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CPE article 5: saw palmetto



Pharmacists This unit is worth half-an-hour CPE credit. ACPP members and CPE self-assessment program subscribers can read the Saw Palmetto monograph, then circle the appropriate answers and complete the form below the questions, using a black pen. Photocopy the page and **fax** it to **the Australian College of Pharmacy Practice on 02 6273 8988**, or **post** to: **ACPP, PO Box 7007, CANBERRA BC ACT 2610**. Or, complete the unit **online: www.acpp.edu.au**. **Be prompt** – ACPP must receive your answers by 15 November. Answers will be printed in the next *JCM* in Nov/Dec.

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

1 Saw palmetto is also known as

- a) *Saw serrulata*
- b) *Sabal palmetto*
- c) *Sabal serrulata*
- d) *Serenoa repens*

2 Numerous clinical trials support the use of saw palmetto in the treatment of

- a) erectile dysfunction
- b) prostate cancer
- c) alopecia
- d) benign prostatic hypertrophy

3 The liposterolic extract

- a) contains free fatty acids and fatty acid esters
- b) is used by the American Eclectic Physicians
- c) is included in the US Pharmacopoeia and National Formulary
- d) is known as the 'old man's friend'

4 Several mechanisms of action are suspected to be involved, such as

- a) anti-inflammatory
- b) antispasmodic
- c) inhibition of the trophic effect of prolactin on prostate cells
- d) 5-alpha reductase inhibition

5 In practice, saw palmetto

- a) provides symptomatic relief of BPH in 1–2 months
- b) is taken as a single dose before bed
- c) reduces PSA levels
- d) is taken daily in divided doses

CPE ARTICLE 3 ANSWERS: guarana
JCM 2003;2(4):36 – JULY/AUGUST 2003
1. c, d 2. a 3. a, b 4. c 5. a, b, c, d, e

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

- ACPP member – Saw Palmetto monograph CPE costs no extra to ACPP members and subscribers
- I currently subscribe to the CPE self-assessment program (\$150 for 15 tests)