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- (71) Applicants: UNIVERSITY OF SOUTH FLORIDA
[US/US]; 3802 Spectrum Blvd., Suite 100, Tampa, FL
33612 (US). THE U. S. GOVERNMENT AS REPRESENTED BY THE DEPARTMENT OF VETERANS
AFFAIRS OFFICE OF GENERAL COUNSEL
[US/US]; PSG IV (024), 810 Vermont Ave. N.W., Wash-
ington, DC 20420 (US).
- (72) Inventor: PATEL, Niketa, A.; 21528 Draycott Way, Land
O'Lakes, FL 34637 (US).
- (74) Agents: MILLER, Carin, R. et al.; Thomas I Horstemey-
er, LLP., 400 Interstate North Parkway, Suite 1500, At-
lanta, GA 30339 (US).
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(54) Title: METHODS AND COMPOSITIONS FOR DIAGNOSIS AND MANAGEMENT OF DIABETES AND METABOLIC SYNDROME

(57) Abstract: Described herein are assays, methods, and devices for diagnosing/prognosing diabetes, metabolic syndrome, pre-dia-
betic state and/or the early-onset of diabetes in a subject. The assays, methods, and devices described herein can be configured to de-
tect one or more long- coding RNAs in a sample from a subject.



METHODS AND COMPOSITIONS FOR DIAGNOSIS AND MANAGEMENT OF DIABETES AND METABOLIC SYNDROME

CROSS-REFERENCE TO RELATED APPLICATIONS

This application claims the benefit of U.S. Provisional Application Serial No. 62/086,052 filed on December 1, 2014, having the title "Methods and Compositions for Diagnosis and Management of Diabetes and Metabolic Syndrome", the entirety of which is incorporated herein by reference.

STATEMENT REGARDING FEDERALY SPONSORED RESEARCH OR DEVELOPMENT

This invention was made with government support from the Veterans Affairs Merit Review Grant # 821-MR-EN-20606. The government has certain rights in the invention.

SEQUENCE LISTING

This application contains a sequence listing filed in electronic form as an ASCII.txt file entitled 02305108.txt, created on November 10, 2015, and having a size of 171 KB. The content of the sequence listing is incorporated herein in its entirety.

BACKGROUND

Diabetes mellitus is a complex and costly disease that is increasing in prevalence worldwide. In 2012, it was estimated that diabetes costs the nation \$245 billion, a 41% increase from costs incurred in 2007 (ADA study "Economic Costs of Diabetes in the US in 2012"). According to the American Diabetes Association (ADA), about 9.3% of the United States population is diagnosed with diabetes. Diabetes remains the seventh leading cause of death in the United States and caused about 69,000 deaths in 2010. Diabetes was listed as a contributing factor or underlying cause of an additional 234,000 deaths in 2010.

Despite increased awareness, treatments, and management approaches, diabetes not only remains a significant health issue, but the incidence of diabetes is on the rise. As such, there exists a need for improved diagnostic, treatment, and management methods for diabetes.

SUMMARY

In embodiments, provided herein are assays including the steps of contacting a sample from a subject or component thereof with a capture molecule, where the capture molecule can be configured to specifically bind to a biomarker, where the biomarker

