



BLUE & GOLD TRIANGLE

SPRING 1999

L A M B D A K A P P A S I G M A

International Pharmacy Fraternity

"Promoting the Profession of Pharmacy Since 1913"

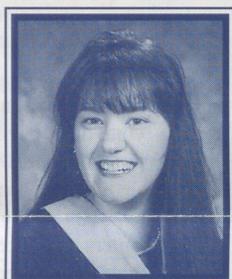
LKS STUDENTS AWARDED GRANTS

Patti Lozano

Regional Supervisor & Educational Grant Committee Chair

Congratulations to the 1998 Educational Grant Winners! The Committee received many applications from deserving LKS members. A total of 12 grants were awarded; 9 Cora E. Craven, 2 Mary Connolly Livingston, and 1 Norma Wells Loyalty. The Committee would like to thank all applicants and encourage those who weren't awarded to apply for the next round of funds in Fall 1999. The Committee would also like to thank the many Educational Trust contributors who make these grants possible.

CORA E. CRAVEN EDUCATIONAL GRANT RECIPIENTS



Francine Farnsworth

Alpha Alpha
Temple University
Philadelphia PA



Ji-Yoon Chung

Lambda
University of Southern California
Los Angeles CA



Jodie Zalewski

Alpha Mu
University of Toledo
Toledo OH



Joyce Ferrer

Alpha Xi
University of the Pacific
Stockton CA



Talitha Chisholm

Alpha Alpha
Temple University
Philadelphia PA



Jillian Mackin

Xi
University of Rhode Island
Kingston RI



Elsie Kwan

Alpha Xi
University of the Pacific
Stockton CA



Katherin Janelle Johnson

Alpha Kappa
University of Georgia
Athens GA



Karla Yaeger

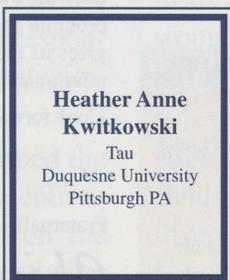
Alpha Lambda
University of British Columbia
Vancouver BC

MARY CONNOLLY LIVINGSTON GRANT RECIPIENT



Trisha Owen

Alpha Kappa
University of Georgia
Athens GA



Heather Anne Kwitkowski

Tau
Duquesne University
Pittsburgh PA

NORMA WELLS LOYALTY GRANT RECIPIENT



Khanh (Devra) Dang

Epsilon
University of Maryland
Baltimore MD

BLUE & GOLD TRIANGLE

The Blue & Gold Triangle is the official publication of Lambda Kappa Sigma Pharmacy Fraternity, and is published semi-annually by:

Editor

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Editorial Advisory Committee

Nancy Horst, Chair
Michelle Albala
Frances Curran
Marilyn Harris
Christine Perry
Joan Rogala



FROM THE INTERNATIONAL OFFICE

Printing, printing, printing! It's been a busy new year with a lot of exciting new LKS printed materials. By now you may have seen our "new identity" pieces, including a new graphics logo and design concept for our letterhead and other promotional pieces. We now have new letterhead, note cards, recruitment brochure and poster. Many thanks to our Alpena graphics artist, Jean Fleming, for her vision and creativity.

With our new look on the cover, we went on to finalize the LKS Membership Manual. This project has been in the works for a long time and thanks to the diligent efforts of our Grand President, Christine Perry, and our Past Grand President, Nancy Horst, it is a beautiful publication - one that every LKS member can be proud to have.

If that wasn't enough, we are in the final stages of completing the LKS Membership Directory with Harris Publishing. Again, the Fraternity's new graphic design will compliment the front cover of this must-have publication. (You can still order your copy through the end of May. Look on page 7 of this issue for more details.)

We have also tried something new this year with our Alumni Dues appeal. As part of the Students for Progress Program, we have enlisted the help of our most valuable resource, the LKS student membership, to contact "lost lambs" and encourage their renewed commitment to the Fraternity. If you are an alumni member that is contacted by a student member from your Alma Mater, please remember that a significant portion of every dollar collected in alumni dues and Campaign for Progress contributions through these telephone calls or letters goes directly to your student chapter.

