

Claims:

1. An isolated peptide being no longer than ten amino acids, comprising the amino acid sequence as set forth in SEQ ID NO: 4, SEQ ID NO: 18 or SEQ ID NO: 21, wherein the peptide is capable of reducing the amount of dexamethasone-induced spleen and/or thymus weight loss in a mouse.
2. The isolated peptide of claim 1, consisting of an amino acid sequence as set forth in SEQ ID NO: 4, SEQ ID NO: 18 or SEQ ID NO: 21.
3. An isolated peptide comprising the amino acid sequence as set forth in SEQ ID NO: 3, SEQ ID NO: 7 or SEQ ID NO: 20, wherein the peptide is capable of reducing the amount of dexamethasone-induced spleen and/or thymus weight loss in a mouse, the peptide being no longer than six amino acids.
4. The isolated peptide of claim 3, consisting of the amino acid sequence as set forth in SEQ ID NO: 3, SEQ ID NO: 7 or SEQ ID NO: 20.
5. The isolated peptide of any one of claims 1-4, wherein the peptide is a stapled peptide.
6. The isolated peptide of any one of claims 1-4, wherein the order of the sequence is reversed and all of the amino acids are of the D-type.
7. The isolated peptide of any one of the claims 1-4, for use in treating a disease associated with apoptosis.
8. The isolated peptide of claim 7, wherein said disease associated with apoptosis is an inflammatory or degenerative disease.
9. A pharmaceutical composition comprising the peptide of any one of claims 1-4 as an active agent and a physiologically acceptable carrier.