



UPDATE «HAUSÄRZTLICHE FRAGEN»  
donnerstag 12. november 2020

**OBACH**  
Privatklinik

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## PHARMACOGENETICS FOR THERAPY OPTIMIZATION

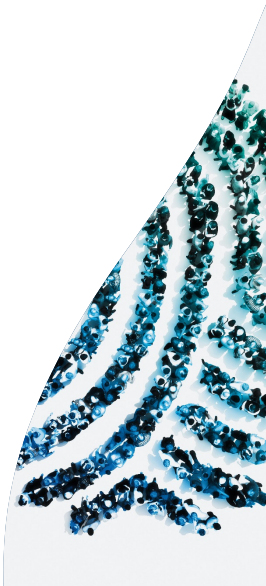
A simple genetic test to determine life-long individual drug compatibility

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- CASES
- CONCEPTS
- MyPGx

Michael Morris, D.Phil., Head of Genetics, SYNLAB

SYNLAB Switzerland 20.11.12 Obach M. Morris



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## CASE REPORT

- POST-OPERATIVE ANALGESIA



**10 to 20 %**  
of hospitalized patients will  
experience at least one  
undesirable side effect during  
their hospital stay

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## Mia, 28 years old

- **Personal history**
  - Morphine for pain after caesarean section.
    - Respiratory depression > intensive care > reversal (no serious sequelae).
  - Less severe episode of post-morphine respiratory depression after first delivery.
- **Family history**
  - Father treated with morphine after routine heart surgery.
    - Cardiac arrest, resuscitation.
- → pharmacogenetic screening myPGx®

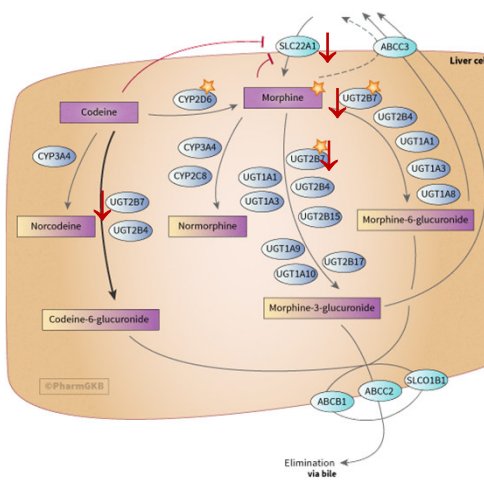


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## RESULTS

Gene	Genotype-Haplotype	Phenotype
CYP1A1	*1/*4	Intermediate metaboliser
CYP1A2	*1/*1/*1	Normal metaboliser
CYP2A6	*1A/*1A	Normal metaboliser
CYP2B6	*1/*10	Normal metaboliser
CYP2C8	*1/*1	Normal metaboliser
CYP2C9	*1/*1	Normal metaboliser
CYP2C19	*1B/*1B	Normal metaboliser
CYP2D6	*1/*36	Intermediate metaboliser
CYP2E1	*1/*7	Normal metaboliser
CYP3A4	*1/*1	Normal metaboliser
CYP3A5	*1A/*3A	Intermediate metaboliser
VKORC1	H1/H7	Intermediate sensitivity to Warfarin
SLC15A2	*1/*1	Normal function
↓ SLC22A1	*420Del/*420Del	Low function
SLC22A2	*270A/*270A	Normal function
SLC22A6	*1/*1	Normal function
SLCO1B1	*1A/*1B	Normal function
SLCO1B3	*112A/*233I	Low function
SLCO2B1	*1/*1	Normal function
ABCB1	*1/*2	Intermediate function
ABCC2	*1/*1324I	Intermediate function
ABCG2	*1/*1	Normal function
SULT1A1	*3/*3	Poor metaboliser
NAT1	*4/*4	Normal acetylator
NAT2	*5A/*12A or *11A/*5C or *5D/*12C or *4/*5B	Normal acetylator
TPMT	*1/*1	Normal metaboliser
GSTM1	*1/*1	Normal metaboliser
GSTP1	*1A/*1C or *1B/*1D	Poor metaboliser
UGT1A1	*1/*60	Intermediate metaboliser
UGT2B7	*2b/*2b	Intermediate metaboliser
UGT2B15	*1/*1	Normal metaboliser
DPYD	*1/*9A	Normal metaboliser



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## Hypothesis:


- Reduced uptake by liver (SLC22A1, SLCO1B3)
- Reduced catabolism/excretion in liver (UGT2B7, SULT1A1)
- Increase in central morphine efficiency (COMT)

