

The Pill Press

The summer issue



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A letter from Dr Maysoon

Dear Pharmacy Students,

As the head of the Pharmacy Department, I am delighted to address you through our student newsletter. It's always a pleasure to communicate with such a dedicated and promising group of individuals.

First and foremost, I want to extend my warmest congratulations to all of you for your hard work and commitment throughout this academic year. Pharmacy is not just a field of study; it's a calling, a commitment to serving others with compassion and expertise. Each of you has taken on this responsibility with enthusiasm and dedication, and for that, I commend you.

As we navigate through the challenges and opportunities within the pharmaceutical landscape, it's essential to reflect on the significance of our role as future pharmacists. Our profession stands at the intersection of science and humanity, where the decisions we make directly impact the health and well-being of individuals and communities.

I encourage you to remain curious in your education. Take advantage of every opportunity to expand your knowledge, whether through classroom discussions, laboratory experiments, internships, or extracurricular activities. Embrace the dynamic nature of our field, as new discoveries and advancements are constantly reshaping the landscape of pharmacy practice.

As you progress in your journey towards becoming pharmacists, always keep in mind the core values of our profession: integrity, professionalism, and a commitment to serving others. Let these principles guide your actions and decisions, both inside and outside the classroom, as you prepare to embark on your careers.

In closing, I want to express my gratitude for your dedication and passion for the field of pharmacy. You are the future of our profession, and I have no doubt that each of you will make a significant and positive impact on the lives of those you serve.

Wishing you all continued success and fulfillment in your academic pursuits and beyond.

Warm regards,

Dr Maysoon Al-Haideri

SAFE IN THE SUN: SPF essentials



As summer rolls around, the excitement of trips and outdoor adventures is in the air. However, with all the fun in the sun, it's crucial to remember one thing: sunscreen.

The sun's UV rays are strongest during the summer months, and without proper protection, your skin is vulnerable to damage.

UVA rays

These make up about 95% of the UV radiation that reaches the ground. They penetrate deep into the skin and are the primary cause of skin aging and wrinkling. Unlike UVB rays, UVA rays are present with relatively equal intensity during all daylight hours throughout the year.





UVB rays

only about 5% of UV radiation, they are more intense and are the main cause of sunburn. UVB rays play a key role in the development of skin cancers. The intensity of UVB rays varies by season, location, and time of day, with peak intensity around midday during the summer months

Why is SPF important?

an appropriate SPF rating provides a protective barrier against both UVA and UVB rays. A broad-spectrum sunscreen shields your skin from the UVA rays that accelerate aging and the UVB rays that cause burns and contribute to skin cancer.



For optimal protection during the summer, choose a broad-spectrum sunscreen with SPF 30 or higher. Apply it generously before sun exposure and try to reapply every two hours.

Remember, protecting your skin with SPF is not just about avoiding sunburn—it's about safeguarding your long-term skin health.

monkeypox



Mpox (formerly known as monkeypox) has been popping up in the news, so here's a quick rundown of what it is and how it spreads. We're not experts, but we've pulled together some info to keep you in the loop.

Whats the deal with Mpox?

Mpox is a zoonotic disease, meaning it can jump from animals to humans. It's mostly found in parts of Central and West Africa, where it's been detected in rodents, monkeys, and other mammals. The main thing to know is that if someone gets Mpox, they usually develop a rash that goes through different stages, including scabs, before healing.



How Does Mpox Spread?

For most of us, Mpox spreads from person to person. Here's how:

- Close contact with blisters or scabs
- Touching items like clothes, bedding, or towels that someone with Mpox has used.
- Being close to someone with Mpox when they cough or sneeze.

In certain parts of Africa, you could also catch it from infected animals by getting bitten, touching their fur or fluids, or eating their meat if it's not cooked thoroughly.

monkeypox



What Are the Symptoms?

If you do get Mpox, it usually takes 5 to 21 days for symptoms to show up. The first signs are similar to the flu—fever, headache, muscle aches, and feeling wiped out. You might also get swollen glands or chills.

A rash typically appears a few days later, and it can show up pretty much anywhere on your body—your hands, feet, mouth, or even more sensitive areas.

A Friendly Reminder

While we're all learning about Mpox together, this is just some general info. If you're worried or want more details, it's always best to talk to a doctor or check with a trusted health source.

Sereni-tea

Are you feeling stressed or in need of a little relaxation?

Consider incorporating herbal teas into your daily routine. Here are some soothing options to help you unwind and boost your well-being:

Chamomile Tea:

Known for its calming effects, chamomile tea is the perfect way to unwind after a long day. Sip on a warm cup before bedtime to promote better sleep and support your immune system.

