

## CPE article 20: fenugreek



**Pharmacists** This unit is worth half-an-hour CPE credit. ACPPM members and CPE self-assessment program subscribers can read the Fenugreek 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 and Management on 02 6273 8988**, or **post** to: **ACPPM, PO Box 7007, CANBERRA BC ACT 2610**. Or, complete the unit **online: www.acp.edu.au**. **Be prompt** — ACPPM must receive your answers by 9 November. Answers will be printed in the next *JCM* [Vol 4(6)] in November/December.

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

**1 *Trigonella foenum-graecum* was used in ancient times**

- a as a perfume
- b to produce beer
- c to make mud bricks
- d to make incense

**2 Traditionally, fenugreek has been used to**

- a promote lactation
- b treat chronic cough
- c promote menstruation
- d treat colds and flus

**3 Experiments with animal models have shown that fenugreek exerts**

- a significant hypoglycaemic activity
- b anti-inflammatory activity
- c antinociceptive activity
- d CNS-stimulant activity

**4 Human studies have shown that some fenugreek preparations significantly reduce**

- a homocysteine levels
- b total cholesterol levels
- c iron levels
- d triglyceride levels

**5 Although well tolerated, caution is advised when fenugreek is**

- a used in conjunction with hypoglycaemic agents
- b used in conjunction with anti-coagulant medicines
- c made into a paste for external use
- d used to make perfume

**CPE ARTICLE 18 ANSWERS: hawthorn**  
**JCM 2005;4(4):73 – JULY/AUGUST 2005**  
**1. c, d 2. a, d 3. b 4. b, c, d 5. a, b**

### 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**

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