

NOW ONLINE: www.acpp.edu.au or www.jnlcompmed.com.au

CPE article 11: black cohosh



Pharmacists This unit is worth half-an-hour CPE credit. ACPP members and CPE self-assessment program subscribers can read the Black Cohosh 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 10 May. Answers will be printed in the next *JCM* [Vol 3{3}] in May/Jun.

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

1 1. Historically, black cohosh was used to

- a) treat impotence
- b) treat acne
- c) promote menstruation
- d) reduce discomfort during labor

2 In modern times, black cohosh is used to treat

- a) dysmenorrhea
- b) menopausal symptoms
- c) obesity
- d) breast cancer

3 The pharmacological mechanisms of action responsible for the herb's effects include

- a) cholinesterase activity
- b) serotonergic activity
- c) alpha-adrenoreceptor agonist activity
- d) benzodiazepine activity

4 Clinical studies have shown that

- a) components in black cohosh have progesterone-like activity
- b) black cohosh reduces inflammation in osteoarthritis
- c) black cohosh reduces blood pressure
- d) relieves some symptoms of menopause

5 In practice, black cohosh

- a) should be used with caution by people with oestrogen-dependent tumours
- b) should not be used in pregnancy
- c) promotes lactation
- d) can cause gastrointestinal disturbances

CPE ARTICLE 9 ANSWERS: green tea
JCM 2004;3(1):55 – JANUARY/FEBRUARY 2004

1. a, c, d 2. a, d 3. b 4. a, d 5. b, d

Your details – please print clearly or type

SURNAME

GIVEN NAMES

ADDRESS

CITY/TOWN STATE POSTCODE

TELEPHONE

EMAIL

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