



# SDCPHA Voice

Newsletter of the San Diego County Pharmacists Association

California Pharmacists Insurance Services

March 2000

Editor: Gene Tunick, R.Ph.

Volume III, Issue 3

## **PRESIDENT'S MESSAGE**

Most of you delegates at the annual meeting in Sacramento found the meeting to be very stimulating and enlightening. The presentation given by Jean Paul Gagnon of Hoescht Marion Roussel on the Internet and its potential impacts on the practice of pharmacy was particularly thought provoking. There was something else that came to light at the at many of the caucuses held by your representatives, and that was, do we have a product that offers something to every pharmacist in San Diego. In my last newsletter article I discussed the percentage of licensed pharmacists belonging to our association and how I believe that in order to truly represent our profession we must increase our membership.

We must ask ourselves what is the product, or products, that we can offer that will meet the needs of our profession in this changing environment. What do those nonmembers really want from a professional association? CPHA has several Academies, Employee Pharmacists, Consulting

*Continued on page 5*

## **TRUSTEE VIEWS**

The CPHA Annual meeting is history and our San Diego Delegation has carried the spirit of San Diego to Sacramento. Our delegation was led by Poonam Patel immediate past president; Aaron Swann, President-elect; Helen Park Vice President, Natalie Seeman, Secretary; and Board members J.J. Johnson, Terry McCarthy, co trustee. Also representing our local was New president John Ahearn as a delegate to AEP. I attended as a member of the Board of Trustees. Our delegates participated in the debates on the floor, as well as voting in the best interest of San Diego Pharmacists.

Your Co-trustees have arranged a meeting of the Officers of Region 8 which includes San Diego, Inland Empire and Palm Springs to be held at the U.C. Riverside campus on the 15th of February we will have details of the meeting

in our next newsletter in April. We have decided to publish the newsletter every other month to bring more information to you. Please let us know your feelings. E-mail me at GeneRPH@aol.com. Also look for the article about our Website in this newsletter. Don't forget the golf tournament on April 26th (see flyer in this issue). Keep your ears open to our many CE programs planned for this year.

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## Calendar of Activities

*March 11-15, 2000*  
APhA Annual Meeting,  
Washington, DC

*March 25, 2000*  
PTCB Examination

*March 26-April 2, 2000*  
CE @ Sea, South Caribbean

*April 26, 2000*  
SDCPHA Golf Tournament  
Twin Oaks Golf Course, San Marcos

*June 9-11, 2000*  
Wine Country Weekend and  
CE Program, Sonoma County  
DoubleTree Hotel, Rohnert Park

*July 22, 2000*  
PTCB Examination

*September 21, 2000*  
CPhA Board of Trustees Meeting,  
Convention Center, Pasadena, CA

*September 22-24, 2000*  
Western Pharmacy Education Faire,  
Convention Center, Pasadena, CA

*February 8, 2001*  
CPhA Board of Trustees Meeting,  
Marriott Hotel, Newport Beach, CA

*February 9-11, 2001*  
CPhA Annual Meeting, Marriott Hotel,  
Newport Beach, CA

*October 4, 2001*  
CPhA Board of Trustees Meeting, John  
Ascuaga's Nugget, Reno, NV

*October 5-7, 2001*  
Western Pharmacy Education Faire, John  
Ascuaga's Nugget, Reno, NV

## Four New Programs Available for Members!

The California Pharmacists Association is pleased to announce the sponsorship of four new insurance programs for members — Long Term Care, Vision Care, Term Life and Accidental Death & Dismemberment. One of the reasons CPhA hired Seabury & Smith, Inc. was to broaden the scope of programs available to CPhA members and in some cases, their employees.

*Highlights of the new programs are:*

### **Long Term Care**

- Up to \$6,000 per month available
- Choice of benefit periods – 2, 3, 6 and lifetime
- 50% benefit for home care
- Association, Good Health and Spouse discounts available

### **Vision Care**

- Choice of 2 employer plans
- Individual plan also available
- Largest network of ophthalmologists
- Includes exams, frames, lenses and contacts

### **Term Life**

- \$1,000,000 maximum benefit available
- Accelerated Death Benefit
- Available to employees

### **Accidental Death & Dismemberment**

- \$750,000 maximum benefit available
- Benefits include: Loss of Use, Special Education and Seat Belt Benefit

These plans will be available over the course of the next several weeks. Please call a Client Service Representative toll-free at **(888) 926-CPhA** for more information. And don't forget these plans already available to members: Workers' Compensation, Long Term Disability, Professional Liability, Business Owners Package and Medical.





