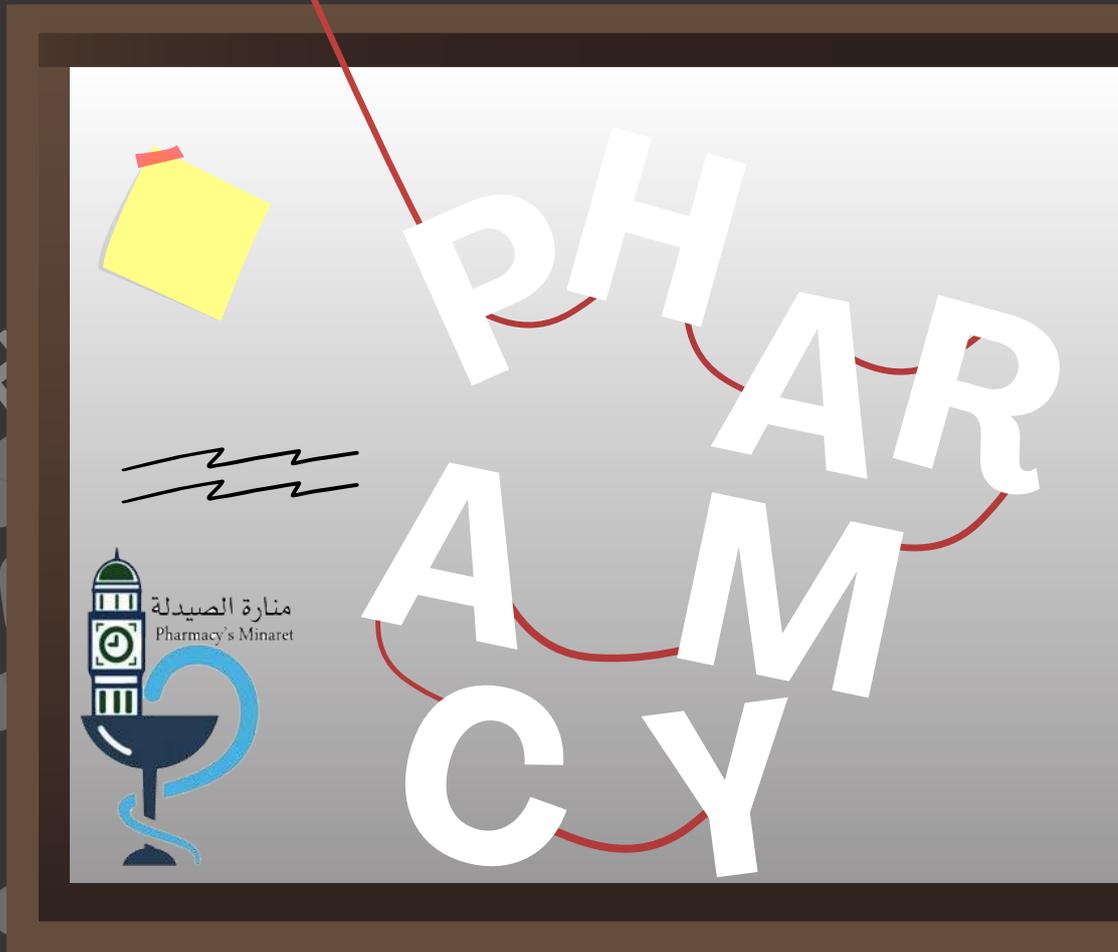




Princess Nourah bint
Abdulrahman University
College of Pharmacy

The Mystery Behind



Who is Pharmacy's Minaret?

It is a student-based magazine that figures out the most important topics, new technologies and trends related to pharmacy profession.

Vision:

Platform that motivates students to launch their creative skills and to discover what is new in the pharmacy world.

Mission:

Is a specialized student magazine for pharmacy profession issued each semester, in which support the topics related to our field through which; disseminate knowledge, science and culture in order to improve pharmacy profession.

Goals:

- To open the students' horizons for creativity.
- To spread the habit of reading and curiosity.
- To enhance students' skills and talents.
- To build student community aware scientifically and practically.

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TYPES OF SKIN MOISTURIZERS

Going to the skin care section of the pharmacy you will find there is many and different kinds of skin moisturizers. This article will help you choose the best type skin moisturizer that fits your needs First you should know which skin type you have.



Normal skin type is not too dry and not too oily could be with few imperfections or not, and no severe sensitivity
If you have this type a hydrating cream moisturizer is choice.

