



# The Pitt Capsule

University of Pittsburgh School of Pharmacy

## Pitt Pharmacy Celebrates American Pharmacists Month

By Shailly Shah

APhA-ASP celebrated American Pharmacists Month by focusing on raising awareness about the profession of pharmacy. Students updated their facebook statuses each day with facts about the profession to help spread the word to friends and family. In support of American Pharmacists Month and Operation Heart, a team of 83 student pharmacists from the University of Pittsburgh School of Pharmacy walked in the American Heart Association Pittsburgh Start! Heart Walk on October 10th, Named as the "Pharmacy has Heart" team, student pharmacists wore red T-shirts and helped raise awareness for the profession of

pharmacy. On the T-shirts, student pharmacists wore stickers with facts about cardiovascular health and the importance of connecting with pharmacists to properly manage heart health. Pitt student pharmacists helped raise awareness of the pharmacist's role in preventing and treating heart disease and the importance of healthy living for a healthy heart. Comments such as "Go Pharmacy!" and questions from the estimated 7,000 participants at the walk about the profession of pharmacy clearly show the impact the student pharmacists had on the community.



APhA-ASP is still selling the Pharmacy of Heart shirts. They will be used for other upcoming events, as well as for operation heart in the following years. If you are interested in purchasing a Pharmacy has Heart T-shirt, please contact any APhA-ASP chapter board member.

18 students from our chapter will be attending this year's Midyear Regional Meeting in Alexandria, Va Nov 12-14th. Our chapter has submitted 6 resolutions to be voted upon at the regional meeting.

Our diabetes screenings and project chance screenings are underway, as well as planning for upcoming social events. See how you can get involved!

For our November General Body Meeting, APhA-ASP has invited District Leaders from Target Pharmacy to talk about the a career in community pharmacy and leadership within the profession. Share your ideas with us for ideas for future meetings so we can make our chapter what you want! Look forward to new school-wide patient care projects next semester and upcoming social events!

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## The Pitt Capsule

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## PLS All Screams for Ice Cream

By Sarah Rindfuss

Phi Lambda Sigma is excited to announce that we will soon be beginning the new member process for the 2010-2011 school year. Any students interested in applying or learning more about PLS are invited to join current PLS officers and members for our Annual Ice Cream Social on Monday, November 15th, from 12:00-1:00 PM in Room 532. During this informal session, students will have the opportunity to meet current members and learn more about PLS and what we do. We will also be discussing the application process, requirements, and deadlines, and having a Q&A session with current members. Although this session is not mandatory, we highly encourage all prospective members to attend -- because who doesn't love free ice cream?!

Applications for PLS will be available on the student portal. After submitting an application highlighting dedication to the advancement of pharmacy

## PSHP News

By Samantha Allen

PSHP held its annual Clinical Skills Competition on October 13th, where 8 pairs of students were given a case from which they had to develop and defend a pharmaceutical plan. Congratulations to the winners Sarah Dombrowski and Julie Sasanko, who have been invited to represent our school at the ASHP Mid-Year meeting in Anaheim, CA this December!

Are you interested in pursuing a residency? At our November 18th meeting (12-1 in room 402) we will have a panel of current pharmacy practice residents coming to discuss their residency experience and answering any ques-

through leadership and service, members will be chosen by peer recognition. Eligibility requirements necessitate that the applicant has maintained a 2.5 grade point average on a 4.0 scale. A letter of recommendation from a current PLS member is required, and a letter from a faculty member is optional. The applications will be due during the first week of the spring semester. For more application details, speak to a current PLS member at the Ice Cream Social!

In other news, the next Professional Lecture Series will be held on Wednesday, November 17th, from 12:00-1:00 PM in 402. We are also looking forward to a social event with our Rho Chi chapter as well as PLS and Rho Chi chapters from Duquesne University at Hofbräuhaus later this month. Hope to see everyone at the Ice Cream Social!

tions that you might have. All are welcome to attend! The annual WPSHP pharmacy residency showcase will be held on Friday November 12 at the PSHP Annual Assembly meeting in Mars, PA, where representatives from local residency programs in Western PA and surrounding areas will be present. For more information, contact Samantha Allen ([sma34@pitt.edu](mailto:sma34@pitt.edu)) or Melissa Ruminski ([mer69@pitt.edu](mailto:mer69@pitt.edu)).

