

Public health education *–why do we need it?*

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The health of a people is really the foundation upon which all their happiness and all their power as a State depends

Benjamin Disraeli, 1877

Nothing can be more important to a State than its public health; The State's paramount concern should be the health of its people

Franklin D. Roosevelt, 1931

UNIVERSITY OF ICELAND (UI)

- Founded 1911
- 11 Faculties
- 215 Educational programs
- 8.725 Enrolled students
- Academic staff 422
 other permanent staff 391
- Income 78.000.000 € (2004), 65%
government funding



FACULTIES AND PROGRAMS OFFERED

Theology
7 programs

Medicine
4 programs

Law
5 programs

Engineering
30 programs

Humanities
51 programs

Odontology
3 programs

**Business &
Economics**
10 programs

Science
56 programs

Pharmacy
3 programs

Social Sciences
39 programs

Nursing
4 programs

Masters degree in public health at UI

-Compulsary courses (provisional)

- Epidemiology
- Biostatistics
- Informatics
- Preventive medicine
- Occupational medicine
- Health determinants
- Health economics
- Health system- policy making, management, etc.
- Health legislation
- Zoonosis and food safety
- Outcome research of public health measures and health care
- Environment and Health

Collaboration with public health community – *of paramount importance*

- Ministry of Health
- Ministry of Education
- Directorate of Health; Medical Director of Health, State Epidemiologist
- Public Health Institute
- Icelandic Public Health Association
- Ministry of Environment
- Ministry of Social Services
- University Hospital
- Icelandic Cancer Society
- Icelandic Heart Association
- Administration of Occupational Safety & Health
- Health professionals and their associations