We also were able to re-establish contact with some of our distinguished alumni members during the ASHP Meeting in December (Las Vegas) and the APhA Meeting in March (San Antonio). Thanks to all of the 200+ members that stopped by the LKS booth at these meetings.

Many thanks to the many student and alumni members who have contacted the LKS International Office via telephone, e-mail or snail-mail - it is always a pleasure to hear from our members and to serve you in any way we can. Congratulations to our graduating students, too. We wish you much success in all your professional and personal endeavors, and remember that LKS is available to you as a valuable source of support and camaraderie throughout your lifetime.

Until next time...

Joan E. Rogala, CAE - LKS Executive Director

DEADLINES & UPCOMING EVENTS

April 1	Alumni dues due for the 1998-1999 term
May 30	Deadline to submit articles for the convention issue of LinKS
June 1	Deadline to send MMIS for graduates to the IO
	Deadline to send Annual History Report to the IO
	Deadline to send Officer Roster to the IO
	Deadline to honor all financial obligations to the Fraternity
June	REGISTRATION FOR REGIONAL MEETINGS
July 23 - 24	Regional Meeting - Toledo, OH
July 30 - Aug 1	Regional Meeting - Boston, MA
Aug 6 - 7	Regional Meeting - Vancouver, BC



Christine M. Perry, RPh

Grand President
Fairhaven, MA

Dear Lambda Kappa Sigma members,

Lambda Kappa Sigma welcomed hundreds of members to our booth at the ASHP Meeting in Las Vegas. Thanks to those who stopped by to update their address, check their dues status and pick up Women's Health Issues information. At the APhA Meeting in San Antonio, over 100 members visited our booth and reception. During these busy meetings our attendance gives us the opportunity to increase our visibility and allow our members to sit down with each other to network and see old friends.

Our next opportunity to get together will be at this summer's Regional Meeting. I encourage you all to attend either the Boston, Toledo or Vancouver meeting. Collegiate chapters have already received a Regional Meeting packet and alumni will receive information with their dues mailing. The full registration information is also available in this issue of the Blue and Gold Triangle. The Regional program will feature chapter management workshops, professional development programs and Women's Health educational sessions - outstanding programs that benefit our membership.

In March our alumni received their dues mailing for the 1999-2000 term. If you have not sent in your dues payment and contribution to the Campaign for Progress please do so this week. Our collegiates will be helping with the alumni dues efforts by participating in the Students for Progress alumni dues phone-a-thon. Every alumni who becomes in good standing the collegiate chapters will receive a percentage of the dues payment. Thanks to our Grand Treasurer, Robin Bogner, for this new program which helps benefit our Fraternity and collegiate chapters.

Congratulations to the 12 LKS members who were awarded Grants from the Educational Trust. You represent the best and brightest LKS has to offer. We are proud of your professional and academic achievements. Thanks to Regional Supervisor, Patti Lozano, and committee for their fine work in selecting this years recipients.

You may have noticed the Fraternity's new identity this month with our newly designed letterhead and envelopes. The new rush brochure and Member Manuals sent to the collegiate chapters also reflect our new look. Our goal is to build harmony among our printed materials, which enhances our image as the best fraternity representing women in pharmacy.

Thank you to all members for participating in our membership directory updates. Harris Publishing is currently in the final stages of obtaining our membership information. LKS is also updating our files with member's email addresses so we can bring you LKS information through the Internet. I welcome members to contact me at CMPERRYRPH@aol.com. Thank you for your loyalty, sisterhood and support of our Fraternity. Your dues payments, contributions to the Campaign/Students for Progress program and donations to the Educational Trust are appreciated. Each gives us the opportunity to expand our programs, meet our goals and mission and award scholarships to our members.

I look forward to seeing you at the Boston and Toledo Regional Meetings.

Fraternally,

Christine M. Perry

Christine M. Perry, R. Ph.



FEATURING FRATERNITY AWARD WINNERS

by Nancy Horst, RPh
Past Grand President

AWARD OF MERIT 1998

Alice Till was the recipient of the Award of Merit at the Philadelphia Convention. This award honors a member with distinguished accomplishments in academia, professional advancement, community service or commercial endeavor. Alice is a pharmaceutical scientist, with credentials in research and development of widely used pharmaceuticals and also in organizational management.

