



Course Code	Course Title	ECTS Credits
NUTR-355	Food and Drug Interactions	6
Department	Semester	Pre-requisites
Life and Health Sciences	Spring	NUTR-255, FDSC-250
Type of Course	Field	Language of Instruction
Core requirement	Nutrition	English
Level of Course	Year of Study	Lecturer
1 st Cycle	Third	Emilia Vasilopoulou
Mode of Delivery	Work of Placement	Co requisites
Face-to face	N/A	None

Objectives of the Course:

The main objective of this course is to give guidelines on monitoring nutritional status of people on medication schedules and reviews how diseases and aging affect drug-nutrient metabolism. The course covers pharmacy, dietetics and medicine topics that portray the mechanisms involved in drug food interactions and guides the student how to the interdisciplinary prevention or correction of negative food-drug interactions.

Learning Outcomes:

At the end of the course the student will be able to:

1. Define drug-food interactions
2. Understand the biochemical metabolic mechanisms involved in drug-food interactions
3. Understand what recommendations to make to prevent undesirable drug interactions

4. Make specific recommendations
5. Know about new foods, supplements and ethnic dishes and how they may contribute to food-drug interactions

Course Contents:

1. Pharmacy Basic Concepts
2. Biopharmaceutics of Orally ingested products
3. Drug Interactions: Basic concepts
4. Nutrition and Metabolism of drugs
5. Monitoring Nutritional Status in Drug Regiments
6. Gastrointestinal and metabolic disorders and Drugs
7. Drug interactions in nutritional support
8. Alcoholism and Nutrition
9. Nutrition and Drug regiment in older people
10. Obesity and appetite drugs
11. Non-prescription drugs and nutrient interactions
12. Herbal and dietary supplements interactions with drugs
13. Dietary counselling to prevent food-drug interactions

Teaching Methods:

Lectures, and Assignments.

Required Textbooks:

1. **Handbook of Food-Drug Interactions (Nutrition Assessment) (Hardcover)** by [Beverly J. McCabe](#) (Editor), [Eric H. Frankel](#) (Editor), [Jonathan J. Wolfe](#) (Editor) **Publisher:** CRC (April 29, 2003) **ISBN:** 084931531X
2. **Handbook of Drug-Nutrient Interactions (Nutrition and Health (Totowa, N.J.)) (Hardcover)** by [Margaret Malone](#) (Foreword), [Joseph L. Ph.D. Boullata](#) (Editor), [Vincent T., M.D. Armenti](#) (Editor) **Publisher:** Humana Press (May 17, 2004) **ISBN:** 1588292495

RECOMMENDED TEXTBOOKS:

1. **A-Z Guide to Drug-Herb-Vitamin Interactions Revised and Expanded 2nd Edition: Improve Your Health and Avoid Side Effects When Using Common Medications and Natural Supplements Together (Paperback)** by [Alan R. Md Gaby](#) (Editor), [Inc. Healthnotes](#) **Publisher:** Three Rivers Press; 2nd Rev&Ex edition (February 28, 2006) **ISBN:** 0307336646
2. **Herb Contraindications And Drug Interactions, Second Edition (Paperback)** by [Francis Brinker](#), [Nancy Stodart](#) (Editor) **Publisher:** Eclectic Medical Pubns; 2nd Rev edition (December 1, 1998) **ISBN:** 1888483067

3. **Drug-Induced Nutrient Depletion Handbook (Paperback)** by [Ross Pelton](#), [James B. LaValle](#), [Ernest B. Hawkins](#)**Publisher:** Lexi-Comp; 2nd edition (March 2001) **ISBN:** 1930598459
4. **Advanced Nutrition and Human Metabolism (with InfoTrac) (Hardcover)** by [Sareen S. Gropper](#), [Jack L. Smith](#), [James L. Groff](#)**Publisher:** Wadsworth Publishing; 4 edition (April 16, 2004) **ISBN:** 0534559867
5. **The Natural Pharmacy: Complete Home Reference to Natural Medicine (Paperback)** by [Schuyler W. Jr De Lininger](#), [Alan Md Gaby](#), [Steve Nd Austin](#), [Donald J. Nd Brown](#), [Jonathan Wright](#) **Publisher:** Three Rivers Press; 2nd edition (November 23, 1999) **ISBN:** 076151967X
6. **Dangerous Drug Interactions (Mass Market Paperback)** by [Joe Graedon](#), [Teresa Graedon](#)**Publisher:** St. Martin's Paperbacks; 1 Stmartin edition (February 15, 1999) **ISBN:** 0312968264
7. **2007 Drug Interaction Facts™: Published by Facts & Comparisons (Drug Interaction Facts) (Paperback)** by [David S Tatro](#)**Publisher:** Lippincott Williams & Wilkins; 1st edition (September 1, 2006) **ISBN:** 1574392573
8. **Food-medication Interactions (Food Medication Interactions) (Spiral-bound)** by [Zaneta M. Pronsky](#), [Jeanne Patricia, Sr. Crowe](#) (Editor), [Veronica S. L. Young](#) (Editor), [Dean Elbe](#) (Editor), [Sol, M.D. Epstein](#) (Editor) **Publisher:** Not Avail; 14th Spri edition (February 2006) **ISBN:** 0971089620
9. **Drug-Nutrient Resource, 5th edition (Spiral-bound)** by [Paula K. Burke](#). **Publisher:** Roche Dietitians, LLC; 5th edition (January 1, 2003) **ISBN:** 0965455890

