Congratulations to the Class of 2012!

Four-plus years. 165 credit hours. Numerous sleepless nights and untold sacrifices. Earning the right to be called “doctor”– priceless!

Faculty member Dr. Ndikum is flanked by Rebecca Flores and LaSheatra Henderson (graduates from the pharmacy program) during the 2011 graduation ceremony.

Photo by 2012 graduate James Delk.
Eat, Pray, Love

Monica Evans lost her job, walked away from her marriage of 12 years, traveled around the world, landed in an isolated Brazilian village when she got on the wrong plane, worked her way across Brazil by teaching English, consulted with a wise young man, and landed in a career which she loves.

“You know people do tell me my life sounds like Elizabeth Gilbert’s book “Eat, Pray, Love,” Evans laughs, “and I guess they are right.”

Evans graduated from college with a degree in biochemistry, but she was lured into the telecom business at the height of the bubble. She was living in Chicago working as a project manager when her marriage began to dissolve.

At the same time the telecom bubble burst and she started seeing her colleagues let go, one by one. “It sounds crazy,” she says, “but I went to my boss and said ‘please let me go.’” She got what she wanted along with a generous severance package. “It was enough,” she recalls “to let me leave a marriage that wasn’t working and start a new life.”

Evans began a journey around the world in South America. When she boarded the wrong plane for a trip into the interior of Brazil, she landed in the isolated village of Oro Puerto. “They took one look at me and said, ‘We will find you a place to live if you stay here and teach English to our children.’ And that’s what I did.”

For the next 10 months, Evans wandered from village to village in Brazil, trading teaching for food and lodging. “What I learned in South America changed my life,” she says. “I had been taking, taking, taking. Now, as a teacher, I could give back.”

When she returned to the United States, she joined Teach for America and began teaching chemistry at a high school with 4000 students in Atlanta, Georgia. One of Evans’ students, Asante Dean, kept asking her how he could possibly use the material she was teaching him. “Every time he would ask me,” Evans remembers, “I would say ‘you can become a pharmacist.’”

“Finally, one day, he looked at me and said, ‘You know Miss Evans, I think you are the one who should become a pharmacist.’ And I realized – he was absolutely right.”

Evans returned to Colorado and went to work as a teacher at the Denver School of Science and Technology while she retook all her prerequisites. She applied to the university’s School of Pharmacy and didn’t get in the first time. “I was 37 years old so I wasn’t a typical applicant. But I believed that pharmacists are the teachers of health. I knew this was going to be the right fit for me. I didn’t care how many years it took me to get in.” She applied again the following year and was accepted.

Now just days away from graduation, Evans has used her time as a student to continue teaching. She worked through the Student National Pharmacy Association (SNPHA) to develop a program for high school students interested in going into health care. We established this program at Denver School of Science and Technology so we could show the students that being a pharmacist is so much more than just counting pills.”

Last July, Evans and a delegation of fourth-year pharmacy students traveled to San Antonio to accept one of four 2011 AACP Student Community Engaged Service Awards for educating and providing access to care for underserved communities through health fairs. Students at Denver School of Science and Technology also participated in the fairs as a first step toward a future career in health care.

Evans graduates this year and will be a resident at Poudre Valley Hospital. She takes particular delight in reporting that Asante Dean, the student in Atlanta who suggested she become a pharmacist, will also graduate this May – from Pharmacy School.
CALL OF DUTY

When Americans think of members of the Israeli Defense Forces (IDF) we envision cerebral killers like Ziva David, a fictional character from the popular TV show “NCIS,” or Mossad officer Avner in the critically acclaimed movie “Munich.” But the reality is that not all IDF soldiers are assassins, lifelong military or elite fighting machines. Most are like Noah Nevo – young, fresh-faced, and barely shaving.

Noah, an Israeli citizen whose parents moved to Fort Collins when he was two years old, has lived the majority of his life in the U.S. His parents and older sister have all served in the IDF, so the thought of returning to Israel to serve was a natural chapter in his life; some could even say a right of passage for this 18-year-old.

