.google.com/site/campittsburgh/> and click on any of the subpages to learn more. You can even watch the interviews we conducted with each practitioner to learn more about their practice and benefits of alternative medicine.

Through this course we have realized that each patient is a unique individual that should have an active role in their own health care. Many patients may strongly believe in alternative treatments and may seek complementary medicine when the typical approach to care does not show results. As future pharmacists, we must be aware of the options available and how to steer patients into the right direction.

PSHP Updates

By Samantha Allen

Welcome back for the spring semester! As always, it is not too late to get involved in PSHP. If you are still interested in getting involved, please contact Samantha Allen (sma34@pitt.edu). Our first general body meeting of the semester will be held in on February 16 in 457. Our Pharmacy Weeks activity will be held on February 1. More information will follow.

Other upcoming activities for PSHP in the works for this semester include Poison Prevention activities in March, including visits to elementary and high schools. All are welcome to get involved in this event to teach students how to protect themselves and their

families against poisons. We are looking to bring in speakers to talk about cardiovascular health and balancing work/family life! Feel free to contact PSHP with any ideas that you would like to see!

MARK YOUR CALENDAR: To kick off the semester, we will be holding our first Lunch & Learn session on January 19, 2010 from 12-1 in room 457. Carol Hurley and Gary McGovern of Hurley and Associates will be presenting a lecture on a financial topic of particular interest to our current and future financial health. Lunch will be provided! Hope to see you there.

IPSF in the New Year

By Julia Sasanko

Welcome back! Lots of events are happening in the new year, but first let's reflect on World AIDS Day! We raised \$104.79 for the Pittsburgh AIDS Task Force, and I would especially like to thank SNPhA, Melissa Ruminski, and Kristina Sucic for all of their help! I am constantly amazed by the generosity of our student body and am so proud that we broke \$100 in one morning.

Important: we will be moving our meetings to Thursdays at 12 pm in 532 Salk! Check the portal to put all of the dates in your planner. Our first meeting for the semester will be on January 13th, 2011. If you have experiential learning afterwards, it's okay—stop by for a few minutes and share your ideas!

This year, we are repeating Medical Spanish on Fridays at 12 pm for six sessions, beginning Friday, January 14th. It's 100% free and helps any level speaker pick up medical terminology and practice in a stress-free environment. Just email me (julia.sasanko@gmail.com) to tell me that you're interested.

Later this semester, we will be having a fundraiser for World Water Week, as we have in the past two years. This event takes place in March, and money is collected to help those without adequate drinking water. We will begin planning for this event at this month's meeting. Last year was very successful, so come with ideas to make it even bigger!

Hope to see you in the new year!

PI Spotlight

Emily Mallit



Undergrad: University of Pittsburgh
Hometown: Murrysville, PA

Pharmacy Experience: Pharmacy intern at GardaRx, a long term care pharmacy.

Thoughts on your first semester in pharmacy school: "It was exciting to finally learn information directly relevant to the profession of pharmacy in my classes."

Fun Fact: "My high school band was in the Macy's Thanksgiving Day Parade."

Dream job outside of the pharmacy profession: Fitness trainer for celebrities

Favorite holiday gift: MacBook Pro computer

Contributed by Laura Mincemoyer

The Social Committee Prepares For Pharmacy Weeks

By Alicia Lichvar

As students return to Salk Hall to face another semester of classes, the Social Activities Committee is gearing up for a month they have been preparing for a very long time.

In what promises to be an extremely memorable time, Pharmacy Weeks—a celebration of the profession of pharmacy—kicks off at the ASP Annual Formal on January 22nd and closes with the White Coat Ceremony on February 4th.

This is the month where the committee's hard work pays off. The most anticipated event, the ASP Annual Formal, has been in the works since the early months of summer, and the committee is extremely excited to celebrate with class in downtown Pittsburgh. So bust out your best attire and start Pharmacy Weeks off right!

