

Special Issue

Personalized Medicine and Treatment in Inflammatory Bowel Diseases

Message from the Guest Editors

Personalized medicine is transforming the treatment of inflammatory bowel diseases (IBDs), including Crohn's disease and ulcerative colitis, by allowing us to tailor therapies to individual patient profiles. This approach leverages advancements in genomics, microbiome analysis, and immune profiling to identify biomarkers that predict disease progression and treatment responses. Traditional IBD management often follows a trial-and-error method, but personalized strategies can be designed to optimize efficacy while minimizing side effects. For instance, pharmacogenomics helps determine optimal drug choices (e.g., anti-TNF agents, JAK inhibitors) based on genetic makeup, while microbiome modulation offers insights into diet and probiotic interventions. Machine learning further enhances decision-making through the integration of multi-omics data. There are still challenges to overcome, such as high costs and data interpretation complexities, but there is significant potential for improvements in remission rates and quality of life.

Guest Editors

Dr. Carmen Monica Preda

1. Faculty of Medicine, Carol Davila University of Medicine and Pharmacy, 050474 Bucharest, Romania
2. Department of Gastroenterology, Fundeni Clinic Institute, 022328 Bucharest, Romania

Dr. Cristian George Tieranu

1. Faculty of Medicine, Carol Davila University of Medicine and Pharmacy, 010017 Bucharest, Romania
2. Elias Emergency University Hospital, 010017 Bucharest, Romania

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Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
jcm@mdpi.com

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