

# THE PILL PRESS

FEBRUARY ISSUE



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# Welcome to the pill press!

dear reader,

Welcome aboard The Pill Press, your friendly neighborhood newsletter for all things campus-related. Whether you're a newbie or a seasoned student, we're here to keep you in the loop with what's happening around campus and share some handy tips along the way. we're here to lend a hand, share a laugh, and keep you in the know. From the latest events to study hacks and survival tips, we've got your back.

So, sit back, relax, and let Pill Press bring you up to speed with life around campus for the pharmacy students!

# Medical conference

Three of our pharmacy students Abdulla Khayat, Ahmad Sadiq, and Ari Azad participated in the 2nd Medical Kurdistan Conference, where they explored and attended scientific programs made up of multiple workshops, discussion panels, student research seminars, and posters. The 2nd Medical Kurdistan conference was a great exhibition held by the University of Kurdistan-Hewler at Rotana Hotel Erbil, organized by the special team at Eleganza experts and the numerous sponsors, including Awamedica, Atrumed Healthcare, Ultra Medica, CelePharma, Pioneer Co., HiGen, Accord, Boehringer Ingelheim, AstraZeneca, and many more.



The three day event began on the 28th of February with a warm welcome and a spectacular opening ceremony consisting of grand speeches presented by Dr. Keith Sharp, the President of UKH, followed by Dr. Teshk Shawis, Dean of School of Medicine, and Dr. Saman Barzangy, Minister of Health-KRG.

The Second and Third day were composed of over 10 workshops demonstrating Oxygen Therapy, Stroke Emergency Management, How to build a Strong Research Profile: The h-index and 7 more.



On top of three large discussion panels and a variety of 50 international and national speakers covering Medical Education, Surgical Specialities, Public health, etc. With more than 500 participants all over the region, the 2nd Medical Kurdistan Conference definitely lived up to the expectations and thrived in providing knowledge in different aspects of medical science.

We are very excited to hear that the Medical Kurdistan Conference will be back next year for the 3rd year in a row, A big thanks to Dr. Avin Maroof, head of the organizing committee, Bahoz Argushi, chair of the student committee, and all the volunteers who helped put together such a remarkable event.





# Antibiotics: Handle with care

As future pharmacists, we wield tremendous power to positively impact public health by responsibly dispensing medications. Among these, antibiotics stand out as particularly potent weapons in our arsenal against bacterial infections. However, with great power comes great responsibility, and it's crucial that we understand why antibiotics should never be handed out without a prescription.

First and foremost, antibiotics are not your run-of-the-mill over-the-counter medications. They're powerful drugs designed to combat specific bacterial infections. Giving them out willy-nilly without a proper diagnosis is akin to playing Russian roulette with our patients' health. Without knowing the type of bacteria causing the infection, the choice of antibiotic becomes nothing more than a shot in the dark, and the consequences can be dire.

One of the biggest concerns is the development of antibiotic resistance. Each time antibiotics are used, there's a chance that bacteria will evolve and become resistant to them. This is like giving the bad guys in a video game stronger armor every time you shoot at them – eventually, your weapons won't work anymore. Antibiotic resistance is a major public health threat, and indiscriminate antibiotic use only speeds up this process

So, how can we as pharmacy students ensure that antibiotics are dispensed responsibly?

Education is key. We must understand the importance of accurate diagnosis and appropriate antibiotic selection. This means encouraging patients to seek medical advice before resorting to antibiotics and educating them on the risks of misuse.

Additionally, we must advocate for antibiotic stewardship programs within our pharmacies and healthcare facilities. These programs aim to optimize antibiotic use, promote appropriate prescribing practices, and minimize the spread of antibiotic resistance.

we must never succumb to pressure from patients seeking antibiotics without a prescription. Instead, we should use these encounters as opportunities to educate and empower patients to make informed healthcare decisions.

