



Health
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AGENDA

Health Canada International Symposium on Drug, Food and Natural Health Product Interactions

Chaudière Room, Château Cartier Resort
1170 Aylmer Road, Gatineau, Québec

February 9 - 10, 2006

Purpose

The purpose of the two-day Symposium is to increase awareness of drug, food and natural health product (NHP) interactions and to assist Health Canada in further developing risk management strategies related to the health effects of these interactions.

Thursday, February 9, 2006

Introduction

07:30 - 08:30 Registration and Continental breakfast

08:30 - 08:40 Greetings from the Co-chairs

Dr. Brian Foster

Therapeutic Products Directorate, Health Canada, Ottawa.

Dr. Edzard Ernst

Complementary Medicine, Peninsula Medical School, Universities of Exeter and Plymouth, United Kingdom.

08:40 - 09:00 Opening Remarks

Mr. Omer Boudreau, Director General

Therapeutic Products Directorate, Health Canada, Ottawa, Canada.

Mr. Neil Yeates, Assistant Deputy Minister

Health Products and Food Branch, Health Canada, Ottawa, Canada.

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Symposium

09:00 - 12:00 Session 1

Reason for Concern: Adverse Effects due to Interactions between Drugs, Foods and Natural Health Products

Session 1 aims to address the issue that drugs, foods and natural health products can each have a beneficial health effect and yet, if used together, may result in interactions causing adverse health events. The speakers will provide an overview of these phenomena, including the possible severity of adverse effects, their potential prevalence, and an examination of some of the factors that may influence their occurrence.

Session 1 Co-Chairs:

Dr. Joel Rotstein

Bureau of Chemical Safety, Food Directorate, Health Canada, Ottawa, Canada.

Dr. Edzard Ernst

Complementary Medicine, Peninsula Medical School, Universities of Exeter and Plymouth, United Kingdom.

Session 1 Speakers:

09:00 - 10:00 Interactions - an Overview. Dr. Edzard Ernst, Complementary Medicine, Peninsula Medical School, Universities of Exeter and Plymouth, United Kingdom.

10:00 - 10:30 Break

10:30 - 11:15 Herb-Drug Interactions: Issues and Perspectives. Mr. Mark Blumenthal, American Botanical Council, Austin, Texas, USA.

11:15 - 12:00 Risk of Drug Interactions Involving Herbal and Citrus Products. Dr. Shiew-Mei Huang, United States Food and Drug Administration, Washington, DC, USA.

12:00 -13:00 Lunch provided by Health Canada

13:00 -16:30 Session 2

Mechanisms of Action: How Interactions between Drugs, Foods and Natural Health Products Happen

Session 2 aims to highlight our present understanding of the mechanisms underlying adverse interactions between drugs, foods and natural health products. The talks will discuss various modes of action including issues such as absorption, disposition and metabolism. In addition, the role of culture and genetic variations in these adverse events will be presented. A central question in this session will be: how we can use the data to help avoid interactions?

Session 2 Co-Chairs:

Dr. Valerie Assinewe

Natural Health Products Directorate, Health
Canada, Ottawa, Canada.

Dr. David Bailey

London Health Sciences Centre and University of
Western Ontario, London, Ontario, Canada.

Session 2 Speakers:

- 13:00 - 14:00** **Current Understanding of Mechanisms and Clinical Relevance of Food-Drug Interactions: From Inactivation of Drug Metabolism to Inhibition of Drug Transport.** Dr. David Bailey, London Health Sciences Centre and University of Western Ontario, London, Ontario, Canada.
- 14:00 - 14:40** **Molecular Basis of Herbal-Drug Interactions.** Dr. Richard Kim, Vanderbilt University School of Medicine, Nashville, TN, USA.
- 14:40 - 15:10** Break
- 15:10 - 15:50** **Drug Interactions with St. John's Wort: Clinical Evidence.** Dr. Angelo A. Izzo, Federico II University of Naples, Naples, Italy.
- 15:50 - 16:30** **Future Focus for Herb-Drug Interaction Studies: Predict, Prepare, and Prevent.** Dr. Shufeng Zhou, National University of Singapore, Republic of Singapore.
- 16:30 - 17:00** Wrap-up Day 1
- 17:00** Adjourn Day 1

Friday, February 10, 2006

07:30 - 08:30 Registration and Continental breakfast

08:30 - 08:45 Greetings from the Co-chairs
Review of Day 2 Agenda

Dr. Brian Foster

Therapeutic Products Directorate, Health Canada, Ottawa.

