Stratified Medicine: Maximizing Clinical Benefit by Biomarker-Driven Health Care

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Stratified medicine involves the use of biomarkers to create subsets within a patient population that provide more detailed information about the specific cause of a disorder and how the patient will respond to a given drug or combination of drugs. Biomarker-driven patient stratification can empower clinicians to have accurate assessment of a disease status (diagnostic and prognostic utility) to strategize a treatment plan (predictive and monitoring utility) and even help to either delay the onset of the disease, minimize its severity, or possibly prevent its occurrence in presymptomatic individuals. Furthermore, it can transform a clinical trial from a negative or neutral outcome to one with a positive outcome. Recent advancements in the field of stratified medicine have been reviewed in the context of our efforts to integrate this evolving concept in our research approach and in the development of clinically oriented products and potential nutritional applications/solutions at Nestlé Health Science.