Letter

Personalized Medicine in Neurology

Diana V. Dmitrenko

V.F. Voino-Yasenetsky Krasnoyarsk State Medical University, Krasnoyarsk, Russia

*Correspondence: mart2802@yandex.ru

Dear colleagues!

Personalized medicine plays a critical role in the quest for more accurate, predictable diagnoses and reliable care for each patient. Precision medicine in neurology advances our understanding of neurological diseases by tailoring interventions to the individual needs of each patient. Patients with neurological diseases need answers, treatments, and cures tailored to their unique conditions, rather than a one-size-fits-all approach. Neurological and psychiatric diseases vary widely in their underlying genetic makeup, clinical presentation, and impact on the body. By understanding the unique characteristics of a patient's neurological condition, such as genetic predisposition, biomarkers, and disease mechanisms, precision medicine aims to optimize treatment outcomes and improve care. By understanding the pharmacogenetic patterns of drug responses and disease, we can improve disease prevention, expand diagnostic capabilities, prescribe safer medications, and provide more effective treatments.

Genetic testing can identify specific gene mutations associated with a disease and drug response, allowing for more accurate diagnosis and targeted treatment. Careful assessment of family history, clinical manifestations of the disease, and response to drugs can help guide treatment decisions. Analyzing large genetic data sets to find patterns, predict outcomes, and identify the most effective interventions based on disease detection and risk. Using a patient's unique characteristics, such as genetic profile and clinical features, to select treatments that are most likely to be effective and minimize side effects. Regularly monitoring a patient's response to treatment using personalized biomarkers or clinical indicators and adjusting the treatment plan helps optimize outcomes. Tracking patterns and triggers using digital health technologies can help identify personalized treatment strategies and lifestyle changes to reduce disease severity. By understanding the unique characteristics of a patient's neurological condition, such as genetic predisposition, biomarkers, and disease mechanisms, precision medicine aims to optimize treatment outcomes and improve patient care. We can develop more accurate diagnoses, design personalized treatment plans, minimize side effects, and potentially improve the overall quality of life for people with neurological disorders by taking into account personalized factors.

Head of the Department of Medical Genetics and Clinical Neurophysiology of the Institute of Postgraduate Education, Head of the Neurological Centre of the University Clinic, V.F. Voino-Yasenetsky Krasnoyarsk State Medical University
Diana V. Dmitrenko, DMedSci, Associate Professor