Influenza in pregnancy – prevention and treatment

Introduction:
Influenza is a pathology of viral origin. Most people recover quickly, however, severe complications can lead to hospitalization and death. Pregnant women and the possible effects on the fetus, and in some cases, the baby in the first 6 months of life.

Conclusions:
In addition to vaccination, there are measures that must be implemented to prevent the spread of disease. First line antiviral in situations of contraction or exposure to treatment and prophylaxis of influenza. The recommended currently there are two classes of antiviral drugs for the reference sites.

Methods:
To review literature on influenza in pregnancy and the objectives were aimed at identifying the drug interactions that occurred in the last years in Portugal. The study to be carried out consists of a literature review methods, as well as the use of advanced search in the databases PubMed, B-on, Google Scholar and Science Direct databases, as well as the use of Pharmacovigilance Bulletins published by Infarmed.

Objectives:
The main objective of this work is to identify through the Pharmacovigilance Bulletins, published quarterly, in order to inform about the various drug interactions reported in that period of time, between 2008 and 2018 the reported Drug Interactions.

Interleukin 6 and Matrix Metalloproteinase 8 in obesity

Introduction:
Obesity is characterized by an excess of adipose tissue. It is recognized as a low-grade chronic inflammation state characterized by increased serum levels of acute phase proteins such as interleukins (ILs) and cytokines. IL-6 is a pro-inflammatory cytokine, which is involved in the regulation of lipid metabolism associated with obesity and inflammation. However, IL-6 may also play an anti-inflammatory role. Matrix metalloproteinases (MMPs) participate in several physiological processes such as remodeling of extracellular matrix, healing, angiogenesis and apoptosis. A dual role for MMP-8 has been described, MMP-8 plays a role in the development of the inflammatory response but appears to play an anti-inflammatory role during recovery and may be crucial for this process.

Objectives:
The aim of this study is to determine the IL-6 and MMP-8 levels in individuals with different body fat percentage (BF%).

Methods:
The participants (n = 41; 26-65 years) were distributed in 3 groups according to BF% by dual-energy x-ray absorptiometry: normal weight (n = 8), overweight (n = 11) and obese (n = 22). The semi-quantification of IL-6 and MMP-8 in serum was performed through the slot blot technique.

Results:
The levels of MMP-8 and IL-6 were tendentially higher in the group of overweight individuals than in the normal weight group and in the obese group, but the differences were not statistically significant. There was also a moderate positive correlation between serum levels of MMP-8 and IL-6 (p < 0.05) and a weak correlation between IL-6 levels and the percentage of visceral fat mass.

Conclusions:
The correlation between IL-6 levels and the percentage of visceral fat mass may be related to the fact that adipose tissue is endocrine and produce numerous factors contributing to systemic inflammation. The positive correlation between serum MMP-8 levels and serum IL-6 levels may indicate that these can be stimulated by the same mechanisms in the inflammation process.