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CPE article 10: milk thistle–drug interactions



Pharmacists This unit is worth half-an-hour CPE credit. ACPP members and CPE self-assessment program subscribers can read the Milk Thistle–Drug Interactions article, 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 10 March. Answers will be printed in the next *JCM* [Vol 3(2)] in Mar/Apr.

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

1 The drugs with the highest level of evidence to support adjunctive use of milk thistle for its hepatoprotective activity is

- a) tacrine
- b) cyclosporin
- c) butyrophenone/phenothiazine
- d) paracetamol

2 Overall, the evidence for beneficial milk thistle–drug interaction effects is not always clear due to

- a) methodological limitations and inconsistencies in conducted trials
- b) the dearth of controlled clinical studies performed
- c) availability of only experimental evidence
- d) all of the above

3 Which of the following effects on drug metabolism have been reported for milk thistle?

- a) induction of various CYP isosymes
- b) inhibition of various CYP isosymes
- c) significant increase in serum indinavir levels through inhibition of CYP3A4 and/or P-gp
- d) all of the above

4 Which of the following statements about milk thistle is incorrect?

- a) milk thistle has demonstrated hepatoprotective activity against drug-induced toxicity
- b) the hepatoprotective activity confirmed for milk thistle supports its comedication with any drug with hepatotoxic potential
- c) milk thistle is generally considered safe at recommended dosage range and transitory use
- d) none of the above

5. Experimental evidence infers that milk thistle may enhance the therapeutic activity of which drug?

- a) cisplatin
- b) phenytoin
- c) indinavir
- d) tacrine

CPE ARTICLE 8 ANSWERS: garlic–drug interactions
JCM 2003;2(6):60 – NOVEMBER/DECEMBER 2003
 1. d 2. d 3. a 4. a 5. 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 – Milk Thistle–Drug Interactions article CPE costs no extra to ACPP members and subscribers
- I currently subscribe to the CPE self-assessment program (\$150 for 15 tests)