Upcoming events include Cardiovascular Health in institutional practice, Poison Prevention activities, Hurley & Associates Lunch and Learns.

## Teaching Across Countries and Generations

By Svetlana Goldman

I step into his office and immediately I'm surrounded by bookshelves filled to the brim with numerous medical journals, encyclopedias, and research articles. His desk is almost hidden amidst the piles of textbooks and references. Even after teaching for 47 years in the School of Pharmacy, Dr. Dixit firmly believes that there is always more to learn. Dr. Dixit is fond of his childhood and memories of his family life spent in a small village in India. He recalls going to school, which was nothing else but a shade attached to a temple with just one wall, where multiple grades were taught by just one teacher. Quite different from the massive auditoriums and classrooms we sit in everyday.

After entering college, when the time came for him to make a decision about his career he had only two choices – one for engineering and the other for biology and pre-med. From his elder brother, he obtained his desire and passion for mathematical concepts. He never lost a point on his math homework and possessed a great curiosity in building objects by hand. However, when he discussed his desire to be an engineer with his father, a physician in charge of a small 8-bed rural hospital, his father told him that he would prefer that his son become a physician and unless he changes his choice it may be difficult for him to get financial support for his education. So in order to get financial support from his family he decided to pursue a medical degree.

However, his plans quickly changed when his father unexpectedly died just a few days after the start of his first pre-

med term. Dr. Dixit's focus was now to support his family. He left college and joined a trade school to learn how to sew and make clothes for the people in his town. Although normally it takes about a year to finish this program Dr. Dixit completed his tailor training in 3 months. He also learned machine embroidery and how to make various garments, so he decided to buy 2 sewing machines and began his own business. Dr. Dixit enjoyed costume designing because it involved calculating dimensions of various pieces of a garment by using basic human anatomical proportions.

While it was difficult dealing with the loss of his father and financially supporting his family, after starting his own business Dr. Dixit still continued his pursuit of higher education and obtained two B.S degrees, one in biology and another in industrial chemistry. Furthermore, he obtained a M.S. degree in biochemistry. Soon after that he joined a research team in the Department of Pharmacology of the Baroda Medical College, that was investigating the therapeutic effectiveness of medical herbal preparations used in the treatment of various ailments such as rheu-

matic disorders and diabetes. Continuing his graduate studies in pharmacology he secured a M.S degree in Pharmacology. Dr. Dixit then decided to pursue his research goals in America and applied for a fellowship offered by the International Union of Pharmacological Sciences. For this program he was required to submit two research projects to the agency. Soon after his research projects were approved, he received a letter, written in French by a Nobel Laureate who was the chair of the selection committee, awarding him the fellowship.

He then sent letters to universities from across the United States to see which one would provide him facilities to conduct his research. Although he had several negative responses he was quite excited when he received a letter of acceptance from Professor Joseph P. Buckley of PITT School of Pharmacy to join his lab to conduct his research.



*Dr. Dixit is presented with the Kala Vipanchee title presented on behalf of the BMK Trust by Padmavibhushan Balmuralikrishna at the Madras Music Academy, India December 1999*

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## LKS Welcomes Twenty New Members

By Kailey Troutman

October was a busy month for the sisters of Lambda Kappa Sigma and was filled with service projects, social activities, and most importantly the addition of twenty new members to the fraternity. The Delta Chapter of Lambda Kappa Sigma would like to welcome: **Tamiko Yamatani, Kinley Sepkovic, Deanna Rowe, Caitlyn Anderson, Natalie Pratte, Allison Supko, Stefanie Drahuschak, Molly Wilson, Chelsea Claar, Amy Monpara, Cayla Jones, Melanie Darrigo, Ellen Rubin, Nicole Pezzino, Erin Diehl, Vantonile Bui, Shayna Stout, Lindsey Schultz, Lindsay Fakete, and Kelsey Barclay!**

We are thrilled to have such a wonderful group of girls join our organization, and we look forward to making them official sisters.