Alice went to pharmacy school at the Philadelphia College of Pharmacy and Science, and joined the Eta chapter there. She received an Ethel J. Heath key upon graduation, then pursued an M.S. in Pharmaceutics at PCPS, a Ph.D. in Pharmaceutical Chemistry at the University of California at San Francisco, and an M.B.A. in Industrial Relations and Organizational Behavior from Temple University. While at UCSF, she was a teaching and research assistant, and received a Dr. B. Olive Cole Grant from LKS.

At Merck Research Laboratories she was a research fellow, assistant director for Clinical Research, and Director of the Clinical Development Studies Program, and worked on design and analyses of pharmacokinetic and clinical studies for numerous products, including Mevacor®, Zocor®, Fosamax®, Prinivil®, Vasotec® and Prilosec®. While director her responsibilities included addressing marketing strategies, regulatory approval and scientific issues.

In 1987 Alice was one of a group which formed the American Association of Pharmaceutical Scientists; she has served on many committees and on the Executive Council of this group. More recently her career has turned to association management for the Generic Pharmaceutical Industry Association, where

she has served as Vice President for Scientific Affairs and is currently President. This involves being responsible for the overall activities of the GPIA, including coordination of federal and state legislative affairs, interaction with the FDA and other agencies, development and implementation of regulatory policies, member educational programs and scientific initiatives, and industry representative on various program committees and international issues. She has made many presentations and published numerous articles in pharmaceutical journals.

Other organizations to which she belongs include the American Association of Colleges of Pharmacy (she is Chair of the Board of Overseers for the School of Pharmacy at UCSF), International Generic Pharmaceutical Alliance, and the National Coordinating Council for Medication Error

Reporting and Prevention.

Alice was nominated for the Award of Merit by Robin Bogner, who met her through the AAPS. Robin wrote, in part: "Alice is one of the select few that has truly shaped this influential organization. We had lunch together at an AAPS meeting and enjoyed reminiscing about our LKS college days and what LKS has meant to us over the years. I was very impressed that a woman who is so accomplished in the sciences has not left her pharmacy and LKS roots behind."

It is clear that Alice Till has a wide range of knowledge and abilities and has been influential in several fields of professional practice, exemplifying the diversity of opportunities in pharmacy. It is both an honor and a privilege to recognize such a distinguished LKS member with one of the Fraternity's most prestigious awards.





Lambda Kappa Sigma Pharmacy Fraternity

presents the

1999 Regional Meetings

- * Continuing Education
- * Professional Programs
- * Networking
- * Fraternal Spirit
- * Leadership Training
- * Vanguard Leadership Award Presentation
- * Distinguished Young Pharmacist of the Year Presentation

Locations, Dates, & Hotels

Regions 1, 2, & 4

Boston, Massachusetts

Friday & Saturday July 30 & 31, 1999

Holiday Inn, Brookline

1200 Beacon Street Brookline MA 02146

Reservations: (617) 277-1200

Single-Quad Occupancy Rate: \$159 Cutoff Date: 06/30/99

Regions 3, 5, & 6

Toledo, Ohio

Friday & Saturday July 23 & 24, 1999

Toledo Hilton

3100 Glendale Avenue Toledo OH 43614

Reservations: (419) 381-6800 or (800) HILTONS

Single-Quad Occupancy Rate: \$79 Cutoff Date: 07/02/99

Region 7

Vancouver, British Columbia

Friday & Saturday August 6 & 7, 1999

UBC Conference Center/Ritsumeikan Residence

6460 Agronomy Road Vancouver BC V6T 1W9

*Reservations: (604) 822-1010

Single Occupancy Only: \$40 (Canadian) Cutoff Date: 07/04/99

*Please call the LKS International Office for a
Housing Reservation Form

Schedule of Events

Friday, 12:00pm-6:00pm

Registration

Workshop - Chapter Management

Workshop - How to Plan a CE/Professional Program

Workshop - Marketing LKS

Reception - Pizza Party

Saturday, 8:00am-5:30pm

Fraternity & Chapter Reports

Workshop - Interviewing Techniques

Workshop - Women's Health Issues

Awards Luncheon

Career Opportunities Panel

Collegiate / Alumni Conferences

Goal Setting

Schedule of Events: Schedule is subject to change. Additional travel, lodging, continuing education and program materials will be provided to registrants at a later date or upon special request from the International Office.