can be selected from the group of: 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y RNA-1, and combinations thereof, detecting specific binding of the biomarker to the capture molecule, quantifying an amount of the biomarker that is specifically bound to the capture molecule, and making a diagnosis or prognosis of diabetes, metabolic syndrome, a pre-diabetic state, or early onset of diabetes when the amount of the biomarker that is specifically bound to the capture molecule is greater than or less than a control, a standard, or a predetermined threshold value. In some embodiments, the biomarker can be a cDNA molecule. In embodiments, the sample or component thereof can be a bodily fluid sample or component thereof. In embodiments, the the bodily fluid sample or component thereof can be a blood serum sample, whole blood sample, saliva sample, or a urine sample. In embodiments, the sample or component thereof can be obtained from a subject having or suspected of having diabetes or metabolic syndrome. In embodiments, the biomarker can be gas5. In embodiments, the biomarker can have a sequence that is 80-100% identical to SEQ ID NO: 12. In embodiments, the biomarker can have a sequence that is 90-100% identical to SEQ ID NO: 12. In embodiments, the diagnosis of diabetes can be made when the amount of the biomarker is less than the control, the standard, or the predetermined threshold value. In embodiments, the step of detecting specific binding of the biomarker to the capture molecule is performed using a method comprising a technique selected from the group of: array polymerase chain reaction (PCR), quantitative PCR (qPCR), real-time PCR, real-time qPCR, reverse-transcription PCR (RT-PCR), real-time RT-PCR, RT-qPCR, real-time RT-qPCR, digital PCR (dPCR), RNA flare, (LATE)-PCR, RNA flow cytometry, nucleotide sequencing, cell-based RNA detection assays, *in situ* hybridization, northern blot analysis, and combinations thereof. In embodiments, the sample or component thereof can be obtained from conditioned media of an adipose cell culture, wherein the adipose cells in the adipose cell culture were obtained from the subject. In embodiments, the sample or component thereof can be obtained from an obese subject. In embodiments, the sample or component thereof can be obtained from a non-obese subject. In embodiments, the assay can further contain the step of processing the sample or component thereof prior to contacting the sample or component thereof, wherein the step of processing comprises a chemical method, a physical method, or combinations thereof to release, concentrate, separate and/or isolate the biomarker or other components of the sample. In embodiments, the step of processing can include obtaining an exosome preparation from the sample.

Also provided herein are kits containing a capture molecule, where the capture molecule is configured to specifically bind to a biomarker, where the biomarker is selected from the group consisting of: 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y RNA-1, and combinations thereof and instructions fixed in a tangible medium of expression where the instructions provide for diagnosing or prognosing diabetes, metabolic syndrome, a pre-diabetic state, or early onset of diabetes when an amount of the biomarker that specifically binds to the capture molecule is greater than or less than a control, standard, or predetermined threshold value. In embodiments, the capture molecule can be attached to the surface of an array. In embodiments, the biomarker can be gas5. In embodiments, the biomarker can have a sequence that is 80-100% identical to SEQ ID NO: 12. In embodiments, the biomarker can have a sequence that corresponds to a sequence that is 90-100% identical to SEQ ID NO: 12.

BRIEF DESCRIPTION OF THE DRAWINGS

Further aspects of the present disclosure will be readily appreciated upon review of the detailed description of its various embodiments, described below, when taken in conjunction with the accompanying drawings.

Fig. 1 shows a graph demonstrating the fold change in lncRNA expression of detected lncRNAs in serum from diabetic samples as compared non-diabetic samples.

Figs. 2A-2B shows graphs demonstrating serum GAS5 levels (ng/ μ L) versus HbA1c levels in non-diabetic (Fig. 2A) and diabetic (Fig. 2B) patients.

Fig. 3 shows a graph demonstrating the receiver operating characteristic (ROC) curve (demonstrating sensitivity and specificity of GAS5) for GAS 5 in the serum samples from subjects.

Fig. 4 shows a waterfall plot demonstrating classification accuracy of a cutoff point of about 10 ng/ μ L and the overall odds ratio for GAS5 as a predictor for diabetes.

Fig. 5 shows a graph demonstrating the expression of Gas5, as measured by RT-qPCR, in subcutaneous adipocytes obtained from obese non-diabetic, obese diabetic, and lean patients.

Fig. 6 shows a graph demonstrating the absolute transcript levels of Gas 5 lncRNA secreted by adipocytes derived from normal (non-diabetic), lean (lean-NDM), or lean diabetic (Lean-DM) patients. n=3.

Fig. 7 shows gel images of PCR products demonstrating the effect of Gas5 siRNA treatment on Gas5, insulin receptor A, and insulin receptor B gene expression in non-diabetic (NDM) adipocytes.

Fig. 8 shows a graph demonstrating the effect of Gas5 siRNA treatment on Gas5, insulin receptor A, and insulin receptor B gene expression as determined by Real-Time qPCR in adipocytes from non-diabetics.

Fig. 9 shows a map of the insulin receptor promoter region demonstrating approximate location of two primer sets.