**San Diego County Pharmacists**

**10th Annual Golf Tournament**

Sponsored by

San Diego Pharmacists Association  
San Diego Society of Healthsystems Pharmacists  
San Diego Pharmacy Alliance

**Twin Oaks Golf Course**  
1495 N. Twin Oaks Valley Rd.  
San Marcos, CA 92069  
(760) 591-Golf

**Wednesday, April 26, 2000**  
Registration & Driving Range  
7 To 7:45 am  
Rev Shotgun Start 8:00 Am  
Lunch To Follow Tournament

\$95.00 per person includes: Golf, Cart, Lunch, Prizes, 1 Raffle Ticket  
Driving Range 7:00 am

\$25.00 per person includes: Lunch only

\$330.00 Hole sponsorship includes: (one golfer)

**Make checks payable to SDCPhA** (San Diego County Pharmacists Association) This year \$20.00 per golfer donated to Stroke Task Force (TAX ID #0952415354). Direct any Questions to: Gene Tunick (619) 464-8298 or GeneRPH@aol.com

**Mail check to:** SDCPHA Golf Tournament, PMB #101  
6549 Mission Gorge Road, San Diego, CA. 92120

**Only 100 openings! 1st come, 1st served Don't miss out!!**

NAME \_\_\_\_\_ GOLF \_\_\_\_\_ LUNCH ONLY \_\_\_\_\_

NAME \_\_\_\_\_ GOLF \_\_\_\_\_ LUNCH ONLY \_\_\_\_\_

NAME \_\_\_\_\_ GOLF \_\_\_\_\_ LUNCH ONLY \_\_\_\_\_

NAME \_\_\_\_\_ GOLF \_\_\_\_\_ LUNCH ONLY \_\_\_\_\_

CONTACT PHONE NUMBER \_\_\_\_\_

# Report on CPhA ANNUAL

The San Diego Pharmacist Association's Millennium Gala was a tough act to follow, but the California Pharmacist Association also kicked off the new century with a bang at the annual meeting in Sacramento. CPhA's annual meeting was held in the capitol city on February 4-6. Mike Pavlovich was installed as the new president of CPhA. In his presidential address he promised to "make it happen". In Chris Woo's outgoing speech he shared that he once dreamed to be on the board of directors of CPhA. Well his dream came true and then some. Debra Johnson was elected as Speaker Elect. Pharmacist of the year was awarded to Bob Nichol. Student of the year award was shared by Scott Ayers and Shaun Young. The best large local association was awarded to Orange County and San Joaquin was awarded the small local association award of the year for the second year in a row. The new Salvatori

California Pharmacist Museum made its grand opening on Saturday.

The weekend was not just all work with no play. Friday night was Monte Carlo Night where members gambled for lavish prizes. Saturday night was the installation banquet where Mike was installed. Members enjoyed prime rib and shrimp for dinner. The entertainment swung CPhA into a new year with big band sounds. The night ended with a visit to the presidential suite which overlooked the capitol and all of Sacramento.

The weekend was wrapped up by the House of Delegates. Issues that were debated included; requiring CPR certification for Pharmacists, reciprocity, tech to pharmacist ratios, etc. The house made a strong statement against reciprocity and referred policy concerning tech to pharmacist ratios.

*David Mitchell*  
*Student*  
*UOP Delegate*

## ***Odds & Ends:***

### **NSAIs and Menstrual Cramps:**

How many pharmacists have considered advising women taking NSAIs for a sports type injury not to take other drugs for menstrual cramps unless consulting with a pharmacist?

Example: A woman is taking Naproxen for a knee injury, then takes ibuprofen for menstrual period.....

### **Heart Attack in a Casino or Hospital: Which is better?**

One may be better off having a heart attack in a casino than a hospital!

There was a presentation at the American Heart Association showing "crash carts" take longer than casino personnel. The proposed solution is to wear the automated defibrillator while in the hospital, the unit being self activated should need be. "Crash carts" take too long.....

## ***ARE YOU ADDICTED TO YOUR COMPUTER?***

A new addiction is claiming an increasing number of victims – the compulsive computer use. Some users spend excessive amounts of time surfing the net, using chat rooms or playing interactive games.