Oily skin type may have big pores, dull or shiny, thick complexion, blackheads, pimples, or other blemishes. In this case control your oily skin by choosing lightweight moisturizers which are oil-free or non-greasy. Look for products which contain hyaluronic acid in a lotion, serum or gel.

Dry skin you may have almost invisible pores dull, rough complexion, red patches, less elastic skin, and more visible lines Also, you may have cracks of skin peeling, or become itchy, irritated, or inflamed. If it is very dry, it can become rough and scaly, especially on the backs of your hands, arms, and legs. The best moisturizer for dry skin is creams and gels, which contain hydrating ingredients, like shea butter, hyaluronate ceramides and lanolin.

Combination Skin Type, your skin can be dry or normal in some areas and oily in others, such as many people have this type. It may need slightly different treatment in different areas For skin care. I recommend looking for lightweight moisturizer and concentrate it on the areas you need it most Apply more moisturizer to typically dry areas such as the cheeks and jawline and less to the naturally oily T-zone of your forehead and nose.

Sensitive Skin It can show up as redness, itching, burning, dryness.
If you have this type of skin:
I recommend choosing fragrance-free options to reduce your risk of irritation, and avoid moisturizers that use any sunscreen ingredient other than zinc or titanium. Look out for gentle, cream moisturizers which contain natural ingredients and always remember to patch-test new products.

Tilapia skin

In a world of energy, burns remain a global public health concern with a hundred thousands of victims every year. In fact, an extraordinary option has been innovated in order to overcome this issue, Tilapia skin graft seems to be effective in healing of partial skin thickness burns. Interestingly, tilapia skin has similar texture to human skin besides being rich in collagen. Moreover, tilapia contain many antioxidants and dose not represent an environmental harm. In practice, this marine remedy usually undergo a series of sterilization and examination processes to get rid of all microorganisms such as bacteria and fungi before applying. .

Thus, the patient does not develop either side effects or changes in the normal physiological functions. Eventually, these studies found promising results using this line of treatment. Apart from this, the produced effect is localized since it is applied topically and hence minimized its tendency to develop adverse reactions in comparison with intravenous anesthetics such as lidocaine. Unlike ointments, tilapia leather's response will not be influenced by the presence of other active ingredients, dose and frequency. As expressed, that medical intervention has observed positive impacts; therefore, more studies should be conducted to provide a wide range of therapeutic alternatives and a better understanding of its exact role in burns and perhaps other conditions.



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DIETARY SUPPLEMENTS VS WHOLE FOODS

The Dietary Guidelines highlight that your nutritional needs should be met mainly through diet. However, for some people supplementation is a beneficial way to obtain the nutrients they lack. But before you go shopping for these nutritional supplements, get the facts about what it will do for you and what it will not provide for you.

Supplements are not intended to be a substitute for food. Because it cannot provide all the nutrients and benefits that are found in whole foods such as fruits and vegetables. So, depending on your condition and your eating habits, the supplements may not be worth the cost.

WHOLE FOODS PROVIDE THREE MAIN BENEFITS THAT SUPPLEMENTS DO NOT PROVIDE

Better nutrition, whole foods are complex not mono, which means that they contain various micro nutrients that the body needs. For example, oranges contain vitamin C along with some beta-carotene, calcium and other nutrients. Most likely these components work together to provide a beneficial effect. Staple fiber, dietary fiber is found in whole foods such as, whole grains, fruits, vegetables, and legumes. Most foods rich in fiber also contain other essential nutrients. As part of a healthy diet, fiber helps prevent certain types of diabetes and heart disease, and may also be helpful in dealing with constipation. Protective materials, whole foods contain other substances that are essential for healthy health. For example, fruits and vegetables contain naturally produced substances called phytochemicals that may help prevent cancer, heart disease, diabetes, and high blood pressure. There are also many foods that are a source of antioxidants. They are substances that slow down the natural process that leads to cell and tissue damage called oxidation.

WHO NEEDS THE DIETARY SUPPLEMENTS?

If you are generally healthy and eat a wide variety of foods, including fruits and vegetables, whole grains, legumes, low-fat dairy. Then you probably don't need the supplement. However, we recommend supplements or foods rich in vitamins in the following cases, pregnant women who should get 400 micrograms per day of folic acid whether it comes from foods rich in vitamins or supplements, in addition to eating foods that contain folate naturally. Pregnant women who should take an iron-containing prenatal vitamin or a separate iron supplement. Adults over the age of 50 who should eat foods rich in vitamin B12, such as a vitamin-rich cereal, or take a multivitamin containing vitamin B12 or a separate vitamin B12 supplement. Adults aged 65 years who do not live in assisted living facilities or nursing homes, and who should receive 800 international units of vitamin D per day to reduce the risk of falls. However, nutritional supplements may be suitable for you if you are not eating well or consuming less than 1,600 calories per day. If you are a vegetarian and eat a limited variety of food, you don't eat fish two to three times a week, if you are having difficulty eating that much fish, some experts recommend adding a fish oil supplement to your daily diet.