The new member period began on October 6th, with the Pinning Ceremony during which each of the twenty girls was introduced to her big sister. On October 12th, the annual Founder's Day Ceremony and Family Spaghetti Dinner were held at Salk Hall. The Founder's Day Ceremony allowed all sisters to commemorate the fraternity as well as all of the chapters that have developed since its founding. According to sisterly tradition, the dinner included homemade pasta, salad, bread, and desserts and allowed the new members to get to know some of the older sisters better. October 27th marked the yearly scavenger hunt throughout the city of Pittsburgh. Sisters were grouped in teams and sent on a wild hunt to collect as many objects and group pictures in front of Pittsburgh landmarks as possible. Congratulations to the winning team! Friday, November 5th, marks the end of the new member period, as our twenty newest



girls will be formally inducted into the fraternity. Following the induction ceremony is the LKS and PDC Sweetheart Formal, which is being held on the Gateway Clipper this year. This event has been highly anticipated by all sisters, and we are all looking forward to dancing the night away!

Although October included several social events, it was also filled with a great deal of service work. On October 15th, LKS hosted the second annual What Not to Wear Event. Hosted by Dean Kroboth, Dr. Smithburger, and P3 Alex Gelfand, the show was a great success and was highly enjoyed by all in attendance. Proceeds raised by the event were donated to the American Heart Association. A special thank you is extended to sisters Jonna Munroe (P3) and Kristen James (P2) whose hard work made this event possible. During October, LKS members promoted Breast Cancer Awareness Month by wearing pink every Friday. Additionally, LKS is currently participating in the Yoplait Save Lids to Save Lives program®. We would like to encourage school-wide participation in this program. A collection box is located in the PCLC. Please save any pink

Yoplait® yogurt lids that you may have and deposit them in the collection box prior to November 30th.

Lambda Kappa Sigma has also just begun the Lamb Light Sister Recognition Program. Each month at a general body meeting, all sisters have the opportunity to vote on a sister who has made a special contribution to the fraternity or who has especially exemplified the qualities upheld by LKS. A presentation is then given on the chosen sister(s), and she is featured in the Pitt Capsule article so that the school can read about her achievements. Our Lamb Lights for the month of September were Heather Lezanic (P2) and Maria Kane (P2) who did a wonderful job organizing all of the fall fundraisers. For the month of October, sisters Kristen James (P2) and Glenna Schutzberg (P2) were chosen. Kristen worked hard to help organize the What Not to Wear Event and was also an active part of several other sister activities. Glenna served as one of our new member chairs and welcomed all of the twenty new girls into the fraternity. Be on the lookout for November's Lamb Lights.

On behalf of LKS, have a happy and safe Thanksgiving holiday!

# The National Community Pharmacists Association

## Your Source for All Things Independent!

By Alexa Ray

At one point in time, we all face the outdated, oversimplified question from family and friends—“What are you going to do when you graduate? Hospital or Community?” Hopefully, at this point in your pharmacy education, you have discovered that pharmacists have MANY more employment options than just those two! One option you have probably heard mentioned many times but may not know much about is independent pharmacy practice. Luckily, there is an organization that not only represents the voices and interests of independent pharmacy practice but also provides fantastic information and resources to students considering a career in independent pharmacy – the National Community Pharmacists Association (NCPA).

