

THE PILL PRESS

March Issue



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March Issue

Hello, and welcome to the second ever issue of UKH Pharma's Pill Press, we have a lot to recap from this month as it was full of celebrations, holidays, and of course something we students are never short of—exams!

celebrations this month ranged from cultural events like Newroz to religious practices like Ramadan and Easter, with some other events sprinkled between them! so join us as we reflect on march of 2024,

NEWROZ

KURDISH NEW YEAR

Newroz is the Kurdish new year, marking the first day of spring and beginning of the year in the Kurdish calendar. The lighting of the fires on the evening of March 20th is the main symbol of Newroz among the Kurds. It's considered the most important festival in Kurdish culture, and is a time for festivities such as picnics, family gatherings, preparation of traditional foods, games and dancing. On the eve of Newroz in northern Kurdistan, specifically Akre, bonfires are lit on the Sare Kale mountain. These fires symbolize the passing of the dark season, winter, and the arrival of spring, the season of light. Kurds celebrate Newroz wearing traditional Kurdish clothes and tune in to a variety of well-known Kurdish songs from folkloric classics like Hassan Zirek, to Badini renditions such as Romi Harki,

This year we enter 2724 with high hopes and ambitions, we already faced our first tough challenge as by the yearly rotation of Ramadan, we were fasting and very limited to our traditions. This coincidence is a story we'd ask our parents about from their youth back in the day. How strange is it that now we get to live through it and tell the next generation about the experience.



Although we couldn't celebrate Newroz to our expectations, UKH's Student Support and Wellbeing Centre (SSWC) organized a remarkable Spring Festival for our students on the 6th of March. The festival featured a diverse range of activities, including a Kurdish themed bazaar, mouthwatering food stalls, and engaging stage and singer performances. 16 of our pharmacy students attended the festival wearing traditional Kurdish clothes and they all praised the organizers for putting together such a remarkable event.



Ramadan: nourishing the body & soul

As Ramadan unfolds, Muslims worldwide dive into the spiritual journey of fasting from dawn till sunset. But did you know that beyond its religious significance, Ramadan fasting packs a punch with numerous health benefits, making it a win-win for both body and soul.

Picture this; by abstaining from food and drink during daylight hours, you're giving your digestive system a much-needed break. It's like hitting the reset button, leading to improved digestion, a turbocharged metabolism, and better nutrient absorption.

And that's not all! Fasting becomes your secret weapon for fat loss and weight management. By coaxing your body to burn stored fat for energy and fine-tuning your insulin levels, you're not just shedding pounds but also reducing the risk of type 2 diabetes. It's a double win for your waistline and well-being.

Here's the kicker: fasting triggers a cellular clean-up crew called autophagy, which sweeps away damaged cells and toxins, paving the way for cellular repair and rejuvenation. Translation? Improved immune function, longevity, and disease prevention—all in one fasting package!

Remember, moderation is key. If you have medical conditions or dietary restrictions, consult healthcare pros and nutritionists to tailor your fasting experience safely.

Easter celebration

Easter, a cherished Christian celebration, arrives each year in March or April, marking the resurrection of Jesus Christ. It's a time for families and communities to gather, share traditions like decorating eggs, and reflect on the profound message of faith and renewal.

Beyond the festive rituals, Easter is a time for spiritual growth and unity. Whether attending church services or simply spending time with loved ones, it's an opportunity to deepen our connection to God and each other.

Whether you celebrate Easter or not, you can still appreciate the spirit of community and fellowship that accompanies this time of year. Reach out to friends who celebrate Easter, exchange greetings, and join in their joyous festivities if invited. It's a chance to strengthen bonds and share in the warmth of togetherness.

As we embrace the essence of Easter, let's remember to extend kindness and understanding to those around us, regardless of our differences. May this season inspire us to foster connections, celebrate diversity, and spread love in our communities.

Vitamin vacancy: deficiency disclosure

Feeling Fatigued? Might be Vitamin D Deficiency!

Low levels of Vitamin D can lead to a lack of energy and persistent fatigue, making it harder to tackle daily tasks with enthusiasm.

Additionally, inadequate Vitamin D levels have been linked to weakened immune function, leaving you more vulnerable to infections.

Soaking up some sunshine or incorporating Vitamin D-rich foods into your diet can help keep your energy levels up and your immune system strong.



Incorporating B12-rich foods like meat, dairy products, and liver into your diet can help replenish your levels and get you back to feeling your best.