→ **Overdose**

Gene	Prediction	Effect
UGT2B7 *2/*2	Intermediate activity	Decreased activity may result in increased morphine concentrations with increased effect and risk of serious side effects.
SLC22A1 (OCT1) *420Del/Del	Low activity	Important role in hepatocellular absorption of morphine. Significant reduction in morphine clearance
SLCO1B3 *112A/*233I	Low activity	? Reduced morphine uptake by hepatocytes, reduced clearance
SULT1A1 *3/*3	Slow metabolizer	Reduction of sulfation of certain opiates
COMT 158Met	Low activity	May improve the central efficiency of morphine, requires lower doses

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## A few numbers

- **United States :**
  - the total cost of adverse drug reactions (ADRs) may be comparable to that of diabetes,
    - Approximately 106'000 deaths per year are caused by ADRs
    - **The fourth-leading cause of death** by disease.
- **EU :**
  - It is estimated that 5% of all hospital admissions are due to ADRs
    - Approximately 197'000 deaths per year in the EU are caused by ADRs.
    - **The fifth-leading cause of hospital death:**
  - The total cost of ADRs to society is approximately €79 billion.

Frueh et al 2008, J Hum Pharmacol Drug Therapy, 28(6), 992-998.


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## Consequences for individuals - Implications for health systems




Up to  
**20 %**  
of ambulatory patients  
have undesirable side  
effects

Only  
**~50 %**  
of patients taking **anti-depressants** will respond  
to treatment, and  
**~55 %**  
have at least one  
undesirable side effect



It is estimated that  
**35 %**  
of those **over 65 years** of  
age have experienced  
undesirable side effects




**10 to 17 %**  
of hospitalizations of the  
**elderly** are directly related  
to adverse side effects  
due to their medication

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Elliott et al, PLOS ONE February 2, 2017

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## Individual response to medication affects all medical specialties


Drugs that should particularly be considered:

<b>Analgesics / Antirheumatics</b>	<b>Anticoagulants</b>
<b>Antibiotics / Antivirals / Antimycotics</b>	<b>Cytostatics</b>
<b>Antidepressants / Psychotropics</b>	<b>Proton pump inhibitors</b>
<b>Antidiabetics</b>	<b>Statins</b>
<b>Antihypertensives</b>	




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## Same treatment, different people Inadequacy of a single pharmacological approach



Up to  
**90 %**  
of drugs are metabolized by  
**CYP2D6, CYP3A4, CYP3A5,  
CYP2C19, CYP1A2, CYP2C9,**




More than  
**85 %**  
of individuals carry  
significant genetic variants  
of cytochrome P450 genes



**>250**  
drugs take into account  
pharmacogenetic data in  
their package inserts (FDA)

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## Some important pharmacogenes (after Youssef et al, Pharmaceutical Journal, January 2020, Vol 304, No 7933)

Genes	Examples of clinical impact
Cytochrome P450 genes <i>CYP2D6</i>  <i>CYP2C19</i>  <i>CYP2C9</i>	<p><i>CYP2D6</i> metabolises around 25% of medicines in clinical use, including many psychotropics, opioid analgesics and other drug classes. Poor Metabolisers are at increased risk of side effects when taking medicines like venlafaxine, aripiprazole and amitriptyline.</p> <p>The <i>CYP2C19</i> metaboliser state has implications for the antiplatelet drug clopidogrel, many of the proton pump inhibitors and many antidepressants.</p> <p><i>CYP2C9</i> is important for calculating the starting daily dose for warfarin and is useful for predicting the risk of side effects for several non-steroidal anti-inflammatory drugs.</p>
Drug transporter genes <i>SLCO1B1</i>	<p>Drug transporters mediate the active transport of endogenous substrates and xenobiotics. <i>SLCO1B1</i> encodes the drug transporter responsible for statin uptake into the liver. Carriers of the c.521T&gt;C variant produce a transporter with reduced function, increasing plasma concentration of statins. This is associated with an increased risk of myalgia and myopathy. The association is strongest with simvastatin, for which pharmacogenomic guidelines exist recommending drug/dose changes.</p>
Conversion enzymes <i>DPYD</i>	<p>DPD metabolizes at least 80% of administered 5-FU. If DPD has reduced activity, the amount of 5-FU for increases to 5-FU-related ADRs. Patients with partial DPD deficiency in whom the benefit of 5-fluorouracil outweighs the risks should be treated with utmost caution. CPIC provides dosing guidelines (2018).</p>

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## CYP2D6

Pharmacogenomics and Personalized Medicine

 Dovepress  
open access to scientific and medical research  
ORIGINAL RESEARCH

### Increased risk of hospitalization for ultrarapid metabolizers of cytochrome P450 2D6

**CONCLUSION:** Children with CYP2D6 poor or intermediate **metabolizer** phenotypes are at greater risk for risperidone AEs. Pre-prescription genotyping could identify this high-risk subset for an alternate therapy, risperidone dose reduction, and/or increased monitoring for AEs.