In conclusion, responsible antibiotic dispensing is not just a professional obligation – it's a moral imperative. By adhering to best practices and advocating for antibiotic stewardship, we can play a vital role in preserving the efficacy of these life-saving medications for generations to come. So, let's wield our power wisely and make a positive impact on public health – one prescription at a time.





# Trip to Shaqlawa



As the wheels of the bus rolled over on the roads, a group of our pharmacy students embarked on a journey to experience an off-road safari in Shaqlawa. Join us as we recap one of the most memorable days of this semester.

The day started at 12 p.m, and the group were fueled with excitement and anticipation. The first stop was a quaint restaurant, where the students ate and gave themselves energy for the activities to come. Energized and ready to explore, the group started their off-road safari trip. But before hitting the dusty trails, the dedicated staff ensured everyone's safety by properly providing thorough instructions and cautioning against risky actions. Despite all the precautions, the day wasn't without its thrills and spills. Along the way there were minor accidents, like falls on the motorcycles and mechanical issues, some incidents even repeated themselves, but our resilient students still went ahead and took everything with a smile. And of course, a trip isn't a trip without the occasional photo-taking pitstop, where the adventurers took stunning shots of the scenery and captured memories that will last a lifetime.

As the sun began to set, the group unwound at a cozy café, enjoying games and good conversation. Laughter echoed through the air and bonds were strengthened, capping off an unforgettable day of exploration.

We at the pill press, and the pharmacy department as a whole, look forward to many more exciting adventures together in the future!



# Behind the counter:

## An interview with our lab assistant

Dr. Shna Kawa, Lab Assistant at the Department of Pharmacy, University of Kurdistan and pharmacist at Shkar pharmacy:



### Why did you choose this field?

My decision to pursue pharmacy was deeply influenced by personal and aspirational factors. Firstly, it's a tribute to my aunt who, due to circumstances, couldn't pursue her dream of studying pharmacy. I wanted to fulfill that dream for her. Secondly, I had a family friend who excelled in pharmacy; her intelligence and grace served as a beacon of inspiration for me. Combining these motivations, I found myself drawn to the field with a sense of purpose and admiration.

### Is there anything you really don't like about your job?

Honestly, I find immense fulfillment in my career and major. Pharmacy isn't just a job for me; it's a gateway to multifaceted opportunities. I appreciate the flexibility it offers, allowing me to balance multiple roles seamlessly. Whether it's my work as a lab assistant or my other professional endeavors, pharmacy has equipped me with the skills and time management abilities to excel in various spheres of life. I cherish the freedom to prioritize my personal life without compromising on my professional responsibilities.



# Behind the counter:

## An interview with our lab assistant

**Can you discuss a challenging encounter you had with a patient and how you handled it?**

Certainly. There was an incident where a motorcyclist was injured right outside our pharmacy. The patient insisted on immediate treatment, demanding us to bandage his arm. However, as pharmacists, our responsibility is primarily towards dispensing medication rather than providing medical treatment. Given the severity of the situation and our limitations, we advised the patient to seek proper medical attention at a hospital where an X-ray could determine the extent of his injury. Despite our efforts to explain the situation, the patient persisted, causing disruption within the pharmacy. Ultimately, we had to involve emergency services to ensure the patient received the necessary care, diffusing the situation professionally while prioritizing the patient's well-being.

**Looking back from studies to your role now, what advice would you give to us, your students?**

My advice to you, as aspiring pharmacists, is to value every piece of knowledge given by your instructors. It's natural to question the relevance of certain topics during your studies, but trust me, each piece of information serves a purpose. Reflecting on my own journey, I realize the significance of those seemingly trivial details in real-world scenarios. Embrace the learning process wholeheartedly; it will undoubtedly shape your capabilities as future healthcare professionals. Remember, the foundation laid during your student years will serve as a guiding light throughout your career. Thank you for your time and curiosity, it's been a pleasure sharing my experiences with you.

