

Title: Tools to Aid Individualized Treatment for T2D

Objective: To review new approaches to personalize treatment for patients with Type 2 Diabetes using data from clinical trials

Summary: The field of personalized medicine is rapidly developing. There are over 12 classes of medications approved for the treatment of type 2 diabetes, many of which are used in combination. In addition, the evidence base has expanded dramatically, with the reporting of multiple long-term cardiovascular and kidney outcomes trials. This plethora of choices and trials creates a dilemma when caring for individual patients, most of whom will not exactly match the “average” patient enrolled in trials. In this session, three different approaches that use aggregated data from clinical trials to personalize treatment selection for patients with type 2 diabetes will be reviewed. An example of an online tool to estimate benefits for individual patients, based on their unique characteristics and comorbidities, will be shown.