Are You Feeling Drained? It Could be a Lack of Vitamin B12

If you've been experiencing headaches, loss of appetite, palpitations, or even vision problems, it might be time to check your Vitamin B12 levels. This nutrient plays a crucial role in maintaining our energy levels and overall well-being. Symptoms like numbness and muscle weakness can also be signs of B12 deficiency.

Tired all the time?

Iron deficiency can leave you feeling constantly fatigued, no mind how much sleep you get, along with other symptoms like fatigue, weakness, and even shortness of breath.

But the effects of iron deficiency go beyond just that, it can also cause pale skin, dizziness, and even difficulty concentrating. If left untreated, it can lead to iron deficiency anemia, a condition that can impact your ability to perform daily activities and affect your quality of life

with dietary changes, it can be quite easy to treat this deficiency. So don't forget to incorporate lean meats, beans, spinach and fortified cereals to your diet!

nutritious nibbles

Recipe for a nutritious and not-so-boring salad!



Ingredients:

- 4 cups mixed greens (rocket, lettuce)
- 1 cup diced tomatoes
- 1/2 cup cucumber, sliced
- 1/4 cup red onion, thinly sliced
- some feta cheese, crumbled
- handful of mixed nuts (like almonds or walnuts)
- 1/4 cup bell pepper, thinly sliced (optional)
- 1/4 cup pomegranate seeds (optional)

dressing:

- 2 tbsp extra virgin olive oil
- 1 tbsp pomegranate molasses
- lemon juice
- mint (dry or fresh)
- Salt to taste



Instructions:

1. In a large salad bowl, combine the mixed greens, cherry tomatoes, cucumber, red onion, bell pepper, and pomegranate.
2. In a small skillet, toast the mixed nuts over medium heat until fragrant, about 3-5 minutes. Be careful not to burn them. Remove from heat and let them cool. Add them to the bowl
3. Sprinkle the crumbled feta cheese over the salad.
4. In a small bowl, whisk together the ingredients for the dressing
6. Drizzle the dressing over the salad and toss gently to combine.
7. Serve immediately as a nutritious and delicious meal or side dish.

Feel free to adjust the ingredients and quantities to suit your taste preferences. Enjoy your nutritious salad!

Final breath of inspiration: remembering Paul Alexander



On March 11, 2024, the world lost a great soul, Paul Alexander, whose life story is nothing short of a lesson in resilience and optimism. Alexander, who had been confined to an iron lung since the age of six due to polio, not only survived, but thrived, shifting his story from one of limitation to one of infinite inspiration.

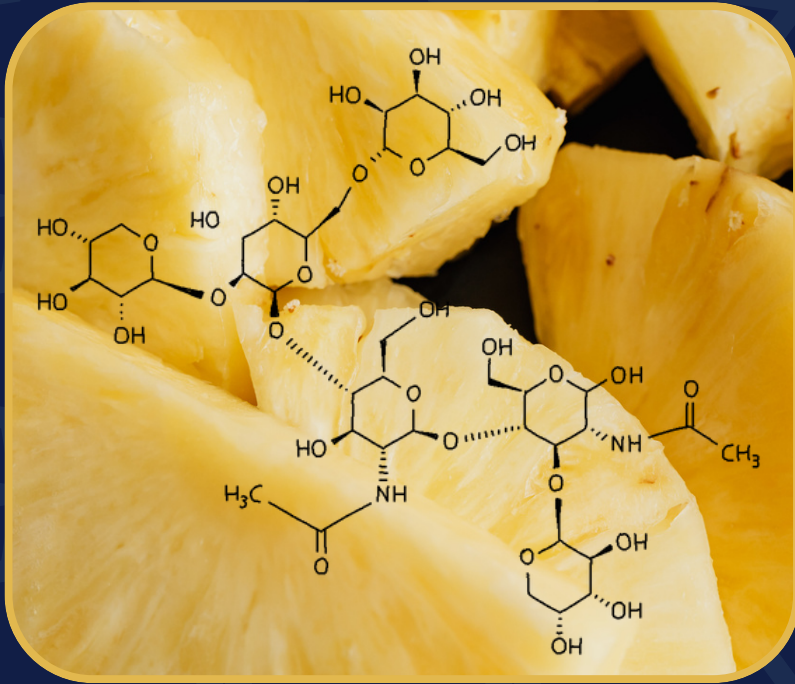
Paul Alexander, a man of strong spirit, overcame all physical limitations to pursue a profession in law, write an uplifting memoir, and become an outspoken advocate for the disabled. His tools? A pencil, a straw, and unwavering determination defied social conceptions of disabilities.