Hotel Reservations: To receive the group discount rates, please indicate that you are with the Lambda Kappa Sigma Pharmacy Fraternity. Make your reservations by the cutoff date to receive the group discount rates.

During Regional Meetings, collegiate and alumni members join together in their respective geographical regions to network, participate in educational opportunities and build the future of the Lambda Kappa Sigma Pharmacy. Regional Meetings are held in the odd years, while the Biennial Convention is held in the even years. The registration form is located on the reverse side. Please direct any correspondence, registration forms or questions to:

Lambda Kappa Sigma Pharmacy Fraternity
10938 Bartz Road Hubbard Lake MI 49747
Phone: (800) LKS-1913 Fax: (517) 727-3571 Email: lks@lks.org

Lambda Kappa Sigma Pharmacy Fraternity

1999 Regional Meetings Registration Form

Please complete this form and send or fax to:

**Lambda Kappa Sigma Pharmacy Fraternity
10938 Bartz Rd Hubbard Lake MI 49747**

Lodging reservations should be made directly with the hotel; be sure to let the operator know that you are with the Lambda Kappa Sigma Pharmacy Fraternity to take advantage of the discounted group rate. For more information, please contact the Lambda Kappa Sigma International Office at (800) LKS-1913 or fax at (517) 727-3571.

REGISTRATION DEADLINE IS 30 DAYS PRIOR TO THE REGIONAL MEETING.

Details of meeting are subject to change.

Attendee Information

Name _____

Address _____

City _____ State _____ Zip _____

Chapter _____

Arrival Date & Time _____

Departure Date & Time _____

Meeting Information

I AM PLANNING TO ATTEND

(Please ✓ one)

- | | |
|---|---|
| <input type="checkbox"/> Boston
July 30th & 31st
Regions 1, 2, & 4 | <input type="checkbox"/> Vancouver
August 6th & 7th
Region 7 |
| <input type="checkbox"/> Toledo
July 23rd & 24th
Regions 3, 5, & 6 | |

PLEASE ✓ ALL THAT APPLY

- | | | |
|--------------------------------------|---------------------------------|--|
| <input type="checkbox"/> Collegiate | <input type="checkbox"/> Alumni | <input type="checkbox"/> Alumni-at-Large |
| <input type="checkbox"/> Advisor | <input type="checkbox"/> Patron | <input type="checkbox"/> Honorary |
| <input type="checkbox"/> Other _____ | | |

Emergency Contact Information

Emergency Contact _____ Phone Number _____

Special Dietary Needs? _____

Registration Information

Registration fee includes professional programming, materials, breaks, Friday-Reception, Saturday-Continental Breakfast & Lunch.

Complete Program \$85.00

Payment Information

Check Enclosed

Check No. _____ Visa MC Card No. _____

Check Date _____ Signature: _____

CHAPTER REPORTS

(edited for space considerations)

ALPHA CHAPTER, BOSTON MA MASSACHUSETTS COLLEGE OF PHARMACY



Alpha Chapter finished last semester on the right note! In December, we had our annual semi-formal. Our celebration was held on the Odyssey Cruise Line. An enjoyable time was had by all! For the month of February, we devoted a lot of our time getting to know our orientees. The girls that are orientating have expressed so much dedication and enthusiasm about becoming LKS sisters. One very successful fund raiser event that we held was selling name tags for Dosage lab. Valentine's Day has also been a great fund raiser for us. We sold Valentine's Day vials full of candy. Some other upcoming events include Hygeia Day and our Final Banquet. We are hoping that this semester will be just as successful as last semester was!