Dr. Edzard Ernst

Complementary Medicine, Peninsula Medical School, Universities of Exeter and Plymouth, United Kingdom.

08:45 - 12:00 **Session 3**
International Post-Market Surveillance: Monitoring, communicating, and mitigating the risk

Session 3 aims to discuss effective surveillance and risk communication strategies concerning drug, food and Natural Health Product interactions. Regulators and researchers in the area of pharmacovigilance and risk communication will share their recommendations and expertise from an international perspective.

Session 3 Co-Chairs:

Dr. Jenna Griffiths

Marketed Health Products Directorate, Health Canada, Ottawa, Canada.

Dr. Joanne Barnes

Faculty of Medical and Health Sciences, University of Auckland, Auckland, New Zealand.

Session 3 Speakers:

08:45 - 09:00 **Risk Management Strategies: Challenges and Opportunities Specific to Natural Health Products.** Dr. Jenna Griffiths, Marketed Health Products Directorate, Health Canada.

09:00 - 09:45 **Interactions between Herbal Medicinal Products, ANatural Health® Products and Other Medicines: Pharmacovigilance Strategies in the United Kingdom and New Zealand.** Dr. Joanne Barnes, School of Pharmacy, Faculty of Medical and Health Sciences, University of Auckland, Auckland, New Zealand,

09:45 - 10:20 **The Role of the Uppsala Monitoring Centre in Safety Monitoring of Herbal Medicines.** Dr. Mohamed H. Farah, WHO Uppsala Monitoring Centre, Uppsala, Sweden.

10:20 - 10:40 Break

10:40 - 11:10 **Clinical Risk Management of Herb-Drug Interactions.** Dr. Peter AGM de Smet, Scientific Institute of Dutch Pharmacists, University Medical Center, The Netherlands.

11:10 - 11:45 **The control of Traditional Medicine and the Risk Communication Strategies of the Health Sciences Authority, Singapore.** Dr. Cheng Leng Chan, Health Sciences Authority, Republic of Singapore.

11:45 - 12:20 **Warfarin-herb Interactions: Fact, Fiction and Pharma Influence.** Dr. Adriane Fugh-Berman, Georgetown University School of Medicine, Washington, DC, USA.

12:20 - 12:30 **Session 3 Wrap-up:** Dr. Joanne Barnes

12:30 - 14:00 Lunch and Poster Presentations

14:00 - 16:30 **Session 4**
How to better assist consumers avoid adverse events due to interactions among drugs, foods and natural health products?

Session 4 - Participants will hear from panel members and stakeholders on how to avoid interactions among drugs, foods and Natural Health Products.

Preliminary questions to consider may include:

- What information is required for the consumer to make an informed decision?
- How should this information be conveyed to the consumer and by whom?
- What are the responsibilities of regulatory bodies, industry and the consumer in mitigating the risk of interactions?

Session 4 Chair:

Mr. Mark Blumenthal American Botanical Council, Austin, Texas, USA.

Session 4 Panel members:

Mr. Ron Rosenes Canadian Treatment Action Council, Toronto, Canada.

Dr. Paul Saunders Canadian College of Naturopathic Medicine, Toronto, Canada.

Dr. Sunita Vohra Faculty of Medicine, University of Alberta, Edmonton, Canada.

16:30 - 16:45 **Session 4 Wrap-up:** Mr. Mark Blumenthal

16:45 - 17:00 **CLOSING**

Closing remarks

17:00 Adjourn