Tamoxifen and antidepressants

In 2010 the MHRA issued a reminder that some antidepressants (and some other drugs) interfere with tamoxifen (Drug Safety Update 2010;4(4):A1).

Why? Tamoxifen is a pro-drug and conversion to the active metabolite (endoxifen) is through the cytochrome P450 system (CYP2D6 enzyme). Therefore drugs that inhibit CYP2D6 reduce the availability of the active drug, endoxifen.

The drugs involved include: fluoxetine, paroxetine, duloxetine, bupropion, quinidine (an antiarrhythmic) and cinacalcet (used for parathyroid cancers and in hyperparathyroidism in people on dialysis). A cohort study of 24,000 women with breast cancer on tamoxifen showed (BMJ 2010;340:c693):

- An increased risk of death from breast cancer in those who had been on paroxetine and tamoxifen. For those who had been on paroxetine for at least 40% of the time they were on tamoxifen, there would be 1 extra breast cancer death for every 20 women (range 12–46 women) within 5y of stopping tamoxifen.
- There was no increased risk for fluoxetine, but this was possibly due to small sample size. Fluoxetine, like paroxetine, is also a strong inhibitor of CYP2D6 and if the sample size was larger an increased mortality may well be demonstrated.
- Use of other antidepressants was not associated with an increased risk of death, which fits with our understanding of the pharmacology – paroxetine and fluoxetine are more potent inhibitors of CYP2D6 than other SSRIs.

However, in 2016 a multi-database cohort study (14,500 patients) showed no increased risk of breast cancer in people on tamoxifen and either paroxetine and fluoxetine, but the median follow-up was only 2.2y! (BMJ 2016;354:i5014).

The accompanying editorial suggested (BMJ 2016;354:i5309):

- There is a good pharmacological reason why fluoxetine and paroxetine may make tamoxifen less effective – they are potent inhibitors of the enzyme (CYP2D6) that converts tamoxifen to its active ingredient.
- The multi-database study follow-up was too short to show a meaningful difference.
- We should not use fluoxetine/paroxetine/duloxetine with tamoxifen for extended periods (and let’s face it most anti-depressants are started with the expectation they will be taken for many months).
- We should use alternatives, such as citalopram, which are not potent inhibitors of this enzyme instead.
- In those on tamoxifen who are already taking fluoxetine/paroxetine/duloxetine, treatment should be gradually withdrawn and alternatives prescribed if needed.

We make every effort to ensure the information in these pages is accurate and correct at the date of publication, but it is of necessity of a brief and general nature, and this should not replace your own good clinical judgement, or be regarded as a substitute for taking professional advice in appropriate circumstances. In particular check drug doses, side effects and interactions with the British National Formulary. Save insofar as any such liability cannot be excluded at law, we do not accept any liability for loss of any type caused by reliance on the information in these pages.
OUR AUTUMN 2017 COURSES

Our comprehensive one-day update courses for GPs, GP STs, and General Practice Nurses. We do all the legwork to bring you up to speed on the latest issues and guidance.

All our courses are:

Relevant  Developed and presented by practising GPs and immediately relevant to clinical practice.

Challenging  Stimulating and thought-provoking.

Unbiased  Completely free from any pharmaceutical company sponsorship.

Fun!  Humorous and entertaining – without compromising the content!

Are they for me?

Our courses are designed for:

- GPs, trainers and appraisers preparing for appraisal and revalidation or wanting to keep up to date across the whole field of general practice.
- GP ST1, 2 & 3, looking for the perfect launch pad into general practice and help with AKT and CSA revision.
- GPs who want to be brought up to speed following maternity leave or a career break.
- General Practice Nurses, especially those seeing patients with chronic diseases.

What’s included?

- 6 CPD credits in a lecture-based format, with plenty of time for interaction, humour and video clips, to keep you focussed and awake.
- A printed copy of the relevant handbook including the results of the most important research in primary care over the last 5 years and covering the subjects more extensively than possible in the course.
- 12 months’ subscription to www.gpcpd.com. With three times the content of the handbook, it allows you to capture CPD credits as you read on the site and use it in consultations! It also comes with Focused Learning Activities - online learning activities to provide evidence for your appraisal and earn hundreds of further hours of CPD credits.
- Buffet lunch and refreshments throughout the day!

What’s not included?

Our courses contain NO theorists, NO gurus, NO sponsors, NO reps on the day!

Just real-life GPs who will be back at the coal face as soon as the course has finished.

www.gp-update.co.uk
**OUR AUTUMN 2017 COURSES**

**The GP Update Course – our flagship course!**

With the amount of evidence and literature inundating us, it can be hard to know which bits should change our practice, and how.

The GP Update Course is designed to be very relevant to clinical practice and help you meet the requirements for revalidation.

We collate and synthesise the evidence for you so you don’t have to! Using a lecture based format, with plenty of time for interaction, the GP presenters discuss the results of the most important evidence and guidance, placing them in the context of what is already known about this topic. The presenters also concentrate on what it means to you and your patients in the consulting room tomorrow.