DELTA CHAPTER, PITTSBURGH PA UNIVERSITY OF PITTSBURGH

The sisters of the Delta chapter have been busy in the new year. 1999 started as the sisters gathered together for two rush events. Our first party had a country western theme. The sisters discovered that you get worse at pin the tail on the donkey as you get older! Our second rush party was a pajama party! From these events we have gathered three new members. Some of the sisters volunteered a Friday night to cook dinner and bake cookies at Bethlehem Haven, a shelter for the under-privileged. We also sold daffodils for Daffodil Days to sponsor the American Cancer Society. During Pitt's Pharmacy Week we hosted a breast cancer awareness booth. The following week Diane Fletcher was invited to talk about Breast cancer to those interested. We have been busy trying to raise money to leave for our future sisters. We sold Valentine Vials: a 30 dram vial filled with sweet tart hearts and individually labeled with the receiver's name on the label. Our Spring Fever Clothing Sale brought in some good money too. Our year will end as we say farewell to our fifth year sisters. We are planning on having dinner, going bowling, and then heading to one on Pittsburgh's fabulous night time institutions for a dance.

ETA CHAPTER, PHILADELPHIA PA PHILADELPHIA COLLEGE OF PHARMACY

Eta chapter has kept very busy this semester. We started a new community service project. We are participating weekly in a Teen Enrichment program to help tutor children, grades 6-12, in our area. It is an effort that is enjoyed by all of the sisters as well as appreciated by the kids! In addition, we continue to visit schools in West Philadelphia to talk to children about poisons in the home. We have been very

successful supporting the Southwest Community Center by raising money, selling raffle tickets, and donating clothing. For a new idea, we decided to combine our Big Sis/Little Sis social with our Progressive dinner. It proved to be so much fun and gave us more quality time with our future sisters!! Hygeia day was celebrated on March 18 with a presentation on cardiovascular disease in women. Our annual dinner dance was held again and every sister who attended made many more memories of our college years together!! Eta chapter is looking forward to meeting new sisters at Regionals in Boston this summer!

XI CHAPTER, KINGSTON RI UNIVERSITY OF RHODE ISLAND

Xi Chapter would like to congratulate all of the new sisters that were initiated this past fall. This semester we are looking forward to bringing "Poison Control" to the local elementary schools, the chapter is also sponsoring a Mr. and Ms. Pharmacy contest in the college in order to raise money for the American Heart Association. The chapter is also co-hosting a seminar in February on cervical cancer with South County Consultants and Clinical Trials, Ltd. The seminar will be open to the public and hopes to educate the community and recruit volunteers for a preventative study using Human Papilloma Virus. Along with many other fun-filled events, we have an ice cream sundae night and a Bruins hockey game planned. Finally, Xi chapter is excited for a visit from our Regional Supervisor, Nicole Lefebvre, and another successful semester.

OMICRON CHAPTER, DETROIT MI WAYNE STATE UNIVERSITY



Greetings from Omicron Chapter. Business is resuming with rush beginning next week. We have many events planned this semester. We have a luncheon planned with the initiates, a night of pool and comedy, and a play, which is a Wayne State production. For Hygeia Day, Dr. Wilson, a LKS alumnae and our faculty advisor, will be speaking to the pharmacy classes on a topic that will pertain to our class then. There are also many fund raisers planned, some include weekly bagel sales and a bowl-a-thon with Kappa Psi and Phi Delta Chi. In March, we joined with another pharmacy organization in a bone marrow drive. Lastly, we are going to end the semester with the annual senior banquet. Congratulations to our 5 graduating Lambs. Good luck to all fellow Lambs and have a great summer!

PI CHAPTER, PISCATAWAY NJ RUTGERS UNIVERSITY

Greetings from the Pi Chapter! We are all very excited to start a new semester. Our big community project for this semester, and hopefully for the years to come, is to visit senior citizens at a nearby Somerset Manor nursing home. The sisters will be visiting for the first time on March 3rd to spend time with the senior citizens, playing games, talking, and

sharing with them. We are enthusiastic and hope that it will be a fun time for all. To celebrate Hygeia Day, Pi sisters are holding a "Heart Talk" session with a guest speaker from American Heart association. We are planning this event with Rutgers Housing to make it a community-wide, successful and informative session. To reach young adults, our topics will relate to issues like smoking, drinking, and their negative effects on the heart. The sisters came up with great ideas to help raise funds for Project Hope and social events. In addition to our yummy bake sales we hold at least twice a semester, we will be holding credit card sign-ups for a fund raiser as well.

