

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

**8th Nordic Public Health Conference**

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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

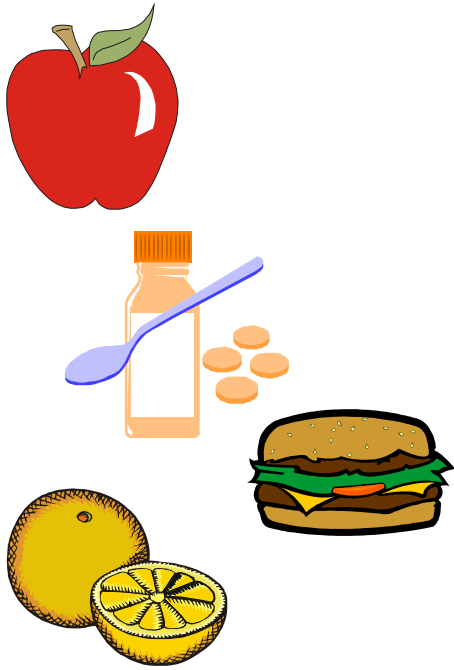
– *can lead to interactions:*

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



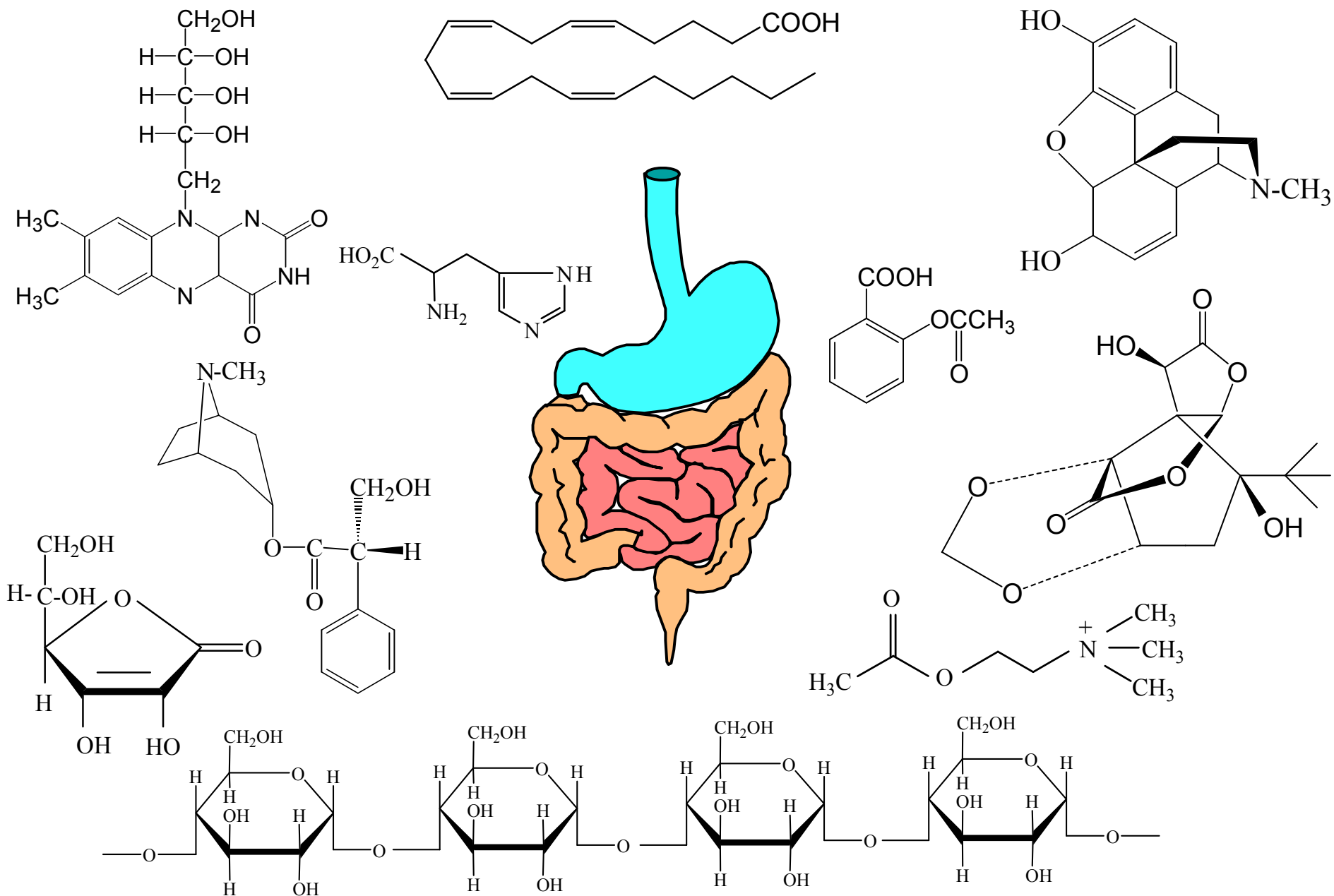
# SIMULTANEOUS CONSUMPTION

– *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 ↓**

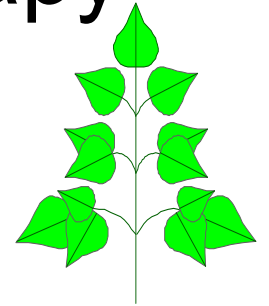
(Lower plasma levels of drug → Less effective treatment / treatment failure)

- 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



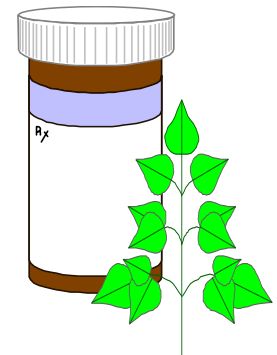
# ST. JOHN'S WORT (Hypericum)

## *-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