Figs. 10A-10B show graphs showing data from an RNA immunoprecipitation assay demonstrating Gas5 complex formation with the c-terminal domain of RNA polymerase II and insulin receptor promoter between region -580 and -860 simultaneously.

Fig. 11 shows a graph demonstrating the leptin to adiponectin RNA transcript ratio (LAR) in conditioned media (CM) from non-diabetic adipocytes transfected with Gas5 siRNA.

Fig. 12 shows a graph demonstrating [3-H]-deoxy-2-D-Glucose uptake in Gas5-depleted non-diabetic adipocytes. ** $P < 0.01$.

Fig. 13 shows a graph demonstrating the expression (relative quantification (RQ)) of anti-NOS2A, DLG2AS, GAS5, HOTAIRM1, lincRNAp21, lincRNA-VLDLR, NEAT1 and MALAT1 (x-axis) detected in the secretome of various adipose stem cells and its secretome (collected as conditioned media –CM) (sc-ASCn, om-ASCn, sc-ASCo and om-ASCo).

Fig. 14 shows a graph demonstrating the expression (relative quantification (RQ)) of anti-NOS2A, DLG2AS, GAS5, HOTAIRM1, lincRNAp21, lincRNA-VLDLR, NEAT1 and MALAT1. detected in the secretome of various adipose stem cells and its secretome (collected as conditioned media –CM) (x-axis). Expression of the various lncRNAs were measured using real-time qPCR on total RNA isolated from sc-ASCn, om-ASCn, sc-ASCo and om-ASCo and its respective conditioned media. The experiment was independently repeated five times with similar results.

DETAILED DESCRIPTION

Before the present disclosure is described in greater detail, it is to be understood that this disclosure is not limited to particular embodiments described, and as such may, of course, vary. It is also to be understood that the terminology used herein is for the purpose of describing particular embodiments only, and is not intended to be limiting.

Where a range of values is provided, it is understood that each intervening value, to the tenth of the unit of the lower limit unless the context clearly dictates otherwise, between the upper and lower limit of that range and any other stated or intervening value in that

stated range, is encompassed within the disclosure. The upper and lower limits of these smaller ranges may independently be included in the smaller ranges and are also encompassed within the disclosure, subject to any specifically excluded limit in the stated range. Where the stated range includes one or both of the limits, ranges excluding either or both of those included limits are also included in the disclosure.

Unless defined otherwise, all technical and scientific terms used herein have the same meaning as commonly understood by one of ordinary skill in the art to which this disclosure belongs. Although any methods and materials similar or equivalent to those described herein can also be used in the practice or testing of the present disclosure, the preferred methods and materials are now described.

All publications and patents cited in this specification are herein incorporated by reference as if each individual publication or patent were specifically and individually indicated to be incorporated by reference and are incorporated herein by reference to disclose and describe the methods and/or materials in connection with which the publications are cited. The citation of any publication is for its disclosure prior to the filing date and should not be construed as an admission that the present disclosure is not entitled to antedate such publication by virtue of prior disclosure. Further, the dates of publication provided could be different from the actual publication dates that may need to be independently confirmed.

As will be apparent to those of skill in the art upon reading this disclosure, each of the individual embodiments described and illustrated herein has discrete components and features which may be readily separated from or combined with the features of any of the other several embodiments without departing from the scope or spirit of the present disclosure. Any recited method can be carried out in the order of events recited or in any other order that is logically possible.

Embodiments of the present disclosure will employ, unless otherwise indicated, techniques of molecular biology, microbiology, nanotechnology, organic chemistry, biochemistry, botany and the like, which are within the skill of the art. Such techniques are explained fully in the literature.

Definitions

The definitions provided here refer to the terms as they are used herein unless otherwise defined herein.

As used herein, "isolated" means separated from constituents, cellular and otherwise, with which the polynucleotide, peptide, polypeptide, protein, antibody, or fragments thereof, are normally associated in nature. A non-naturally occurring polynucleotide, peptide,

polypeptide, protein, antibody, or fragments thereof, does not require "isolation" to distinguish it from its naturally occurring counterpart.

