

# THE BLACK APOTHECARY

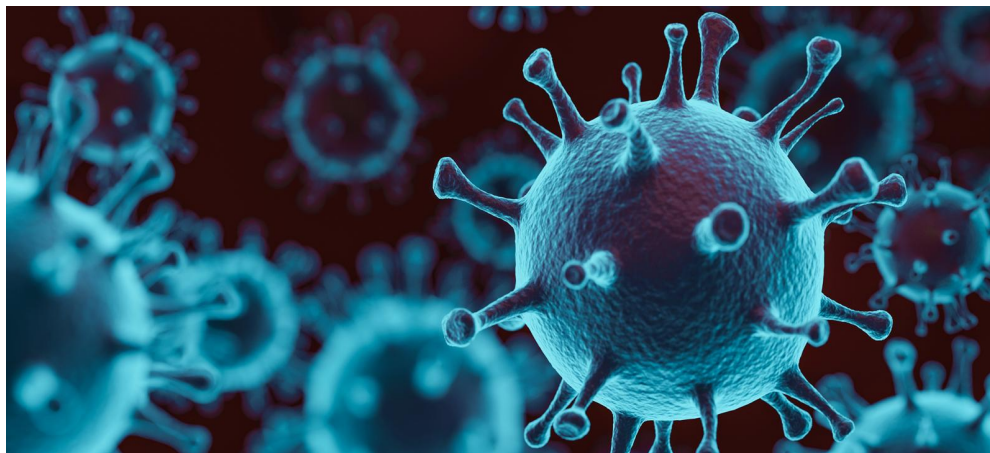


## Where Is All of the Toilet Paper?

RUKIYA UMOJA, *Third-year pharmacy student*

Five months ago, many were unaware COVID-19 even existed. Now the virus has spread to almost every country, infecting over 450,000 people, at least of whom we know about. Economies have crashed; health-care systems, broken. Spring break plans,

cancelled. It has separated people from their workplaces, families and friends. The degrees of separation are dwindling. Soon, almost everyone in the United States will know someone who has been infected.



<https://www.fda.gov/food/food-safety-during-emergencies/food-safety-and-coronavirus-disease-2019-covid-19>

In October, the Johns Hopkins Center for Health Security portended what could happen if a new virus swept the earth. And then one did. "What if?" became "Now what?"

America is supposed to be the readiest of nations. Despite advanced warning, America failed to properly respond. The testing conundrum was the first mistake of many in America's pandemic failure. Overstretched hospitals became overwhelmed. Some hospitals have bought out large quantities of supplies, in the same manner that frightened consumers have bought out toilet paper.

Not only is COVID-19 more transmissible and fatal than seasonal influenza, it is also sneakier. To constrain this pathogen, we must be able to quickly identify infected people, isolate them, and trace those they've had contact with. Even a flawless response won't end the pandemic. As long as the virus thrives *somewhere*, there's a chance that one infected person will reignite flames of extinguished fires.

### So, now what?

The response depends on making and distributing a vaccine. Currently, no approved vaccines exist to prevent infection with SARS-CoV-2. There are several vaccines currently in Phase 1 trials—attempting to determine the safety of the candidate vaccines. Experts estimate it will take 12-18 months to develop a proven vaccine, and an even longer time for mass distribution.

After the pandemic, people who recover from COVID-19 will most likely be stigmatized, as were survivors of Ebola and HIV. Health-care workers will need time to heal. The lessons that America will gather from this experience are unpredictable. But I hope to envision a future in which America adopts a true communal spirit, ironically engendered through social distancing and Instagram-live parties. <https://www.theatlantic.com/health/archive/2020/03/how-will-coronavirus-end/608719/>

# Script Your Future

EYERUSALEM AYELE, *First-year pharmacy student*



This academic year, HUCOP is taking part in the nationwide Script Your Future team challenge. The goal of this competition is to raise awareness on medication adherence in the community. This semester, the Howard University Script your Future team is led by third year pharmacy students Zulikhat Segunmaru and Nkiruka Emezienna. They have organized more than 15 events this semester where dozens of students from Pharmacy, Dental and Medical schools have been participating in. Students who took interest in these adherence promoting events were given training on how to take blood pressure, blood cholesterol and blood sugar

measurements to ensure that they had the skills to provide service to attendees.

