

## CPE article 24: globe artichoke



**Pharmacists** This unit is worth half-an-hour CPE credit. ACPPM members and CPE self-assessment program subscribers can read the Globe artichoke 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 5 July 2006. Answers will be printed in the next *JCM* [Vol 5(4)] in July/August 2006.

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

**1 Globe artichoke has been used traditionally to treat**

- a syphilis
- b dyspepsia
- c nausea
- d osteoarthritis

**2 In preliminary studies, globe artichoke has demonstrated**

- a antiviral activity
- b anti-oxidant activity
- c antifungal activity
- d cholaretic activity

**3 Clinical studies show that globe artichoke may have**

- a lipid-lowering activity
- b hypotensive activity
- c benefits in alopecia
- d benefits as a prebiotic agent

**4 Although well tolerated, globe-artichoke preparations**

- a should be used with care in people with allergies to the daisy (Asteraceae/Compositae) family of plants
- b should not be used by people with intestinal spasm
- c should be used with caution in motion sickness
- d should not be used by people with acute or severe hepatocellular disease

**5 Inulin**

- a is found in artichoke leaf and chicory
- b acts as a prebiotic
- c lowers serum lipid levels
- d all of the above

**CPE ARTICLE 23 ANSWERS: grape-seed extract  
JCM 2006;5(2):74 – MARCH/APRIL 2006  
1. d 2. a, d 3. c 4. b, c 5. a, b**

### Your details – please print clearly or type

Surname \_\_\_\_\_

Given names \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

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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**

ACPPM member – Globe artichoke monograph CPE costs no extra to ACPPM members and subscribers

I currently subscribe to the CPE self-assessment program (\$150 for 15 tests)