The National Community Pharmacists Association, founded in 1898, represents America’s community pharmacists, including the owners of more than 23,000 pharmacies! This organization is a tremendous resource for pharmacist owners, managers, and employees of independent pharmacies throughout the United States. NCPA student chapters offer pharmacy students a wide array of opportunities to broaden and enrich their educational experience, gain valuable real world skills, earn scholarships, and have fun in the process. Their mission is to encourage, foster, and recognize an interest in community pharmacy ownership and entrepreneurship among the future leaders of their profession. In short, membership in NCPA helps you pre-

pare today for the possibilities of tomorrow!

But wait a minute – what about NCPA at Pitt? Once an active student group, our NCPA chapter has been dormant for several years as student organizational restructuring has brought about big changes on our campus. This of course does not mean Pitt pharmacy students aren’t interested in independent pharmacy! It is our hope that students like YOU will help to revitalize our NCPA chapter and get it back up and running. An active NCPA chapter will serve as a tremendous resource to all students, especially those who may envision themselves practicing in independent pharmacies one day.

This is an open invitation to any and all students who would like to see our NCPA chapter revived! If you are looking for an opportunity to work with faculty members and fellow students, develop and practice valuable leadership skills, and help to rejuvenate a valuable student group for the benefit of current and future pharmacy students, this is your chance! Any interested students should contact Nick Wytiaz (npw6@pitt.edu) by December 30th, and he will help coordinate the process with NCPA Student Leadership Council member Gilbert Sarmiento (sarmient@student.uiwtx.edu). . Whether you would like to take on a leadership position in NCPA or simply have an idea or suggestion for our Pitt chapter, we would love to hear from you!

To give you an idea of how influential and inspiring this organization is,

here are a few words from Pitt students who attended the national NCPA conference in Philadelphia this October:

*“The NCPA conference gave me a glimpse of a branch of pharmacy that I never considered. Independent pharmacy was something I knew about, but I was not aware of the complexity of the field in deciding what pharmacy services to offer. I love the idea of being able to make decisions for how to interact with patients on your own and being on the forefront of pharmacy. I was able to attend lectures about diabetes education, MTM, and financial planning alongside licensed pharmacists. This was the best conference I have had the pleasure to attend and PPA made this possible with a travel grant. I highly encourage other students to look toward attending the NCPA conference next year.”* – Sarah Krahe Dombrowski, P3

*“My experience at this convention was extremely educational and enjoyable. It was great to hear first hand from independent pharmacy owners how they are making a difference in the world of pharmacy. I realized how important it is to have independent pharmacies available to patients and also how essential it is to have pharmacists pull together to advocate for independent pharmacies. I first experienced working in an independent pharmacy this past summer, and this conference allowed me to have a greater insight into how independent pharmacies operate and how they can most effectively provide for the community.”* – Amanda Nguyen, P3

## Escape a Narrow Education— Go Abroad!

By Julia Sasanko

By now, most students are aware that the School of Pharmacy provides excellent opportunities for one's pharmacy career. However, how many people are aware of opportunities to study abroad? Studying abroad can significantly impact both personal and professional development. I endlessly advocate for studying abroad because of the opportunities it provided—and continues to provide—to me throughout my education. Professionally, I saw how healthcare is practiced in Europe, and what advantages or disadvantages systems abroad have over the American system. Also, I learned how to compound long before compounding lab—certainly an advantage. I expanded my knowledge of homeopathic reme-

dies, which are often discredited in the US but remain a mainstay of therapy for many foreigners.

Aside from the professional benefits, I wholly encourage travel for the personal benefits. I made so many friends that I communicate with to this day. Also, I have a place to stay in at least fifteen countries, if I so desire. The social aspects of studying abroad are amazing, and I have had so many experiences that I would be ignorant of if I had not decided to study abroad.

The cost is a factor to consider—my month abroad cost me about \$2,500 total. That being stated, scholarships are available to help ease the burden, you just have to look for them! The variety of opportunities include the IPSF Student

Exchange Program, Global Travel Grants, and rotations during the P4 year.

Applying for these programs is simple. The first part of the application for the Student Exchange Program is due on December 1st, and the application can be found on [pharmacist.com](http://pharmacist.com), or I can send you the PDF. Applications for Global Health Grants can be found at [globalhealth.pitt.edu](http://globalhealth.pitt.edu). Those applications are due February 14th, 2011.

