



That's Doctor ... To You

RUKIYA UMOJA, *Third-year pharmacy student*



Commencement is an opportunity to celebrate students and honor the time, energy and effort they've devoted to earn a degree. Although we couldn't see you wear your Tudor bonnet or watch your doctoral degrees get conferred, I still want to congratulate you. **YOU SURVIVED...**

You survived the perpetual delays in financial aid.

You survived a heater that never seemed to work during the winter.

You survived Dr. Daftary's endlessssssss list of combination HIV drugs.

You survived the **inexhaustible** CoreElms reminders & requirements.

You survived when Tegrity said you couldn't.

You survived all of the organizational commitments you made.

You survived the group projects, presentations, and assignments that just felt like busy work.

You survived too many sleepless nights to count.

You survived your first IPPE rotation.

You survived your last APPE rotation.

You survived even when you thought you wouldn't.

You survived pharmacy school.

Your path is yours and yours alone. Whatever happens for you is ONLY for you. Apple's extraordinary founder Steve Jobs stated, "Don't let the noise of other's opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary." *Continue to proceed through life as if success is inevitable.*

GRADUATE SPOTLIGHT



Dr. Joseph Gendy, PharmD
Rutgers/Merck
Regulatory Affairs Fellow



Dr. Jayla Briggs, PharmD
Genentech
Clinical Research Associate



Dr. Maimun Alam, PharmD
Howard University/GSK/FDA
Regulatory Affairs Fellow



Dr. Yetunde Olagundoye, PharmD
U.S Public Health Service
Pharmacy Commissioned Officer



Dr. Shanice Anderson, PharmD
Novo Nordisk
Regulatory Advertising &
Promotion



Dr. Yanet Adere, PharmD
Novo Nordisk
Medical Affairs

GRADUATE SPOTLIGHT



Dr. Kwame Sarpong, PharmD/MBA
Bristol Myers Squibb
Business Analyst



Dr. King Gyasi, PharmD/MBA
GSK
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Regulatory Compliance



Dr. Andrea Dsouza, PharmD
Holy Cross Hospital
PGY1 Resident



Dr. Obieze Eze, PharmD
UM Prince George's Hospital
PGY1 Resident



Dr. Kwasi Frimpong, PharmD
CareFirst
PGY1 Resident



Dr. Dzifa Avalime, PharmD
Hudson Valley VA Healthcare
System
PGY1 Resident

NewsRx

The Lack of Knowledge About the Coronavirus

WILLIS MARSH, *Third-year pharmacy student*



<https://www.usatoday.com/story/news/factcheck/2020/05/09/fact-check-price-didnt-push-remdesivir-over-hydroxychloroquine/3094440001/>

The year 2020 has brought a global pandemic that everyone has suffered from directly or indirectly. The experts know that many people have been affected and even killed by COVID-19. In places such as New York City, it seems as if everyone at least knows someone who lost his or her life to the virus or viral complications. The COVID-19 crisis is caused by the SARS-CoV-2 coronavirus, which affects animals and humans. The virus can be spread through respiratory droplets and the CDC recommends maintaining a distance of 6 feet from others in order to stop the virus from infecting others. Governments across the globe have plans to stop people from becoming infected

However, what the experts do not have is information about the actual virus and an effective, standard plan to combat the virus, which has made it impossible for anyone to know the true solution to protecting citizens at this time.

What is relatively unknown is exactly how it causes disease in humans. Scientists believe that it affects the respiratory and immune system, which makes sense because of the main symptoms: shortness of breath, coughing, fever, chills, and sore throat. However, one still has to wonder why this virus has more serious complications than influenza, why the onset of symptoms are sometimes delayed for weeks, and why so many people can have the virus and be relatively asymptomatic. Also, people with respiratory conditions such as asthma seem to have a higher risk of developing complications from the SARS-CoV-2 coronavirus, which makes sense, however individuals with other diseases such as hypertension seem to share the same fate, which is perplexing. Another aspect is what will happen to the virus in the summertime. Will it have similar characteristics to influenza and become less of a

threat or will there be another wave of infections? This lack of information has made it difficult for governments and scientists to effectively create strategies. There seems to be a wait-and-see approach that is generally given based on the severity of the state/region. It also has caused people to seek knowledge from many different sources that may or may not be true.