SIMULTANEOUS CONSUMPTION

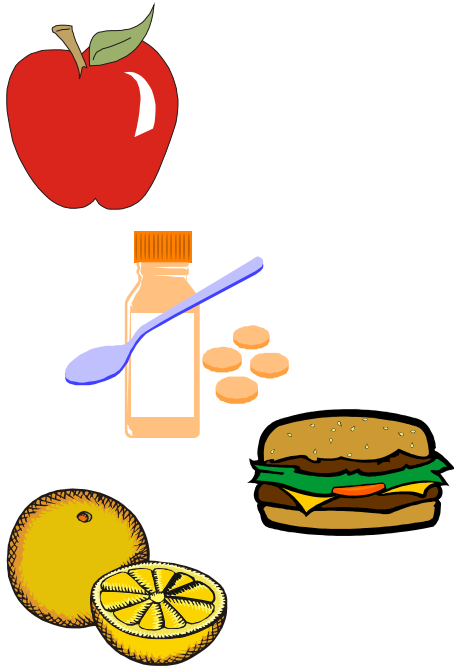
– *can lead to interactions:*

- **Drug – Drug**
- **Food – Drug**
- **Vitamin – Drug**
- **Herb – Drug**

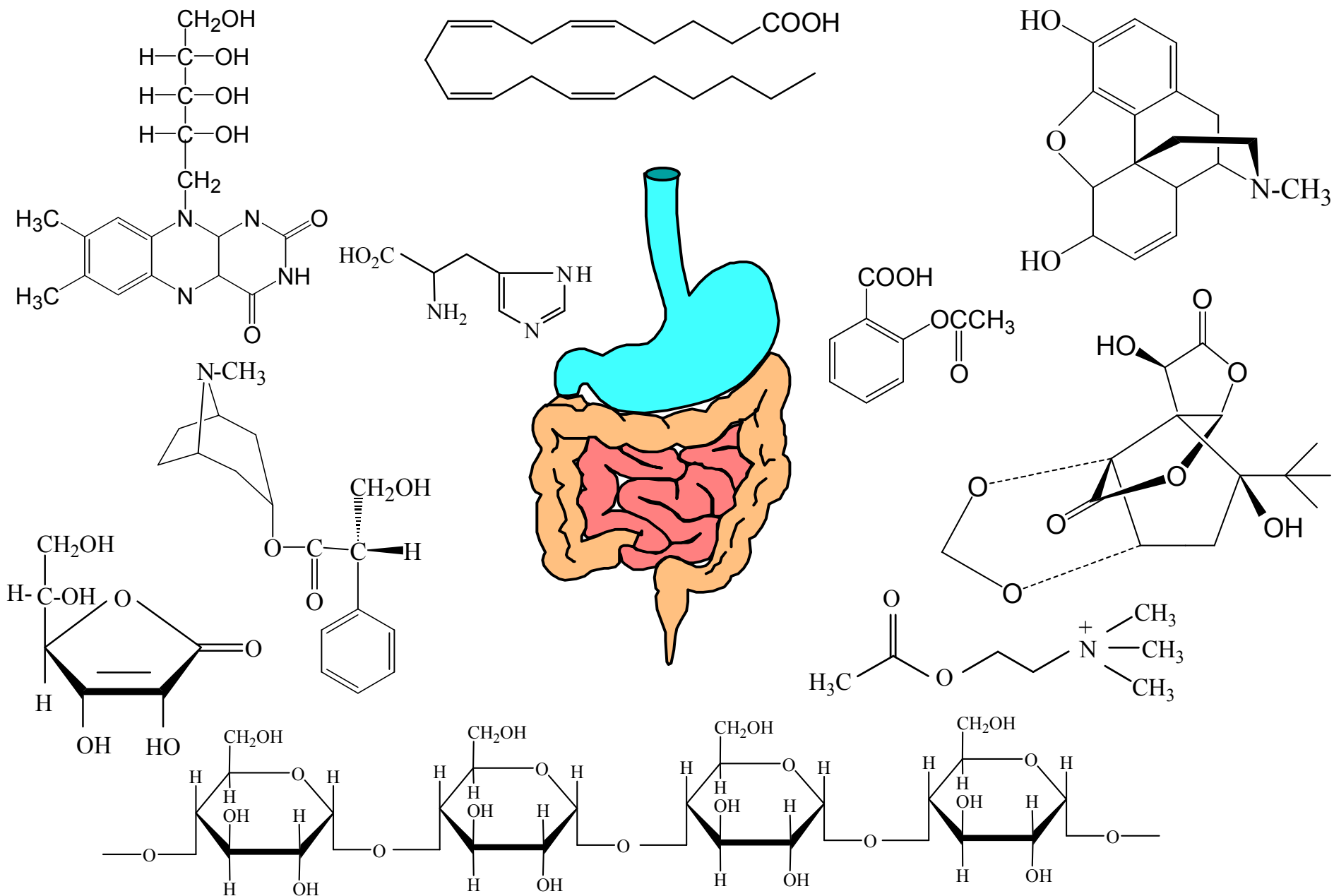


SIMULTANEOUS CONSUMPTION

– *complicated chemistry!*



- Food
- Medicine
- Non- alcoholic beverages
- Alcoholic beverages
- Vitamins
- Sweets (chocolate, etc.)
- Herbal remedies



FOOD – DRUG INTERACTIONS

-leading to undesirable effects

- Grapefruit juice – Calcium antagonists, benzodiazepines, HMG-CoA reductase inhibitors, antihistamines, estrogens; **activity ↑**

(Higher plasma levels of drug → Higher incidence/severity of side effects)

- Milk – Tetracycline; **antibiotic activity ↓**

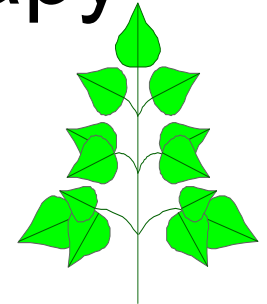
(Lower plasma levels of drug → Less effective treatment / treatment failure)

- Broccoli – Warfarin; **anticoagulant activity ↓**

HERB-DRUG INTERACTIONS

Herbal remedies for self-medication
-Why?

- Conquer disease
- Prevent disease
- Vs. side effects of chemotherapy
- Improve quality of life



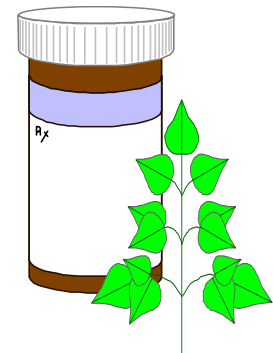
ST. JOHN'S WORT (Hypericum)

-Evidence-based herb-drug interactions

Antagonism

- Immunosuppressives (ciclosporine, tacrolimus)
- Hormones (contraceptive hormones, etc.)
- Anticancer drug; Irinotecan
- Anti-emetic drug; Aprepitant
- Anticoagulents (warfarin, etc.)
- Digoxin
- Antiviral drugs (indinavir, etc.)
- Theophylline

- Potentiation • Antidepressive drugs



Risk of haemorrhage → Patients should stop taking 7-14 days prior to surgery

Journal of the American Medical Association, 286 (2), 2001 *Journal of Internal Medicine 250 (2), 2001*
Anaesthesia 57(9), 2002
Journal of the American College of Surgeons 198(4), 2004

- Ginseng
- Ginger
- Garlic
- Saw palmetto
- Ginkgo
- Feverfew