These Script Your Future events mainly target the homeless population and people with behavioral health disorders. Events take place biweekly in homeless shelters in addition to smaller events and health fairs that are held in collaboration with pharmacy student organizations. According to a Forbes article written about a month ago, D.C. is one of the top ten American cities with the highest homeless population with more than 6000 people experiencing homelessness. Many homeless individuals face several social and financial barriers against medication adherence. Script Your Future events try to tackle these challenges by not only emphasizing the importance of medication compliance but also by providing tools such as vials, pill organizers and GoodRx cards to help with the underlying problems that lead to noncompliance.

The benefits of these events extend to students as well. Students benefit greatly from Script Your Future by developing their patient communication skills and understanding, first hand, the challenges faced by their surrounding community. By attending these events, students are also able to apply their theoretical knowledge into answers and consultations while experiencing the dynamic of working with students and health care professionals from different disciplines.

As the only pharmacy school in DC and one of the only HBCU pharmacy schools in the country, HUCOP can make use of this program to share some of its glory with others and gain visibility while doing so.

Please follow Howard's Script Your Future instagram and twitter page: **@syfhoward**

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# News Rx

## Cannabis & Pharmacy Today

Jessica Nwabuoku, Emmanuel Oppong, Cheryl Goremusandu, & Adefemi Ige

*First-year pharmacy students*



<https://www.chaindrugreview.com/shopping-drug-mart-enlists-medical-cannabis-supplier-aurora/>

**C**annabis is still known to be a Schedule I drug regardless of its medical use. The ongoing research of cannabis has it permissible to be prescribed to patients for medical purposes. The restrictions on cannabis however still remain which results in the recognition of Cannabis as a Schedule I drug by the DEA. Cannabis has been approved for the treatment of many health problems including anxiety, depression and chemotherapy treatments. As a result of the approved medical uses of cannabis, many supporters of the DEA are pushing for the federal government to reclassify cannabis as a Schedule II drug. Many states including the District of Columbia have approved and legalized the use of Cannabis for medical purposes while other states have approved the recreational use of the drug.

The legalization of Cannabis and expansion of Cannabis has created controversy in the medical and pharmacy profession. Many states including Alabama and Mississippi, medical cannabis can be used in patients suffering from seizures. On the contrary, Louisiana, West Virginia, and a few other states only allow cannabis in the form of oil to be used. The grey area demonstrated in cannabis has led to a prevention of the drug from being changed from a Schedule 1 drug to Schedule 2 drug. In addition, allowing the use of cannabis can be argued as a violation of the federal law even though it has been approved through the state.

The legalization of cannabis as medication can be very advantageous. One huge benefit of the use of cannabis as medication is its ability to kill cancer cells in the human body without harming other cells. For those who struggle with chronic pain related to inflammation, Tetrahydrocannabinol (THC) is an effective pain reliever because it works with the body's endocannabinoid system. This system controls and regulates pain and inflammation. As compared to traditional pharmaceutical painkillers, THC in cannabis is much safer, more natural, and non-addictive. THC in cannabis eliminates

# Entrepreneur Rx



## RxPhitness

### Joyce Tobias

 @rxphitness



...want to show others (family, friends, future patients) the important transfigurations a human body and mind can go through when it is nurtured and intentionally protected. The same growth I have experienced in my life is what I would love to extend to others who want to or have started embarking on this same journey. It is not one of ease, but it is a risk that is worth exploring. I aim to be a guide for such people.