Earlier in the year, drugs were being tested in many countries in an attempt to protect individuals from obtaining the virus or protect against the severe effects of the virus. Two of these were chloroquine and its more tolerable version, hydroxychloroquine. Many doctors and healthcare professionals were self-prescribing hydroxychloroquine while testing was still being done by the FDA because they were at a higher risk of being exposed to infected patients. This led to both a minor shortage of the medication. Also, many customers have desperately searched far and wide for OTC drugs and supplies such as zinc, acetaminophen, vitamin C, gloves, hand sanitizer, and alcohol to protect themselves.

Although much is unknown about the specifics of the SARS-CoV-2 coronavirus, the antiviral drug remdesivir has shown improvement in survival rates and recovery time for patients who have been hospitalized from the virus according to the Adaptive COVID-19 Treatment Trial (ACTT trial). This is an important step for the nation's recovery from the virus. Possible vaccines are being tested currently and the ACTT 2 trial is now being conducted to determine if remdesivir plus baricitinib, an anti-

inflammatory drug, will be beneficial to COVID-19 patients suffering from acute respiratory distress syndrome. The positive results of the ACTT trial should symbolize a glimmer of hope that the scientists and government are close to solving the COVID-19 crisis. Also, when more information about the characteristics of the coronavirus are discovered, vaccines and more appropriate therapy will decrease the overall mortality rate of COVID-19 and citizens will be able to continue their normal lives.

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Life & Style Rx

RUKIYA UMOJA, *Third-year pharmacy student*

NATURAL HAIRSTYLES *for summer*

We're finally free from the cold, snow and wind of winter. Spring is here.

Summer is quickly approaching. Summer makes us think of beach days, dresses, cookouts, and carefree fun! There's more to summer than rooftop brunches and backyard barbecues.

Summer is also a time to have fun with your natural hair. When the season changes, so should your natural hair care routine. Rocking natural hair provides endless possibilities. You can wear your curls, rock a wash and go, or opt for a protective style like braids or twists. Check out these easy natural hairstyles that you can wear all summer long.



1

A simple metallic thread can take a basic bun and make it look bomb for a rooftop happy hour.



2

Switch out the metallic chord for a white chord when you want to coordinate with your all white summer outfit.

3

Deck out those simple knotless braids with large gold safety pins, gems & alphabet beads.



4

If you're considering a more radical metamorphosis for summer, think about going platinum blonde. The color looks particularly striking on a short do.



5

A ponytail is a foolproof hairstyle. Pick up a pack of curly braiding hair from your beauty supply and create a bubble effect.



6

Passion twists are a stunning, gorgeous protective hairstyle that is cheaper and easier to create.

7

I mean it's a cornrow updo. Can you ever go wrong with cornrows?



8



Goddess braids are a simple yet fierce protective style for summer. Try to splurge a little and use human curly hair to crochet in the braids. Thank me later.

Health & Fitness Rx

JOYCE TOBIAS, *Third-year pharmacy student*



#QUARANTINE&LIFT

"The **ONLY** bad workout is the one that did **NOT** happen."

BICEPS & TRICEPS

LEGS

CORE

GLUTES



How to Quarantine & Lift:

You do NOT need to step outside your house to get your heart pumping and the muscles growing. Here are some workouts that require little to no equipment. Featured are ten-pound *dumbbells*, five-pound *ankle weights*, and a *stability ball*. All these items can be purchased on Amazon.



