



# PITT CAPSULE

YOUR MONTHLY NEWSLETTER  
ABOUT PITTPHARMACY!

**JANUARY  
EDITION**

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## HAPPY 2025!

APHA HOPES EVERYONE  
ENJOYED HAS A HAPPY  
NEW YEAR AND A  
GREAT START TO THE  
SEMESTER

## Congratulations P1s!



FOR  
RECEIVING  
YOUR WHITE  
COATS

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# **APhA–ASP: American Pharmacists Association Academy of Student Pharmacists**

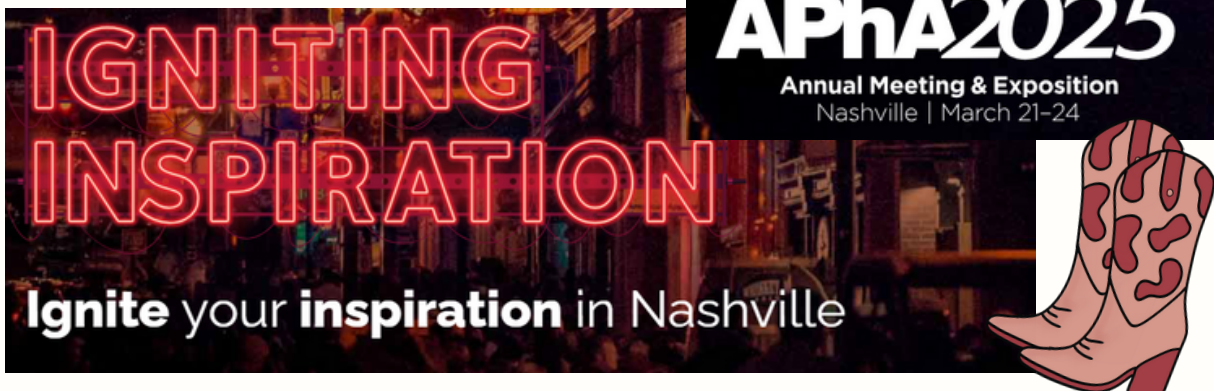
Author: Shannon Osborne (P3) Membership Vice President

Welcome back, students! We hope everyone enjoyed their time off and got some well-needed rest. With classes starting back up, it was great to reconnect with everyone before classes started to get busy again. Congratulations to the PI students for receiving your white coats! The white coat ceremony remains a favorite memory of many student pharmacists. On behalf of APhA-ASP, we congratulate you and encourage you all to keep up the hard work!

The APhA annual convention is coming up! The annual convention is a great way to network with fellow APhA members, practicing pharmacists, and student pharmacists from different schools. At the convention, students have the opportunity to learn about many different leadership opportunities in APhA, attend seminars, and learn more about various areas of pharmacy practice. We highly recommend attending the APhA Annual Convention as a Pitt student pharmacist. The convention will be March 21-24 in Nashville, Tennessee. Our president, Mandy Race, held an informational meeting regarding travel information on Thursday, January 30 at 12 PM in room 5900. Thank you to everyone who attended! If you were not able to make it, please reach out to Mandy Race at [MRRI02@pitt.edu](mailto:MRRI02@pitt.edu).



With Pharmacy Week approaching at the end of February, we are busy planning games and activities for teams of students to participate in throughout the week! Each day will feature a different activity, with a prize awarded to the winning team. The team accumulating the most points throughout the week will receive funds to use in bidding at the PLS auction! Pharmacy Week is a great opportunity to build comradery between the student classes at Pitt Pharmacy. We're excited to see students have fun and get to know their classmates better during pharmacy week.



# AAPP: The American Association of Psychiatric Pharmacists

Author: Samantha Richard (P3) Secretary

The American Association of Psychiatric Pharmacists (AAPP) wishes everyone a great spring semester! We have a variety of events planned for the upcoming months - we encourage everyone to come by and learn more about psychiatric pharmacy! Such events include a residency showcase, our Deans theme event, naloxone training, PAI week blanket-making, and de-stress events scattered throughout the semester. We are also looking for students to fill our Eboard for next year!

