



Research @ Jehangir

May, 2019

Volume 2, Number 2

Quarterly Newsletter

Recent Updates

- We are happy to announce that Linq Labs has received DSIR (Department of Scientific and Industrial Research) recognition in April 2019.
- Our Research Lab has developed the Suction Blister Model, which commits to support translational research and reduce animal testing experiments in dermatology.
- Successfully completed a Clinical Study on Nutritional Supplements in 140 children.
- Our 24th batch of Post Graduate Diploma in Clinical Research is commencing from June 2019 and the 1st batch of Post Graduate Diploma in Molecular Genetics (e-learning) in July 2019.

Publications

- Patel PA, Patel PP, Chiplonkar SA, Patel AD, Khadilkar AV. Association of body fat with stress levels and dietary intakes in Indian women. *Women Health*. 2019 Feb 11:1-10. doi: 10.1080/03630242.2018.1539429. [Epub ahead of print] PMID- 30739603
- Lote-Oke R, Khadilkar A, Chiplonkar S. Meal Frequency and Time- Restricted Feeding as strategies for reducing metabolic risk: a review. *SPG BioMed* 1(2), March, (2019)
- Khadilkar V, Khadilkar A, Arya A, Ekbote V, Kajale N, Parthasarathy L, Patwardhan V, Phanse S, Chiplonkar S. Height Velocity Percentiles in Indian Children Aged 5-17 Years. *Indian Pediatr*. 2019 Jan 15;56(1):23-28. PubMed PMID: 30806356.

International Clinical Trials Day

Clinical Trials Day gives us an opportunity to recognize the people who conduct clinical trials and to say **Thank You** for what they do every day to improve public health. This occasion provides our community with a unique opportunity to raise awareness of clinical trials and of clinical research as a career option among the masses. With the emergence of new diseases in the world, the advancement of science and technology has come to develop new molecules to help combat these diseases. Clinical Trials provide alternative treatments compared to the existing ones, and clinical research professionals introduce them to the patients.

On this day of celebration, we bring to you some factual experiences of our various stakeholders in the field of clinical research.



**INTERNATIONAL
CLINICAL TRIALS DAY**

MAY 20, 2019

From the Ethics Committee member...

Drug Discovery is a fascinating field, and I am among the lucky few who worked in it all my life.

I began my career at the Hoechst Research Center in 1972 in preclinical stage and after a decade moved to clinical research. In this 46 year long journey I have had many failures, and a few successes. The successes have been such that all failures pale into insignificance before them.

In 1988 as a Medical Advisor to Hoechst Laboratories we began clinical trials of an antihistamine. After 5 years of hard work as we prepared to launch the molecule a colleague told me -

'This molecule will not sell'

A very disappointing assessment, but we worked on, and he was proved wrong. Cefirizine became the largest selling antihistamine - and still continues its run.

To a new comer in clinical research I would say 'There will be failures, for sure, but work on - a single success makes your life'. All the best.

From the Investigator...

I have been working in clinical research for over 20 years. Of these, 19 I have spent in Terap. I always had great passion for research and have found over the years that people who join the research center are usually very passionate about their work. Thus I have had very good team work, good support from my seniors & have been able to follow my heart.

Working in clinical trials has taught me discipline and good documentation practices. Also, through trials, over the years, while many patients have received free treatment, we have also had the opportunity to meet world leaders in our area.

My journey in research has taught me discipline, systematic approach & patience, and yet, it has been extremely fulfilling.

From the Clinical Trial Participants..

As a patient who is part of a clinical trial, you always hope for the treatment to be better than what is available outside the trial. A trial becomes our only hope for treatment which is affordable. Thus, it is safe for me to say that I was satisfied in being part of a clinical trial.

I always received timely and convenient treatments. The requirements from my side to participate were quite minimal and agreeable. The communications between my doctor and myself were thorough and thoughtful. I was given considerable treatment, not just during the trial, but also before the trial was initiated and after the trial got over, for which I am very happy and thankful.

मैंने जब ये क्लिनिकल ट्रायल के बारे में जब सुना तब मुझे अपना कुछ खर्च में नहीं आया था। लेकिन जब मैं इस ट्रीटमेंट में भाग लिया तब मुझे पता चला कि, ये क्लिनिकल ट्रायल क्या होता है। और इसमें क्या किया जाना है।

ट्रायल में सहभागी होने के बाद मुझे दिए गए खर्च का मुझे बहुत अच्छा अंदाजा पड़ा और डॉक्टरों ने भी मुझे अच्छे से सब की जानकारी दी।

सबसे बेहतर तो यहां के स्टाफ ने मुझे अच्छे से सब समझाकर मुझे क्लिनिकल ट्रायल में लिया। हॉस्पिटल का पूरा स्टाफ बहुत अच्छा है।

From the Sponsor...

I am a clinical research professional in India. I started my clinical research journey in early 2000 and over past 19 years held roles of increasing responsibility in pharma MNCs and CROs.

Clinical research helps us find cure for various diseases - which benefits us, our families, colleagues and community at large. It is an extremely gratifying experience when the drug you worked on gets a regulatory approval for benefit of a wider patient community.

Being a clinical research professional has given me an opportunity to interact with several stakeholders - doctors, para-medics, regulators and fellow professionals from across the globe.

Diseases of today won't respond to drugs of yesterday and therefore we need to advance the science with clinical trials.

From the Clinical Research Coordinator...

Clinical Research is very exciting field of medical sector that determines the efficacy and safety of novel drugs. As a Clinical Research Co-ordinator, I link between doctor's, patient, patient caregiver, Nurses, Hospital staff etc. Clinical Research can make all the difference when it comes to saving people's life or improving their quality of life.