

CPE article 1: milk thistle



Pharmacists This unit is worth half-an-hour CPE credit. Read the Milk Thistle monograph, then answer the questions by circling the appropriate answers below, using a black pen. Complete the form underneath the questions, photocopy the page and **fax** it to **the Australian College of Pharmacy Practice on 02 6273 8988,** or **post** to: **ACPP, Reply Paid 7007, CANBERRA MC ACT 2610.**

Be prompt – ACPP must receive your answers by 15 May. Answers will be printed in the next *JCM* in May/June.

Q Select the most appropriate answer to the following questions. More than one answer may be correct.

1 Silymarin may

- a) interact with alcohol
- b) reduce the toxic activity of tacrine
- c) retard the regeneration of hepatocytes
- d) be the main active ingredient of milk thistle

2 The main activity of milk thistle appears to be as:

- a) an antiemetic
- b) an anti-diarrhoeal
- c) a hypoglycaemic agent
- d) an anti-oxidant

3 Milk thistle may interact with:

- a) paracetamol
- b) erythromycin
- c) warfarin
- d) amoxicillin

4 Some positive response in clinical trials has been found for the use of silymarin in:

- a) diabetes
- b) alcoholic liver cirrhosis
- c) acute viral hepatitis A and B
- d) *Amanita phalloides* toxicity

5 Although rare, there have been reports of these adverse reactions with silymarin, such as:

- a) nausea
- b) loose bowel motions
- c) dizziness
- d) drowsiness

Your details – please print clearly or type

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PROGRAM EVALUATION –

Your comments on our CPE article are appreciated

Relevance of this topic
 very good good fair poor

Accuracy of the article
 very good good fair poor

Education value
 very good good fair poor

How many minutes did it take you to complete this unit?
 < 30 min 30–60 61–90 > 90

Please tick one
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