As used herein, "specific binding," "specifically bound," and the like, refer to binding that occurs between such paired species as nucleotide/nucleotide, polynucleotide/polynucleotide, enzyme/substrate, receptor/agonist, antibody/antigen, and lectin/carbohydrate that can be mediated by covalent or non-covalent interactions or a combination of covalent and non-covalent interactions. When the interaction of the two species produces a non-covalently bound complex, the binding which occurs is typically electrostatic, hydrogen-bonding, or the result of lipophilic interactions. Accordingly, "specific binding" occurs between a paired species where there is interaction between the two which produces a bound complex having the characteristics of an antibody/antigen or enzyme/substrate interaction. "Specific binding" can be characterized by the binding of one member of a pair to a particular species and to no other species within the family of compounds to which the corresponding member of the binding member belongs. "Specific binding" can also occur when enough binding of one member of a pair to a particular species occurs such that the binding of the member and the particular species can be deemed statistically significant as compared to the amount of binding that occurs between the one member and non-specific binding species. In other words, "specific binding" also refers to the binding between one member of a pair to a particular species that occurs at such a rate or an amount so that the signal to noise ratio allows detection of this binding interaction amongst all other binding interactions that occur with the one member of the pair. Thus, for example, an antibody preferably binds to a single epitope and to no other epitope within the family of proteins or a polynucleotide preferably binding its perfect complementary polynucleotide as opposed to binding a partial complementary polynucleotide.

As used herein, "differentially expressed," refers to the differential production of RNA, including but not limited to mRNA, tRNA, miRNA, siRNA, snRNA, lncRNA, and piRNA transcribed from a gene or non-coding region of a genome or the protein product encoded by a gene as compared to the level of production of RNA or protein by the same gene or regulator region in a normal or a control cell. In another context, "differentially expressed," also refers to nucleotide sequences or proteins in a cell or tissue which have different temporal and/or spatial expression profiles as compared to a normal or control cell.

As used herein, "expression" refers to the process by which polynucleotides are transcribed into RNA transcripts. In the context of mRNA and other translated RNA species, "expression" also refers to the process or processes by which the transcribed RNA is subsequently translated into peptides, polypeptides, or proteins.

As used herein, "peptide" refers to two or more amino acids where the alpha carboxyl group of one amino acid is bound to the alpha amino group of another amino acid. Strings of 10 or more amino acids are also referred to herein as "polypeptides" or "proteins".

As used herein, "polypeptides" or "proteins" are amino acid residue sequences. Those sequences are written left to right in the direction from the amino to the carboxy terminus. In accordance with standard nomenclature, amino acid residue sequences are denominated by either a three letter or a single letter code as indicated as follows: Alanine (Ala, A), Arginine (Arg, R), Asparagine (Asn, N), Aspartic Acid (Asp, D), Cysteine (Cys, C), Glutamine (Gln, Q), Glutamic Acid (Glu, E), Glycine (Gly, G), Histidine (His, H), Isoleucine (Ile, I), Leucine (Leu, L), Lysine (Lys, K), Methionine (Met, M), Phenylalanine (Phe, F), Proline (Pro, P), Serine (Ser, S), Threonine (Thr, T), Tryptophan (Trp, W), Tyrosine (Tyr, Y), and Valine (Val, V).

As used herein, "gene" refers to a hereditary unit corresponding to a sequence of DNA that occupies a specific location on a chromosome and that contains the genetic instruction for a characteristic(s) or trait(s) in an organism. "Gene" also refers to the specific sequence of DNA that is transcribed into an RNA transcript that can be translated into a polypeptide or be a catalytic or non-translated RNA molecule including but not limited to tRNA, siRNA, piRNA, miRNA, lncRNA, and shRNA.

As used herein, "deoxyribonucleic acid (DNA)" and "ribonucleic acid (RNA)" generally refer to any polyribonucleotide or polydeoxribonucleotide, which can be unmodified RNA or DNA or modified RNA or DNA. RNA can be in the form of a tRNA (transfer RNA), snRNA (small nuclear RNA), rRNA (ribosomal RNA), mRNA (messenger RNA), anti-sense RNA, RNAi (RNA interference construct), siRNA (short interfering RNA), microRNA (miRNA), long non-coding RNA (lncRNA), or ribozymes.

