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Food-drug interactions: Where are we now?

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Since the description of the serious interaction between IMAO drugs and tyramine containing foods in the 50s, food-drug interactions have won increasing importance and care. This is an important issue taking in account the increasing use of medications, especially in frail older people that are often polymedicated. Nowadays, we also include all the relations between nutritional status and drug treatment in this area. However we still facing some difficulties, such as: Lack of information in new commercialized drugs, due to the fact that these interactions are not studied or evaluated in premarketing assays, very few are described in patient's handout and there are few databases and information sources, where health care professionals could find reliable and complete information. Moreover, not always health care givers take fully in account or give the importance due to this kind of interaction. Therefore, I think that more work is needed in this area; for instance, to continue increasing the assays and works to detect unknown food-drug interactions and to have more knowledge about its importance in the patient outcome. And what is also very important is to increase the knowledge and awareness between physicians, pharmacists, dietitians and nurses, initiating them since the degree studies.

Biography

Conxita Mestres Miralles has completed her Pharmacy Doctor Degree from the University of Barcelona. She has worked as Clinical Pharmacist between 1984-2006 in the Hospital Sant Rafael of Barcelona and as Quality Control and Patient Safety Coordinator (2006-2012) in the same hospital. In parallel, she has worked as an Assistant Professor in the Pharmacy School of the University of Barcelona (1992 and 2008). Since 2012, she is Pharmacy Director in Grup Mutuam Barcelona (Group that works in Health Care in Long Term and Nursing Homes) and since 1992 she is an Assistant Professor at School of Health Sciences Blanquerna, University Ramon Llull. She has published more than 70 papers in reputed journals and has published two books about pharmacology for dietitians and for physiotherapists.

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