Welcome Back

UPCOMING DATES

- Voter Registration Drive - October 2nd
- Organization Hour: Speaker Victoria Cooper and Dr. Merrill Norton - October 6th
- Organization Hour with SOAP: Breast Cancer Survivor Panel - October 8th
- Organization Hour with SOAP: Munchies for Mammograms - October 13th
- General Body Meeting - October 15th
- GPhA P1 Liaison Application Due - October 15th
- Operation Heart Step Challenge - October 19th-23rd
- Pharmtoberfest week - October 19th-23rd
September Recap

by Caitlin Williams

Welcome back to our APhA-ASP chapter's monthly newsletter. September was a fun and fast-paced month filled with lots of planning for upcoming events for you all to enjoy and take part in! From operation events, organization hours, and our new first year liaisons, our chapter has a lot to share with you now and in the upcoming weeks. In addition to these events, we are excited to finally announce the plans for this year's annual health fair, Pharmtoberfest. This event will be a great opportunity to get involved in the organizations you are passionate about while promoting the ever-expanding field of pharmacy. One of the best ways to advocate for pharmacy is within the community we are a part of and we are fortunate to once again partner with Kroger to make this event possible. If you have any questions about signing up to help at Pharmtoberfest, feel free to contact me or refer to Aliya Abdulla's email for more information. I hope you enjoy this month's newsletter and have a great rest of your week!
Pharmacy is an amazing career and I know you’ll squeeze everything you can out of it. But, I’d be remiss if I said it was all roses and sunshine - - you know this from taking the drug card exams. There will be times that aren’t so great. As long as you do your best, those down times will pass. Keep your head up and solider through. Always complete the mission. In all that you do, do it with everything you have. Be a solid and unwavering zealot for your patients. If the pressure seems too great to bear, reach out to a faculty member or your classmate and let’s figure it out together. I’m sure that one of those people can help get you back on track. Don’t ever feel like you’re alone, most of us have had strife. Sometimes we all need someone to lean on.
UPCOMING ORG HOURS

OCTOBER 6

JOIN APHA-ASP AS WE HOST VICTORIA COOPER, ADDICTION SPECIALIST, AND OUR OWN DR. MERRILL NORTON TO DISCUSS A PHARMACIST'S ROLE IN ADDICTION TREATMENT, RESOURCES AVAILABLE, AND HOW TO RECOGNIZE SIGNS OF ADDICTION. WE WILL ALSO BE HEARING FINAL WORDS OF WISDOM FROM DR. NORTON AS HE PREPARES FOR HIS RETIREMENT.

OCTOBER 8

ORGANIZATION HOUR WITH SOAP: BREAST CANCER SURVIVOR PANEL

OCTOBER 13

ORGANIZATION HOUR WITH SOAP: MUNCHIES FOR MAMMOGRAMS
Meet your First-Year Liaisons!

SAMANTHA SHARPE
Where are you from? Dublin, GA
What's your favorite food? Tacos, Chips & Queso!
What's your favorite place you've ever traveled? Santorini, Greece
What's the best piece of advice you've ever been given? Enjoy the little things in life
What excites you about APhA? Getting to know everyone and meeting new friends!
What's your dream pharmacy job? Working at an independent pharmacy and possibly owning my own pharmacy

ANGELLE NEWMAN
Where are you from? Augusta, GA
What's your favorite food? I don't think I have one but I'm currently craving loaded nachos
What's your favorite place you've ever traveled? Japan
What's the best piece of advice you've ever been given? Enjoy the journey
What excites you about APhA? Pharmtoberfest!
What's your dream pharmacy job? Clinical pharmacist in a hospital
September: Polycystic Ovarian Syndrome Awareness Month
By Mary Katherine Giles and Hannah Holloway
APhA-ASP Operation Women’s Health Co-Chairs

Roughly 20% of women between the ages of 18 to 44 will suffer from Polycystic Ovarian Syndrome. This condition causes ovaries to develop small collections of fluid filled cysts and impair proper egg development and release. There are many unknowns when it comes to the causes, implications, and treatment of PCOS. It is this reason and many more that the month of September is PCOS Awareness Month. Almost 50% of those who suffer from PCOS will go undiagnosed which can increase their risk of lifelong complications. This month is meant to promote education and research surrounding this disease and to support those who struggle with this condition.

While there is currently no cure for PCOS, there are many potential treatment options. These treatments are used to reduce the occurrence of long term complications such as type II diabetes, heart disease, and endometrial disease. Since there are still no known causes of PCOS, early diagnosis and education are crucial for treatment. Symptoms often arise around the first instance of menstruation in adolescence but can occur later in life as well. These symptoms can include irregular periods, acne, mood swings, and weight gain. If you see or experience one or many of these symptoms, you should contact your primary healthcare provider for further testing.

Types of pharmacological treatment can include hormonal birth control to lower the risk of endometrial cancer and regulate menstruation. Anti-androgen medications can also be used to block the effect of androgens and can help reduce scalp hair loss, facial hair growth, and acne. Also, while not FDA approved, Metformin has been used to treat PCOS symptoms to treat high insulin induced symptoms.

As we increase health literacy and spread awareness, we can allow for more thorough and effective diagnosing and treatment. As we increase education and begin more conversations surrounding PCOS, women are more likely to seek testing and allow for earlier detection and treatment. This month is meant to promote education and research surrounding this disease and to support those who struggle with this condition.

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APhA-ASP is excited to announce that Pharmtoberfest Week will officially be happening October 19-23, 2020. Pharmtoberfest is a college-wide event that engages students, faculty, and the community in honor of American Pharmacists Month. Sponsored by Kroger, Pharmtoberfest Week will highlight the theme for this year: "American Pharmacists Month—What can your pharmacist do for you?"

Due to the pandemic guidelines, Pharmtoberfest will look different than it traditionally has in the past, but the key components will still be highlighted. In the form of a hybrid model, we will be engaging the University and the community during Pharmtoberfest Week with patient education information via trifolds, videos, and virtual games created by College of Pharmacy organizations, point of care testing for blood pressure and blood glucose, and a flu clinic at the College of Pharmacy.

SEE THE LINKS BELOW TO SIGN UP TO VOLUNTEER