The participants of this study spent an average of 27 hours a week glued to their computer. Many felt happy, excited and felt the sense of power. But most of them admitted that it interfered with their social life, family affairs, work or school. Among those who tried to reduce their computer use, about 1/3 said that it made them feel anxious.

Psychological tests showed that the compulsive computer users had a high rate of mental disorders, especially mood and personality disorders and drug or alcohol problems.

Journal of Clinical Psychiatry 1999;60:839-844.

**Adrenergic Alpha & Beta Receptors & Direct Acting Catecholamines:**

in descending order of potency Alpha Receptor ~ Beta receptor

Epi ← → Isoproterenol  
 Norepi ← → Epi  
 Isoproterenol ← → Norepi

Inotropic effects – epi and norepi are pretty much equal!

**Estrogen patch itch:**

Spray area with a nasal cortisosteroid prior to applying the patch, allow to dry, and apply patch.....

**Tazarotene has a pregnancy category rating of X.**

It was initially approved for the Tx of wide body application for psoriasis. Psoriasis generally has more broken skin than acne. The X rating for acne may not be as accurate.....

**Acne:** is not an infection but an inflammatory response....

**Calcium Magnesium**

**Acetate** (CMA), is the substance used for de-icing and anti-icing planes and airport runways. Well, have you ever wondered just where

this come from? It comes from either cheese or sewage sludge. If you are really curious, I guess just smell the airplane next time you board and guess.....

**Thalidomide & Immunosuppressive;**

Immunosuppressive has a tendency to infer opportunistic infections can occur. Immunomodulatory does not infer opportunistic infections.

Thalidomide is being viewed as Immunomodulatory.....

**Digitalis** – Remember studying back when! Classic positive inotro-pic agent derived from foxglove increases amount of Intracellular Ca allows accumulation of Na Reflex stimulation of vagus low therapeutic index can cause arrhythmia, N&V, sedation

**Nitric oxide:** NO is a plieotropic (producing more than one genic effect, e.g., multiple phenotypic expressions) mediator which is generated enzymatically in cells expressing nitric oxide synthase.

**SDCPhA Officers For 2000**

President:	John J. Ahearn, Jr.
President Elect:	Aaron Swann
Vice President:	Helen Park
Secretary:	Natalie Seeman
Treasurer 2nd Year Of 2 Year Term:	Linh To
Board Of Directors:	Kevin Host S. John Johnson Jacqueline Nguyen

*Continued from page 1*

**President's Message**

Pharmacists, Owners Academy, etc., but where are we missing the proverbial boat? The San Diego Pharmacists Association has a very dedicated and excited board this year, composed from a broad spectrum of practice settings and we all want your input and ideas on how we can better serve you, our fellow members, as well as those Pharmacists that are not members.

Do we need more specialized continuing education, a career fair, more social events, greater representation in the political arena, or more public awareness of how the Pharmacist fits on the health care team? Our Board Meeting schedule is

on our website and I want to cordially invite each and every member to try and attend your Board meetings, meet the great people who are giving of their time and talent to serve you association. But, equally important to give us your input on how we can improve your association and better meet your needs, as a Pharmacist, it is only through a total team effort that we can make our profession stronger.

Sincerely,  
John Ahearn

P.S.: If you can't attend please drop myself or the other Board Members an e-mail. My e-mail address is tamarackrph@aol.com

## **San Diego County Pharmacists Association**

6549 Mission Gorge Road, #101

San Diego, CA 92120

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ADDRESS CORRECTION REQUESTED

Newsletter Editor: Gene Tunick

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Thanks to **Seabury & Smith, Inc.** for production of our newsletter.  
**Seabury & Smith, Inc.** is the exclusive administrator of the California Pharmacists Association sponsored insurance programs.  
Call **(888) 926-CPhA** for information about the programs available or e-mail them at **CPhA.Insurance@marshmc.com**.

# Have You Moved?

*Please update your information for our records*

Name: \_\_\_\_\_

**Former** Address: \_\_\_\_\_

**Former** City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**New** Address: \_\_\_\_\_

**New** City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**New** Phone: (\_\_\_\_\_) \_\_\_\_\_

**New** Fax: (\_\_\_\_\_) \_\_\_\_\_

# Do We Have Your e-Mail Address???

Name: \_\_\_\_\_ e-mail address: \_\_\_\_\_