THE DAILY DOSE

UGA APhA-ASP Newsletter



In this issue:

SEPTEMBER RECAP

POLICY CORNER

FACULTY ADVICE OF THE MONTH

MEMBER OF THE MONTH

UPCOMING ORG HOURS

MEET OUR FIRST YEAR LIAISONS!

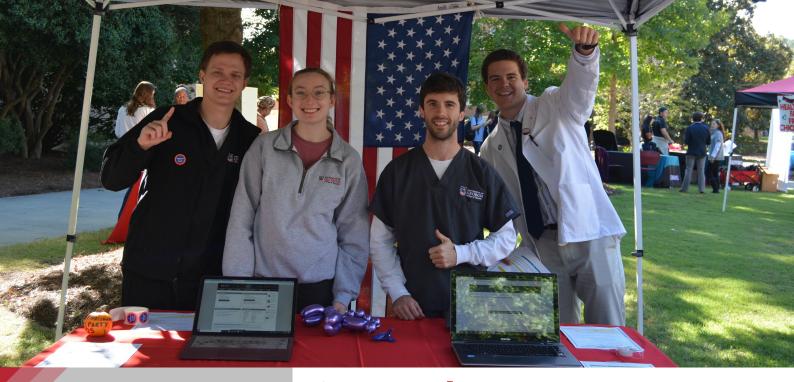
OPERATION INPHARMATION

PHARMTOBERFEST UPDATES

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





POLICY CORNER

ELECTION DAY NOVEMBER 3RD, 2020

REGISTER TO VOTE ONLINE BY OCTOBER 5TH, 2020

- Link to register in Georgia: https://registertovote.sos.ga.gov/
- Link to register outside of Georgia: https://vote.gov/
- Request a mail-in ballot by October 30, 2020
- Link to request a mail-in ballot:
 https://www.nass.org/can-i-vote/absentee-early-voting
- Need more information? Want to know more about the candidates on your ballot? Click here!
 https://www.votelikeabeast.com/



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!

EMILY ROYAL

Where are you from? Fitzgerald, GA What year are you? P3

What is your favorite part about APhA?

I love all the different fields of
pharmacy that are represented through
APhA as well how well they play a
huge role in advocating for our
profession! There are so many
opportunities to be involved no matter
what your interest is and so many
opportunities for networking!
What are your plans after pharmacy

What is a fun fact about you? I used to work at Disney World and LOVE all things Disney!

school? I plan to work in Independent

Pharmacy, hoping to have ownership

one day



FACULTY

Advice of the Month



From Dr. Brian Seagraves

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 solid have. Be and you a zealot unwavering for vour 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.

OCTOBER 6

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

0 C T 0 B E R 1 3

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

What's the best piece of advice you've ever been given? Enjoy the journey
What excites you about APhA?

Pharmtoberfest!

traveled? Japan

What's your dream pharmacy job?

Clinical pharmacist in a hospital

OPERATION INPHARMATION

September: Polycystic Ovarian Syndrome Awareness Month

Roughly 20% of women between the

By Mary Katherine Giles and Hannah Holloway APhA-ASP Operation Women's Health Co-Chairs

ages of 18 to 44 will suffer from Polycystic Ovarian Syndrome. condition causes ovaries to develop small collections of fluid filled cysts and impair proper egg development and release. There are many unknowns it the when comes to 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 education and promote research surrounding this disease and to support those who struggle with this condition.

there PCOS, many potential are treatment options. These treatments are used to reduce the occurrence of long term complications such as type II heart disease. diabetes, and endometrial disease. Since there are still no known causes of PCOS, early diagnosis and education are crucial for

While there is currently no cure 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 allow for more can awareness, we 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 is a month for women to share their experiences with one another and spread hope. Through education, research, and awareness we can make a difference in how patients and healthcare providers polycystic treat ovarian syndrome.

https://www.mayoclinic.org/diseases-conditions/pcos/symptoms-causes/syc-20353439

https://www.womenshealth.gov/a-z-topics/polycystic-ovary-syndrome#10 https://www.washingtonfertility.com/blog/why-is-pcos-awareness-month-so-important

PHARMTOBERFEST II P D A T F S

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