

Dates, Locations and Venues

Date	Location	Venue
Saturday, March 10	Sydney	Sofitel Sydney Wentworth 61 - 101 Phillip Street, Sydney NSW 2000
Sunday, March 11	Brisbane	Pullman Brisbane King George Square Corner Ann & Roma Streets, Brisbane QLD 4000
Saturday, March 17	Melbourne	Sofitel Melbourne on Collins 25 Collins Street, Melbourne VIC 3000

Agenda			
Registration	1.30pm - 2.00pm	Afternoon Tea	3.30pm - 4.00pm
Session 1	2.00pm - 3.30pm	Session 2	4.00pm - 5.30pm

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All registrations are available online for your convenience. For other enquiries, please contact

Email: seminars@integria.com

Phone: 1300 654 336 (option 3)

Investment

Practitioners: \$50 (incl. GST)

Students: \$40 (incl. GST)

CPE Points

This education event is recognised for Continued Professional Education points with most associations. Please contact your associations for details.



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Advanced CAM & Pharmaceutical Concomitant Prescribing

Moving Past Interactions

Presented by

DR ELIZABETH STEELS

 **Register** online today

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Seminar Series

March 2018

Sydney | Brisbane | Melbourne

Advanced CAM & Pharmaceutical Concomitant Prescribing

Moving Past Interactions



Presented by

DR ELIZABETH STEELS

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HEALTH CARE



Advanced CAM & Pharmaceutical Concomitant Prescribing

Moving Past Interactions

Presented by
DR ELIZABETH STEELS



Many patients present using one or more prescription or over-the-counter medications. This poses a myriad of possible health risks to the patient with the potential for nutrient or herb drug interactions as well as nutrient deficiencies associated with commonly used medications.

In Australia, the most common prescriptions include:

- * **Cholesterol and blood lipids** - More than 20 million prescriptions for 'statin' medications.
- * **Blood glucose and diabetes** - Metformin was prescribed more than 5 million times.
- * **GORD, reflux and heartburn** - Esomeprazole and pantoprazole are proton-pump inhibitors with more than 15 million prescriptions, plus additional OTC use.
- * **Pain and inflammation** - In excess of 7 million scripts for paracetamol, this does not include OTC sales.
- * **Perindopril** - An ACE-inhibitor with 6 million scripts and counting, to manage hypertension.
- * **Antibiotics** - Cephalexin and Amoxicillin with more than 15 million prescriptions annually.

Are you confident in safely and effectively using concomitant prescribing of key CAM supplementation to attenuate induced nutrient deficiencies and minimise possible adverse side effects of medications? Do you know how to concomitantly prescribe CAM for key health conditions including reflux, hypercholesterolaemia, Type 2 diabetes and mood disorders, to align with the most recent evidence-based research?

Our speaker, Dr Elizabeth Steels will share the latest research updates and draw from her clinical experience and present case studies, to advance your knowledge of how to safely and effectively prescribe herbal and nutritional formulas concomitantly with prescription medications, to enhance your patients' health outcomes.

Your investment includes:

- ✓ Comprehensive manual containing all the presentation slides, notes and handouts
- ✓ Practical and useful strategies from leading practitioners that you can apply immediately in your clinic
- ✓ Healthy light meal
- ✓ The opportunity to taste and try a range of products
- ✓ Access to exclusive product specials
- ✓ Attendance certificate to apply for CPE points with your association

Your Presenter **DR ELIZABETH STEELS**

Adjunct Senior Research Fellow
PhD, BSc(Hon), GradDip(Nutr), GradCert(Ed)

Elizabeth is an Adjunct Senior Research Fellow at Dept of Medicine Sydney University, NSW, and at the University of the Sunshine Coast, QLD. She is a biochemist and clinical nutritionist with over 20 years' experience in drug trial research and regulatory affairs. For the past 15 years Elizabeth has focused her skills in the Complementary and Nutraceutical industry including product development, formulations, clinical trials and regulatory affairs. She is also well published and lectures in biomedical sciences at Universities and other tertiary institutions.

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