Our residency showcase features residents from UPMC Western Psychiatric Hospital who share insights on the field of psychiatric pharmacy, their role as residents, and the research projects they are conducting. It is a great opportunity to learn about this area of pharmacy as well as ask for advice about pursuing a residency. We also offer shadowing opportunities at Western Psych, allowing students to observe a psychiatric pharmacist's daily routine and gain a deeper understanding of their responsibilities. A naloxone training will also take place this semester, providing education to students about when and how to administer naloxone. Finally, de-stress events, such as candy jars, bookmark painting and more, will be organized throughout the semester to give everyone a chance to relax from schoolwork and have some fun!

Last, but not least, we are looking for students to fill Eboard positions for next year! Open positions will include: Secretary, Treasurer, Education and Training Chair, Community Outreach Chair, Research Chair, Wellness Co-Chairs. Please join us at events to learn more about psychiatric pharmacy and feel free to reach out if you are interested in taking on an active role in AAPP!



# AMCP: Academy of Managed Care Pharmacy

Author: Mason Laudermilch (P3) Director of Communications

Welcome to the spring 2025 semester! There are many big things that have happened within AMCP this year! Prior to the start of the semester, we wrapped up our local P&T competition and our winning group was Team 25003: Atreya Ghosh, Tina Pham, Lydia Nguyen, and Jolie Nguyen! We thank all judges and students that participated since a lot of time and effort went into building and analyzing complex pharmaceutical documents in order to complete this. As of now, we have sent the winning team's presentation to AMCP nationals to see if they are chosen to compete at the upcoming annual competition in Houston, Texas! We wish the team the best of luck and hope they get a chance to exemplify their managed-care abilities. We have begun the sign-up process in collaboration with other student organizations, such as Student Industry Organization and Pittsburgh Pharmacy Investment Portfolio. We want to thank them for all of their help with this process.

If you have any questions about attending the AMCP annual conference in Houston this year, please feel free to reach out to us. We are at max student capacity, but we would love to talk to you about other ways to get involved within AMCP. Finally, here we have some highlights for the P&T competition and our QR code for E-board positions:



# APhA-ASP: Operation Reproductive Health

Author: Pola Katsanos (PI)



## Breast Cancer Awareness “Month” is Every Month

Although breast cancer rates remain relatively low at 49 per 100,000 women, it continues to be the most prevalent cancer among women globally. Breast cancer can impact women of any age, starting with an early onset stage in one's 20s, with an average diagnosis age at around 62 years old.

Being in pharmacy school allows us to understand the epidemiology, risk factors, protective factors, and screenings that are available to women. Some risk factors of breast cancer can include family history, so it is important to speak with older women in your family about genetic inheritance of this disease. Additionally, any increase of estrogen in late menopausal years can increase the risk for breast cancer. Lastly, women who begin menstruation before the age of 12 or have children after the age of 35 have increased risk factors for breast cancer. Other risk factors include history of radiation treatment of the chest, past history of breast cancer, and being a woman.

Early in one's 20s, some preventative factors that influence health are to ensure sustainable diet and exercise. Diets high in fiber can decrease the risk of getting breast cancer, including foods such as whole grains, fruits and vegetables, legumes, seafood, and foods that contain isoflavones. Avoid red and highly processed meats, saturated fats, caffeine, sugars, and alcohol. Regular exercise is strongly linked to decreasing the risk for breast cancer, and many other cancers as well. Women who exercise decrease their chance of breast cancer by 10-20% compared to women who do not regularly exercise.

UPMC Magee Hospital has screening and treatment options available for early diagnosis of breast cancer. Working closely with Hillman Cancer Center, the physicians at this hospital work to prevent and cure any cancer that may impact their patients. Treatments include surgery, radiation therapy, chemotherapy, and targeted therapies, which are tailored to the patient's needs.

We have 2.9 million breast cancer survivors that live in the United States alone! You can support these survivors by being a good listener and offering practical help, especially if they are going through current treatments. Emotional help includes listening, giving reasonable advice but being able to recognize when they just need to be heard, and being honest about their feelings. Practical help can include making food for them, gifting small items that bring them happiness, and offering help with any errands or chores they may have. Other positive ways to support these individuals include joining them for a walk, sharing a joke or laugh, and educating yourself about breast cancer to help answer any questions they may have.

