



## Integrating Personalised Genomics into Diabetes Management

**Dr Pleayo Tovarante**

*The University of Auckland*

**Abstract:** The newly advancing medical field of Medical Genomics can be integrated into the day-to-day management of Type 2 Diabetes. Medical interventions are personalized to the molecular level to help patients achieve better diabetic control and prevent micro/macrovascular complications. Direct-to-consumer genetic testing is becoming increasingly more available and affordable. Together with decision-making tools that bridge the gaps between research and treatment, doctors can quickly and securely access the patient's genetic data to risk stratify patients to screen for complications, maximise lifestyle interventions, and optimise pharmacotherapy prior to dosing. To further improve outcomes, patients can also be screened for clinically-validated genetic markers associated with cardiovascular risk factors such as insulin resistance and hypertension, and also optimise end-stage treatments such as dialysis and kidney transplantation. This presentation will address the evolving role of genomics in guiding diagnoses and treatments of diabetes. Moreover, clinical examples of using an innovative digital health mobile application developed in New Zealand for real-time, point-of-care integration of clinical genomics by general practitioners and medical specialists will be presented.



**Biography:** Dr Pleayo Tovarante is a doctor primarily located in Auckland, New Zealand.

**Publications:**

1. Sequelae of World War II: An Outbreak of Chronic Cutaneous Nontuberculous Mycobacterial Infection among Satowanese Islanders
2. Muscle fibrosis in the soft palate: Delivery of cells, growth factors and anti-fibrotics
3. Genetic Requirement of talin1 for Proliferation of Cranial Neural Crest Cells during Palate Development
4. Induce mutations for Bavistin resistance in *Trichoderma harzianum* by UV-irradiation
5. The Myogenic Regulatory Factors, Determinants of Muscle Development, Cell Identity and Regeneration

[12th world Congress on Precision and Personalized Medicine, April 06-07, 2020 in Bangkok, Thailand.](#)

**Abstract Citation:** Pleayo Tovarante, Integrating Personalised Genomics into Diabetes Management, PERSONALIZED MEDICINE CONGRESS 2020, 12th world Congress on Precision and Personalized Medicine, April 06-07, 2020 in Bangkok, Thailand.