



A Nonprofit 501 (c)(3) Education Corporation
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Pharmacology

Presented by : **Barbara Cadario & Rania Shenoda**

Monday - March 30, 2015

9:30 am - 12:30 pm

Valle Verde - Social Room

900 Calle de los Amigos, Santa Barbara

(Please car pool if possible)

Prescription Navigator: Charting Your Medication Course



Are you mystified by your medicine? Suspicious of your supplements?

On March 30th, in the first VISTAS seminar ever conducted by pharmacists, Rania Shenoda from Santa Barbara, and Barbara Cadario from Canada, will provide an international perspective on the expanding scope of pharmacy practice. They will present information to keep you healthy and safe in a world of increasingly effective but complex medications.

The highlight of this seminar will be an explanation of the new *Prescription Navigator* service at Sansum Clinic. This will be presented within the context of the evolution of pharmacy practice - what IS that pharmacist doing behind the counter? - with an emphasis on practical tips for you to get the most out of your medications while staying safe.

Be warned: we like interaction, so come prepared to participate!

Useful handouts will be provided.



ENROLLMENT FORM: *Pharmacology* - March 30, 2015

VISTAS Members \$15/per person – Non-members \$22.50 per person

Note: At-The-Door Registration is an Additional \$5.00

Amount Enclosed \$ _____

Name(s): _____

Telephone: _____ Email: _____

Mail registration form to:

VISTAS Lifelong Learning, Inc., P.O. Box 23228, Santa Barbara, CA 93121-3228

Deadline for registration: March 23rd

Please check here if you would like to volunteer to help with refreshments _____

Barbara Cadario is a pharmacist with an MSc in pharmacology and toxicology. She obtained her BSc (Hon) (1975) and her BScPhm (1981) at the University of Toronto, followed by an MSc in Pharmacology and Toxicology (UBC, 1990) involving research into CYP enzymes. Having worked as a creator, provider, supervisor, evaluator and educator of drug information for over 30 years, Barbara is passionate about drug safety and unbiased drug information. Currently, she is a Clinical Associate Professor, Faculty of Pharmaceutical Sciences, University of British Columbia, involved in part-time teaching of International Pharmacy Graduates, pharmacy undergraduates and PharmD students. She also acts as a contract medical writer for health organizations in the production of evidence-based drug monographs and guidelines. As well, she is a visual artist with a BFA (ECUAD, 2014).



Rania Shenoda Education - Doctor of Pharmacy from USC, Bachelor in Psychobiology from UCLA. Prior to moving to Santa Barbara, Rania was a pharmacist at UCLA and prior to that she was in pharmacy management for Kaiser Permanente. Rania recently started a Medication Therapy Management program for Sansum Clinic, called the *Prescription Navigator Program*, which is funded by Julie and Jack Nadel. The goal of the program is to help ensure appropriate medication use, reduce medication-related problems and improve health outcomes.

Since her husband is an Interventional Cardiologist, she has a strong interest in the treatment and prevention of heart disease. When Rania's not working, she's very busy with their 3 children.

VISTAS CALENDAR

Seminar/Event	Dates	Time	Venue
Documentary Film Club	3rd Thurs Monthly	10:00 am	Valle Verde Theater
End of Life Choices	Feb 26 - Mar 19	1:30 pm	Maravilla Valencia
Short Stories Small Seminar	March 4, 11, 18, 25	1:30 pm	Private Home
Pharmacology	March 30	9:30 am	Valle Verde Social Room
Climate Change	April 3	9:30 am	Valle Verde Social Room
Gutenberg Revolution	April 9	1:30 pm	Maravilla Club Room
Theodore Roosevelt	April 14, 21, 28, May 5	9:30 am	Valle Verde Social Room
Opera	May 20, 27, June 3	1:30 pm	Maravilla Club Room
Dr. Spock for Grown-Ups	June 12	1:30 pm	Maravilla Club Room
British Africa	June 10, 17, 24	9:30 am	Valle Verde Social Room



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