A confirmed Zionist in high school, Noah was dedicated to returning to Israel to “do his duty.” Even though by law he was not required to do so.

Founded in 1948 after the State of Israel was established, the IDF is recognized as one of the most battle-trained and effective military forces in the world. It differs from most armed forces in that it conscripts all citizens, including women. The rules are simple. By one’s eighteenth birthday all citizens, regardless of gender or socioeconomic background, are drafted and serve a minimum of two years in the military.

Serving as a combat soldier in the Infantry Corps, Noah worked alongside people from all social, economic and political backgrounds. “It is the ultimate social leveler; a true melting pot. We all had guard duty; we all had to wash dishes and clean toilets.”

For Noah active duty was a time of self-discovery. “Being thrown together with people I wouldn’t have met in civilian life taught me a lot about assumptions, religion, and my core beliefs.” Like many teenagers he started questioning those beliefs, as well as the politics of his homeland, during his senior year in high school and continued his journey while serving in Israel. “It was a very meaningful experience. I was able to question a lot of things – including the Palestinian-Israeli Conflict – and think about what I wanted to do in the future.”

As Noah recalls, “Life in a militarized zone is draining. As socially progressive as the IDF might be, there’s nothing pleasant about serving in the Occupied Territories.” Trained to assume that everyone is a terrorist until proven otherwise, Noah witnessed untold suffering, which helped direct him to pursue a career in health care. “You see the good, the bad...the ugly. But you also discover a better understanding of the world and how you fit in it.”

“There’s never been a moment where I took for granted how privileged I am – privileged to live in this country, privileged to go to school, privileged to have experienced the world.”

After graduation, Noah will be focusing on ambulatory care and has a residency lined up with University of California San Diego.
Classmates not pictured who graduated are:
Just ask Julia Slejko who already has a job lined up in her chosen field – Pharmaceutical Outcomes Research – a month prior to graduation.

After graduating with a Bachelor’s degree in molecular, cellular and development biology in 2000 Julia worked as a project manager with a biotech company. But after seven years, she sensed something was lacking, “I never felt extremely creative in what I was doing.” So, in 2007, she left a pretty good job and went back to school to pursue a PhD in Pharmaceutical Outcomes Research.

“The entire field fascinates me because it focuses on a different angle of research and looks at drug effectiveness and costs and combines that with real world data on patient behavior,” says Julia. By combining a variety of information and focusing on the end result, outcomes research uses computer simulations to determine which interventions work best for each patient and why. “In the real world, patients behave differently than in a clinical trial – for instance, they stop taking medications.”

With the intent of identifying shortfalls in practice and developing strategies to improve care, outcomes research is being used by a number of groups including clinicians, patients, health care managers, politicians, and insurance companies.

From academia to consulting to insurance, government, healthcare and the pharmaceutical industry, this growing field – spurred by health care reform – is commanding high salaries. Those pursuing PhD’s in this field come from a wide variety of backgrounds – some in economics others in biochemistry. Julia says, “That’s what’s appealing. There’s so many different perspectives. It is a multidisciplinary way to conduct research.”

Outcomes Research
Pharmaceutical outcomes research, an offshoot of outcomes research, first gained wide attention in the 1850s during the Crimean War as a result of the work of celebrated English nurse, writer and statistician, Florence Nightingale. Nightingale studied the cause of death – wounds, infections and other causes – and the nursing care that soldiers received and how different nursing interventions decreased mortality.
Imagine being plagued with constant headaches, nausea, anxiety, difficulty concentrating, numbness and disorientation with no clear diagnosis.

Would you think you were losing your mind? Eric Edwards thought so. For years he experienced these symptoms including bursts of numbness in his left arm. “At first they occurred when I was very stressed or exhausted, so I accepted the diagnosis of ‘unusual manifestations of anxiety/pain attacks.’” But by the end of his third year of pharmacy school (spring 2011) the symptoms were no longer fleeting. They were occurring multiple times a day. “I felt sick in different ways for the entire spring semester of my P-3 year. I had frequent headaches, which became almost constant.”

