

Review of Clinical Pharmacology and Pharmacokinetics

ΕΠΙΘΕΟΡΗΣΗ ΚΛΙΝΙΚΗΣ ΦΑΡΜΑΚΟΛΟΓΙΑΣ ΚΑΙ ΦΑΡΜΑΚΟΚΙΝΗΤΙΚΗΣ
ΕΠΙΘΕΩΡΗΣΗ ΚΛΙΝΙΚΗΣ ΦΑΡΜΑΚΟΛΟΓΙΑΣ ΚΑΙ ΦΑΡΜΑΚΟΚΙΝΗΤΙΚΗΣ
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Letter from Guest Editor

The progress and contributions of 20th century pharmacology has been immense with over 20 pharmacologists to have received Nobel Prizes. This field of medical studies covers many areas; it is built upon and at the same time incorporates many disciplines such as biochemistry, biology physiology, pathology, anatomy, molecular biology, while the development of new analytical and experimental techniques and instruments has given a new boost in pharmacological research. Yet, although a remarkable progress has been made in developing new drugs and in understanding how they act, the challenges are endless. Integrating a depth of knowledge in many related scientific disciplines, pharmacologists offer a unique perspective to solving drug and chemical related problems which impinge on human health, with ultimate goal the treatment and prevention of major diseases.

The 5th Panhellenic Congress of Pharmacology focuses on four *hot* subjects: Regenerative Pharmacology, Herbal Medicines, Pharmacology of Abuse and Dependence, and Education in Pharmacology.

- *Regenerative Pharmacology* is one of the newest areas in Pharmacology, represents a groundbreaking field of research and has the potential to radically alter the treatment of diseases and disorders.

- *Herbal Medicines* have acquired an important percentage among the drug used; according to WHO 80% of people worldwide rely on herbal medicines for some aspect of their primary health care. This continuously increasing use of plant medicines imposes the need for establishing new regulations.

- *Pharmacology of Abuse and Dependence*, still not a well defined area, presents a lot of challenge for researchers and clinicians.

- *Education in Pharmacology* remains a hot subject in the Medical education, following the knowledge *explosion* of the last decades accompanied by a decreasing reliance on didactic teaching. The crucial question is: how and what should we teach?

We hope that the round table discussions along with the invited lectures, included in this abstract book, will raise new and intriguing ques-

tions that will further stimulate research, and will contribute to new therapeutic approaches and attitudes.

I would like to thank the Editorial Board of *Review of Clinical Pharmacology and Pharmacokinetics* in particular Journal Editors Prof. S.T. Plessas and Dr C.T. Plessas for invitation and for providing the suitable and high-standard forum through which new research findings will become available to the scientific community.

The Guest Editor

Charis Liapi

Assist. Professor in Pharmacology
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Preliminary Evaluation of Preoperative and Short-term (1 year) Postoperative Serum Fat-Soluble Vitamin Levels in Super-obese Patients Undergoing A Roux-en-Y Gastric Bypass with Biliopancreatic Diversion (RYGBP/BPD) Malabsorptive Operation

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Key words: Morbid obesity, bariatric operations, fat-soluble vitamins serum levels, vitamins deficiency

INTRODUCTION

Bariatric surgery seems to be the only effective approach for the long-term management of morbid obesity. Weight loss after Roux-en-Y Gastric Bypass with Biliopancreatic Diversion is mainly due to decreased calorie absorption secondary to fat malabsorption. Fat malabsorption may also cause essential fat-soluble vitamin deficiencies which may become clinically significant if not recognized and properly treated. Prevention of these vitamin deficiencies includes both supplementation and routine measuring of serum values. In this work, an investigation was undertaken to examine preoperative and short-term (1 year) postoperative levels of fat-soluble vitamins in patients undergoing RYGBP/BPD.

METHODS

Study population consisted of 15 super-obese (BMI>50kg/m²) patients who had undergone RYGBP/BPD. Routine postoperative daily supplementation consisted of 4000 IU (1200 µg) vitamin A, 2000 IU (50 µg) vitamin D₃, 10 mg vitamin E and 2000 mg calcium. Preoperative and postoperative serum levels of fat-soluble vitamins A, D₃, 25(OH)D₃, E, K₂, were measured in these patients by HPLC.

RESULTS

All vitamin levels tended to decrease with time after RYGBP/BPD operation despite that all pa-

tients were taking daily multivitamin supplements p.o. postoperatively. One year after the bariatric operation, a significant decrease (P<0.05) in D₃, 25(OH)D₃, E and K₂ levels was observed compared to the preoperative levels. This decrease led to vitamin deficiency one year after the operation, the incidence of which was 7% for vitamin A, 33% for vitamin 25(OH) D₃ and 13% for K₂. Concerning vitamin E, all patients had lower than normal levels even before operation and the deficiency insisted even after operation, despite the administration of vitamin supplements to the patients. The low preoperative serum vitamin E levels in the patients confirmed that obese individuals are at high risk of vitamin E deficiency.

CONCLUSIONS

The serum levels of fat-soluble vitamins A, D, E and K decreased with time following RYGBP/BPD operation in morbidly obese patients, despite that the patients received vitamin supplements postoperatively. The results of our study indicate that patients undergoing the RYGBP/BPD operation need long-term postoperative monitoring of serum fat-soluble vitamin levels. This will facilitate the administration of appropriate doses of multivitamin supplements to these patients, preventing vitamin deficiency to become of clinical significance.

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