

## **Syllabus**

### **Seminar Title:**

### **Drugs and Nutritional Supplements: A Head-to-Head Comparison (Part 1)**

**Dr. James Meschino**

**6 hr. CE program**

This seminar is Part 1 of a Two-Part Webinar Series that educates chiropractors on the use of commonly prescribed medications and compares the action and efficacy of these drugs to specific nutritional supplements with respect to mechanism of action, adverse side effects, clinical efficacy, and contra-indications. Many chiropractors are aware that nutrition, exercise, and targeted supplementation interventions may, in some cases, reduce or eliminate a patient's requirement for certain medications, or act as complementary agents to enhance the management of the patient outcomes. This program provides an evidence-based review of this subject, comparing drugs and supplements that are effective agents in the management of common health conditions.

Chiropractors routinely ask patients about their present use of prescription and over-the-counter medications during the intake exam and thus, patients expect them to know how commonly recommended and prescribed drugs influence the physiology of the body, or may interact with various supplements, dietary practices, adaptations to exercise and/or hands-on chiropractic treatment. This seminar explains the essential, clinically relevant details on this subject that all chiropractors should know, as primary contact health practitioners.

### **Topics Covered in Part 1 and Hourly Breakdown Of Course:**

#### **Hours 1 and 2**

Antihypertensive Agents (Diuretics, Beta-Blockers, Calcium Channel Blockers, ACE-inhibitors, ARB's)

#### **Hours 3-4:**

Hypercholesterolemic and Hyperlipidemic Agents (Statins, Bile Acid Sequestrants, Fibrates, Niacin)

#### **Hours 5-6:**

- Muscle Relaxants
- Analgesics and Sedatives, Including Headache and Migraine Management
- Anti-Anxiety and Sleep Aids