#### How do you balance pharmacy school and entrepreneurship?

Can I say, whew chhiillleeee? That is the only appropriate way I can really depict how hard it is to find that balance. Every semester has its own issues (COVID-19, side eye) which forces me to sit down and figure out what is needed versus what is wanted. I need to pass pharmacy school but eating Chic-Fil-A often is a want. I need to get a good rest every night but watching Netflix is merely a want. I love investing in planners that allow me to write down test/quiz days in advance, schedule my workouts, schedule training sessions I may have with clients, and squeeze in memos/reminders to also retain self-care. Being flexible also comes in handy when you may have to switch your workout session from morning to evening because you're called in to work or test days change. You know yourself better than anyone else. Create a schedule, try and stick to it, but remember that life happens and sometimes you have to alter things up a little bit.

#### What business do you run?

I am in the fitness industry, providing workout plans and sessions while also maintaining growth through meal prep ideas. I am not officially a business yet, but it is something that I am diligently working towards. I want to aid my patients with lifestyle modifications that will not only get them to a better stage of health, but also provide them resources and opportunities to continue on the path of health and wellness.

#### What inspired you to start your business?

My journey with fitness and health started off as a New Year resolution in the form of self-motivation. I am constantly asked if I played sports in my younger days or if I am currently a dancer, no to both. I wanted to see how consistency and determination can transform my body, mind, and soul. The results regarding that query lies in the simple fact that I now...

## **What advice would you give to future student-entrepreneurs?**

*Quitting is not an option and failure is necessary. If you have a desire to produce a product that is essential or you believe is needed in society, go for it! The opportunity to grow and learn only stems from the simple fact that you decided to begin in the first place. Sometime along the way (several times to be honest), you will feel defeated and want to quit. You will experience failure in large and small proportions, all of which can generate an expansion of your ideas or leave you stagnant. You get to choose the outcome. You must remember that you will have support and eventually you will be the one aiding others in reaching their goals and dreams. Start, it is the only way to move forward.*

RxPHITNESS

# Motivation Rx

## Mamba Forever

Joseph Kalu, Shanelle Debraux, Serena Medor and Michelle Boateng

*First-year pharmacy students*



<https://www.pinterest.com/pin/666884657308214477/>

On January 26th at 9:36am, the world lost not one, but two legends. Kobe Bryant was an idol on the court and off the court. His daughter, Gianna Bryant, was an up and coming basketball player who, in her own way, inspired girls across the globe. She emulated the Mamba mentality that her father taught her on the court and in her daily life. Kobe Bryant paved the way for young men and women who loved the game of basketball. There are many memories that we could name of the greatness that we witnessed, when we watched him play the game that he loved. Kobe Bryant not only practiced his "Mamba Mentality" on the court but in his community as well.

Bryant was involved in many charitable works including being a part of Make A Wish foundation over the last 20 years. His impact in the healthcare industry was tremendous, supporting cancer initiatives and participating in fundraising efforts for campaigns such as Stand Up To Cancer in 2012. His

efforts with this campaign raised more than \$80 million for cancer research. Apart from health initiatives, he gave back to his community by influencing the youth. Bryant and his wife, Vanessa Bryant started the Kobe and Vanessa Bryant Family Foundation (VIVO) in 2007 which supported minority college students as well as provided scholarships for the Kobe Bryant Basketball Academy. Bryant partook in numerous amounts of services to his community such as building homes and basketball courts and tending to the homeless by stocking food pantries. His effort to better his community will never go unnoticed and we will forever remember his legacy through his acts of service.

As we look back at Kobe's legacy, let's remember his last NBA moment. Kobe's last words as he left that arena were "Mamba Out" but for those who admired him that didn't mean that the age of the Mamba Mentality was over. We can all use the "Mamba Mentality" to work to be better individuals. As we all strive to be successful pharmacists, we can learn from his selfless acts by being well involved in our communities and challenging ourselves to be our best selves no matter how much work it takes. The Mamba Mentality is about the idea that hard work outweighs talent so we can use this as fuel to accomplish all our goals. We thank Kobe Bryant for all he has done and all that he represented. May he and his daughter rest in heaven.

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