



The 2023 Digital Learning Journey on Diabetes

**EPISODES 1-2: 30 June 2023**
EPISODES 3-4-5: 8 December 2023

Personalized medicine for addressing insulin resistance in cardiometabolic disorders OVERVIEW

Personalized medicine is an evolving research and clinical field in which diagnostic tests (such as measurement of serum biomarkers and genetic tests) are used to help the management of each patient based on their own characteristics. The final goal of personalized medicine is to find the treatment strategy which works best for each patient. By combining genetic, clinical and biochemical data, healthcare providers could develop targeted treatments and prevention plans with their patients. Cardiometabolic diseases are a heterogeneous group of disorders with heritable traits in which genetic background interacts with the environment, resulting in different pathophysiologies, different clinical presentations and different responses to drugs. A lot of research efforts have been put forward about selecting effective treatments and preventive strategies in individuals with or at high risk of cardiometabolic disorders which still represent a major health burden worldwide.

LEARNING OBJECTIVES

- Discuss the latest advances in personalized medicine
- Outline the genetic basis of insulin resistance related to cardiometabolic disease
- Describe the importance of co-management among GPs, endocrinologists, and patients' caregivers in a shared decision-making environment to improve patients' care

TARGET AUDIENCE

Endocrinologists, general practitioners and cardiologists

LANGUAGE

English

INTERVIEWER & MEDICAL ADVISOR



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Episodes

- 1 Precision or personalized medicine?
- 2 Discuss strategies to implement personalized medicine to prevent diabetes and cardiovascular disease

Episodes

- 3 Cardiometabolic clinic: the need and execution...
- 4 Patient's perspective: GPs and co-management with endocrinologists/cardiologists to improve patients' care
- 5 Personalized medicine, where are we?

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