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Personalized Nutrition Therapy in Hashimoto's Thyroiditis and Herpes Zoster Oticus, Recalcitrant to Conventional Therapy: A Case Report

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The term personalized medicine first appeared in published works in 1999. Topol defines personalized medicine because the tailoring of medical treatments to the individual characteristics of every patient with attention on the individual because the source of medical data and because the driver of health care. Personalized nutrition therapy (PNT) has been developing in terms of functional medicine. Its efficacy has been controversial. As an identical scope of personalized medicine, functional medicine deals with dysfunction within the physiology and biochemistry of the physical body . Various methods were applied in functional medicine, like nutrition, biochemistry, genetics, proteomics, etc. Among them, Weatherby approached functional medicine within the perspective of individual nutritional status supported the analysis of blood chemistry and blood cells. for instance , low AST (aspartate aminotransferase) is related to vitamin B6 deficiency. Weather by published a series of textbooks about this, but in his books, references about nutritional status consistent with abnormal biomarker of biopsy weren't clearly submitted. during this manuscript, the term 'Personalized Nutritional Therapy (PNT)' was adopted to explain nutritional therapy suitable for every person during a certain disease condition. For example, if acid in biopsy is overtly high, gout disease are often diagnosed in modern medicine. Besides, my PPD result indicates that the hemodynamic/cell metabolic status of the liver is hyperperfused and metabolically increased and therefore the corresponding nutrition component to unravel this condition is vitamin B5 . After blood sampling from a patient, biopsy items to research are those of both routine blood chemistry (such as AST, ALT, uric acid, etc.) and blood corpuscle count (RBC, WBC with differential count, etc.). The test item to interpret PNT was selected if its value is deviant from the traditional range or the median within normal range. for instance , the AST level less than normal range has tendency to be related to vitamin B6 deficiency. vitamin B6 deficiency is additionally related to low hematocrit, for vitamin B6 is involved in formation of red blood cells. If biopsy presents both low AST and low hematocrit, it are often presumed that the probability of vitamin B6 deficiency is high. supported this interpreted datum, PNT was prescribed. Herpes oticus, 1 case: a lady had acute otitis with a history of recurrent chronic otitis and its ear operation. Her inflammatory condition wasn't improved even with two antibiotics prescribed by antibiotic sensitivity test, performed in one university hospital. I analyzed blood testing in terms of my PNT. After taking within the prescribed PNT for 47 days, because the photo for ear eardrum the exudate of otitis was remarkably vanished. After PNT, exudate was subsided, and two perforated holes of eardrum veiled by exudate were visible. Hashimoto's thyroiditis is chronic lymphocytic thyroiditis and therefore the commonest explanation for hypothyroidism. it's caused by autoimmune destruction of the thyroid . The serum biomarker to diagnose Hashimoto's thyroiditis is anti TM TPO antibody titer (TM; antithyroid microsomal, TPO; antithyroid peroxidase). The patients positive for anti-TPO antibody have a risk to develop ensuing hypothyroidism or subclinical hypothyroidism. Furthermore, Hashimoto's thyroiditis is correlated with increased risk of development of thyroid cancer. In this case, antibiotic therapy after antibiotic sensitivity test was applied. it's going to be the foremost approved model for personalized medicine as now. But the inflammatory activity of this patient wasn't subsided. Although the precise mechanism to elucidate the clinical improvement of those cases during this manuscript can't be proved

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intimately as now, it are often concluded that my algorithmic interpretation supported the biomarkers in biopsy , like blood chemistry and blood cells, deviant from the traditional range and median within normal range, can make personalized nutritional therapy possible. If this algorithmic interpretation of biopsy result including blood chemistry and blood cells be validated clinically during a large scale and developed with continuing upgrade, genuine personalized nutritional therapy for diseases are going to be used for invincible disease entities recalcitrant to standard therapy. Keywords: Personalized medicine; Personalized nutrition therapy; Pulse pattern diagnosis; Hashimoto's thyroiditis; Herpes zoster oticus

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