

H.E.A.R.T. Newsletter

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September Events: Addict in Recovery

At our first H.E.A.R.T. meeting this semester we had a guest speaker, Dave, come from the Salvation Army Harbor Light Rehabilitation Center to speak to us about addiction through an addict's perspective. He spoke about addiction being a disease that affects not just the person who is addicted, but also their family and friends.

He went on to say that addiction is closely associated with both emotional and physical stress. He told us the rehab program at Harbor Light helped him learn his priorities and responsibilities in life. He concluded his speech by reading us the 12 spiritual steps they taught him at the Salvation Army Rehab Center.

Utah Trip

Bethany and Chris spoke about their trip to the University of Utah and how much fun they had and different people they got to meet, while listening in on different addiction meetings and seminars. You can apply for this opportunity this semester (look for an email) to take part in the program in the summer of 2012. The program encourages all pharmacy students to apply, but preference will be given to the PY1 (3rd year) pharmacy students.

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Pharmacy Carnival

This year's pharmacy carnival was held on September 29. The H.E.A.R.T. organization's table was playing blackjack. We had some very successful winners during our time spent at the carnival.

Autumn Fest

Autumn Fest is typically held during homecoming week at the University. This year Autumn Fest took place on October 1. At the table we sold shirts, coffee travel mugs, and many different baked goods donated by the members of H.E.A.R.T. It was a very cold and rainy day, but we managed to sell quite a few items to benefit the organization!

October's Event: Smoking Cessation

During our October meeting, we partnered with Duquesne University Counseling Services and the Center for Pharmacy Care at Duquesne University to conduct a Carbon Monoxide Screening on the 3rd floor of the Union. We encouraged anyone who is a smoker, around a smoker, or just wanted to become an advocate for smoking cessation to stop by and learn a few things!

We started off with a 30 minute informational session and demonstration of the carbon monoxide machine by the resident pharmacist from the Center for Pharmacy Care, Dr. Malone. She informed us that a carbon monoxide machine is a tool that is used to screen someone that smokes or is exposed to secondhand smoke or any type of air pollution. She also went over different counseling tips

about smoking cessation. We also had two people from the Counseling Services office available to show individuals their stress level through a video game via computer. They also offered tips to reduce stress and anxiety. We had many volunteers from the H.E.A.R.T. organization help conduct and promote this event. In the end, we had about 20 participants attend the screening.

Additional Smoking Cessation Information

*from the American Heart and Lung Association

"After 12 hours of quitting smoking, your carbon monoxide levels return to normal!"

- American Lung Association

After 20 minutes of quitting: your heart rate drops to a normal level

2 weeks to 3 months after quitting: your risk of having a heart attack begins to drop, your lung function begins to improve

1-9 months after quitting: your coughing and shortness of breath decrease

1 year after quitting: your added risk of coronary heart disease is half that of a smoker's

5-15 years after quitting: your risk of having a stroke is reduced to that of a nonsmoker's, your risk of getting cancer of the

mouth/throat/esophagus is half of that of a smoker's

10 years after quitting: your risk of dying from lung cancer is about half that of a smoker's, your risk of getting bladder cancer is half that of a smoker's, your risk of getting cervical cancer or cancer of the larynx/kidney/pancreas decreases

15 years after quitting: your risk of coronary heart disease is the same as that of a nonsmoker

Carbon monoxide is a colorless, odorless gas that is a main component produced when a cigarette is burned. It can bind with our red blood cells and disrupt the normal pathways of oxygen that we breathe and cause symptoms such as headache, nausea, dizziness, and weakness. As a person continues to smoke, their blood becomes more saturated with carbon monoxide, making it more difficult to breathe when performing daily activities. Over time, this decrease in oxygen can damage the arteries that supply blood throughout the body.

November's Events–CE project

Drs. Giannetti and Tomko created a continuing education program hoping to be used in retail pharmacies throughout the state. The program informs pharmacists about counseling “the addicted patient”. In the PowerPoint presentation, the concepts reviewed included motivational interviewing, not judging the customer who may be drug addicted, and offering help

later on if the patient needs it. Both professors have asked us to participate in this program by scripting three different scenarios and putting together videos that pertain to counseling drug addicted patients or patients who might present with drug seeking behavior. This is a collaborative project we are working with both the Pitt and Duquesne’s sub-

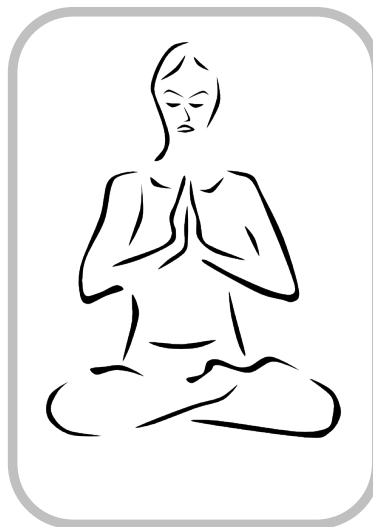
committee group of ASP-Generation RX. We were able to complete the script over Christmas break, and will be filming the videos Friday, January 13. If you are interested in being an actor in any of the videos please email the account! All participation is welcomed. ☺

Dr. Lassila’s Yoga Session

On November 28, the Monday following Thanksgiving Break, Dr. Lassila led a yoga session for all members of the H.E.A.R.T. organization. Dr. Lassila is a very busy pharmacy professor at Duquesne University; however, she has annually offered a yoga session for the members of H.E.A.R.T., usually in the spring

semester. This year she kindly agreed to offer this one hour yoga session in **both** the fall and spring semesters, requested by the H.E.A.R.T. executive board.

Her yoga session demonstrates relaxation methods, which is very helpful around exam time. The spring yoga session will take place on **April 17th** on the 3rd floor of the power center. Look for an email with the exact time closer to this date.



Upcoming Events!

January 17:
Bayer 103
12-1PM

Addict in Recovery

February 21:
Bayer 103
12-1PM

Duquesne Police
“Meth Talk”

March 20:
Bayer 103
12-1PM

Intervention Speaker-
Tim Grealish

Information about H.E.A.R.T.

Serenity Prayer:

“God, grant me the *serenity* to accept the things I cannot change; the *courage* to change the things I can; and the *wisdom* to know the difference.”

Established: 1990

Purpose: The purpose of this organization is to increase awareness and to educate students of the School of Pharmacy about the disease of chemical dependency in hopes of diminishing the prevalence among pharmacy students, pharmacists, and the community.

Membership: The organization is composed of concerned pharmacy students who have an interest in or have been affected by the problems associated with chemical dependency.

Each approved pharmacy organization is required to send a representative to the H.E.A.R.T. meetings. All students in the School of Pharmacy are welcomed to attend any of the scheduled meetings. These meetings discuss various aspects of chemical dependency and offer a variety of programs, speakers, and visits to 12-step meetings in the area.

Who to contact: Any of the officers listed, Dr. Giannetti (faculty advisor), or Dr. Bricker (Dean of the Mylan School of Pharmacy),

can be contacted for information or to discuss a problem concerning yourself or someone else.. Do not let your concerns go unanswered.

Confidentiality: Strict confidentiality is maintained for anyone who approaches any of the officers or advisors. Specific students are NEVER discussed at any of the meetings. Information is only shared with those who can provide the necessary help for the individual.

Meet the

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