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Since a long time ago, medicine was used to treat many humans and animal diseases. Sometimes, the knowledge about health effects of some substances are only in popular domain, empiric experienced information without methodological and scientific tests certifications of security and safety application [1].

Although the pharmacological treatment not always result in better clinical outcomes, around 50-70% about medical consults result in drug prescription. This procedure is a common practice because the patient and medical intention converge to satisfy one point: the

from noncommunicable diseases to rise from 36 million in 2008 to 52 million in 2030 [10]. Furthermore, the synergism among several factors, such as obesity, diabetes and cardiovascular diseases, and diseases that exercise might be used as therapy combined to pharmacologic agents; represent a relevance to study exercise and pharmacology together.

As many drugs, dosage is extremely important to obtain the beneficial effects of exercise. A real comprehension from the professionals has great importance about has great importance to prescribe exercise properly [11]. It is important to point out that various studies, papers and books refer the exercise as a pharmacologic agent but are also necessary to advance this knowledge. The combination of exercise and drugs requires a new format of both prescriptions: drug and exercise prescription for chronic diseases. In this way some examples may be listed, such as the combinations: between exercise and hypoglycemic drugs (risk inducing hypoglycemia or potential adjuvant for glycemic control?); between exercise and anti-hypertensive drugs (similar prescription of exercise to people who utilizes beta-blockers? Risk of dehydration for diuretic agents combined to exercise?); between anti-inflammatory treatment and acute exercise response (impaired pro-inflammatory response?) and chronic exercise adaptation (impaired anti-inflammatory response?), in other words, the effect of drugs and exercise in immune responses. The last one may be relevant to know about HIV individuals that combine antiretroviral drugs with exercise to improve life quality [12].

Thus, it is clear and actual the necessity to increase research and detailed teaching of combination of exercise and pharmacological therapy responses in several diseases. The public health requires a professionalism and optimal knowledge about this common interaction. Summarizing is essential to increase the quality and quantity of the studies in this field: "Pharmacology and exercise".

## References

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