Lifestyle and Diabetes Precision Medicine

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5:00 – 6:30 PM CET

Abstract

The concept of precision medicine focuses on the optimization of recommendations or therapy using patient-level biomarker data; this new approach to preventing, diagnosing, monitoring and treating many different types of disease, has stimulated enormous interest throughout society, as it provides hope of more effective, less costly and safer ways of tackling numerous high-burden diseases. Whilst precision diabetes medicine is often framed in the context of pharmacotherapy, using biomarkers to personalize lifestyle recommendations intended to lower type 2 diabetes risk or to slow progression, is also conceivable. There are at least four ways in which this might work: i) by helping predict a person's susceptibility to adverse lifestyle exposures; ii) facilitating the stratification of type 2 diabetes into subclasses, some of which may be prevented or treated optimally with specific lifestyle interventions; iii) discovery of prognostic biomarkers that help guide timing and intensity of lifestyle interventions; iv) predicting treatment response. In my lecture I will overview the rationale for precision diabetes medicine, specifically as it relates to lifestyle; I will scrutinize existing evidence, discuss the barriers germane to this field, and consider how this work is likely to proceed over the coming years.

About the BRIDGE Webinar Series

The **BRIDGE** webinar series is designed to prepare for the next generation of big data analytics, woven into transdisciplinary and intersectoral sciences, policy and innovation, and serving as catalyst for solutions at scale to better address the seemingly intractable problems that lie at the nexus of health and wealth production, distribution and consumption. A key to accelerate change lies in establishing bridges between sectoral big data, and between data and content. To foster real time learning, the **BRIDGE** webinar series brings together a new solution-oriented transdisciplinary translational paradigm for the four *M*s of big data sciences used on both sides of the health and economic divide (*M*achines, *M*ethods, *M*odels and *M*atter).

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