# Walnut wisdom: nutshells of knowledge

walnuts can help you become healthier and prevent many diseases as they contain magnesium, potassium, calcium, iron, sodium, and vitamin-B6! They also contain healthy fats like polyunsaturated fats. All of these factors make walnuts a great addition to a healthy diet!

have you noticed that the shape of walnuts look similar to the human brain? Its quite fitting as walnuts are very beneficial for our brains. According to a study published in 2014 by The Journal of Nutrition, walnuts can help in forming new brain cells along with increasing the signaling between them!

Due to their high protein and fibre content, nuts like almonds and walnuts have a low glycemic index. So they don't cause sharp spikes in blood glucose, this makes walnuts a great choice for diabetics. And since they contain more healthy fats, they help you stay fuller for longer!

## Nutritious Nibbles...

Mixing walnuts and dates provides numerous health advantages. Walnuts contain fatty acids beneficial for the heart, while dates offer fiber and minerals. Together, they promote heart health, supply lasting energy, and deliver antioxidants. Moreover, they serve as a tasty and nutritious snack choice.

### Walnut-stuffed dates

#### Ingredients :

- dates
- walnuts

#### Instructions:

1. Slice each date lengthwise and remove the pit.
2. Insert a walnut half or a piece of walnut into each date where the pit was removed.
3. Press the date closed gently to secure the walnut inside.
4. Optional: Drizzle honey or melted chocolate!
5. Serve immediately and enjoy!



# Critical thinking

## Picture this!

A 55-year-old patient with hypertension and diabetes presents at the pharmacy to refill their prescription for a brand-name medication to control their blood pressure.

However, the patient informs the pharmacist that they recently lost their job, and are unable to afford the out-of-pocket cost of the medication, which is significantly higher than they anticipated.

**what would you do?**

# Hyaluronic acid in skincare

Hyaluronic acid is a powerhouse ingredient that has gained popularity in the skincare world for its ability to hydrate, plump, and rejuvenate the skin. Despite its name, hyaluronic acid is not harsh or drying; in fact, it's a natural substance found in the body that helps retain moisture and keep tissues lubricated.

## So what are the benefits?

**Deep Hydration:** Hyaluronic acid is capable of holding up to 1000 times its weight in water, making it an exceptional hydrator for the skin. When applied topically, it penetrates the skin and attracts moisture from the environment, helping to keep the skin well-hydrated and supple.



**Compatibility:** One of the great things about hyaluronic acid is that it's compatible with almost all other skincare ingredients and products. Whether you're using it as a standalone serum or incorporating it into your existing skincare routine, hyaluronic acid plays well with others and can enhance the effectiveness of other products.

# Hyaluronic acid in skincare

**Soothing and Calming:** Hyaluronic acid has anti-inflammatory properties, making it suitable for all skin types, including sensitive and acne-prone skin. It helps to soothe and calm irritation, redness, and inflammation, leaving the skin feeling comfortable and balanced.

**Plumping Effect:** By attracting water to the skin's surface, hyaluronic acid helps to plump up fine lines and wrinkles, giving the skin a smoother and more youthful appearance. It also helps to improve skin elasticity, making it look firmer and more radiant.

