



# 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):** 0864-9999-24-097-H01-P

**Provider Name:** CPE Consultants, LLC

**Cancel**

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

**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:** 09/12/2024

**Planned Expiration Date:** 09/12/2027

**Originally Submitted By:** Cheryl Reese

**Submission Date:** 09/12/2024

**Last Modified By:** Cheryl Reese



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**Modification Date:**

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