

# The Capsule

University of Arkansas for Medical Sciences APhA-



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MARK YOUR CALENDARS!

## January 27

President elect interest meeting.

## February 5

President-elect Applications due via e-mail to Collin Ward

## February 15

Peripheral Brain Sales begins—look for sign up sheet

## February 16

Chili Cook off will be held at the Knights of Columbus Hall in North Little Rock.

## February 17

-Chapter Meeting in IDW  
-Legislative Health Fair

## Losing weight is worth the wait



**By Sara Benfer**

VP of Communications

**E**very January, the media launches a massive campaign of weight loss themed reality shows, work out videos, and magazines targeted to the

American public. With advertisements promising, “Lose 30 pounds in 30 days!” and “Trim ten inches in ten months!” unrealistic expectations of weight loss time frames are launched. Americans are compelled to buy the latest and greatest gym equipment, new tennis shoes, and a fancy water bottle, all of which claim to tighten your “core” and save

the environment. Besides the ordinary weight loss essentials, there is one group of weight loss supplies that should cause concern for pharmacists: weight loss supplements. There are hundreds of over the counter products available in stores and through internet order. Our patients may have questions about these products, and the answers are not always conveniently found on Lexi-Comp! The television advertisement for the product Alli® even has a pharmacist endorsement. So to help inform the next generations of pharmacists, there is a compiled list of popular weight loss supplements and the expected results from using these products.

Benfer, continued on back



## 2010 Annual Chili Cook Off!

chefs of the COP, you won't want to miss the

chili cook off! Enter to win great prizes

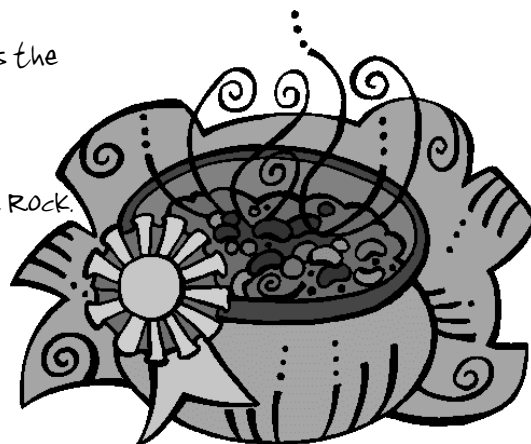
donated from restaurants around Little Rock.

Where? Knights of Columbus Hall.

When? Tuesday, Feb. 16

Chili judging starts at 5:30 PM

Eating and bingo start at 6 PM!



## (G)rams & grains

I want to give a special thanks to the editors of the Capsule:

Kena Glaze

Meg McDaniel

Jordan Brazeal

You are appreciated greatly!

# Professor Profiles:

## Dr. Marjan Boerma

She's part of one of the newest divisions in the College of Pharmacy and the Arkansas Veterans Healthcare System, and Dr. Boerma knows just how to simplify the most intricate details of mammalian cells and apply them to pharmacy.

**SB: Where did you get your degree?**

MB: I received my BS in Biology at a university in the Netherlands and I received my PhD in Radiation Biology from Leiden University, also in the Netherlands.

**SB: What are your duties at UAMS?**

MB: I have three areas of work at UAMS. First I have my work as a professor. I teach part of the Molecular Biology/Biotechnology course in the P2 year. Most of my time is devoted to research. I study the local effects of radiation from cancer treatments and the effects of full body exposure from radiation accidents. I also volunteer on several committees for the COP, including the admissions committee.

**SB: What are some of your hobbies?**

MB: I enjoy traveling. Since I grew up in Europe, I was fortunate enough to have the opportunity to travel to many of the countries in Europe. I also enjoy road cycling occasionally.

**SB: If you could invite three people to dinner, who would they be?**

MB: The current president of the United States, my fiancé, and the actress, Sandra Bullock .



### Benfer, from front

#### Over the Counter Weight Loss Supplements

Drug	What is it?	What to expect	Anything serious?
Alli (orlistat)	Lipase Inhibitor – prevents absorption of fat in the intestines.	Reports show that patients will only lose about 3 pounds more than diet and exercise alone <sup>1</sup>	GI stress, possible liver damage.
Hoodia (Hoodia gordonii)	African plant species – Appetite suppressant	No actual data to support weight loss claims	
Apidexin (forskholin)	Phytonutrient – sketchy sounding ingredients including: fucoxanthin, razberi-K, and thermidiamine	The “clinical trials” were based on the testing of only 6 overweight women. Not a valid test. No valid data	Should be avoided in those with GI ulcers, asthma, low blood pressure though no major side effects have been reported <sup>2</sup> .
Hydroxycut (hydroxycitrate)	Herb – alters glycogen storage, but contains a large amount of caffeine (3 times more than a cup of coffee)	Not sufficient data to support the weight loss claim. “The jitters” can be expected from taking this amount of caffeine.	High blood pressure, tachycardia and renal failure have been reported.
Core Cleanse	Organic Supplement/Colon Cleanser – contains senna, aloe vera, <i>L. acidophilus</i>	Basically just a laxative. Product has not data to support weight loss claim <sup>3</sup> .	Misuse can cause electrolyte imbalance and dehydration

Mayoclinic.com  
<http://forslean.com/home>  
<http://www.corecleanse.com/>

When questioned about weight loss, the trusty food pyramid, daily exercise, and possibly a physician consultation are the wisest recommendations. Websites and advertisements are designed to sell products to a naïve population, and we must be the positive influence in the lives of our patients. A healthy weight takes time and discipline to achieve, and our patients should be reminded that products that promise a quick fix to weight reduction are probably fraudulent and possibly harmful.

### To Do List for APhA-ASP Annual Meeting

- ⇒ Go to [arstudentpharmacist.com](http://arstudentpharmacist.com)
- ⇒ Register for Annual Meeting by Feb. 10
- ⇒ Book Hotel for March 12—March 15
- ⇒ Arrange travel method
- ⇒ Look at tourist links for Washington D. C
- ⇒ Plan to have the best Spring Break ever!