PMID: 30661084   DOI: [10.1038/s41390-019-0305-z](https://doi.org/10.1038/s41390-019-0305-z)

Excerpts from the codeine drug label:

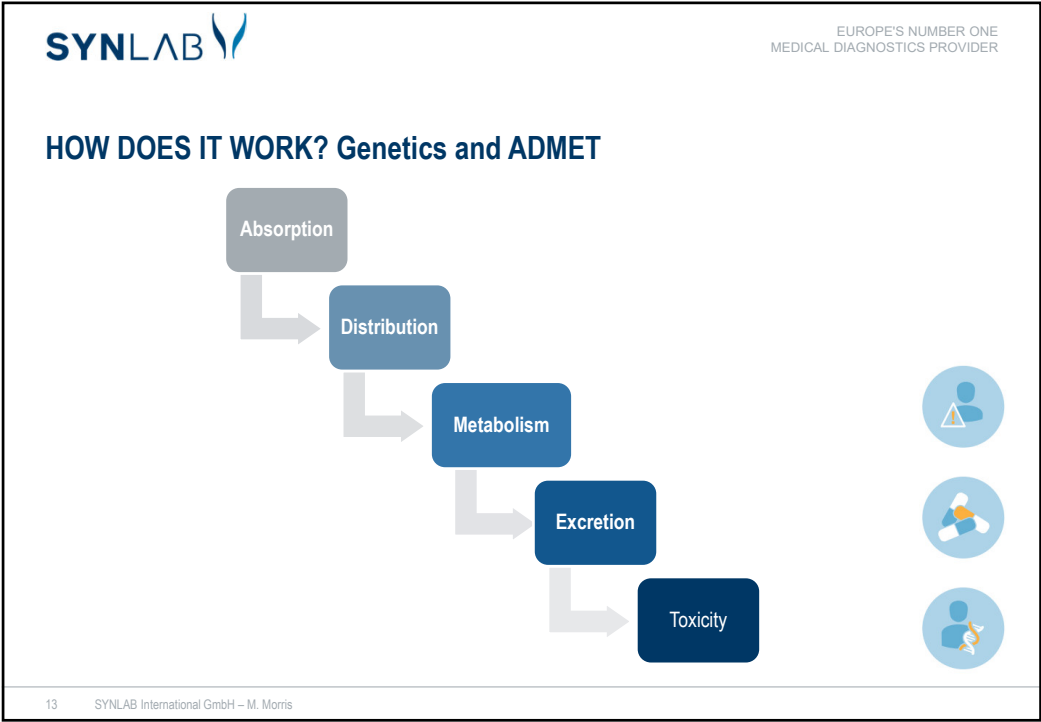
Life-threatening respiratory depression and death have occurred in children who received codeine; most cases followed tonsillectomy and/or adenoidectomy and many of the children had evidence of being an ultra-rapid metabolizer of codeine due to a CYP2D6 polymorphism.

Nursing Mothers...At least one death was reported in a nursing infant who was exposed to high levels of morphine in breast milk because the mother was an ultra-rapid metabolizer of codeine. Breastfeeding is not recommended during treatment with Codeine Sulfate Tablets.

