

# Natural Products

*A Case-Based Approach for Health Care Professionals*

Karen Shapiro

Consumers' use of echinacea, ginseng, ginkgo, and other "alternative" remedies is skyrocketing. By 2002 nearly 19% of Americans were using natural products weekly, with the greatest use in people over age 65. Today, forward-thinking clinicians recognize the need to know more about natural products. What are the key benefits of natural products in treating common conditions? What are the risks? Yet many health care providers feel uncertain about guiding patients in the choice of these products.

Using patient case scenarios, *Natural Products: A Case-Based Approach for Health Care Professionals* helps you master key information by providing product details and safety considerations for products proven helpful in treating 14 common conditions. Whether you're a practitioner seeking practical know-how or a student building a foundation of knowledge, you'll appreciate the text's user-friendly format, product charts, summaries, and photos.

## Highlights

- A chapter each on 14 common conditions, from cold and flu to erectile dysfunction, menopause, and migraine. Each chapter demonstrates the role of natural products via patient cases and covers the commonly used natural products, their dosage and effects, and safety considerations/drug interactions.
- Introductory chapter on the role of natural products, including product selection advice and patient care tips.
- Learning aids such as product tables providing key details quickly, photos to aid product identification, listings of key points to remember, and self-assessment questions.
- Extensive references documenting the scientific evidence for use or avoidance of each product.

## About the Author

Karen Shapiro, PharmD, BCPS, is a clinical pharmacist in the Department of Medicine at Rancho Los Amigos National Rehabilitation Center in Los Angeles and an adjunct assistant professor at the University of Southern California School of Pharmacy and the University of Florida Working Professional Doctor of Pharmacy Program. A member of Medscape's "Ask the Expert" pharmacotherapy panel, Dr. Shapiro has published in the areas of natural products, geriatric pharmacotherapy, and pain management.



**American Pharmacists Association**  
Improving medication use. Advancing patient care.



Natural Products

*A Case-Based Approach for Health Care Professionals*

Karen Shapiro



# Natural Products

*A Case-Based Approach for Health Care Professionals*



Karen Shapiro



**American Pharmacists Association**  
Improving medication use. Advancing patient care.

