



# HERBAL INTERACTIONS WITH MEDICATIONS COMMONLY USED IN DENTISTRY

DR. MARK DONALDSON

**COST \$50 | 1 HOUR**

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Did you know that more than 20% of hospital admissions are due to adverse drug reactions? Just because dentists prescribe less than 10% of all available drugs, your patients may be taking others from the 90% with which you are not familiar. This is further compounded in patients taking complementary, alternative and natural therapies versus our traditional pharmaceuticals. Since polypharmacy is the norm, especially in the over 65 year old population, this course should be considered essential to every practice setting today.

Do you have patients who are already on one prescription medication before they come to your office? How about four prescription medications? Did you know that the likelihood of a drug interaction in a patient on five medications is greater than 50%? This risk continues to escalate in our patients also taking complementary, alternative and natural therapies. With so many new medications, herbal products, over-the-counter drugs, and supplements available on the market, how can you be confident that the prescription you write is compatible with what your patient is currently taking?

This program looks at the most common herbal interactions with those medications used in dentistry, and offers the safest approach in managing our most critical patient populations. The program will conclude with a discussion of references and suggested databases. After all, when an adverse drug reaction occurs due to an herbal-drug interaction, who is more at risk - you or your patient?

## LEARNING OBJECTIVES

- Understand the major differences between the nutraceutical and the pharmaceutical industry
- Recognize the top 20 selling herbal medications in the United States and the 9 on this list which may be of greatest interest to oral healthcare practitioners
- Describe the potential for herbal-drug interactions and articulate strategies to avoid them
- Recognize reputable databases and references and how to utilize these tools to evaluate drug therapies and herbal interactions
- Describe the H.E.R.B.A.L. mnemonic and how it can be implemented into current clinical practice

## CLINICIAN

**MARK DONALDSON, BSP, RPH, ACPR, PHARMD, FASHP, FACHE** received his baccalaureate degree from the University of British Columbia and his Doctorate in Clinical Pharmacy from the University of Washington. He completed a residency at Vancouver General Hospital, and has practiced as a clinical pharmacy specialist, clinical coordinator and director of pharmacy services at many healthcare organizations in both Canada and the United States. He is currently the Associate Principal of Clinical Pharmacy for Vizient's Advisory Solutions, and lives in Whitefish, Montana. Dr. Donaldson is a Clinical Professor in the Department of Pharmacy at the University of Montana in Missoula, Clinical Associate Professor in the School of Dentistry at the Oregon Health & Sciences University in Portland, Oregon, and affiliate faculty in the School of Dentistry at UBC. He has a special interest in dental pharmacology and has lectured internationally to both dental and medical practitioners. He has spent the last 25 years focusing on dental pharmacology and dental therapeutics, and is a leader in the field. Dr. Donaldson has published numerous peer-reviewed works and textbook chapters. He currently serves on the Editorial Board for the Journal Healthcare Executive and the Journal of the American Dental Association, and is a reviewer for over ten other different journals. He is board certified in healthcare management and is the Past-President and current Regent of the American College of Healthcare Executives' Montana Chapter. Dr. Donaldson was named as the 2014 recipient of the Bowl of Hygeia for the state of Montana and is the 2016 recipient of the Dr. Thaddeus V. Weclaw Award. This award is conferred by the Academy of General Dentistry upon an individual who has made outstanding contributions to the medical, dental and pharmacy literature. In 2019, Dr. Donaldson was conferred by the Canadian Dental Association (CDA) in Ottawa with the, "Special Friend of Canadian Dentistry Award." This award is given to an individual outside of the dental profession in appreciation for exemplary support or service to Canadian dentistry and/or to the profession as a whole.



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Release Date: May 1, 2020

Review Date: May 1, 2023

Expiry Date: May 1, 2026



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