TAU CHAPTER, PITTSBURGH PA DUQUESNE UNIVERSITY

This semester at Duquesne University, Tau Chapter received eight new members. We had two very successful rush activities, and now we are excited to have our new members join us in this semester's upcoming activities. Professionally, Tau chapter is looking forward to another busy semester. We are planning to have our "What is a Pharmacist?" program put on video cassette. This will enable high schools to show our presentation on career days while we are at classes. Our Outreach program is currently researching topics such as the proper use of antibiotics and estrogen replacement therapies in post menopausal women. We believe these topics will be beneficial to those who see our presentations. We are also planning several fund raisers for this semester. In February we will be holding our 8th annual Mr. Pharmacy Contest along with our Sarris Easter Candy Sale. Along with these two fund raisers, we will also be having a bake sale. Socially, we are planning to have our Spring Formal which will be held on April 9th, in which we say good-bye to the graduating seniors. In March we are having a Family Tree Tea, in which the sisters go out and eat together at a local restaurant. On Valentine's Day weekend we sponsored a "Grab a Date or Two" party. This enabled those who did not have a someone special, to spend Valentine's Day with a friend. It was also a great fund raising event. Also on Valentine's Day weekend we are planning on wrapping presents at the mall for charity. We also helped package drugs with a local church for people in Haiti.

ALPHA ALPHA CHAPTER, PHILADELPHIA PA TEMPLE UNIVERSITY

Alpha Alpha is happy to announce that we initiated sixteen (16) new sisters last Fall. We had several activities for the girls last semester including LKS "A Latte", study days, and our annual Christmas Semi-formal. The events gave us the opportunity to officially induct them into LKS. This semester should be very productive for Alpha Alpha. We are planning a special celebration for our 50th anniversary and Hygeia Day, and a clothing drive for a woman's shelter. Once again, we will participate in the "Race for the Cure Breast Cancer Walk" in Philadelphia. Our Regional Supervisor, Patti Lozano, met with all the sisters to discuss ideas to help make Alpha Alpha the best it can be. Congratulations to Francine Farnsworth and Talitha Chisholm who both received Cora E. Craven Educational Grants, a first for Alpha Alpha. We hope everyone has a wonderful semester.

-Continued on page 7

-Continued from page 6

ALPHA BETA CHAPTER, STORRS CT

UNIVERSITY OF CONNECTICUT

Alpha Beta was involved with many activities last fall semester. We traveled to the Windham Center of Optimum Care and played several games of Bingo with the patients. Also, to add a little holiday cheer to their lives before Christmas, we walked the halls of the convalescent home and sang Christmas carols. For the annual University of Connecticut Health Fair, LKS focused on allergies by offering information on various allergy types. In October, we raised money for breast cancer research by selling pink ribbons and Halloween Candy grams. Every LKS member received a pink ribbon to wear to aid in breast cancer awareness. The fall semester also was very successful in that we initiated 15 new members into the chapter. These new sisters have already become very involved with LKS and some have even become officers for this term. The last Saturday in January consisted of our annual lock-in. At this event we played LKS Jeopardy, inducted the new officers, and also partook in a committee planning session for the spring semester's activities. The spring semester included a professional program on Domestic Violence against Women and a Women in Pharmacy Mentoring Program. For Valentine's Day, we marked the first ever LKS Condom Grams. These cards included a free condom to any student who wished to send one to anyone on campus. These were to promote safe sex and to honor National Safe Sex Week. All condoms were donated by the University. This semester also marked the first time that Alpha Beta had its own website. We would like to invite everyone to visit the site through the School of Pharmacy web page at pharmacy.uconn.edu and go to Student Activities.

ALPHA KAPPA CHAPTER, ATHENS GA

UNIVERSITY OF GEORGIA

Alpha Kappa Chapter had a busy and exciting fall semester at the UGA College of Pharmacy. Our Rush period included a scavenger hunt/pizza party, a roller skating party, and a yarn maze on Big Sis/Lil' Sis night. We initiated 34 new members in November! We hosted our annual Halloween party and are currently selling Val-O-Gram candy bags to raise money for Project Hope. Sisters also brought in toys for the Salvation Army Stocking Fund to brighten the holiday season for kids in our community. Our Killer Lamb intramural flag-football team had a great season - only losing in the playoffs! We began the new semester with a Parent's Day Banquet, had a Cajun crawfish social with Kappa Psi, are playing intramural basketball, and are currently planning for our annual Yellow Chrysanthemum Ball. We are looking forward to a special school-wide and public program to celebrate Hygeia Day, volunteering for the campus wide "Into the Streets" community service program, and meeting LKS sisters at the APhA meeting in San Antonio. Good luck for a great semester - our prayers are with each of our chapters.