Final breath of inspiration: remembering Paul Alexander

His passing leaves a legacy that continues to inspire not only those in the medical and pharmaceutical sectors, but anyone facing life's most difficult difficulties. In an age when modern medicine strives to lengthen and improve the quality of life, Alexander's journey from the confines of an iron lung to the halls of justice and the pages of his own story serves as a touching reminder of the human capacity to overcome.

As we reflect on his life in our pharmacy community, we see Paul Alexander not only as a patient, but also as a beacon of hope, demonstrating the strength of the human spirit in the face of hardship. His narrative, characterised by courage, inventiveness, and an unwavering desire to make a difference, broadens our concept of resilience, prompting us all to contemplate what it truly means to live a broad life.

Unlocking the Potential of Bromelain: The Enigmatic Enzyme from Pineapples



Bromelain, extracted from pineapple stems and fruit, is not merely a digestive aid but a versatile powerhouse with a myriad of therapeutic properties. While its digestive prowess is well-documented, few are aware of its ability to break down blood clots, making it a potential ally in cardiovascular health. Moreover, its anti-inflammatory properties extend beyond mere muscle soreness relief; studies suggest it could play a role in managing inflammatory conditions such as arthritis and sinusitis.

Unlocking the Potential of Bromelain: The Enigmatic Enzyme from Pineapples

But let's not stop there. Did you know that Bromelain isn't just confined to supplements and creams? Its tenderizing properties have earned it a place in the culinary world, where it acts as a natural meat tenderizer, enhancing the flavor and texture of dishes.



However, as with any potent substance, caution is advised. Bromelain's interaction with blood thinners can heighten the risk of bleeding, and individuals with pineapple allergies should approach Bromelain supplements with caution to avoid adverse reactions.

Creativity corner

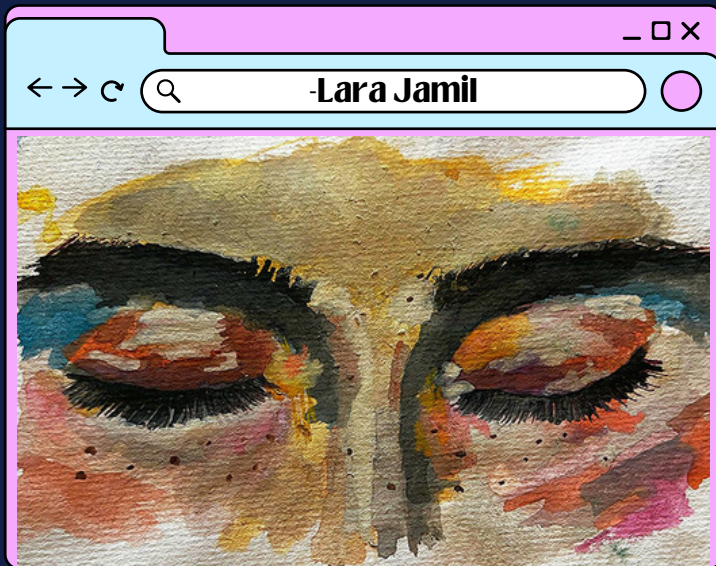
Welcome to the creativity corner!

Here we provide you with new paintings and creative ideas each month that will certainly inspire you. Additionally, we will share activities for you to boost your creativity. Stay tuned!

What is creativity and why is it important?

Creativity is being able to use your mind to create new things.

It allows us to view and solve problems more openly and with innovation and it opens our mind. Since we as future healthcare professionals will face problems on a daily basis, it is a very important tool that we need to master in order to pursue a successful career.



This painting was inspired by the quote "the eyes are the window to the soul".

Since the eyes are closed it indicates a person that is closed off and doesn't want to be read into.

Activity:

Try to relate this painting to your experiences and describe it in your own words.

This is another painting that's more chaotic than the first one, It's messiness and unusual patterns portrays all the different emotions and feelings it's meant to express.

Activity:

Why do you think so many different colors and shapes are used in this painting ?



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Thank you to
everyone
who helped
with the
making of
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Have any feedback?

Or just want to learn more?

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