

CPE article 25: chasteberry



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 4 September 2006. Answers will be printed in the next *JCM* [Vol 5(5)] in September/October 2006.

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

1 In the past, chasteberry has been used by

- a ancient Romans to promote libido
- b monks to reduce libido
- c eclectic physicians to reduce fertility
- d ancient Greeks to treat infection

2 Chasteberry is now used

- a as a treatment for PMS symptoms
- b as a treatment for irregular menses
- c to enhance fertility when luteal phase defects are suspected
- d as a treatment for mastalgia

3 There is evidence that chasteberry acts primarily

- a as a phytoestrogen
- b as an antidepressant
- c as an analgesic
- d on dopamine and opioid receptors

4 In randomised clinical studies, chasteberry has been shown to

- a reduce PMS symptoms such as mood changes, breast tenderness and headache
- b reduce menopausal symptoms such as mood changes, breast tenderness and headache
- c provide symptom relief in mastalgia
- d be ineffective in alleviating depression

5 In practice, chasteberry is used as

- a a once-daily dose taken at night
- b a once-daily dose taken in the morning
- c a twice-daily dose taken after meals
- d as an ingredient in massage oil

CPE ARTICLE 24 ANSWERS: globe artichoke
JCM 2006;5(3):105 – MAY/JUNE 2006
1. b,c 2. b, d 3. a 4. d 5. 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

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