As used herein, "nucleic acid sequence" and "oligonucleotide" also encompasses a nucleic acid and polynucleotide as defined above.

As used herein, "DNA molecule" includes nucleic acids/polynucleotides that are made of DNA.

As used herein, "nucleic acid" and "polynucleotide" generally refer to a string of at least two base-sugar-phosphate combinations and refers to, among others, single-and double-stranded DNA, DNA that is a mixture of single-and double-stranded regions, single-and double-stranded RNA, and RNA that is mixture of single- and double-stranded regions, hybrid molecules comprising DNA and RNA that can be single-stranded or, more typically, double-stranded or a mixture of single- and double-stranded regions. In addition, polynucleotide as used herein refers to triple-stranded regions comprising RNA or DNA or both RNA and DNA. The strands in such regions can be from the same molecule or from

different molecules. The regions can include all of one or more of the molecules, but more typically involve only a region of some of the molecules. One of the molecules of a triple-helical region often is an oligonucleotide. "Polynucleotide" and "nucleic acids" also encompasses such chemically, enzymatically or metabolically modified forms of polynucleotides, as well as the chemical forms of DNA and RNA characteristic of viruses and cells, including simple and complex cells, inter alia. For instance, the term polynucleotide includes DNAs or RNAs as described above that contain one or more modified bases. Thus, DNAs or RNAs comprising unusual bases, such as inosine, or modified bases, such as tritylated bases, to name just two examples, are polynucleotides as the term is used herein. "Polynucleotide" and "nucleic acids" also includes PNAs (peptide nucleic acids), phosphorothioates, and other variants of the phosphate backbone of native nucleic acids. Natural nucleic acids have a phosphate backbone, artificial nucleic acids can contain other types of backbones, but contain the same bases. Thus, DNAs or RNAs with backbones modified for stability or for other reasons are "nucleic acids" or "polynucleotide" as that term is intended herein.

As used herein, "microRNA" refers to a small non-coding RNA molecule containing about 21 to about 23 nucleotides found in organisms, which functions in transcriptional and post-transcriptional regulation of transcription and translation of RNA.

As used herein, "long non-coding RNA" refers to a non-coding RNA molecule containing about 200 or more nucleotides that are not translated to a protein.

As used herein, "purified" is used in reference to a nucleic acid sequence, peptide, or polypeptide or other compound described herein that has increased purity relative to the natural environment.

As used herein, "about," "approximately," and the like, when used in connection with a numerical variable, generally refers to the value of the variable and to all values of the variable that are within the experimental error (e.g., within the 95% confidence interval for the mean) or within $\pm 10\%$ of the indicated value, whichever is greater.

As used herein, "control" is an alternative subject or sample used in an experiment for comparison purposes and included to minimize or distinguish the effect of variables other than an independent variable. A "control" can be a positive control, a negative control, or an assay or reaction control (an internal control to an assay or reaction included to confirm that the assay was functional). In some instances, the positive or negative control can also be the assay or reaction control.

As used herein, "concentrated" used in reference to an amount of a molecule, compound, or composition, including, but not limited to, a chemical compound, polynucleotide, peptide, polypeptide, protein, antibody, or fragments thereof, that indicates

that the sample is distinguishable from its naturally occurring counterpart in that the concentration or number of molecules per volume is greater than that of its naturally occurring counterpart.

As used herein, "diluted" used in reference to an amount of a molecule, compound, or composition including but not limited to, a chemical compound, polynucleotide, peptide, polypeptide, protein, antibody, or fragments thereof, that indicates that the sample is distinguishable from its naturally occurring counterpart in that the concentration or number of molecules per volume is less than that of its naturally occurring counterpart.

As used interchangeably herein, "subject," "individual," or "patient," refers to a vertebrate, preferably a mammal, more preferably a human. Mammals include, but are not limited to, murines, simians, humans, farm animals, sport animals, and pets. The term "pet" includes a dog, cat, guinea pig, mouse, rat, rabbit, ferret, and the like. The term farm animal includes a horse, sheep, goat, chicken, pig, cow, donkey, llama, alpaca, turkey, and the like.

