Phi Lambda Sigma honors society hosts “Go Red for Women” awareness event

In an effort to educate fellow students, faculty and staff of the risk of heart disease in women, members of the ISU College of Pharmacy’s Phi Lambda Sigma honors society recently sponsored the “Go Red for Women” informational lunch, with Pharmacy Associate Professor, Nicole Murdock, PharmD, as the guest speaker. Murdock says that cardiovascular heart disease is the number one cause of death in women in the US, but many don’t know they have the ailment.

“Most women are aware of breast cancer being a female disease, but vascular disease is definitely an issue for women,” she said.

According to the American Heart Association, cardiovascular disease (CVD) includes diseases of the heart and blood vessels.

Most heart and blood vessel problems develop over time and occur when arteries develop atherosclerosis, a process that begins in childhood and involves a gradual buildup of plaque inside your arteries. Plaques that rupture can cause blood clots to form. These clots can block blood flow at the site of the rupture or can break off and travel through the artery to another part of the body. If either happens and blocks an artery that feeds the heart or brain, it causes a heart attack or stroke.

Phi Lambda Sigma members, in conjunction with the American Heart Association’s national Go Red for Women campaign, encouraged women to visit their health care provider for a check up on:

- Total cholesterol
- LDL (bad) cholesterol
- HDL (good) cholesterol
- Triglycerides
- Blood pressure
- Fasting glucose

More information on the Go Red for Women campaign is available at goredforwomen.org.

To show support for the Go Red for Women campaign, College of Pharmacy students Steven Ward, Taryn Reeve and Chad Dwyer donned the festive color at the Phi Lambda Sigma educational event recently.
Students assist area youth through annual Spaghetti Feed & Auction

For many doctor of pharmacy students, helping others achieve optimum health is why they chose to spend nearly eight years in their professional studies. Beyond the classroom and clinics, students strive to ensure that special needs are also met for members of their community as well. For the past 17 years, student members of the Professional Pharmacy Student Alliance, (PPSA) take time from their busy schedules to assist an ill area youth make a dream come true with the annual student-sponsored Spaghetti Feed Raffle & Auction fund-raiser.

The 2010 Spaghetti Feed Raffle & Auction will be held on Friday, February 26, at 6 p.m. in the Earl Pond Student Union ballroom. Advance tickets are $5 per person or $20 for a family, regardless of size. Tickets are available at 208-282-4597 or sfra@pharmacy.isu.edu.

This year’s proceeds will go towards assisting a 17-year-old Pocatello girl’s dream come true through the Idaho Make-A-Wish Foundation®. Shantae Anderson, a sophomore at Pocatello High School, was diagnosed with Cystic Fibrosis and has a dream to visit the Bahamas resort of Atlantis. Shantae is the daughter of Tres and Cory Kinghorn of Chubbuck. Her siblings include a brother, Cameron and sister, Tasia.

When not in school, Shantae enjoys listening to hip-hop music, snowboarding and hanging out with her friends.

During the live auction event at the fund-raiser, items such as a four-wheel riding trip and cave exploration are put up for bids. In addition, several area businesses donate gift certificates and other services.

A portion of the proceeds also are used for PPSA students to hold community immunization, heartburn, methamphetamine and diabetes awareness programs throughout southeastern Idaho.

For more information regarding this fund-raiser, or to donate items for auction, contact Whitney Cooley at sfra@pharmacy.isu.edu. Tickets also may be purchased at the College of Pharmacy, 970 S. 5th Ave.

Shantae Anderson

Take Time to Join Us:
College of Pharmacy & ISU Events

- 17th Annual Spaghetti Feed & Auction, Feb. 26, p.m., Earl Pond Student Union Ballroom. Tickets are $5 per person or $15 per couple and may be purchased by contacting Jacob or Whitney Cooley, at sfra@pharmacy.isu.edu.
- College of Pharmacy alumni dinner, Feb. 27, 6 p.m., Cottonwood Grille, Boise, 913 W. River Street. For more information, contact Dan Dean at dan@College of Pharmacy ISU, dan@pharmacy.isu.edu or 208-282-3655.
- College of Pharmacy CE classes, Feb. 28, Boise, March 14, Pocatello and April 25 in Post Falls – go to pharmacy.isu.edu/live/ce/order for more details.
- Nominations for the College Of Pharmacy Professional Achievement Award for 2010 are being accepted. To nominate an alumnus, or review criteria, see nomination forms at http://www.isu.edu/alumni/awards.shtml#professional.
For more information regarding pharmacy events, contact Andrew Gauss at 282-3393 or andrew@pharmacy.isu.edu