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**The MSK and Chronic Pain Update Course - New**

MSK problems are the most common reason for seeing a GP and represent 30% of repeat GP visits. We want to help build your confidence. On the course we will tackle:

- The evidence-base for common MSK conditions including osteoarthritis, spondyloarthritis, polymyalgia, fibromyalgia and much more.
- Diagnosis: why waddling like a duck might help; and what to do when there is no diagnosis!
- Why chronic pain is ‘in the brain’ – and more importantly, what we and our patients can do about it.

We will provide you with a new narrative and a tool box of strategies you can take back to the surgery and start using the next day.

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**Lead. Manage. Thrive! – The management skills course for GPs**

Many of us have chosen to be salaried or portfolio GPs yet feel impotent or looked over when it comes to contributing to the effective running of our practices. We become frustrated and feel that we have little or no influence over what happens. It’s not your fault, most GPs (experienced and new) have had very little training in management and leadership skills for clinical practice. Here’s the good news, all of us ‘lead’ whether in an official or unofficial role.

Who is this course for? GPs at every stage in their career who aren’t quite sure how to get unstuck! Also highly relevant to anyone who recognises the need to build their personal resilience and leadership skills to meet the demands of modern primary care, i.e. practice managers, nurses, and administrative and support teams.

As usual Red Whale has done all the legwork to bring you a concise, practical and actionable one-day course and handbook. Not only have we trawled through lots of relevant management, leadership and development literature, but we have also distilled its content through the lens of real GPs, enabling you to apply it to the reality of your practice.
OUR AUTUMN 2017 COURSES

The Women's Health Update Course

From the pill to pelvic pain, periods and prolapses, the one day Women's Health Update course is a comprehensive guide to understanding and managing common gynaecological problems in general practice. Using a case-based approach will give you the skills to manage your female patients in a real surgery.

We aim to make the day fun, interactive as well as educational. You will leave the course feeling more confident, knowledgeable and with a much stronger pelvic floor!!!

The day is designed for all GPs and GP STs – not just those with a special interest!

Nottingham
Manchester
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Exeter
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The Cancer Update Course

Within the next 15 years the need for cancer care will double and you will look after as many cancer survivors as diabetics. Shared care follow up will become the norm, and secondary care will pass responsibility to us.

A key 2015 Lancet Oncology commission paper warned that: “GPs are inadequately trained and resourced to manage the growing demand for cancer care in high income countries”.

Education for GPs was one of their five key recommendations – we can help you get ahead of the curve! Established GPs and GP STs can use this course to bridge the gap in traditional GP cancer education which has focussed heavily on referral and end of life care missing out the whole journey in between.

This course is able to look in much more detail at the big picture behind the disease perhaps most feared by our patients and, let’s face it, that 1 in 2 of us will be diagnosed with over our lifetime.

Nottingham
Manchester
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Exeter
London

Our Consultation Skills Courses

One day small group courses designed for GPs, GP STs and General Practice Nurses. The courses have a practical focus and lots of engaging exercises allowing delegates to rehearse the most effective consultation behaviours.

But don’t worry, there won’t be any role playing in front of everybody!

For more information on each course, please visit www.gp-update.co.uk/courses

The Telephone Consultation Course

London
Manchester

Glasgow

The Effective Consultation Course

Leeds

London

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The Telephone Consultation Course

London
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Leeds

London

Prices

GP Update Course:

GP £195 | GP Registrar £150 | Nurse £150

All other courses:

£225 or £210 for members of www.gpcpd.com

(GPCPD members, please log in and then click on the relevant button within the ‘Member information’ box on the right of the home screen to get your discount code)

Join the Red Whale pod

Plan ahead! Save £60 when you book three courses in 2017. Use discount code 3BUNDLE2017 when booking via www.gp-update.co.uk or by phone 0118 960 7077.*

*Not to be used in conjunction with any other promotional codes.
I would like to come on the following course(s) (please write legibly!):

- The GP Update Course ............................................................... (location) ............................................................... (date) ............................................................... 
- The MSK and Chronic Pain Update Course ............................................................... (location) ............................................................... (date) ............................................................... 
- Lead. Manage. Thrive! Course ............................................................... (location) ............................................................... (date) ............................................................... 
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- The Effective Consultation Course ............................................................... (location) ............................................................... (date) ............................................................... 

I can't attend a course, but would like to order your Handbook or DVD:

- GP Update Handbook and 12 months’ access to GPCPD £150
- GP Update Handbook, DVD and 12 months’ access to GPCPD £225 (pre-order for delivery late May 2017.)
- Lead. Manage. Thrive! Handbook £70
- Women’s Health Update Handbook £70
- Cancer Update Handbook £70

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(Please write your email address clearly as we’ll use it to send your confirmation letter and receipt.)

Price as stated in the flyer for each course. If applicable, please provide your discount code here............................................................

Please send this form with your cheque payable to GP Update Limited to: Red Whale, University of Reading, Reading Enterprise Centre, Earley Gate Entrance, Whiteknights Road, Reading, Berkshire RG6 6BU

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