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TITLE

Drugs and vitamin D Interaction

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Interactions between drugs and micro nutrients have received only little or no attention in the medical and pharmaceutical world in the past. Since more and more pharmaceuticals are used for the treatment of patients, this topic is increasingly relevant. As such interactions – depending on the duration of treatment and the status of micronutrients – impact the health of the patient and the action of the drugs, physicians and pharmacists should pay more attention to such interactions in the future. In this context, the pharmacist, as a drug expert, assumes a particular role. Like no other professional in the health care sector, he is particularly predestined and called up to respond to this task.

A number of drugs can interfere with the vitamin D and bone metabolism. The drug-induced activation of the pregnane X receptor (PXR) is likely to enhance CYP24 expression and the catabolism of 25(OH)D, leading to vitamin D deficiency. PXR-ligands include a wide variety of pharmaceutical agents, such as antiepileptic drugs, taxol, rifampin, and human immunodeficiency virus protease inhibitors such as ritonavir and saquinavir. Beside this, the medication oriented supplementation of vitamin D can also ameliorate the metabolic and pharmacologic action of many drugs, such as bisphosphonates, antihypertensives and cytostatic drugs.

Biography

The pharmacist Uwe Gröber (born 1964) studied pharmacy in Frankfurt am Main and is one of Germany's foremost experts on micronutrients. His many years of practical experience and collaboration with various doctor's practices and clinics allow him to speak with authority and conviction in seminars and lectures on the preventive and therapeutic use of micronutrients. His areas of expertise include micronutrient medicine, complementary oncology, sports nutrition, interactions between drugs and micronutrients, as well as nutritional and preventive medicine. His work in these areas has focused in particular on the therapeutic potential of micronutrients such as L-carnitine.

He is the author or co-author of numerous publications (www.amazon.de), specialist texts and contributions to books, and is editor of the "Zeitschrift für Orthomolekulare Medizin (Thieme Verlag)". In addition to his medical and scientific consultancy work, he is also as founder and president of the "Akademie für Mikronährstoffmedizin" involved in the specialist and further training of pharmacists, doctors, and food scientists.