

# Using metabolomics to personalise diabetes care

## Evidence based care

Current

VS

## Personalised care

Future

43%

The number of people with diabetes who do not get any effect from their medication\*



Risk profiling of each patient based on clinical examinations such as blood pressure, eye and kidney screening and blood tests to determine HbA1c and cholesterol values



The data provides a picture of the patient's current health state



This information is used to inform decisions on treatment of diabetes and potential comorbidities

Follow-up

After 3-6 months the HCP will follow-up to see if the treatment has been effective. If not a new treatment will be initiated and this will continue until the best possible solution is found. This is called the treatment-failure approach



Metabolomics is a new technique used in diabetes care. It provides a snapshot of the full set of metabolites in the body at specific times and under specific conditions. Metabolites are produced when nutrients such as sugar and fat are processed in the body



Based on one single drop of blood, thousands of metabolites can be analysed and, as an add-on to the clinical examinations, the patient's unique metabolic profile can be identified



The data is compared to large-scale data sets from numerous other patients and used to develop a detailed, predictive patient profile which can also include psychosocial and physiological profiling



The personalised profile is used to predict patients' responses to treatment regimens and individual risk of complications. This supports the HCP to choose the best solution from the beginning

Follow-up

Applying personalised medicine in diabetes care increases chances of finding an optimal treatment regimen from the beginning and has the potential to improve outcomes for people with diabetes