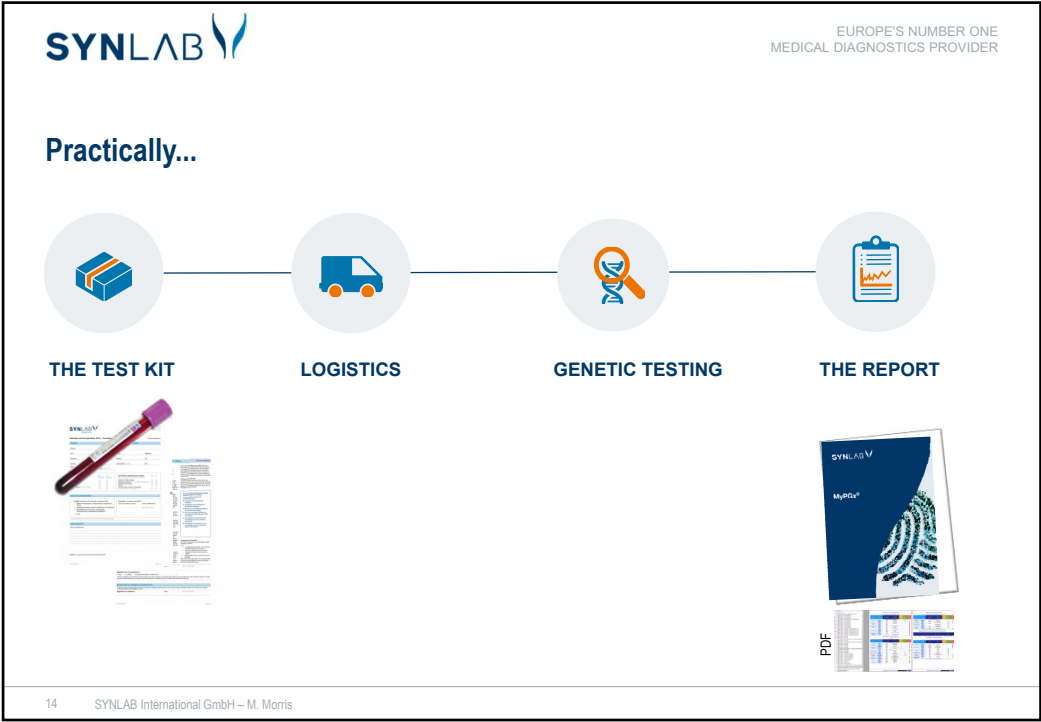
**"The pharmacogenomics-guided group had 84% lower health costs than the control group" Olson et al 2017**

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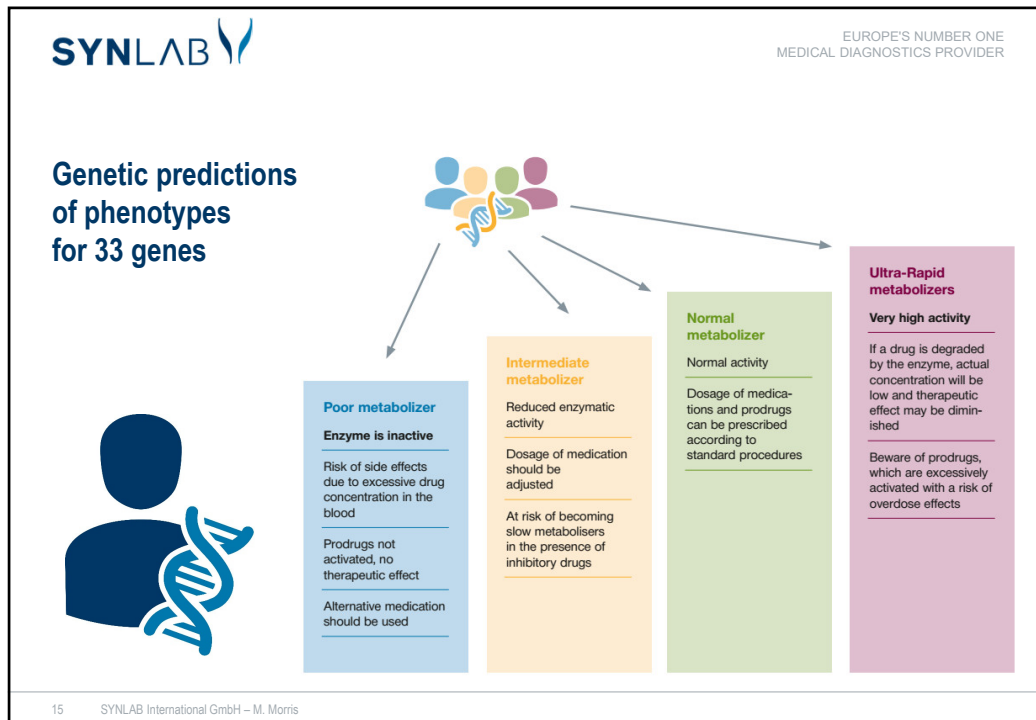
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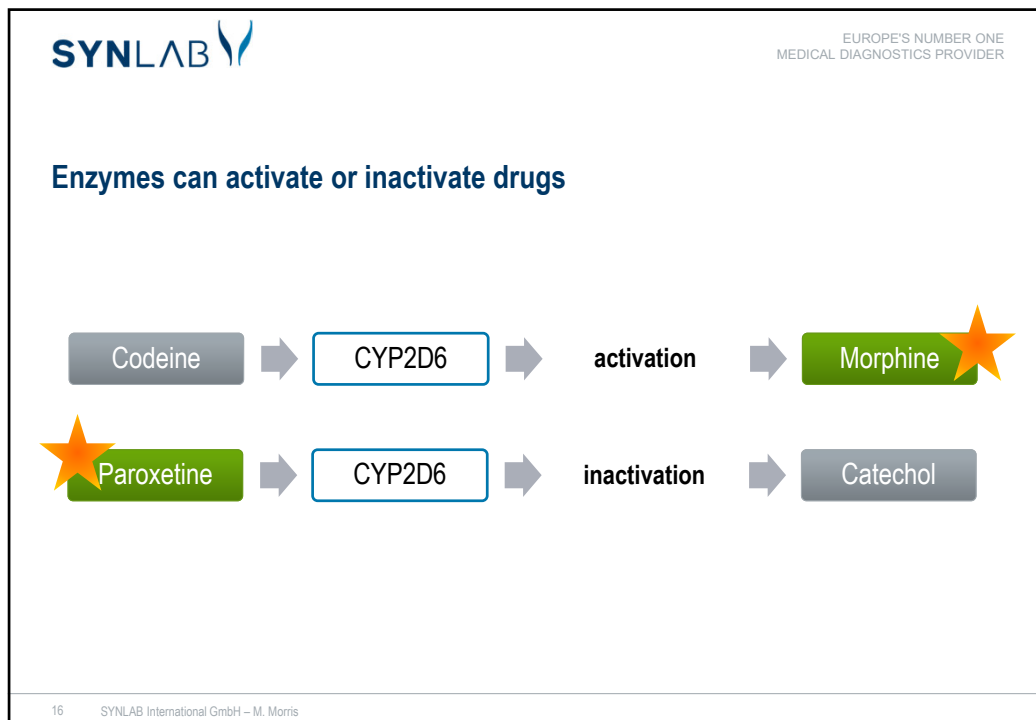
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## Predicted phenotype for individual substances