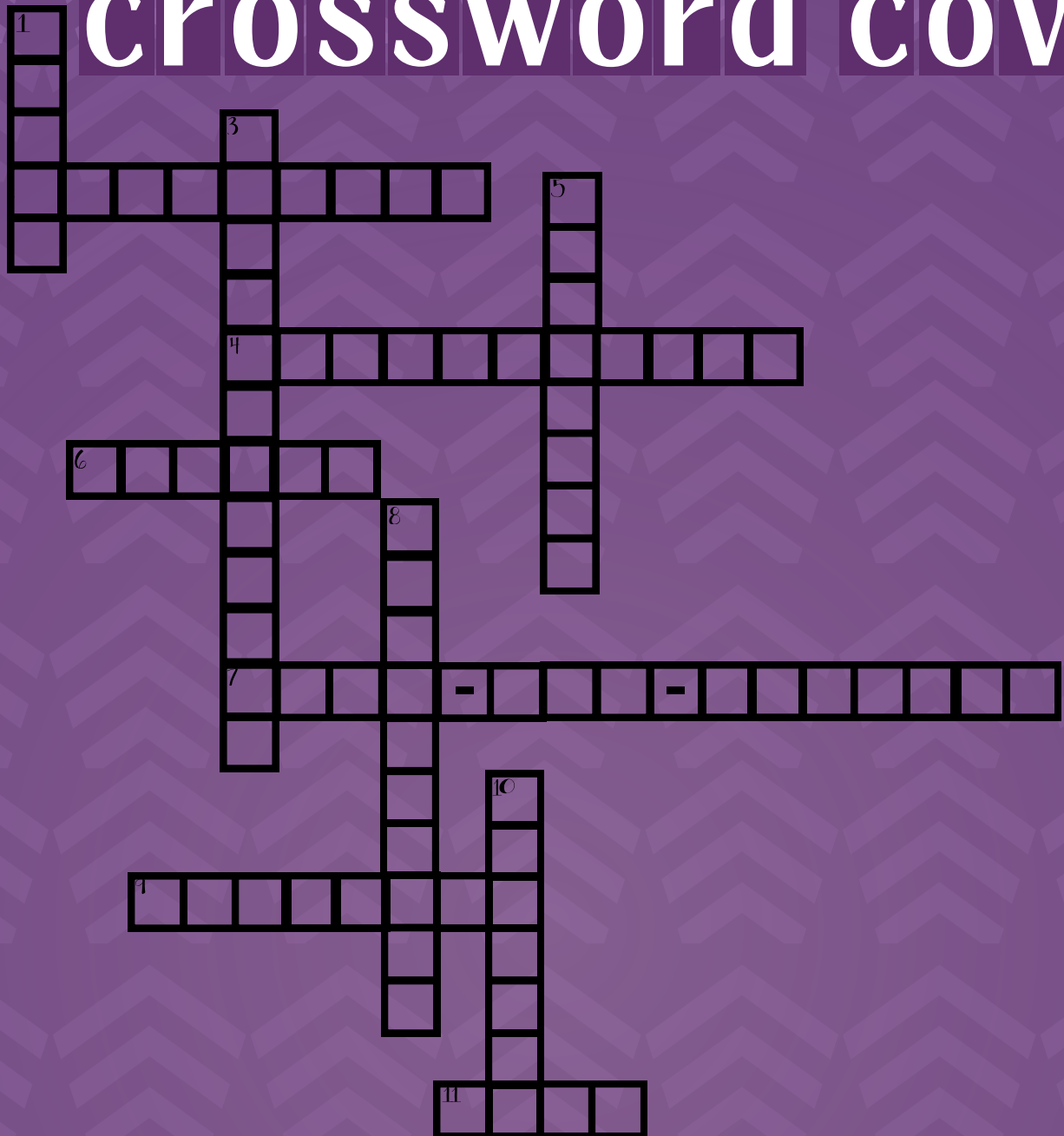


## How do we use it?

To incorporate hyaluronic acid into your skincare routine, look for serums, moisturizers, or masks that contain this key ingredient. Apply it to clean, damp skin morning and night, followed by your favorite moisturizer or sunscreen. With consistent use, you'll notice a visible improvement in your skin's hydration, texture, and overall appearance.



# CROSSWORD COVE



1. A class of medication that reduces pain, fever and inflammation without steroids
2. Written order for medication
3. Coverage for medical costs
4. Fake medicine
5. Where medications are dispensed
6. To renew a prescription

7. Medication available without a prescription
8. Healthcare professional that dispenses medicine
9. Those who provide medicine to pharmacies
10. Dizziness, which may require medication
11. Amount of medication prescribed



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