Lavender Tea:

Not only does lavender tea taste delightful, but it also boasts numerous benefits. Improve your sleep quality, reduce stress, relieve headaches, and ease muscle tension with this aromatic brew.



Peppermint Tea:

Indulge in the refreshing taste of peppermint tea while also aiding digestion and soothing any stomach discomfort. It's a great pick-me-up throughout the day.

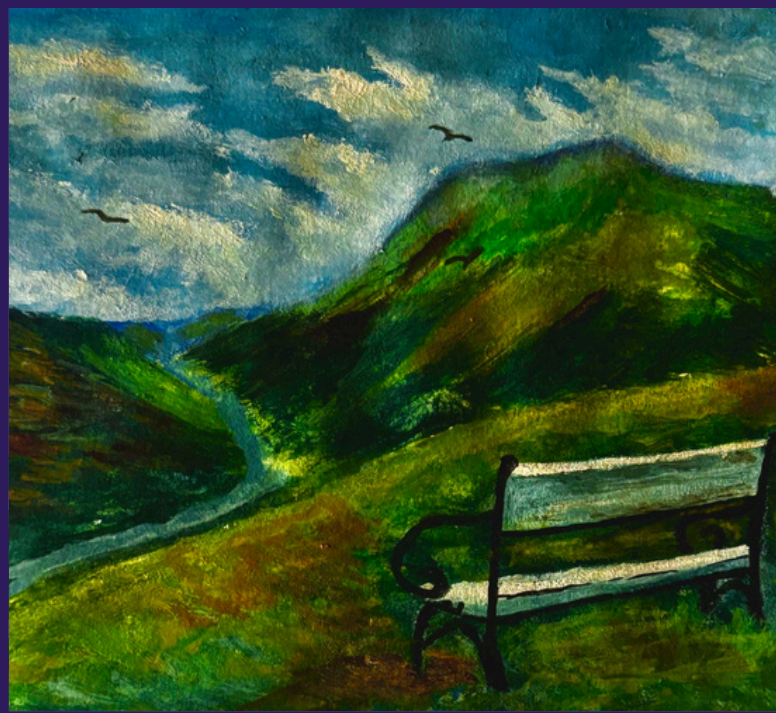
Ginger Tea:

Kickstart your immune system with spicy ginger tea, which also aids in digestion and can help alleviate nausea. Its invigorating flavor is sure to energize your senses.

CREATIVITY CORNER

Welcome to the creativity corner!

Summer is here, and beautiful sunny days are ahead of us. Apart from the sun we will let our creativity shine through as we go on with our adventure of diving into the world of art. This month's corner is all about nature. Nature brings us a sense of calmness as green itself represents life and regrowth.



This painting represents a view that radiates peace and calmness. The perfect view to sit and watch with a cup of tea and perhaps your loved ones around you.

Now its your turn,

What impact does watching nature have on you? And what place would you want to visit to clear your mind and feel at peace?

SANTA MARIA NOVELLA

“OLDEST PHARMACY IN THE WORLD!”



Traveling offers us the chance to explore new places, discover different cultures, and uncover stories that have shaped the world. On a recent trip to Florence, Italy, one of our students had the opportunity to visit a place where history and science converge: the Santa Maria Novella Pharmacy, the oldest pharmacy in the world. This journey was not just another tourist attraction, it was a chance to connect to the roots of our profession and what we stand for. Florence feels alive with history, with every turn a masterpiece is revealed from the grand Duomo to the Uffizi Gallery. Amid this Renaissance elegance sits the Santa Maria Novella Pharmacy, a lesser-known gem with an equally intriguing past. The Santa Maria Novella Pharmacy was founded in 1221 by Dominican friars who grew medicinal herbs in the gardens of their monastery. Initially, the pharmacy was used to prepare remedies for the monks and the local community. Over time, it became known for its high-quality products and opened its doors to the public in 1612.

One of the highlights of their visit was the Sala Verde (Green Room), where the pharmacy's most famous products are displayed. Here, they discovered the legendary Acqua di Santa Maria Novella, a citrus-scented cologne created for Catherine de' Medici in the 16th century. The pharmacy still produces this perfume using the original recipe, and they sell them as souvenirs.