ALPHA PI CHAPTER, JAMAICA NY

ST. JOHN'S UNIVERSITY

Greetings from the Alpha Pi Chapter! We all hope that you had a wonderful holiday season and that your new year is off to a great start. Thirteen new members have recently been initiated and we have many exciting events planned for the new semester. Our Lambs have just finished a three-session self-defense course given by a local martial arts school. On Friday, January 22nd, Saint John's held an activity fair where each organization is represented in an effort to recruit new members. Through this we were able to sign up a few prospective initiates and rushing new members will begin on February 16th. We have already started to plan events for the week of Hygeia Day. Our focus will be on the LKS Women's Health Issue, Heart Disease and Women. During this week in March, we will be providing the Saint John's community information regarding this issue and that of other health topics that would be of interest to our fellow students. We are also organizing a women's health exposition in which we will invite various speakers to talk to our student body about the health topics we will be presenting during the week. We are looking forward to planning this event and intend to tell your more about it in the next update.

ALPHA PHI CHAPTER, WILKES-BARRE PA

WILKES UNIVERSITY

Hey all! The Alpha Phi Chapter is still up and running strong. We just finished a Pharmacy Fair, in conjunction with our student senate. Lori Walker, president, co-chaired this event. The rush committee handed out 5 bids for this orientation; professional committee arranged a speaker on heart disease; fundraising committee is preparing for a t-shirt sale; and banquet committee is finalizing plans for this year's spring banquet. Information can be found at our web site, <http://wilkes1.wilkes.edu/~lks>.

ALUMNI CHAPTER REPORTS

ALPHA ALUMNI CHAPTER, BOSTON MA

In December the Alumni Chapter sponsored the fifth annual Christmas Craft Party on December 20. After the luncheon we sat down to make our craft which was an icicle ornament for the tree. We proved to be one crafty group.

January 27 was the date for the Yankee Swap. The Swap was held at Donna Horn's home in Norwood. 12 Members attend and were treated to many delightful desserts. After the Swap we held an alumni meeting. The agenda included plans for the upcoming Regional Meeting, update from the Fraternity and details about Hygeia Day. Correspondence from our Alumni Supervisor, Becky Garrett, was also read. At the end of the meeting we held our apple pie basket raffle. Over \$60.00 was raised from the raffle and Alpha Alumni member Catherine Filosi was the winner.

Hygeia Day was held on March 23 at the Massachusetts College of Pharmacy in the Stepanian Auditorium. Our speakers were LKS members Maria Summa and Nicole Turcotte, Assistant Professors of Clinical Pharmacy at MCP. Maria spoke on Dietary Phyto Estrogens and the potential health benefits. Nicole's program was on Taste Disturbances. A light snack and beverages were served. Following the program the alumni chapter held an alumni meeting.

We invited everyone to the Boston Regional, July 30-August 1. We are expecting over 100 members to attend this meeting in the city of our founding. On Saturday you can look forward to dinner at Faneuil Hall and a show at the comedy connection. We have a lot of great activities for you so come to Boston and celebrate!

LAST CALL FOR THE LKS MEMBERSHIP DIRECTORY!

The questionnaires are in!! The directory publisher, Harris Publishing, is in the final stages of proofing and editing the Lambda Kappa Sigma 1998-1999 Membership Directory. The comprehensive listing of LKS members is scheduled to release this fall.

Harris will continue to accept your updates and book orders until May 24th.

PLEASE REMEMBER: YOUR ONLY OPPORTUNITY TO RESERVE A COPY OF THE DIRECTORY WILL BE DURING THE PHONING STAGE OF THE PROJECT. Please advise the Harris representative during the conversation that you wish to order the publication.

The new LKS Membership Directory promises to be an invaluable reference tool! It should be available by early Fall, 1999. Don't miss this opportunity to be a part of it!