(caveat, varying levels of evidence)

### PGx Report - Internal Medicine

Type: Drugs Prescribed for the Treatment of Peptic Ulcers and/or Gastro-Esophageal Reflux Disease

Drug Class	Substance	Primary Mechanism Involved	Other Mechanisms Involved	May Have Decreased Efficacy	Used As Directed	May Have Increased Toxicity
Histamine H2-receptor antagonists	<a href="#">Ranitidine</a>	Renal Excretion	CYP1A2, CYP2C19, CYP3A4, CYP3A5		✓	
	<a href="#">Omeprazole</a>	CYP2C19	CYP3A4, CYP2C9, CYP3A5		✓	
Proton-pump inhibitor	<a href="#">Dexlansoprazole</a>	CYP2C19	CYP3A4, CYP3A5		✓	
	<a href="#">Esomeprazole</a>	CYP2C19	CYP3A4, CYP3A5		✓	
	<a href="#">Lansoprazole</a>	CYP3A4	CYP2C19, CYP3A5			✗
	<a href="#">Rabeprazole</a>	Non Enz	CYP2C19, CYP3A4, CYP3A5		✓	
	<a href="#">Ilaprazole</a>	CYP3A4	CYP3A5			✗
	<a href="#">Pantoprazole</a>	CYP2C19	CYP3A4, CYP2D6, CYP2C9, CYP3A5		✓	

Abbreviations: Non Enz, non-enzymatic metabolism.

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### MYPGX OPTIONS



#### REQUESTED TESTS

- ☐ 8707 MyPGx®  
(Broad Panel, 33 key genes, personal profile)
- ☐ 8710 MyPSY  
(Antidepressants, Antipsychotics, Anxiolytics, ADHD)
- ☐ 8711 MyRHUMA  
(Anti-inflammatories, Analgesics, Antipyretics)
- ☐ 8712 MyCARDIO  
(Antiarrhythmics, Anticoagulants, Antihypertensives, Antiplatelets)
- ☐ 8751 MyGASTRO  
(Anti-inflammatories, Analgesics, Proton-pump inhibitors, drugs for Gastrointestinal Disorders, Obesity and Diabetes)
- ☐ Other:

#### SAMPLE TYPE\*:

- ☐ 1 tube blood / EDTA  
☐ DNA at conc:  
☐ 1 FTA-Card with EDTA drop blood

#### DRAW DATE\* (day/month/year)

#### REPORT LANGUAGE\*:

- ☐ English ☐ Italian ☐ French ☐ Turkish



MyPSY



MyCARDIO




MyRHUMA



MyGASTRO

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SUB-PANELS AND ONE-PAGERS FOR SELECTED SPECIALTIES

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### Pharmacogénétique (PGx) SYNLAB MyPSY

une personne sur quatre sera affectée par des troubles mentaux ou neurologiques à un moment à vie. Aujourd'hui, quelque 650 millions de personnes souffrent de tels troubles, ce qui place les troubles mentaux parmi les principales causes de morbidité et de handicap.