Fill in the Crossword with the Generic Names of these

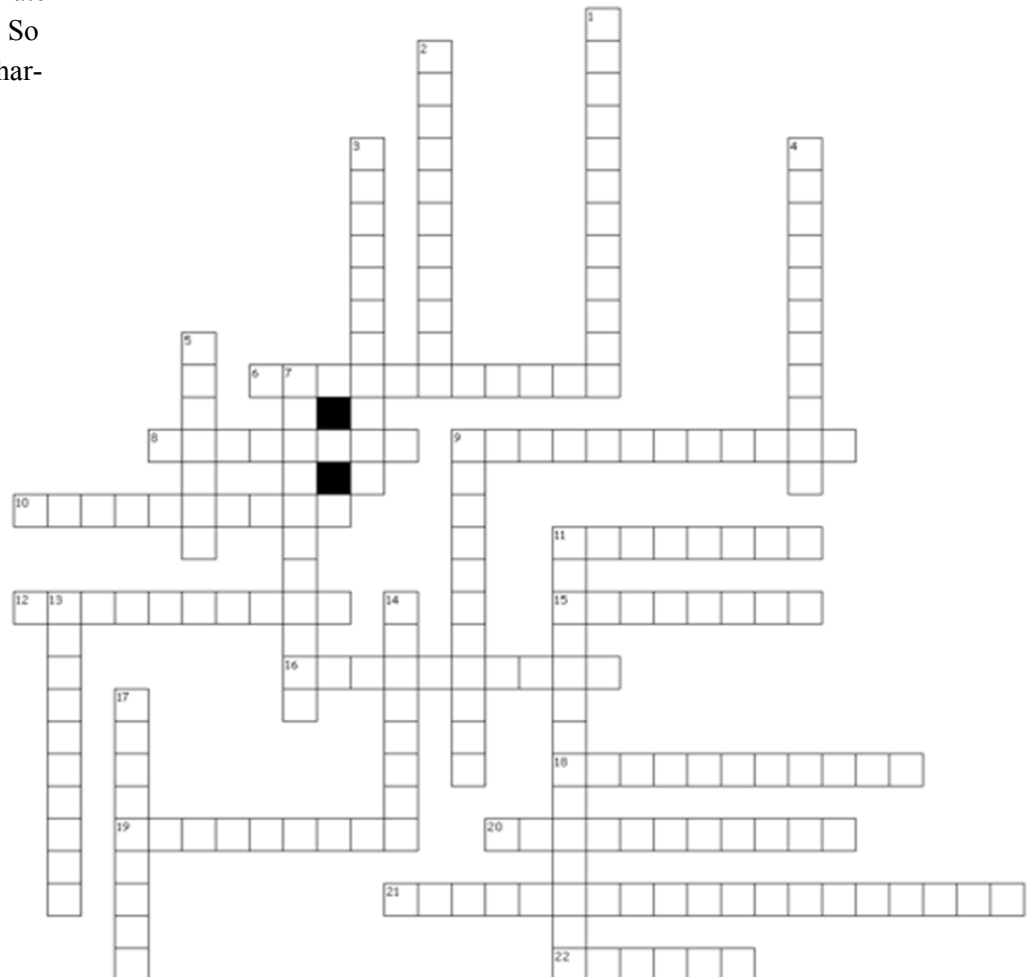
Drugs:

Across

- 6. Januvia
- 8. Ultram
- 9. Zithromax
- 10. Lasix
- 11. Omnicef
- 12. Prozac
- 15. Tenormin
- 16. Flomax
- 18. Prandin
- 19. Advil
- 20. Lopid
- 21. Oretic
- 22. Niaspan

Down

- 1. Levaquin
- 2. Plavix
- 3. Actos
- 4. Zocor
- 5. Aleve
- 7. Boniva
- 9. Amoxil
- 11. Biaxin
- 13. Zestril
- 14. Cozaar
- 17. Zetia



Pharmacy Weeks 2011

January 22 — APhA-ASP Annual Formal 6:00-10:00 PM

January 24 — Patient Counseling Competition 4:30 PM

January 25 — SNPhA Family Feud 12:00-1:00 PM

January 26 — Tucci Lecture

January 27 — IPSF Guest Speaker 12:00-1:00 PM

PLS Auction 6:00 PM

January 31 — PPA OTC Jeopardy! 12:00-1:00

February 1 — PSHP Pharmacy Weeks Event 12:00-1:00 PM

February 2 — Rho Chi Scavenger Hunt 12:00-1:00 PM

February 3 — "No Talent" Talent Show 6:00-9:00 PM

February 4 — White Coat Ceremony

Check the Student Portal or the 4th Floor Bulletin Board for Updates and locations!!

Fun and Games!