

# Diabetes Mellitus and Heart Failure: New Insights in Translational Research

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## ABSTRACT

Both diabetes and heart failure are a common and lethal disease combination. As clinicians looking after these patients, we often encounter gender disparities in their therapeutic responses. Gender differences have been reported in the epidemiology, pathophysiology, clinical manifestations, disease progression, and response to treatment in patients with diabetes and heart failure. It is noteworthy that women have been enrolled less in clinical trials of diabetes and heart failure and that a gender-specific analysis usually is not included in the evaluation of clinical trial results. Consequently, adverse drug reactions are reported to be higher in women than in men. Gender differences in drug responses have also to be considered in order to improve drug efficacy and safety and to optimize medical therapy both in men and women with heart failure and diabetes mellitus.

# Decentralize Clinical Trials to Unlock Value for Patients

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## ABSTRACT

Clinical trials are at the heart of the evolution of modern medicine, ensuring safety and efficacy while generating vast amounts of patient insights that is immensely resourceful for real-time and predictive analyses to better manage health outcomes. However, they come at a significant cost. ~85% of all clinical trials experience delays, with 94% being delayed by over a month. Additionally, clinical trials are getting increasingly complex and challenging to plan, run and sustain.

The Clinical Trial Transformation Initiative (CTTI) defines Decentralized Clinical Trials (DCT) as clinical studies executed through telemedicine and mobile/local healthcare providers, enabling participants to continue with their day-to-day lives with minimal disruption and improve data acquisition. While decentralized trials take into consideration the priorities of all stakeholders involved to ensure a positive outcome, the industry continues to strengthen efforts to incorporate the participants viewpoint into all research and trials. The novel capabilities offered by DCT empowers the patient across the entire lifecycle of the trial to be involved in all decision-making process and allow better access to experimental treatments.