**MyPSY :**  
est un test pharmacogénétique innovant dans le domaine des psychiatriques et des antidépresseurs. Il permet d'évaluer la variabilité de l'efficacité et de la toxicité des médicaments due aux variations génétiques existantes qui affectent les enzymes de métabolisme des médicaments, les transporteurs ou les cibles.

#### SYNLAB MyPSY Panel :

Panel	Substrats/Indications	Gènes analysés
MyPSY	• antidépresseurs ; • antipsychotiques de la récapitulation de la section (ERS) ; • antidépresseurs bicycliques (ATC) ; • antipsychotiques ; • anxiolytiques ; • neuroleptiques.	Valeurs principales : CYP2D6, CYP2C19 Valeurs complémentaires : CYP2A6, CYP2C8, CYP2C9, CYP2A12 et CYP2B6

**Exemple de rapport :**  
**PGx Rapport – Psychiatrie**  
Type : antidépresseur I

Classe de médicaments	Molécule	Mécanisme d'action	Prise en compte de la PGx	Utilisation recommandée	Prise en compte de la PGx
Antidépresseurs	Citalopram	CYP2C19, CYP2D6			
	Escitalopram	CYP2A6, CYP2C19			
	Doxépine	CYP2D6			
	Paroxétine	CYP2D6			
	Sertraline	CYP2D6			
Antipsychotiques	Saracatin	CYP2D6			
	Fluoxétine	CYP2D6			
	Viloxazine	CYP2A6			
Anxiolytiques	Létioprazolam	CYP2A6			
	Milnacipran	UGT			
Neuroleptiques	Verapamil	CYP2D6			

Définition des symboles, recommandations :  
 ● Peut être administré sans restriction, selon un dosage standard.  
 ○ Utiliser la dose standard.  
 ● Peut avoir une toxicité accrue, utiliser une dose réduite.

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### Pharmacogenetics (PGx) SYNLAB MyGASTRO

Proton pump inhibitors (PPIs) are used to treat a wide range of acid-related disorders including peptic ulcer, gastroesophageal reflux disease (GERD), Helicobacter pylori and post-bariatric surgery, among other indications. The degree of acid suppression by PPIs is related to variation in pharmacokinetics, a significant part of which is due to CYP2C19 genetic variants. In addition, patients on PPIs frequently also use antithrombotic and/or analgesic medication, for example ibuprofen or opioids.

**Choose SYNLAB MyGASTRO:**  
SYNLAB has developed a novel pharmacogenetic test in the area of gastrointestinal disease and post-bariatric surgery, which examines the variability in drug efficacy and toxicity attributed to genetic variation in patients affecting drug-metabolizing enzymes, transporters or drug targets.

#### SYNLAB MyGASTRO Panel:

Panel	Key medications	Genes analyzed
MyGASTRO	• PPIs • Antithrombotics • Anticancer drugs • Antidiabetics • Opioid analgesics • Antidepressants	Major genes: CYP2C19, CYP2D6, CYP2C8, CYP2A6 Additionally: UGT1A, SLC6, CYP2A12, CYP2B6, CYP2C9, CYP2A13A


**Example report:**  
**PGx Report – Internal Medicine**  
Type: Drugs Prescribed for the Treatment of Peptic Ulcers and/or GERD

Drug Class	Substrate	Primary Mechanism of Action	Other Mechanisms of Action	May Have Effect on Efficacy	May Have Effect on Toxicity
Proton Pump Inhibitors	Esomeprazole	CYP2C19	CYP2C19, CYP2D6, CYP2C8		
	Ramprazole	CYP2C19	CYP2C19, CYP2D6, CYP2C8		
Antithrombotics	Warfarin	CYP2C9	CYP2C9, CYP2C19, CYP2C8		
	Aspirin	CYP2C9	CYP2C9, CYP2C19, CYP2C8		
Anticancer drugs	Docetaxel	CYP3A4	CYP3A4, CYP2C9, CYP2C8		
	Paclitaxel	CYP3A4	CYP3A4, CYP2C9, CYP2C8		
Antidiabetics	Gliclazide	CYP2C9	CYP2C9, CYP2C19, CYP2C8		
	Vildagliptin	CYP2C9	CYP2C9, CYP2C19, CYP2C8		
Opioid analgesics	Codeine	CYP2D6	CYP2D6, CYP2C19, CYP2C8		
	Tramadol	CYP2D6	CYP2D6, CYP2C19, CYP2C8		

• All PPIs are subject to CPIC guidelines and designated CPIC Level B disease: "Prescribing action recommended".