As used herein, "biocompatible" or "biocompatibility" refers to the ability of a material to be used by a patient without eliciting an adverse or otherwise inappropriate host response in the patient to the material or an active derivative thereof, such as a metabolite, as compared to the host response in a normal or control patient.

The term "treating", as used herein, can include inhibiting the disease, disorder or condition, e.g., impeding its progress; and relieving the disease, disorder, or condition, e.g., causing regression of the disease, disorder and/or condition. Treating the disease, disorder, or condition can include ameliorating at least one symptom of the particular disease, disorder, or condition, even if the underlying pathophysiology is not affected, such as treating the pain of a subject by administration of an analgesic agent even though such agent does not treat the cause of the pain.

The term "preventing", as used herein includes preventing a disease, disorder or condition from occurring in an animal, which can be predisposed to the disease, disorder and/or condition but has not yet been diagnosed as having it.

As used herein, "mitigate" refers to reducing a particular characteristic, symptom, or other biological or physiological parameter associated with a disease or disorder.

As used herein, "separated" refers to the state of being physically divided from the original source or population such that the separated compound, agent, particle, chemical compound, or molecule can no longer be considered part of the original source or population.

As used herein, "capture molecule" refers to a molecule that is configured to specifically bind one or more biomarker molecules of interest. A capture molecule can be a polynucleotide, antibody, antigen, aptamer, affibody, polypeptides, peptides, or combinations

thereof that can specifically bind one or more biomarkers of interest. For example, the capture molecule can be configured to specifically bind a polynucleotide corresponding to 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm, Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y RNA-1 and/or combinations thereof. Representative polynucleotide sequences for the aforementioned biomarkers and any other biomarkers described herein are demonstrated herein.

As used herein “essentially discrete” as applied to features of an array refers to the situation where 90% or more of the features of an array are not in direct contact with other features of the same array.

As used herein “attached” as applied to capture molecules of an array refers to a covalent interaction or bond between a molecule on the surface of the support and the capture molecule so as to immobilize the capture molecule on the surface of the support.

As used herein “operatively-linked” as applied to capture molecules of an array refers to a non-covalent interaction between the surface of the support and the capture molecule so as to immobilize the capture molecule on the surface of the support. Such non-covalent interactions include by are not limited to, entrapment by the surface substrate, ionic bonds, electrostatic interactions, van der Waals forces, dipole-dipole interactions, dipole-induced-dipole interactions, London dispersion forces, hydrogen bonding, halogen bonding, electromagnetic interactions, π - π interactions, cation- π interactions, anion- π interactions, polar π -interactions, and hydrophobic effects.

As used herein, “biomarker” refers to any measurable molecule, including but not limited to polynucleotides and polypeptides, or compound in a subject whose presence, absolute amount, or relative amount, is indicative of some disease, condition, syndrome, disorder, symptom thereof, or state thereof.

As used herein, “body fluid” refers to any liquid or liquid-like substance that originates in the body of a living organism. “Body fluid” includes, but is not limited to, whole blood, serum, buffy coat of blood or other blood fraction that contains substantially only the white blood cells and platelets, plasma, cerebral spinal fluid, urine, lymph, bile, ascites fluid, and saliva.

As used herein, “variant” refers to a polypeptide that differs from a reference polypeptide, but retains essential properties. A typical variant of a polypeptide differs in amino acid sequence from another, reference polypeptide. Generally, differences are limited so that the sequences of the reference polypeptide and the variant are closely similar overall and, in many regions, identical. A variant and reference polypeptide can differ in amino acid

sequence by one or more modifications (e.g., substitutions, additions, and/or deletions). A substituted or inserted amino acid residue can or cannot be one encoded by the genetic code. A variant of a polypeptide can be naturally occurring such as an allelic variant, or it can be a variant that is not known to occur naturally.

As used herein, "wild-type" refers to the typical form of an organism, variety, strain, gene, protein, or characteristic as it occurs in nature, as distinguished from mutant forms that can result from selective breeding or transformation with a transgene.

As used herein, "diagnosis" refers to the identification or determination of the nature and circumstances of a disease, disorder, condition, syndrome, or symptom thereof in a subject.

