

Review of Clinical Pharmacology and Pharmacokinetics

ΕΠΙΘΕΟΡΗΣΗ 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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Sex Differences in Drug Response

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A rapidly burgeoning literature documents that men and women are different in ways that go beyond their reproductive systems, hormones, and bone structure. They get many of the same diseases, but they may have different symptoms, their diseases may progress differently, and they may respond differently to treatment. Although sex differences have been described both in Pharmacodynamics and Pharmacokinetics, their role in clinical practice is not yet completely elucidated. The evidence that women have been less enrolled in clinical trials and that a gender-specific analysis usually is not included in the evaluation of results, contributes largely to this uncertainty. Consequently, adverse drug reactions (ADRs) are still higher in females than in

males. Since sex is a fundamental biological variable that cannot be discounted, sex differences in pharmacology have to be considered in order to improve drug safety efficacy and to optimize medical therapy both in men and women. For many years in our lab we have been studying sex differences in depression at the behavioural and neurobiological level as well as the responsiveness in treatment with different antidepressant drugs.

The goal of this presentation is to highlight recent insights into sex-related differences in pharmacology that should influence clinical practice and prescribing guidelines to optimize clinical responses.

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