• The Dutch Pharmacogenetics Working Group have specific drug dosage recommendations for PPIs based on CYP2C19 genotype.

• PGx helps to plan and implement therapy in a targeted manner.



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### Pharmacogenetik (PGx) SYNLAB MyRHUMA

Dem aktuellen Bericht des amerikanischen Nationalen Zentrums für Gesundheitsstatistik zufolge gehören An zur Gruppe frei verkäuflicher Medikamente, welche aufgrund von Nebenwirkungen mit besonderer Vorsicht i hakt werden müssen.

Eine personalisierte Arzneimittelwahl und -dosierung für einzelne Patienten mit akuten oder chronischen an ist sehr wichtig, um gefährliche Nebenwirkungen zu vermeiden.

**Entwickelt das auch für SYNLAB MyRHUMA:**  
SYNLAB hat ein innovatives pharmakogenetisches Testprofil für schmerzbedingende Medikamente entwickelt, rend auf dem genetischen Profil des Patienten untersucht die Test die Variabilität in der Wirksamkeit und To Anzeichen. Dies betrifft Arzneimittel-metabolisierende Enzyme, Transporter oder Zielstrukturen (Drug Targets).

#### SYNLAB MyRHUMA Profil:

Panel	Substrats/Indications	Gènes analysés
MyRHUMA	• Analgésiques • Antidépresseurs • Antipsychotiques	Valeurs principales: CYP2D6, CYP2C19, UGT1A Valeurs complémentaires: CYP2A6, CYP2C8, CYP2C9, CYP2A12, CYP2B6, CYP2C9, CYP2A13A

**Beispiel:**  
**PGx Bericht – Schmerzmanagement**  
Typ: Entzündungshemmender Wirkstoff, Analgetikum, Antipyretikum

Arzneimittelklasse	Generikum	Stoffwechselweg	Wirkstoff	Kann nach An-alyse angepasst werden	Kann eine re-duzierte Toxi-zität bewirkt werden
Schmerzmittel	Diclofenac	UGT1A1			
	Ibuprofen	CYP2C9			
	Paracetamol	CYP2C9			
	Propafenone	CYP2C9			
	Venlafaxin	CYP2D6			

Definition der Symbole, Empfehlung:  
 ● Wirkstoff kann verringert sein, die Medikamentendosierung sollte angepasst werden.  
 ○ Vorsicht bei der Dosierung.  
 ● Toxizität kann erhöht sein, die Medikamentendosierung sollte angepasst werden.

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### Pharmacogenetica (PGx) SYNLAB MyCARDIO

Secondo i dati dell'Organizzazione mondiale per la Salute (OMS), le malattie cardiovascolari (MCV) sono una delle maggiori cause di morte e di disabilità. Le MCV sono malattie del cuore e dei vasi sanguigni, tra cui coronaropatie, ipertensione arteriosa, infarto miocardico, ictus e altri disturbi.

Oltre alle abitudini legate alla salute (per es. dieta, fumo, attività fisica), il profilo genetico di un individuo ha un ruolo determinante sia per la probabilità di contrarre una patologia cardiovascolare sia per gli esiti della terapia.

**Perché scegliere il MyCARDIO SYNLAB?**  
SYNLAB ha sviluppato un innovativo test farmacogenetico applicato a patologie cardiovascolari, allo scopo di esaminare la variabilità dell'efficacia e della tossicità di un farmaco sul singolo paziente, correlata a una variazione genetica, che influisce sugli enzimi metabolizzanti, sui trasportatori o sul target del farmaco stesso.

