

Spring 2012

Pharmacy Compounding Seminar

Wednesday • March 21, 2012

Ohio Pharmacists Foundation • 2674 Federated Blvd. • Columbus, Ohio 43235

The Spring 2012 *Pharmacy Compounding Seminar* includes timely topics selected to specifically meet the needs of compounding pharmacists. Earn four (4) contact hours of continuing education credit for pharmacists.

Program Schedule

- 8:30 a.m. Registration
- 9:00 a.m. *A Functional Approach to Understanding and Treating Hypothyroidism*
ACPE 0129-0000-12-026-L01-P
0.25 CEU
- 11:30 a.m. Lunch
- 12:30 p.m. *Assessment and Treatment of Adrenal Dysfunction*
ACPE 0129-0000-12-027-L01-P
0.15 CEU
- 2:00 p.m. Adjournment

Faculty

Jim Paoletti, R.Ph., FIACP, FAARFM
Pharmacy Innovations, Inc.

This seminar is targeted to all pharmacists and pharmacy students. Both sessions are knowledge-based activities. To receive continuing pharmacy education credit, you must fill out the CE form, sign, date, and return it to OPA staff. Statements of CE credit will be distributed at the completion of the program.

The Ohio Pharmacists Foundation Inc. is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.



Program Descriptions

A Functional Approach to Understanding and Treating Hypothyroidism

This program is designed to provide insight into, and the tools necessary to evaluate, the causes of the clinical symptoms of hypothyroidism. The program includes a discussion of the production and metabolism of thyroid hormones, nutritional factors involved, and how to utilize standard thyroid tests to determine where thyroid problems exist. The pros and cons of thyroid replacement therapy options will be discussed, including optimizing response with individually tailored regimens.

Patients with subclinical hypothyroidism continue to suffer from symptoms, despite having lab results within normal ranges. An understanding of thyroid hormone production and metabolism and factors that influence these, as well as a proper interpretation of standard thyroid tests, can help the pharmacist or practitioner to establish what may be causing the symptoms in a given individual. This program will allow treatment to be individualized to obtain more optimal thyroid function and symptom relief. This lecture will present a practical approach to treatment of these patients based on practical physiology and on research published in the scientific literature.

Learning Objectives. At the completion of this activity, the participant will be able to:

1. review the production, metabolism, and activities of the thyroid gland and thyroid hormones;
2. list the symptoms, types, and causes of hypothyroidism;
3. explain thyroid testing options and describe their usefulness and limitations;
4. identify the nutritional and cortisol influences on thyroid function;
5. recognize therapeutic options for restoration of normal thyroid function; and
6. describe the use of adjunctive therapies, additional testing, and retesting in obtaining desired therapeutic outcomes with hormone and endocrine balance.

Assessment and Treatment of Adrenal Dysfunction

Excess or deficiency of adrenal output of cortisol will cause direct symptoms, as well as symptoms caused by secondary disruption of other endocrine hormone levels, metabolism, and function, and disturbances to the HPA and HPT axes. This session will help you understand what causes adrenal disorders, how to recognize and assess the extent of the problem, and how to properly treat various levels of adrenal dysfunction to obtain optimal symptom relief and overall health benefits for your patients. Treatment options explored will range from lifestyle modifications and stressor response adaptation to support for adrenal recovery and cortisol replacement therapy.

Adrenal dysfunction issues have become common for many patients who lead the high-stress lifestyle prevalent in today's society. Failure to recognize and properly treat adrenal problems will result in a less than optimal health picture for these patients. Proper understanding of how adrenal dysfunction occurs, its assessment and treatment, and options for patients suffering from these disorders will allow practitioners to provide better health outcomes for their patients.

Learning Objectives. At the completion of this activity, the participant will be able to:

1. describe the pathology and underlying physiology of adrenal dysfunction;
2. recognize some of the major signs and symptoms of adrenal dysfunction;
3. relate appropriate clinical assessment of adrenal dysfunction; and
4. describe several practical strategies to manage symptoms of cortisol excess or deficiency.

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Registration Form

Name _____ Nickname for Badge _____

NABP E-Profile ID _____ Birthdate (MM/DD format) _____ / _____
[obtain at www.MyCPEmonitor.net]

Address _____

City _____ State _____ Zip _____

Place of Employment _____

Telephone (_____) _____

E-mail _____

Emergency Contact _____ Phone (_____) _____

If physically impaired, indicate special needs _____

Registration Fee: \$125 OPA Member \$175 Non-Member \$125 Pharmacy Technician

Register Online at www.ohiopharmacists.org

Or **check payable to:** *Ohio Pharmacists Foundation*

Mail to: Ohio Pharmacists Foundation
2674 Federated Blvd.
Columbus, OH 43235

Or **Fax** with credit card information: 614.389.4582

Or **Call** with credit card information: 614.389.3236

Driving directions and a list of area hotels
will be included with your confirmation letter
upon receipt of your registration.

Request for refunds, less \$15 administrative fee,
will be honored if received by 3/7/2012.

For more information, call OPF at 614.389.3236.

Credit Card Information:

MasterCard VISA

Account No. _____

Exp _____ Security Code _____

Name on Card _____

Billing Address _____

(if different from registration form)

City _____

State/Zip _____