Good luck, and feel free to email me with questions ([julia.sasanko@gmail.com](mailto:julia.sasanko@gmail.com)).

## Rho Chi Updates

By Svetlana Goldman

This past month Rho Chi students helped organize a blood drive on October 14th where 70 people donated blood. We are planning on having another blood drive on December 1st and sometime in April. Our previous Adult Rehabilitation Center health talk at the Salvation Army involved talking with the men about hypertension including diet, exercise, and pharmacologic treatments.

Next month we will be discussing Hepatitis. We sold business cards

last month and will be selling lab cards in the near future. Amanda Eckenrode and Melissa Ruminski organized several tutoring sessions for Biochemistry and Anatomy and Physiology. If you are interested in individual tutoring on any subject matter email Amanda [ame21@pitt.edu](mailto:ame21@pitt.edu) or Melissa [mer69@pitt.edu](mailto:mer69@pitt.edu).

Pat Epple, PPA Executive Director, came to speak for the professional lecture series about the importance of being an advocate for change and

getting involved in professional organizations. Remember that as a student you can promote change through simple efforts such as letter writing campaigns, calling your legislator, or even setting up an appointment to meet with them in person. Some upcoming events include the Koch lecture in March with Dr. Stephen Schondelmeyer. Rho Chi wishes everyone good luck on their exams and a great Thanksgiving Break!

## Kappa Psi: Let the Pledging Begin!

By Julie Styche

Upon induction at the beginning of October, Kappa Psi's fall pledge class has been busy learning about the fraternity's history as well as getting to know the Brothers. In addition to weekly meetings, the pledges joined the Brothers for the annual Fright Farm trip, which includes singing songs by the campfire and cooking s'mores before embarking on a haunted hayride that leads to an even more frightening haunted house. The pledges also had the opportunity to meet and learn about their KY lineages during the "Big Little" dinner at Spaghetti Warehouse, and it seems as though all are excited for the upcoming scavenger hunt, which always proves to be a great bonding experience. Finally, Brothers and pledges alike celebrated the Halloween weekend dressed in costumes such as "Lady Gaga," "Snooki" and "Mr. Potato Head."

In addition to the fun of pledging, the KY Brothers have been enjoying their time serving the community. Some contributed their cooking skills in the kitchen of Family House, where they prepared breakfast, complete with French toast, hash browns and sausage, for the temporary residents. Others volunteered at Union Project, a non-profit organization and community center which serves surrounding Pittsburgh neighborhoods "through the arts and through community-based programming" like ceramics, stained glass, fitness and dance classes. Brothers volunteered by helping the organization with yard work: weeding, digging out shrubs and replanting a tree. Still more Brothers volunteered their time at Global Links, helping to sort and pack surplus medical supplies donated by U.S. hospitals to send to countries in need, such as Cuba, Guatemala, Honduras, Jamaica and more.



## PI Spotlight



### Liz Ciuchta

Undergrad: 2 years at Pitt

Hometown: Bellefonte, PA

Pharmacy Experience: Independent community pharmacy - Plumb's Drugstore

Thoughts on pharmacy school thus far: Liz likes the supportive environment of the School of Pharmacy and enjoys being surrounded by other motivated and like-minded students.

Fun Fact: Liz grew up playing golf and can shoot in the low 80's for a round of 18.

