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CPE article 9: green tea



Pharmacists This unit is worth half-an-hour CPE credit. ACPP members and CPE self-assessment program subscribers can read the Green tea 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, Reply Paid 7007, CANBERRA BC ACT 2610**. Or, complete the unit **online: www.acpp.edu.au**.
Be prompt – ACPP must receive your answers by 10 March. Answers will be printed in the next *JCM* [Vol 3{2}] in Mar/Apr.

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

1 Which of the following are made from *Camellia sinensis*?

- a) black tea
- b) jasmine tea
- c) green tea
- d) oolong tea

2 The polyphenols found in green tea are considered

- a) to possess anti-oxidant properties
- b) responsible for the CNS-stimulant activity
- c) to exert antimicrobial activity
- d) unimportant for UV protection

3 Therapeutically, concentrated green tea extracts are used for

- a) preventing upper respiratory tract infections
- b) promoting weight loss through increased thermogenesis
- c) enhancing wound healing
- d) CNS-sedative effects

4 Some evidence suggests that green tea

- a) may delay cancer onset/death and all-cause deaths
- b) topical application is effective against fungal infection
- c) reduces blood pressure as a possible side-effect
- d) consumed moderately long term may decrease the relative risk of cardiovascular diseases

5 Excessive consumption of green tea is not entirely safe as it may

- a) cause drowsiness
- b) elevate blood pressure
- c) cause diarrhoea
- d) inhibit warfarin activity and decrease INR

CPE ARTICLE 7 ANSWERS: valerian
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1. a, b 2. c 3. a, d 4. a, c, d 5. a, b, c

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