How to choose your supplement and how to use it

If you decide to take a vitamin or mineral supplement, pay attention to these factors. Check the sticker. Read identification labels carefully. Where the product label shows what the active ingredient or ingredients are the nutrients included, the serving size, for example a capsule, package or a small spoonful, and the amount of nutrients in each serving. Avoid large doses. In general, choose multivitamin or mineral supplements that provide 100% of the daily value of all vitamins and minerals rather than those that value for one vitamin and only 20% of the daily value for another vitamin for example.

Check the expiration date. Dietary supplements can lose their effectiveness over time, especially in hot and humid climates. If the supplement does not have an expiration date, do not purchase it. And if you have nutritional supplement that have expired, dispose them in the proper way.

Pay attention to your food. Vitamins and minerals are added to a growing number of foods, including breakfast cereals and drinks. If you are also taking nutritional supplements, you may be getting certain nutrients without even knowing it. Eating more than you need may be dangerous to you and may increase the risk of side effects. For example, eating too much iron can cause nausea and vomiting, and may damage the liver and other organs. Keep up with the latest safety warnings for nutritional supplements. The FDA maintains a list of nutritional supplements that are under regulatory review, or have been known to cause adverse effects. If you are taking any dietary supplement, it is best to check the updates through the FDA website periodically.

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A trip To the future job

Little did you know about the world BROAD opportunities out there for pharmacy major graduates. Pharmacy is a broad field that is not limited to your work in a pharmacy. Either it is an administrative as management and pharmaceutical sales in companies and community pharmacies, or as clinical including hospitals, research labs, and academic institutions as scholars. You will always be amazed by the many interesting vacancies are there to fill. Over many years, pharmacists had one main role with a set of regular tasks, dispensing medicines and advising members of the public, but some are involved in manufacturing pharmaceuticals with a requirement of A Bachelor of Pharmacy degree. But medicine has evolved tremendously over the past decade and hence the idea of the Doctor of Pharmacy program came from, which is like PharmB but more involved in the patient's clinical care. Which allows you later to be majoring in a specific clinical practice of choice, as a pharmacist resident based in hospitals (PGY1 and PGY2). Clinical Pharmacy, PharmD, is when the pharmacist works side by side with a multidisciplinary team in developing a treatment plan for patients in the hospital and participates in morning tours with physicians (known as rounds). Graduates of this degree can specialize in one of the pharmacy sciences, such as pharmacology or pharmaceutical chemistry, and work in the field of pharmaceutical research, industrial pharmacy (work in factories), marketing, work in pharmaceutical companies, and work in hospital pharmacies or public pharmacies. Pharmacists are a very integral part of this community and the total healthcare team. This article will take you on an unusual trip to enlighten you about your future vision and plans in the pharmacy field. I have taken it upon me to interview two of a few most standing PNU, College of Pharmacy Alumni's to help introduce you and guide your journey into the future

Nora Al Marshood, Fresh graduate, Medical Representative at Sanofi
Graduate May 2020



Can you tell me a bit about your job description?

My job is about promoting and selling my company's products, whether that's pharmaceutical drugs or medical equipment. My customers' scope includes doctors, nurses, and pharmacists. I aim to increase product awareness, answer any queries, provide advice, and introduce new products to my clients

***When and How did your journey start after graduation?**

Let's start with my internship year, all students should prepare themselves by working on building a successful resume, by mentioning all their internship and work experiences, especially at pharmaceutical companies and hospitals because it will come handy while applying for jobs later. After my internship year, I booked an appointment for the SPLE (Saudi Pharmacy License Exam) and started studying and preparing to get certified as a pharmacist, which is a major requirement for hospitals, community pharmacies, and some companies to work there. And then started immediately job hunting through LinkedIn, colleagues' vacancies referrals, and the internet. "

***How was your job interview?**

"When I first got the job offer, I started doing background research, about my employer and my job position, tasks, and requirements. I tried as most as possible to check all the most asked questions list by researching and preparing well for them and by building high confidence in my education previous experience."

