



PRESS RELEASE

Clinical Trials for New Diabetes Drugs Urgently Needed In India

Chennai, November 13, 2015: Every year, November 14th is commemorated as World Diabetes Day, a globally celebrated event to increase awareness about diabetes. This year the theme is 'Healthy Living and Diabetes'. India has the second highest number of people with diabetes in the world¹ with 66.84 million diabetes cases in the country today. An estimated 1 in 12 adults suffer from this lifestyle disease² and many cases remain undiagnosed. The ever-increasing diabetes burden has a cascading impact on our nation's health expenditure and healthcare resources.

Adopting better diabetes management practices and developing more efficacious treatment for diabetes and its resultant complications are an important need. There is also an urgent need for investments in more clinical research to ensure that patients can benefit from newer and better medicines says the **Indian Society for Clinical Research (ISCR)**, an association of clinical research professionals.

Dr. Manoj Chawla, Consultant Diabetologist and Coordinator, Department of Diabetology, (Asian Heart institute & Research Centre) an investigator in a recently concluded diabetes clinical trial said, "Given the growing burden of diabetes in our country, it is extremely important for us to test the efficacy of new medicines on our population which is only possible through clinical research. It is not just patients but we, as investigators, as well who benefit from clinical research because through participating in research, we learn more about newly developed drugs, their benefits and risks. This enables us to play a strong role as global opinion leaders in the safety and efficacy of new drugs for native populations," he added.

A patient in Delhi who participated in a diabetes trial (name withheld to protect patient confidentiality) said, "I was advised to enrol in clinical research by my diabetologist. Being diagnosed with diabetes, I went through a very difficult time and it was tough on my family too. When I was told about the potential benefits of a new diabetes drug which was not available in the market, I decided to participate in a clinical trial and do not regret it." He further said, "It felt good to be surrounded by people who, just like me are fighting this lifelong disease. The trial helped me understand my condition better and the medication I received helped me manage my diabetes more efficiently."

"The last two years has seen a drop in clinical research being done in the country which has meant delayed access to newer therapies and treatment for our population," said **Suneela Thatte, President, ISCR**. "Given that India has the largest disease burden in the world, we hope that the recently amended clinical research regulatory guidelines will see more organisations investing in doing clinical

research in the country. We have a moral responsibility to ensure that patients in our country have access to newer and better medicines. Given the high incidence of diabetes in India, clinical research will also help identify which medicines work best for our genetic disposition which is critical to managing our growing diabetes burden.”

Diabetes is a chronic disease which often leads to a number of complications. Currently not all of these can be treated efficiently with the drugs available. So as new promising molecules emerge and global clinical research is done for these, India’s participation will mean faster access to new drugs for diabetics in the country.

About ISCR

The **Indian Society for Clinical Research (ISCR)** is an association of clinical research professionals that aims to build awareness of clinical research as a specialty in India and to facilitate its growth in the country while helping to evolve the highest standards of quality and ethics. To that extent, we are fully supportive of the initiatives undertaken by regulatory authorities to create a more robust and regulated environment in India for the conduct of clinical research and will continue to work very closely with different stakeholders in the development of regulations that will safeguard and protect patients in a clinical trial.

About World Diabetes Day

World Diabetes Day (WDD) is celebrated every year on November 14. The World Diabetes Day campaign is led by the International Diabetes Federation (IDF) and its member associations. It engages millions of people worldwide in diabetes advocacy and awareness. World Diabetes Day was created in 1991 by the International Diabetes Federation and the World Health Organization in response to growing concerns about the escalating health threat that diabetes now poses. World Diabetes Day became an official United Nations Day in 2007 with the passage of United Nation Resolution 61/225. The campaign draws attention to issues of paramount importance to the diabetes world and keeps diabetes firmly in the public spotlight

Data sources:

1 and 2 International Diabetes Federation, 2013

For more information

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