

Predictive, Preventive and Personalized Medicine & Molecular Diagnostics

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Disease management through nutrition: Personalized medicine approach

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Drugs and specific supplements used for personalized medicine can be used to manage neurological disorders based on an individual's personal genomic profile. The development of an improved evidence-base for personalized and patient-decision making about the choice to use a dietary supplement can be a wise decision that provides health benefits. Addresses the wide variation in biological response to fixed-dose supplementation, allow the researchers to advance personalized clinical care by estimating the specific supplement dosage needed to achieve the targeted blood concentration. The goal is to develop patient-specific therapeutic strategies aimed at improving patient health when it comes to getting the right drug and the right supplement to the right patient for optimal results. During the last 40 year, patients with Spielmeier-Sjögren disease were treated with antioxidant supplementation. The patients were supplemented with a combination of vitamin E, vitamin C, methionine and butylated hydroxytoluene (BHT). As the disease began to progress, the treatment was changed to a combination of sodium selenite and vitamin E in some patients. The same combination was also given to children (vitamins B2 and B6 were also added for several years.) who had not received previous antioxidant supplementation. The latter combination (called the Westermarck formula) appeared to be helpful to some patients. Statistical correlations between various neurological items and relevant laboratory data were sought. In the older patients a significant correlation was found between neurological dysfunction and ceruloplasmin, and also between epilepsy and ceruloplasmin, while a negative correlation was noticed between neurological dysfunction and glutathione peroxidase. In the younger patients, a negative correlation was observed between superoxide dismutase and epilepsy. Serum apolipoprotein B levels were below the normal range in the 6 patients investigated. So far the Westermarck formula seems to have been the best treatment devised yet in Spielmeier-Sjögren disease, but further studies are needed for a better understanding of the pathogenesis of neuronal ceroid-lipofuscinoses disorders. For treating various health problems, it makes sense to take into account diet, genetic makeup, pathogens, pollutants and environment exposure, and to then judiciously use supplements to counter any nutrient deficiencies. Making dietary changes alone frequently helps correct some of the most common. A good diet is a foundation but, for optimum health, we need to look after all aspects of being.

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