Entrepreneur Rx



Fed by Faye

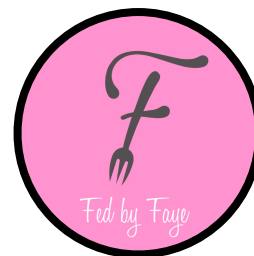
Ayi Daniels

 @fedbyfaye
 

 www.Fedbyfaye.com

What business do you run?

I recently created a food blog where I share recipes—found on the internet and passed down from my parents (and surrogate parents). I have also invited some of my dear friends to share their recipes with me too and by extension you guys and those will be coming soon (shout out uziiskitchen, dozoffitness, sayoessentials, Chibuzo, Nkem and Zelma).



What inspired you to start your business?

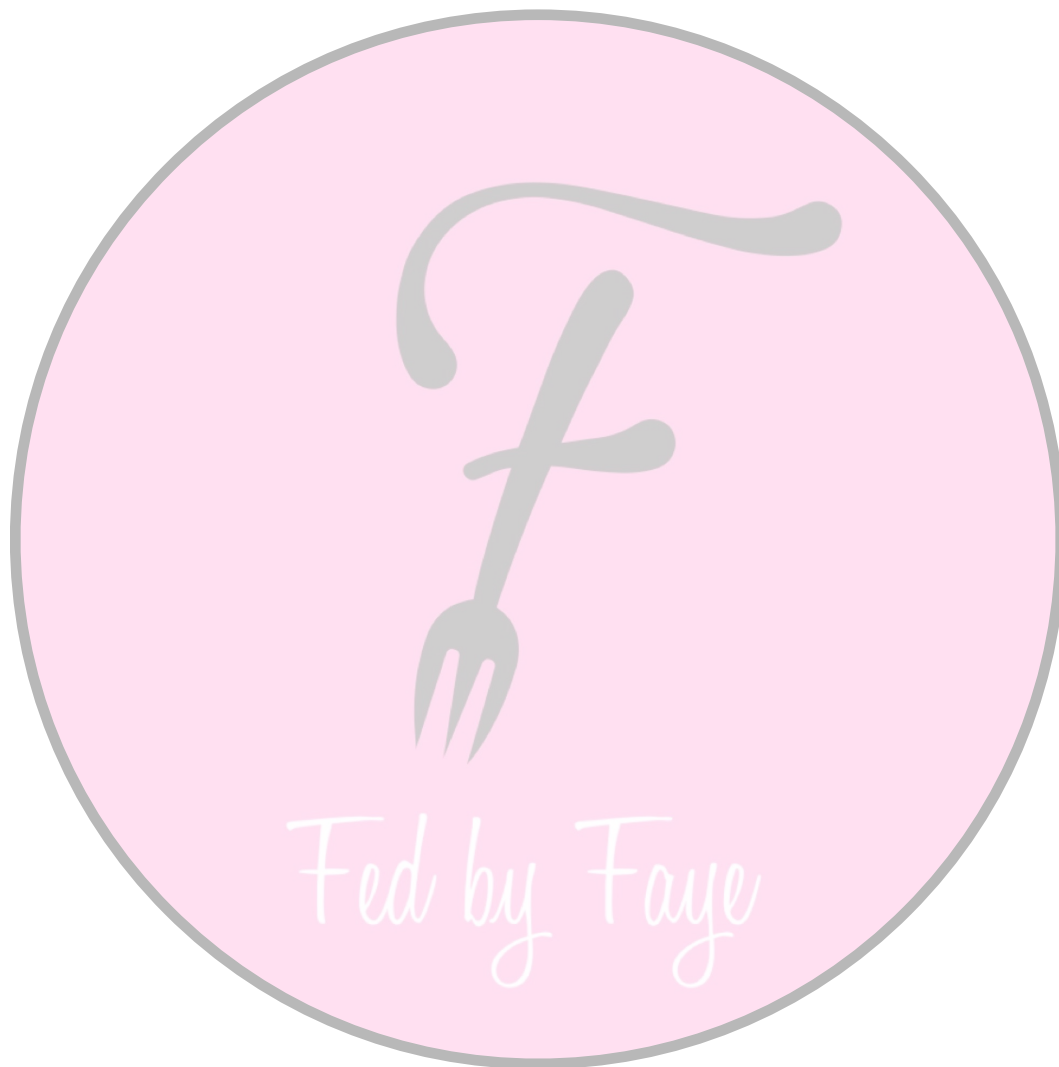
I come from a long line of men and women who make a living through cooking and experimenting with food. My mom used to force me into the kitchen with her and I absolutely hated it. As I grew up, I realized I hated the idea of not having my creative liberty and not necessarily the act of cooking itself. On the contrary, I actually loved to cook and I also love to write so when my friends kept asking me for recipes and a cooking blog came up, it really was a no brainer. Also, we can thank COVID-19 because I'm sure I would have kept making excuses because social and professional commitments would have kept coming up.