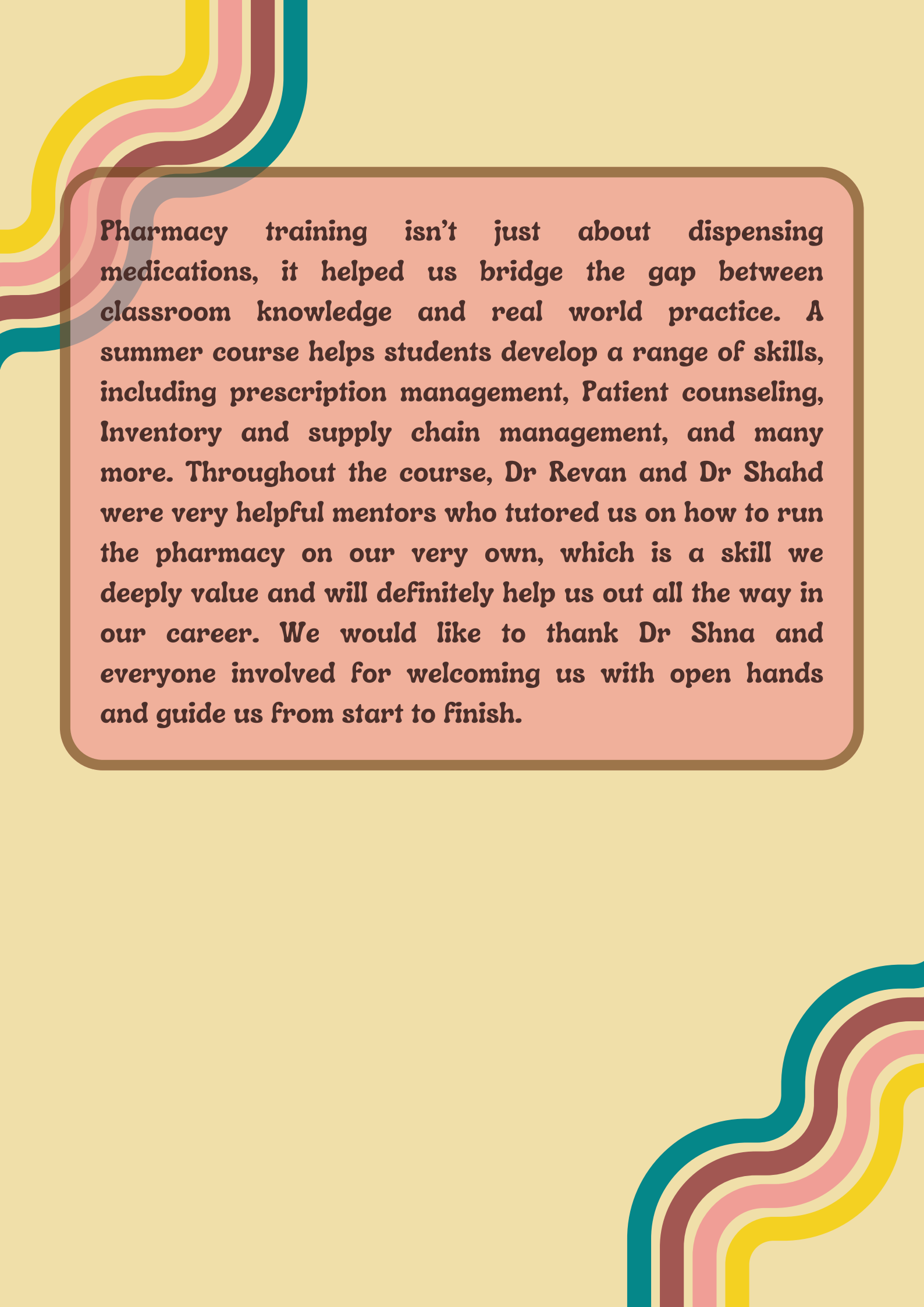


In a world that often prioritizes speed and convenience, the Santa Maria Novella Pharmacy stands as a testament to the enduring value of tradition, quality, and care. It reminds us that some of the most remarkable discoveries are not in the future but in the past, waiting to be rediscovered. If you ever find yourself in Florence, we highly recommend taking the time to visit this extraordinary place. It's more than just a pharmacy; it's a journey through time, where history, science, and art come together to create something truly magical.

