

Letter

## 4-P Medicine: A new Philosophy for Mental Diseases Management

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Dear Colleagues!

Modern medicine is associated with the achievements of an actively developing area - **4P-medicine**, built on the principles of a personalized approach to human health (**P**ersonalization, **P**rediction, **P**reventiveness, **P**articipation). This direction is based on an individual approach to treatment or preventive measures, taking into account the nature of the identified molecular defect before the onset of symptoms of the disease, in order to increase the effective-

ness of therapy or prevent the development of pathology. In addition to predisposition to diseases, various metabolic functions of the body are also genetically determined. Genetic variations determine the rate of synthesis and breakdown of various substances in the body, the effect of pharmaceuticals, and the metabolism of food.

Pharmacogenetic testing should be viewed as a decision support tool to assist the thoughtful practitioner in improving the quality of care provided, but not as an alternative to standard treatment protocols. In this context, genetic markers complement not only knowledge about disease dynamics and psychopharmacotherapy, but also demographic information (eg, age, gender, family history), clinical (eg, concomitant medications), and lifestyle information (eg, diet, smoking). , which helps to build an optimal treatment and rehabilitation regimen.

Resources open to the public contain a colossal amount of information on the use of genetic tests in prescribing psychopharmacotherapy. Specialists are forced to independently acquire new knowledge and study the opinions of many experts before confidently using all the possibilities of psychopharmacogenetics. However, given the rapid accumulation of data from individual randomized controlled trials and large-scale pharmacogenetic research projects, we will see the development of personalized psychiatry in practice in the foreseeable future.

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