## LET'S BE AWARE

We can fight breast cancer together



# **ASOP: Association of Student Oncology Pharmacists**

Author: Morgan Faircloth (P3) Secretary

The Association of Student Oncology (ASOP) wishes Pitt Pharmacy a happy New Year! ASOP is an organization that aims to educate students on various aspects of cancer, such as awareness, treatment, and the roles of healthcare professionals in oncology. Some events you can expect are cancer awareness tabling events, guest speakers in the field of oncology, and oncology chats. These are all great opportunities to learn about ways to enhance patient care, stay up to date on new medications, and get involved in a specialized area of pharmacy.

January was a busy month for ASOP filled with many exciting events! For our monthly tabling event, we raised awareness for Leukemia by addressing topics such as the prevalence, risk factors, and the role of pharmacists in caring for patients with Leukemia. Towards the end of January, we had our first general body meeting (GBM) of the semester to introduce the organization and discuss plans for the semester. Additionally, ASOP was represented at the E-board fair to speak about our open E-board positions for the upcoming school year.

We are hosting a variety of events in February that we encourage students to attend. You can look forward to an oncology chat session, guest speakers, a melanoma awareness tabling event, and an in-depth E-board information session. As always, you can follow us on Instagram @asop\_pittpharmacy to stay updated!



# **ISPOR: International Society for Pharmacoeconomics and Outcomes Research**

Author: Jolie Nguyen (P2) Secretary

ISPOR hopes everyone had a great first month of the semester! While we haven't hosted any events recently, our Executive Board members—Lydia Nguyen, Jolie Nguyen, Atreya Ghosh, and Tina Pham—represented ISPOR in AMCP's P&T Competition on Tuesday, January 7th, 2025. We are thrilled to share that our team won the competition! We had an incredible experience and are honored to represent Pitt Pharmacy in the national competition's entry round.

ISPOR was also at the E-Board Fair on Monday, January 27th, 2025 and we are currently seeking a Business Manager! If you are a PI or P2, we encourage you to apply using the QR code below. Applications will close on Friday, February 14th at 11:59PM. If you have any questions about the role, please contact our President, Carla Medina-Gil (cpm52@pitt.edu), or our President-Elect, Tina Pham (ttpl2@pitt.edu).

We wanted to share some upcoming events - the ISPOR x AMCP HEOR Fellowship Panel will be on Wednesday, February 19th, 2025 at 12:00PM. Our current and incoming HEOR fellows at Pitt Pharmacy will be discussing their experiences as a fellow and the fellowship application process. More details, including the room number, will be shared soon. The SIO x ISPOR HEOR Guest Speaker Event will be on Wednesday, March 26th, 2025 at 12:00PM (room TBD). We are excited to welcome Dr. Brent Milovac, Associate Director of Medical Outcomes at LEO Pharma and a former HEOR pharmacist, who will share insights into his career in health economics.

For any questions, feel free to reach out to us at [isporpitt@gmail.com](mailto:isporpitt@gmail.com). We look forward to seeing you at our next event!



# ISPOR

*Improving healthcare decisions*

# Kappa Psi: Kappa Psi Pharmaceutical Fraternity, Incorporated

Author: Colin Schurek (P3) Corresponding Secretary

Hey everyone!

It certainly is cold, isn't it? The Brothers of the Beta Kappa Chapter of the Kappa Psi Pharmaceutical Fraternity, Inc., are excited to be back in the halls of Salk Hall, the streets of Pittsburgh, and occasionally tucked underneath a blanket for warmth!

Every year, the Corresponding Secretary of our Chapter has the honor of announcing a truly joyous accomplishment and occasion! This, of course, is the addition of 32 new Brothers into our Fraternity! We have gotten to know them all very well over the course of the fall semester, and we are so happy that they are officially part of Beta Kappa! In January, new Brothers attended an E-Board fair for our Chapter to learn about the plethora of leadership opportunities and ways to get involved! Another joyous day followed, where 30 of our new Brothers received their White Coats at the 23rd Annual Dr. Gordon J. Vanscoy White Coat Ceremony! Over 15 of our upperclassman Brothers came out to support them, and we were so excited to cheer them on during this exciting milestone in their pharmacy career—we can't wait to see what they accomplish!



Our Chapter looks forward to a new Executive Board being chosen in the coming month, Pitt Day of Giving, philanthropy and school spirit events, and the Mountain East Province Spring Assembly held in Baltimore, MD! We hope everyone stays warm, and we will see you next month!