If you would still like to place an order, or if you previously ordered a directory and have a question, contact the publisher at:

Customer Service Department
Bernard C. Harris Publishing Company, Inc.
22 Koger Center
Norfolk, VA 23502
Phone 1-800-877-6554

WOMEN AND HEART DISEASE

Heart Disease is the number one killer of American women. Women are more likely than men to die from our first heart attack and, if we survive, more likely to have another one. There are things we can change and things we can not. We can not change the fact that we are women and that we get older. Our risk of heart disease increases with age and as stated above we are more likely to die from heart disease. We also can not change our genealogy – if a close blood relative has had a heart attack or stroke this also increases our risk. We can stop smoking and drinking excessively. Weight is something most of us worry about anyway – here is a real reason to keep it under control. Obesity influences our blood pressure, cholesterol levels and risk for diabetes. All three of these things increase our risk for heart disease. Stress is very common in a woman's life and this can be deadly because it can trigger smoking, overeating and alcohol consumption. One way to help maintain a healthy weight, encourage healthy eating and decrease stress is to exercise, which can in itself decrease our risk for heart disease.

Women who have reached menopause need to closely consider hormone replacement therapy. There is no question that if a woman has two first degree relatives with breast cancer or endometrial cancer and no cardiovascular risk factors should not receive hormone replacement therapy. However, the rest of us should consider that hormone replacement therapy decreases LDL levels of cholesterol, increases HDL levels of cholesterol and decreases the overall risk of heart disease and osteoporosis. The women with one or more risk factors tend to benefit more from hormone replacement therapy than those without.

What if you develop high blood pressure? A physician will diagnose hypertension after an average of two or more blood pressure readings during two subsequent visits with Systolic blood pressure over 140 and Diastolic blood pressure over 90. Secondary causes of hypertension will also be ruled out. Depending on the blood pressure readings and other risk factors, life style changes may be tried before medication is started. The treatment goal is to reduce morbidity and mortality associated with high blood pressure by the least intrusive means possible. Consideration should be made to race, other diseases and therapies, quality of life and age. As younger women develop heart disease and as some women are starting their family later in life, pregnancy concerns need to be taken into consideration when choosing treatment. Younger women do not respond as well to diuretics. Methyldopa has been well studied for use throughout pregnancy and Beta Blockers can be used safely in the latter part of pregnancy. ACE Inhibitors should not be used during pregnancy.

Anyone of child bearing age on these medications should be informed of this warning.

Compliance is a major issue for the treatment of all chronic diseases. The patient's pharmacist can help improve compliance by helping the patient to understand the disease and their treatment. The pharmacist can assess how much the patient truly understands, how much they have accepted and what their expectations are for their treatment. They need to understand that there is no cure for hypertension, only control and that this is a silent disease that has very few symptoms. Response should be assessed after one to two months of treatment. There should be an evaluation of side effects and blood pressure control. If there is no response or troublesome side effects, then another agent from a different class should be started. If there is inadequate response but the medication has been well tolerated, then the first drug can be increased or a second drug from another class should be added. It is recommended that a diuretic be the first choice for this second agent if the patient is not already on one. Another service the pharmacist can provide is periodic monitoring of the patient's blood pressure. Some blood pressure levels rise due to the fact that the patient is in the doctor's office and levels can vary depending on the time of day. A patient could also purchase an electronic blood pressure monitor for the convenience of in home testing.

The patient on chronic medication can benefit from a pharmacist who will provide continued education for the patient and their family, positive reinforcement, assistance with problems that surface and a referral to another health care professional when necessary. For the most part, hypertension is a condition for which the patient is on life long therapy. There are instances where medication can be tapered down to evaluate whether the patient can maintain a normal blood pressure without medication. Follow up appointments with the patient's physician should be maintained in order to evaluate the patient's condition.

There are many facets to heart disease and as we continue through the biennium we will focus on different topics in different publications. Efforts will be made to combine the information for the Fraternity meetings, such as Regionals and Convention so that every member receives all of the information in several formats. The Women's Health Issues Committee encourages you to use this information in whatever way you feel appropriate; in your practice, as a chapter presentation, for personal benefit. We hope that you find this information useful and informative.

~ Submitted by Dixie Leikach with thanks to Charlotte Pendergast, Dr.Linda Eugenio-Clark and Mary Norbut for their contributions.



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