



# 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):** 0864-9999-23-075-H01-P  
0864-9999-23-075-L01-P

**Provider Name:** CPE Consultants, LLC

Cancel

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

**Activity Type:** Knowledge

**Activity Title:** Men's Health Summit

**Learning Objectives:**  
(Pharmacists)  
At the completion of this activity, the participant will be able to:  
Discuss the hormones that impact men's health including sex, stress, and metabolic hormones  
Explain the interplay between estrogen and aromatase and its role in andropause  
List the factors that increase cardiovascular risk in men including inflammation, stress and HPA axis  
Review the role of the Glycocalyx and the links to increased morbidity and mortality in covid, vascular disease, and cancer risk  
Discuss strategies to support patients who are taking exogenous hormone therapy  
Identify the relevant physical assessment and laboratory work-up in assessing and monitoring men's health beyond testosterone  
Discuss controversies in topical testosterone replacement therapy monitoring  
Describe relevant laboratory evaluations for cardiac risk reduction including advanced lipids, metabolism, and inflammatory markers  
Discuss the unique nutritional needs and popular topics for men's health, including biohacking, time restricted eating (TRE)/intermittent fasting (IF), and disordered eating  
Identify useful supplement strategies in managing men's health  
Discuss available evidence for popular dietary patterns and behavioral modification for better hormone and cardiometabolic health in men  
Discuss case study involving monitoring and management of hormone replacement therapy in men  
Identify opportunities to optimize metabolic health in men and design a comprehensive functional medicine protocol

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

**Target Audience:** Pharmacists

**Home Study Format(s):** Web-based

**Keyword(s):** Endocrinology  
Hormones  
Men's Health

**Initial Release Date:** 11/04/2023

**Planned Expiration Date:** 11/04/2026

**Originally Submitted By:** Cheryl Reese

**Submission Date:** 10/26/2023

**Last Modified By:** Cheryl Reese

**Modification Date:** 10/26/2023

Date	Location	Date Entered	Format	Cosponsor	Listed in P.L.A.N.®	Cancel
11/04/2023	Virtual, OH	10/26/2023	Seminar	Joint Providership		



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