#### Pannello SYNLAB MyCARDIO:

Panel	Farmaci chiave	Gènes analysés
MyCARDIO	• Antidépresseurs • Antipsychotiques • Antidiabétiques • Anticoagulants • Anticancéreux	Principaux gènes analysés: CYP2C19, CYP2C8, CYP2C9, CYP2D6, UGT1A Autres gènes analysés: CYP2A6, CYP2A12, CYP2B6, CYP2C9, CYP2A13A

**Exemple de report:**  
**Report PGx – Fonction cardiovasculaire**  
Typologie: Anticoagulant, antiplaquettaire

Catégorie médicament	Substrat	Mécanisme d'action	Prise en compte de la PGx	Utilisation recommandée	Prise en compte de la PGx
Anticoagulants	Warfarin	CYP2C9			
	Acenocoumarol	CYP2C9			
Antiplaquettes	Aspirine	CYP2C9			
	Ticlopidine	CYP2C9			

Définition des symboles, recommandations:  
 ● Peut être administré sans restriction, selon un dosage standard.  
 ○ Utiliser la dose standard.  
 ● Peut avoir une toxicité accrue, utiliser une dose réduite.

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## Quick and effective medical decisions

### Summary of key pharmacogenetic results (predicted Poor or Ultrarapid activity):

Gene	Prediction
CYP2A6	Poor metabolizer
CYP2C19	Ultrarapid metabolizer
CYP2D6	Poor metabolizer
CYP3A5	Poor metabolizer
SLC22A1	Low function
SLC01B3	Low function
ABCB1	Low function
SULT1A1	Poor metabolizer
NAT2	Poor acetylator
GSTP1	Poor metabolizer

The detailed pharmacogenetic results are presented on the following pages.

### Technical comments and limitations:

Coverage 99.5%. Haplotypes not determined (failed SNPs): None

PGx is a rapidly-evolving field primarily providing evidence-based predictions of how the tested individual's genetic profile may affect reaction to certain drugs. Factors such as drug-drug interaction and also age, diet, ethnicity, family and personal health history, can also impact the likelihood of exhibiting certain drug reactions, independently of genotype-based predictions.

This report is intended for use by a healthcare professional. Based on PGx results, **patients should make no changes to medical care without the prior advice of and consultation with a healthcare professional** (including, but not limited to, changes in dosage or frequency of medication, diet and/or exercise regimens, or pregnancy planning).

## Fast and effective medical decisions


### PGx Report - Internal Medicine

Type: Drugs Prescribed for the Treatment of Peptic Ulcers and/or Gastro-Esophageal Reflux Disease

Drug Class	Substance	Primary Mechanism Involved	Other Mechanisms Involved	May Have Decreased Efficacy	Used As Directed	May Have Increased Toxicity
Histamine H2-receptor antagonists	Ranitidine	Renal Excretion	CYP1A2, CYP2C19, CYP3A4, CYP3A5		✓	
	Omeprazole	CYP2C19	CYP3A4, CYP2C9, CYP3A5		✓	
Proton-pump inhibitor	Dexlansoprazole	CYP2C19	CYP3A4, CYP3A5		✓	
	Esomeprazole	CYP2C19	CYP3A4, CYP3A5		✓	
	Lansoprazole	CYP3A4	CYP2C19, CYP3A5		✓	✗
	Rabeprazole	Non Enz	CYP2C19, CYP3A4, CYP3A5		✓	
	Elaprazole	CYP3A4	CYP3A5		✓	✗
	Pantoprazole	CYP2C19	CYP3A4, CYP2D6, CYP2C9, CYP3A5		✓	

Abbreviations: Non Enz, non-enzymatic metabolism.


To Drugbank Canada

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### Who can benefit from MyPGx?

- Patients
  - with a history of side-effects
  - who do not get positive benefit from their medication
  - on long-term medication
  - on polypharmacy
  - you suspect are non-compliant
  - for whom surgery is programmed
- Adults
  - who choose to invest (financially and/or intellectually) in their health




Analgesics  
Antidepressants, antipsychotics  
Statins  
PPI

The right drug,  
at the right dose,  
from the start.

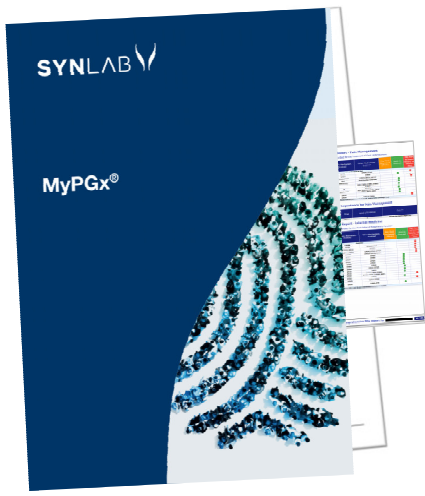


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