



**UNIVERSITY OF THE  
INCARNATE WORD.**

FEIK SCHOOL *of* PHARMACY

**CONTINUING EDUCATION**



*present*

## **I AM LOSING MY MIND: INSIDE LOOK AT SUPPLEMENTS USED FOR MEMORY IMPROVEMENT AND DEMENTIA**

**Presenter:** Christine Lam, PharmD, BCPS, BCACP, CDCES, BCGP  
Assistant Professor  
UIW Feik School of Pharmacy, San Antonio, TX

**Upon completion of this activity, pharmacists will be able to:**

1. Define dementia and cognitive memory impairment and contrast these with normal, age-related changes in memory.
2. List lifestyle strategies that may prevent memory loss.
3. Explain the role of each supplement discussed and, if any, in preventing or treating memory loss and dementia.
4. Counsel patients about the appropriate and safe use of the supplements mentioned in the presentation, including dosage and potential side effects of treatment.

**Upon completion of this activity, pharmacy technicians will be able to:**

1. Define dementia and cognitive memory impairment and contrast these with normal, age-related changes in memory.
2. List non-pharmacological strategies that may prevent memory loss.
3. Explain the role of each supplement discussed and, if any, in preventing or treating memory loss and dementia.

**Date/Time:** Wednesday, October 27, 2021 from 7:00-8:00pm

**Location:** Feik School of Pharmacy OR Live Online Via Zoom

**Room:** P3 Classroom (533) or <https://uiw.zoom.us/j/98806694024> (Meeting ID: 988 0669 4024)

**CPE Credit:** 1.0 contact hours (UANs: 0445-9999-21-014-L01-P; 0445-9999-21-014-L01-T)

**Activity Type:** Application-based activity

**IF ATTENDING IN PERSON- MASKS MUST BE WORN AT ALL TIMES AND SEATED  
EVERY OTHER SEAT**

The University of the Incarnate Word Feik School of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program is designed for pharmacists and pharmacy technicians to gain and apply knowledge related to supplements for memory improvement and dementia. There are no fees for this application-based CPE program. The pharmacist or pharmacy technician will only receive credit for programs after receiving a 70% on a post-test and an activity evaluation form is completed and submitted through FSOP's Learning Express CE website (<https://uiwfsop.learningexpressce.com/>). For detailed instructions on how to use the site, see the link at <https://pharmacy.uiw.edu/subsite/pharmacy/continuing-pharmacy-education/index.html>. Participants will have six weeks to complete the post-test and evaluation form. The deadline to submit the post-test and evaluation form to obtain CE credit is December 10, 2021.