Dream job outside of the pharmacy profession: Photographer

*Contributed by Laura Mincemoyer*

## Teaching Across Countries and Generations (Continued from Page 3)

The long trek to America was not as simple as Dr. Dixit expected. After arriving at the JFK airport in New York, instead of going to Pittsburgh, he was driven to a hospital on Staten Island. Someone on his flight was very sick and the authorities decided to quarantine several passengers. He was given a few options, one to go back to India by the next available flight or stay in the hospital for up to one year and another to undergo extensive medical testing. For the next couple of days he underwent extensive medical check-ups and was allowed to go to Pittsburgh to begin his fellowship. Dr. Dixit worked long hours beginning at 6 am and finishing at about 11 pm every day, 6-7 days a week. He describes how he practiced his teaching skills during his graduate studies in India. Almost every Saturday his professor would ask his grad students to explain a topic by simply using a piece of chalk and the knowledge in your head. By not relying on a PowerPoint or piece of paper this exercise truly displayed what each student knew on their own. Through his hard work and dedication he was able to complete his Ph.D. at PITT in less than three years. After completing his Ph.D., Dr. Dixit continued his journey at Pitt by becoming an assistant professor. His talents, skills, and dedication in teaching landed him several promotions including Chair of the Department of Pharmacology and Interim Dean of the School of Phar-

macy. His innovative ideas have led to the development of the Departments of Clinical Pharmacy, a Drug Information Center, and Student Health service pharmacy, just to name a few.

Although, what truly amazes his students and colleagues are his numerous talents outside of pharmacy. As I spoke with him, he elaborated on his passion for the performing arts including classical Indian music and folk dancing. He led the development of the Center for the Performing Arts of India, which has showcased many classical Indian musicians in over 1,700 performances throughout universities across the US. Furthermore, he used his tailoring skills not only during college but continued to engage in this art form by making costumes for folk dancers in Pittsburgh. A few of the costumes he made for Indian folk dancers participating in the Pittsburgh Folk Festival were put on display by the Equitable Energy in downtown, Pittsburgh. Furthermore, his love for cooking has led him to develop numerous recipes which he someday hopes to compile in a cookbook.

Some advice that Dr. Dixit has for students is to take on leadership roles, be resourceful, and remember to take care of your health. He says the profession of pharmacy needs more leaders to develop appropriate roles for clinical pharmacy in patient care and to be accepted by other health care professionals and patients. Recently, overcoming hard-

ships including a heart condition and hearing loss, Dr. Dixit realizes that the most important part of life is good health. No matter what your profession or social status health is the greatest determinant of what you can do in life. So as students remember to keep everything in perspective and understand that taking care of yourself should be a top priority. As for studying advice, Dr. Dixit says “sure you can read 100 pages, but what matters is what remains in your mind once you close the book”.

Dr. Dixit is a renowned professor that has touched the lives of many students. Just recently he came across a physician from India practicing as a neonatologist in McGhee Hospital who was his student in Baroda Medical College in India. This doctor approached him and said “Dr. Dixit I think you are teaching my son in pharmacy school”! Not only has he taught students from other countries but he has taught across multiple generations. So for everything that he has done for us, he deserves a grand appreciation and thanks for a job well done. Remember as you walk down the halls the hard work, effort, and dedication in the innovative teaching efforts by professors, such as Dr. Dixit.



## Rho Chi Student of the Month

### Alex Gelfand—P3



*Congratulations to Alex Gelfand for receiving the award for Student of Month for October. Alex is a P3 and is a 23 year old libra. He is a member of APhA and the Dean's Advisory Board. He was the MC (master of ceremony) for What Not to Wear and loved working alongside Dean Kroboth and Dr. Smithburger and helping out the LKS sisters.*

*Alex enjoys being an intern at Giant Eagle and is also a member of the intramural football team named the "Drug Dealers." He loves making people smile and one of his role models is Dr. Paul Schiff. You can also follow Alex on Twitter if you would like to learn more about him! Again, congrats Alex!!*

Contributed by Abbey Schram

## And Now, Some Sudoku

Difficulty: Medium

7			2				6	
	1	2			8		9	
				3	7		2	
			7	1		4		
8	7			4			1	5
		5		8	2			
	3		4	2				
	2		8			1	4	
	8				6			2

Difficulty: Easy

			6	8				
8							3	
1	4	7	9	3	5			
2		4		7		6	1	
	9						2	
	7	8		1		9		5
			5	2	1	7	9	3
	2							1
				6	4			