**KΨ**  
Kappa Psi  
Pharmaceutical Fraternity, Inc.

# PLS: Phi Lambda Sigma

Author: Elle Midey (P2) Secretary



On Monday, January 27th, Phi Lambda Sigma (PLS) hosted its annual Executive Board (E-board) Fair at Pitt Pharmacy, providing students with a unique opportunity to explore leadership roles within the diverse range of student-run pharmacy organizations. The event is designed to introduce students to the various clubs that contribute to the rich academic and professional environment at Pitt Pharmacy. Each organization was represented by a slide presentation, highlighting their mission, available leadership positions, and key dates for upcoming elections.

The E-Board Fair allowed students to interact directly with club representatives, ask questions, and gain insights into how they could get involved in shaping the direction of these influential organizations. With each club presenting detailed information on leadership roles, attendees had the chance to learn about the responsibilities and expectations of holding an executive board position. In doing so, the fair underscored the importance of developing leadership skills, which are essential not only for personal growth but also for success in the pharmacy profession.

This event also emphasized the significance of extracurricular activities in complementing the academic experience. Students were reminded that participation in leadership roles helps foster teamwork, problem-solving abilities, and communication skills—qualities that are highly valued in professional settings.

Beyond the informational aspect, the E-Board Fair also created a sense of community among students, as it provided a space for networking and shared experiences. By engaging with peers and learning more about the leadership opportunities at Pitt Pharmacy, attendees can envision how they could contribute to these organizations and build lasting connections.

The E-board Fair is a core part of Phi Lambda Sigma's mission to inspire leadership and active involvement in the pharmacy field. Through events like this, PLS continues to empower students, ensuring they are equipped to take on leadership roles in their careers and make meaningful contributions to the profession and their communities.



# PPA: Pennsylvania Pharmacists Association

Author: Alayne Gaghan (P3) Communications Ambassador

Happy February! We hope everyone had a wonderful winter break and is feeling rested and ready for a new semester. In case you need a refresher, the Pennsylvania Pharmacists Association (PPA) focuses on advocating for pharmacists in PA and advancing the profession. We are involved with many pharmacy topics such as policy making and advocacy, industry, community, and hospital. There is a place for everyone in PPA!

PPA has had many fun and informative events throughout January! On January 14th, we hosted Pitt Pharmacy's PPA Annual OTC Competition. The competition was held between teams of no more than 3 people apiece. The competition determines who will represent Pitt at the competition in the PPA Annual Conference. We had our first GBM of the spring semester on January 22nd and focused on information about the upcoming PPA conference as well as the E-board positions that will be open for applications this semester. On January 27th, we held our Spring membership drive in the atrium. PPA members were able to receive a free Panera pastry by showing proof of membership. PPA also hosted an event with Dr. Rebitch that focused on common OTC herbal supplements. For this Dean's theme event, we discussed drug interactions and other important counseling points to provide to patients at the pharmacy. Teaching patients about caution with herbal supplement use is a valuable skill to have as a student pharmacist. At the end of the session, students were able to participate in an interactive Kahoot to test their knowledge!

We are so excited to attend the PPA Annual Conference from February 14th to 16th! It will be a great event to network, advocate, and learn from fellow student pharmacists and pharmacists around Pennsylvania. We are also excited to hold more events at PittPharmacy throughout February and the rest of the spring semester



**Pennsylvania  
Pharmacists  
Association**

Be sure to follow us on Instagram @ppa\_pitt to stay up to date on our upcoming events and fundraisers! We cannot wait for next month's events and look forward to continuing to grow as young professionals while advocating for pharmacists in Pennsylvania.

# PPIP: Pittsburgh Pharmacy Investment Portfolio

Author: Jessica Michel (P2) Director of Communications

PPIP is glad to be back in Salk Hall for a fresh start. At our first GBM this semester, we discussed some industry news as well as our plans for this Spring. Additionally, this semester, we will be gaining three new E-board members!

We are excited to continue the E-board member selection process. These positions are a great way for you to gain leadership experience in our unique organization. Applications recently closed and more information on the interview process will be released soon.

Also, this March, our annual Due Diligence event will be taking place. The Due Diligence event provides an opportunity for groups of students to collaboratively research and evaluate a healthcare stock. Participants will learn the best practices for investing in the healthcare sector of the stock market, and gain experience in the necessary financial analysis and decision-making. This event will be hosted on March 27th. This opportunity will be Suitable dashboard approved for innovation/entrepreneurship.

