



Precision Pharmacotherapy: Individualized Medication Strategies Based on Molecular and Clinical Profiles

Aiko Suzuki*

Department of Clinical Pharmacology, University of Tokyo, Tokyo, Japan

DESCRIPTION

Precision pharmacotherapy is an approach to medication management that considers individual biological and clinical characteristics when selecting medicines and doses. Traditional prescribing often relies on standard doses developed for broad patient groups, but patients can differ considerably in drug absorption, metabolism, transport, target sensitivity, disease biology and susceptibility to adverse reactions. Precision pharmacotherapy combines information from genetics, proteins, metabolism, clinical history, laboratory measurements and other patient characteristics to support more individualized treatment decisions. Genetic variation is an important component of precision pharmacotherapy. Differences in Deoxyribonucleic Acid (DNA) sequences can alter the activity of enzymes, receptors, transport proteins and immune molecules involved in medication response. Variants in genes such as *Cytochrome P450 2D6*, *CYP2C19* and *CYP2C9* can influence the metabolism of several medicines. Some individuals may process particular drugs more slowly, resulting in increased exposure, whereas others may process them more rapidly and require different treatment considerations.

Pharmacogenomic testing can identify selected genetic variants before or during treatment. The results may provide information about expected drug metabolism, sensitivity, or risk of specific adverse reactions. For medicines with established pharmacogenomic recommendations, such information can support selection of an alternative treatment or adjustment of the starting dose. Genetic information is considered together with age, organ function, concurrent medicines, disease status and other clinical variables. Protein-level information provides another dimension of individualized pharmacotherapy. Proteins are directly involved in drug metabolism, cellular signaling, transport, immune responses and therapeutic targets. Changes in protein abundance or activity may influence how a patient responds to medication. Pharmacoproteomic profiling can identify protein patterns associated with treatment effects,

disease progression, or adverse reactions. Such information can complement genomic data because DNA sequences alone do not always indicate the actual activity of cellular proteins.

Metabolomic information can also contribute to medication decisions. Metabolites are small molecules generated during normal cellular processes and drug metabolism. Their concentrations can reflect physiological conditions, disease activity, nutritional status and medication effects. Changes in metabolite profiles may indicate whether a particular biological pathway is being affected by treatment. Combining metabolomic information with genomic and proteomic data can provide a broader view of individual drug response. Pharmacokinetics is another important component. It describes how a medicine is absorbed, distributed, metabolized and eliminated by the body. Differences in liver function, kidney function, gastrointestinal activity, body composition and transporter activity can influence drug concentrations. For medicines with a narrow therapeutic range, understanding these differences is particularly important because relatively small changes in concentration may influence effectiveness or toxicity.

Therapeutic drug monitoring supports precision pharmacotherapy when drug concentrations can be measured reliably and when concentration is related to clinical response. Blood or plasma samples may be collected at defined times to determine medication levels. The measured concentration can then be considered alongside dose, timing, organ function and patient characteristics. This approach is commonly relevant to medicines for which maintaining a suitable concentration range is clinically important. Disease-specific molecular information can also influence treatment selection. In oncology, tumors may contain genetic mutations, altered protein expression, or changes in signaling pathways that affect sensitivity to particular medicines. Molecular testing can identify characteristics associated with specific therapies. This allows treatment decisions to consider the biological features of the disease rather than relying only on its anatomical location or conventional classification.

Correspondence to: Aiko Suzuki, Department of Clinical Pharmacology, University of Tokyo, Tokyo, Japan, E-mail: aiko.suzuki@precisionpharm.jp

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Precision pharmacotherapy is also relevant to infectious diseases. Microorganisms can differ in their genetic characteristics and susceptibility to antimicrobial medicines. Identification of pathogen characteristics can assist in selecting an effective antimicrobial agent. Patient factors such as kidney function, immune status, age and previous medication exposure can further influence the selection and dosage of treatment. Adverse drug reactions are another important consideration. Some individuals have genetic variants associated with an increased risk of specific medication-related reactions. Genetic testing can identify certain high-risk variants when validated clinical guidance is available. Avoiding a medicine associated with a known genetic risk can reduce the possibility of a serious reaction in selected patients.

Drug-drug interactions must also be considered. A medicine may inhibit or increase the activity of enzymes or transporters

responsible for processing another drug. This can increase or decrease drug exposure and alter treatment effects. Precision pharmacotherapy therefore requires a complete medication history, including prescription medicines, nonprescription products and relevant supplements. Digital health technologies and clinical decision-support systems can assist with integrating multiple patient variables. Electronic medical records can contain laboratory results, medication histories, diagnoses and previous treatment responses. Computational systems can combine these data with pharmacogenomic information and clinical guidelines to provide medication-related recommendations. Such systems require accurate data and careful clinical interpretation.