How do you balance pharmacy school and entrepreneurship?

I only started doing this in the last two weeks of school, so I can't particularly claim to be an expert on this. I also am doing something I not only enjoy, but also need to live. Regardless though, time management is a skill to be learned because I found that I have spent more time than I knew was imaginable making the site look a certain way and making sure the pictures look appealing. I just bought a ring light - crazy. However, I would say that it has been therapeutic because I have a goal I have to meet and I don't have any free time to worry about scores of assessments past. I will say though that prioritizing is important and after spending \$60k a year, I understand that I am a student first and content for the blog can and will wait if school work needs to be done. There will always be money to be made but time waits for no man so use it wisely.

What advice would you give to future student-entrepreneurs?

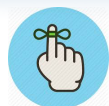
Run things by your family and friends before you release them to the world. You don't have to run your business on your own. Ask for advice and be open to criticism; take it in stride. I can't tell you how many things I have done differently in the past month because three separate individuals had the same critique without consulting each other and I didn't catch it myself.



Motivation Rx

JOYCE TOBIAS, *Third-year pharmacy student*

Tips on Maintaining Your “New Year, New Me” Mentality ALL YEAR LONG



Remember why you started this commitment.

It is often easy to forget why you were passionate about starting this new year off with this hype for a different you. When you feel yourself losing the fire to keep going, go back to the initial reasons that pushed you to even begin the process. Remember, we all struggle with keeping up sometimes!



Chart your progress.

The best thing about change is results. Results provide the general picture of how far you have come and what you are capable of. It fuels the fire within you to reach for bigger and better. Buy a journal, a fitness tracker, or register for an app that allows you to trace the achievements, setbacks, and future victories you will be certain to encounter.



Small Goals. Big Leaps.

Don't let your ambition cause you to overextend yourself within short period of time. New Year Resolutions are supposed to be changes that transcend time, resulting in your growth and development for years to come. When you take small steps, you give yourself a better opportunity to fully unravel the next steps you should be taking. You get further in life when you limit haphazardly attempts at accomplishing big goals.



Hold yourself accountable.

You are your biggest and most important cheerleader. The first and last voice that communicates with you (in the morning and before bedtime) is your own. Your thoughts can make or break you. Therefore be careful to check in on yourself on a daily basis. If you see yourself falling off the wagon, readjust and see what needs to be changed for you to get back on the right course. Love yourself enough to take care of your overall health and well-being.



Being Realistic is a Gift.

Make your goal(s) measurable and attainable. Claiming that you will be working out twice a day, four times/week is not realistic with our schedules. It gets even harder when you are working. Fast forward two weeks into the future, and you are no longer working out because of exhaustion from life. Set small goals that are measurable: Work out once a day for four to five days per week. Or get a run in on Saturday instead of attempting to go hiking every other weekend. You know your strengths and weaknesses, don't play yourself!



Celebrate Success.

It's a journey. A marathon, not a sprint. Rest when your body is telling you it needs a break and push yourself to new levels if you know you can do better.

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