***Any tips that you'd have liked to know before to help you in job hunting?**

"I'd highly recommend the student for taking online courses to help them achieve better communication and social skills, workshops on "طاقات" and "تمهير" as some end up with job recruitment. While since it is COVID-19 and we're all quarantined it's a great chance to build a perfect unrefusable CV. I'd also recommended the students to learn how to write proper emails and objectives in writing with their official personal resume for job offers, study for the job position for all that's needed either it's a one-by-one interview or exams. Get prepared and enjoy your journey"

Reem Al Saif, Experienced worker ,Supply Chain Coordinator.
Graduate May 2019.



***Can you tell me a bit about your job**

description?"Being a supply chain coordinator is about looking for the most suitable suppliers to provide my end users (hospitals, physician, and pharmacist) with the most efficient pharmaceutical items and sign ideal deals for them by comparing product's best prices, quality, quantity, delivery period and the hospital's needs. To save time by doing a direct purchase order by being the link between the end-user and the supplier. And also, the unification of all these hospitals and the products we are responsible for."

***Tell us about your intake on your job, the skills you gained, and have you had any issues on your journey?**

"This job is very interesting and very unusual has a bright future, especially for pharmacy graduates to help them gain administrative skills and build strong connections. Some of the issues I'd face at my job as a supply chain coordinator is handling the budget and the delayed payment from the buyers and try to solve them by working my connections with the supplies. Especially in the COVID-19 pandemic and the high demand, which taught me to grow contingency planning skills, emotional and social intelligence, and working under pressure.

***Anything that you think would have helped your field of Employment if you learned about during your education years?"**

I wish if our college would present in the "career day" a wide-range about all the jobs available in our community for pharmacy graduates, to help the students understand how much there's and not get devastated by not understanding the field capacity and opportunities."

***Any last words, for your colleague's interns?**

"BROADEN YOUR MIND." – Harry Potter and the Prisoner of Azkaban. Is a saying I'd like to go by and say is very true in our major, broaden your mind, keep your heart and mind always open for everything. Try a newer perspective. Try to cover all aspects of your training. Make sure your intern year a great way for you to go through all the experiences provided for you either, in hospitals, companies, or community pharmacies. Till you find yourself somewhere

Maha AlKhalifah, Pharmacovigilance (QPPV) and Scientific Support Specialist at B. Braun Group. Graduate May 2019



***What is Pharmacovigilance?"**

Pharmacovigilance is a very broad science that has so many aspects that need to be operated, sometimes it's referred to as drug safety and it's the process of detecting, assessment, monitoring the safety of medications and reporting them. The story behind Pharmacovigilance and its importance became from the famous thalidomide drug incidence which was developed in the 1950s by the West German pharmaceutical company and was used to treat morning sickness during pregnancy. But it was found to cause severe birth defects."

"What is it like working as a Pharmacovigilance (drug safety) officer and how can anyone be qualified for the job?"

"Your job in the company is to monitor the safety of medications marketed inside of Saudi Arabia, by reporting any adverse drug reactions, quality defects, safety issues, run an analysis and an assessment then to report them to the SFDA. For example, paracetamol for injection reported that its color change when it's exposed to light and it wasn't mentioned in the leaflet so due to the high reports upon the matter we make the changes needed as well as literature screening of any adverse reactions that were already published in studies and journals is considered one of the important tasks as a drug safety officer. To be qualified for the job, you need to be highly trained and experienced in the matter. By requiring field training, workshops, and have a good background in the medication safety system as a whole and the regulations around its management in Saudi Arabia."

Tell us about your intake on your job, the skills you gained during your journey?

"I really enjoy my job and I love it so much; in what world I've seen myself as a drug safety officer? I never knew about Pharmacovigilance during my years in college, but I did after I immediately graduated and with this job, I realized how much that aspect is very neglected. The fact that I can be a part of such an important cycle that contributes to the quality of health care provided to the patients is truly remarkable. What is great about it, is that there's always room for improvement, whether to Pharmacovigilance filed wherever you are, and yourself as a person. You'll always find yourself gaining new skills, such as critical thinking, literature search, decision making and being a leader for change. THE FUTURE for Pharmacovigilance here is very bright. Even with all the national Pharmacovigilance centers in SFDA tremendous efforts to highlight the role of drug safety, either in companies or hospitals. It is still in its early stages. And I can see it growing. We are changing culture of medication safety, by implanting new tools and roles and all the necessary means to improve the health care system. " You are a great asset, and the future is Us. Apply to everything available in your way because you don't know what the future holds for you. Perhaps you will be a pharmacist in a chain pharmacy, a hospital, or the pharmacy's manager, or may be working in a pharmaceutical factory, or preparing for a master's degree, or getting a scholarship outside the Kingdom for higher education.

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Types of moisturizers

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Nutritional supplements

Tilapia skin



