



ACTIVITY DESCRIPTION FORM (ADF)

Accreditation Council for Pharmacy Education

135 S. LaSalle Street, Suite 4100 Chicago, IL 60603-4810

Phone (312) 664-3575 Fax (312) 664-7008 <http://www.acpe-accredit.org>

UNIVERSAL ACTIVITY NUMBER (UAN): 0864-9999-21-018-H04-P
0864-9999-21-018-L04-P

Provider Name: CPE Consultants, LLC

Cancel

Cosponsor(s): 9999 Joint Providership (H)
9999 Joint Providership (L)

Activity Type: Knowledge

Activity Title: Functional Medicine Approaches to Women's Health

Learning Objectives:
(Pharmacists)

- At the completion of this activity, the participant will be able to:
- Recall the physiology for production of steroid, thyroid, and sex hormones, highlighting the major factors that influence these pathways.
 - Identify dysfunctional hormonal patterns during the reproductive years.
 - Describe the primary ways in which stress can affect hormone production.
 - Briefly review the HPA axis to include how acute and chronic stress affects signaling including testing options.
 - Understand the cortisol awakening response (CAR), how it is signaled, its significance in health outcomes and its relationship to resilience.
 - Discuss the comorbidities because of chronic stress to include its effect on mood, the cardiovascular system and the HPA axis.
 - Discuss treatment considerations to help improve the stress response, calm the HPA axis and reduce comorbidities
 - Discuss pathophysiology of thyroid disorders
 - Review evaluation of hypothyroid conditions.
 - Recommend treatment plans for hypothyroid patients that include dietary changes, gut healing, and nutrient supplementation.
 - Understand how estrogen (endogenous or exogenous) moves through phase 1, 2 and 3 detoxification
 - Review the genetic SNPs and enzymes involved in each phase in order to optimize clearance and reduce risks/symptoms
 - Discuss the microbiome and estrobolome and its influence on estrogen clearance
 - Discuss food sources and natural treatments that have been shown in the literature to improve estrogen metabolism outcomes through the different phases.
 - Explore how to evaluate women for fertility including ordering and interpretation of conventional and functional laboratory testing
 - Recognize the most common patterns of hormonal and cellular dysfunction leading to infertility
 - Understand what types of products you need in your fertility dispensary for preconception, sperm health, egg health, hormonal balance, and more
 - Walk away with clinical protocols for the most common causes of infertility
 - Construct care plans for hormonal imbalances with a functional medicine approach.

Activity Length: 7 **Contact Hours Or** 0.7 **CEUs.**

Target Audience: Pharmacists

Home Study Format(s): Web-based

Keyword(s): Digital Health
Estrogens
Hormones
Thyroid Disease
Women's Health

Initial Release Date: 07/10/2021

Planned Expiration Date: 07/10/2024

Originally Submitted By: Cheryl Reese

Submission Date: 07/02/2021



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Last Modified By: Cheryl Reese

Modification Date: 07/02/2021

Date	Location	Date Entered	Format	Cosponsor	Listed in P.L.A.N. ®	Cancel
07/10/2021	Virtual,	07/02/2021	Seminar	Joint Providership		