Since physicians had been unable to diagnose a concrete condition and because pharmacy school is quite stressful, Eric began to think it was psychiatric in nature. “I started to think it was all in my head.” And in a way, he was correct.

In July 2011 he rushed to the ER with a horrible headache, accompanied by complete loss of sensation of the left side of his body, and phantom tastes. In addition, he felt numbness spread up his face and neck and had difficulty following what people were saying. Certain he was having a seizure or transient ischemic attack, Eric pleaded with the ER physician who in turn ordered a CT scan. The scan showed a 2.5” diameter meningioma – a grade 2, atypical, slow growing tumor. With a very good chance of blindness or paralysis and a 10 percent chance of dying, Eric’s prognosis was not good. But he had a diagnosis, which for Eric was a relief.

Immediately placed on Keppra for seizures and Decadron for inflammation, Eric met with pharmacy faculty member, Jacci Bainbridge, PharmD, who specializes in neurological conditions including epilepsy, multiple sclerosis and Parkinson’s disease. She reviewed his MRI and promptly contacted Kevin Lillehei, MD, chair of neurosurgery at CU. On August 10, 2011, Eric underwent brain surgery to remove the tumor. Recovery was slow and frustrating, but given the extent of the surgery to be expected. Happy that he wasn’t paralyzed, Eric experienced poor memory and balance, tiredness and slow mental acuity. The brunt of the caretaking fell to Eric’s family – especially his mother. “I owe a great deal to my family and am truly grateful. I gained insight on what it is like for other people who aren’t fully functional and have to rely on someone else for everything.”

Today, Eric is seizure and headache-free, and feels better than he has in years. Even though surgery interrupted his final year of rotations, he will walk with his classmates during commencement on May 25 and will officially graduate with a doctor of pharmacy degree in August. “Without the help of good friends encouraging me and keeping me on track studying I would have had zero chance of passing.”

With aspirations of becoming a professional photographer, James is realistic enough to know that photography won’t pay the bills … yet. So he is relying upon his doctorate to help do so. “And if photography is something that I do on the side, then so be it. I really love it.”

In the meantime, he has parlayed his talents into paying some of the bills during pharmacy school. Hired to shoot weddings, family portraits, high school graduation photos and school-related events, James’ photos grace websites, brochures, university lamppost signs and newsletters – even the cover of this edition of Pharmacy Perspectives! James has helped expand the photo library for the school and is somewhat of a photo ambassador for pharmacy.

Adept at portraits and candid, James has a way of disarming his subjects through his quiet confidence and charm. Check out his photography at www.jdelkvisuals.com.
In 2001 Marianna Singareddy won the green card lottery and moved from the Ukraine to the U.S. She left everything behind – her daughter, fiancé and parents – and sought the American Dream. “I didn’t speak the language well and didn’t know a soul,” says Marianna. Those first few years were not easy. “I was so homesick that I contemplated going back.” Instead, she enlisted in the United States Navy and because she already held a pharmacy degree from the Ukraine College of Pharmacy was assigned the position of general corpsman (also known as a medical specialist). Her stint in the Navy lasted five years and during that time she kept busy. She obtained her pharmacy license, improved her English, moved her family to America, started working at a local pharmacy, and began to think about her future. “I thought I needed an education – a little different type of pharmacy education than I received in the Ukraine, which was more industrial. So, I began mulling the idea of going to school to obtain a doctor of pharmacy degree.” And because she willingly joined the armed forces, the Navy would pay for her education.

In 2006 near the end of her naval career, she enrolled in the non-traditional pharmD (NTPD) program at the University of Colorado. “Because the majority is on-line, you’re able to finish the program anywhere ... at your own pace.” The flexibility allowed Marianna to spend more time with her family and see the world. “The program isn’t easy. It requires self-discipline and time management skills, but it was perfect for me,” says Marianna.

Today, 11 years after winning the green card lottery, Marianna – through hard work and dogged determination – is living the American Dream.