The next event we are most excited for is our annual Consulting Competition. This team-based event allows participating students to work on a case and make decisions on pharmaceutical companies. This competition will be led by some Pitt Pharmacy alumni who are currently in the consulting field. By participating, students will gain valuable practice in strategy, decision-making, and the pharmaceutical industry from current professionals. This event will take place on April 11th.

More details on the timing and room locations of these events will be announced soon! There will also be food at both events for whoever attends!

Finally, we would like to thank all of the students who came out and presented their portfolios and strategies to the judges for this year's BIFL competition! We would like to congratulate Cameron Noval again on being the BIFL winner.

As always, if anyone is interested in being involved in PPIP or needs internship-related advice, please do not hesitate to reach out to one of our current E-board members: Krishi Akenapalli, Brian Vo, Christine Chen, Fatama Shareef, Jessie Michel, Jigar Dadarwala, John Zhou, Jolie Nguyen, Lily Turner, and Shawn Carroll.

Good luck this semester!

PPIP



# Rho Chi: Academic Honor Society in Pharmacy

Author: Alayne Gaghan (P3) Historian

Happy January! Rho Chi hopes you had a wonderful winter break and are looking forward to a new semester. As a reminder, Rho Chi is the academic honor society at Pitt Pharmacy. We focus on advancing pharmacy through sustained intellectual leadership. We are involved throughout the pharmacy school in many ways and are always trying to help out the classes below us!

Our co-tutoring chairs are hard at work making the exam review sheet for us to hold reviews with the Pls and P2s to help them prepare for their upcoming exams. We are grateful for the opportunity to help the other classes while they are preparing for exams and hope these review sessions are beneficial to their studying. Rho Chi also participated in Pitt Pharmacy's annual E-board fair on January 27th to showcase what E-board positions we offer for the upcoming P2s and Pls that will join us this year and next. We will continue our monthly health talks at the Salvation Army in February and March. Stay tuned for our upcoming topics!

We have plenty to look forward to next month throughout the rest of this semester, including exam reviews, fundraisers, and talks at the Salvation Army. Be sure to follow us on Instagram @rhochi\_alphaomicron to stay up to date on our upcoming events and fundraisers, as well as meet the E-board! We are so excited to continue to be intellectual leaders in the School of Pharmacy and assist the Pls and P2s in their pharmacy school journeys.



# **SIO: Student Industry Organization**

Author: Lily Turner (P3) Vice President of Communications

Hello student pharmacists, faculty, and staff!

The Student Industry Organization had a great January! On January 22 at 12 PM, SIO hosted a jeopardy event. The categories included Drug Discovery, Regulations, Clinical Development, and Novel Drug Approvals. It was an opportunity for students to test their knowledge on pharmaceutical industry-related topics.

Along with this event, SIO has been continually supporting students in searching for internships in the pharmaceutical industry. Stay updated by following [@siopitt](#) on Instagram. Use the links in the bio to locate tips about searching for internships and a list of internships to apply for.

There will be more events coming up in February, including the Annual Student Industry Organization Symposium! Make sure to look in your email for the sign-up link.

If anyone has any questions or ideas, please feel free to reach out at [studentindustryorg@gmail.com](mailto:studentindustryorg@gmail.com).

The logo for the Student Industry Organization (SIO) features the letters "SIO" in a large, bold, orange serif font with a thin blue outline. The letters are centered within a white rectangular box that has a thick blue border.

Student Industry Organization

# SSHP: Student Society of Health System Pharmacists

Author: Joya Scibek (P3) Internal Career Development Chair

Welcome back to another semester everyone!

We hope you all had a great winter break and are staying warm here in Pittsburgh. Our most recent event was our trip to Mid Year in New Orleans! We had the opportunity to present a poster during the Student Society Showcase. We presented the results of our over-the-counter birth control tabling event from earlier in the year. During this time we also talked to students from different schools and looked at posters about their club events. In the following days of the convention, students were able to network with residents and residency directors of different programs from all over the country. Good luck to all P4s who are currently applying to residency programs! If you weren't able to attend, we hope you took advantage of the residency showcase we had in Salk Hall back in November. We had local residency programs come in to answer any of your questions.

To any P3 student who is interested in attending Mid Year next year, the conference will be held in Las Vegas, Nevada! Please be on the lookout for more events coming this semester!