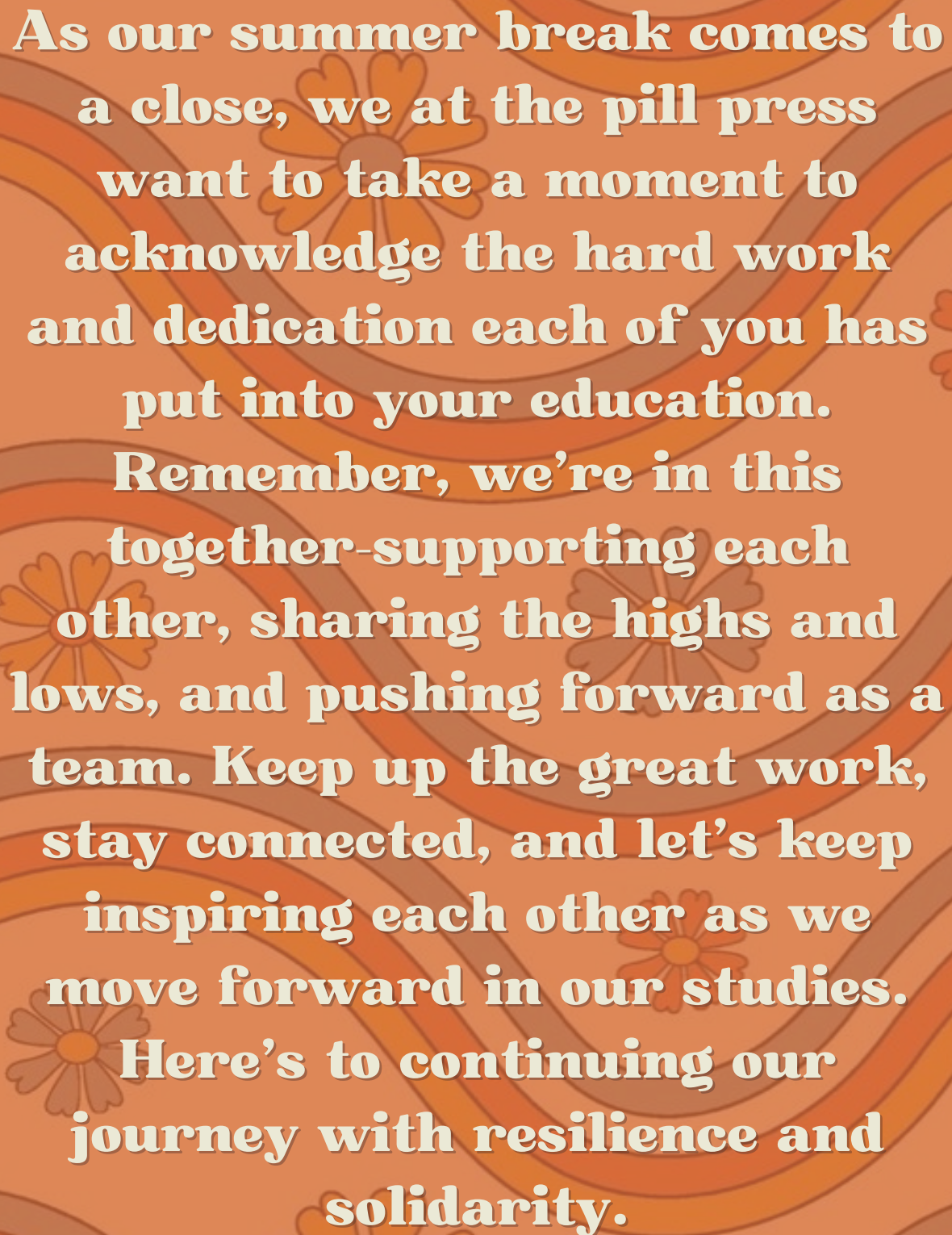
SUMMER TRAINING



Every summer presents a unique opportunity for us to step out of our regular academic routine and gain hands on experience in our field of study. This year we were provided with an 8 week training course at Shkar Pharmacy under the guidance of our esteemed Dr Shna Kawa and her associates to take on the duties of a pharmacist on a day to day basis. Whether it's managing medication dispensing, offering advice to patients, or collaborating with healthcare providers, we gained a firsthand view of what being a pharmacist truly represents.



Pharmacy training isn't just about dispensing medications, it helped us bridge the gap between classroom knowledge and real world practice. A summer course helps students develop a range of skills, including prescription management, Patient counseling, Inventory and supply chain management, and many more. Throughout the course, Dr Revan and Dr Shahd were very helpful mentors who tutored us on how to run the pharmacy on our very own, which is a skill we deeply value and will definitely help us out all the way in our career. We would like to thank Dr Shna and everyone involved for welcoming us with open hands and guide us from start to finish.



As our summer break comes to a close, we at the pill press want to take a moment to acknowledge the hard work and dedication each of you has put into your education. Remember, we're in this together-supporting each other, sharing the highs and lows, and pushing forward as a team. Keep up the great work, stay connected, and let's keep inspiring each other as we move forward in our studies. Here's to continuing our journey with resilience and solidarity.

**Sincerely,
The pill press team**

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*Thank-you to all who
helped the making of this
issue!*



Have any feedback?

Or just want to learn more?

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