As used herein, "prognose," refers to determining a prognosis for a disease, disorder, condition, syndrome, or symptom thereof.

As used herein, "prognosis" refers to a prediction or forecast of a chance of recovery, complete or partial, from a disease, disorder, condition, syndrome, or symptom thereof.

As used herein, "pre-disposed" refers to an individual having at least one factor known to contribute towards the development of a disease that puts the individual at a greater risk of developing the disease compared a normal (non-predisposed) individual or greater than the average risk of a contemporary population.

As used herein, "non-diabetic" refers to a subject having a fasting blood glucose concentration of less than 100 mg/dL and/or a HbA1c level of about 4 to about 5.6%.

As used herein "pre-diabetic" refers to a subject having a fasting blood glucose concentration of 100 to 125 mg/dL and/or a HbA1c level of about 5.7 to about 6.4 %.

As used herein, "diabetic" refers to a subject having a fasting blood concentration of greater than 125 mg/dL and/or a HbA1c level of greater than about 6.5 %.

As used herein with reference to the relationship between DNA, cDNA, cRNA, RNA, and protein/peptides, "corresponding to" and similar terms refer to the underlying biological relationship between these different molecules. As such, one of skill in the art would understand that operatively "corresponding to" can direct them to determine the possible underlying and/or resulting sequences of other molecules given the sequence of any other molecule which has a similar biological relationship with these molecules. For example, from a DNA sequence an RNA sequence can be determined and from an RNA sequence a cDNA sequence can be determined.

Discussion

Diabetes Mellitus (DM) is a group of metabolic diseases characterized by impaired fasting glucose levels. Type 1 (T1) DM is juvenile onset diabetes in which body does not produce insulin (insulin-dependent DM). Type 2 (T2) DM is more prevalent with 90% of adult

cases being T2DM. T2DM may be insulin-sensitive or insulin-resistant. The pathogenesis of type 2 diabetes is not completely understood but it is known that several genetic and environmental factors interact to contribute towards this epidemic. Risk factors include BMI, smoking, family history, lifestyle and diet. There is overwhelming evidence linking obesity and diabetes. Within the obese population, patients show insulin-resistance though about 20% are insulin-sensitive. This can be attributed to differences in oxidative stress and AMPK as well as inflammatory cytokines and SIRT1 in the adipose tissue of insulin-resistant subjects. It is also known that some diabetic patients are lean. There are several medications and treatment options available today to manage diabetes and its co-morbidities; however little is known on prevention and prediction of diabetes. Specifically, while protein markers exist to determine that an individual has diabetes, no biomarkers are known to indicate where an individual is in the initial stages of developing diabetes, *i.e.* is in pre-diabetic state.

Long non-coding RNAs (lncRNAs) have varied functions including signaling, molecular decoys, scaffolding and guiding ribonucleoprotein complexes. Cellular RNAs are divided into coding (mRNA, 2%) and noncoding RNA (98%). Noncoding RNAs are subdivided into transcription RNAs (rRNA and tRNA), long noncoding RNAs and short noncoding RNAs (miRNA, siRNA, snoRNA, snRNA). lncRNAs are greater than about 200 nucleotides in length and have distinct structural and spatial features which allow it to bind to DNA, RNA, or protein partners. Genome wide association studies done in suggested that lncRNAs are important orchestrators of essential biological networks. For example, lncRNAs are implicated in regulation of genes in cell growth and apoptosis, epigenetic regulation, transcription and translation, and splicing. lncRNAs are transcribed by all cell types but its target and mode of action is specific for that biological system. Currently, the involvement of lncRNAs in the etiology or pathology of diabetes and/or metabolic syndrome is not known.

With that said, described herein are assays and methods for diagnosing/prognosing diabetes, metabolic syndrome, pre-diabetic state and/or the early-onset of diabetes in a subject. In some embodiments, a lncRNA can be detected and/or quantified in a bodily fluid of a subject having, predisposed to, or suspected of having diabetes and a diagnosis and/or prognosis of diabetes, metabolic syndrome, pre-diabetic state and/or the early-onset of diabetes is made based on the detection and/or quantification of a long non-coding RNA. In some instances, the assays and/or methods can be used to evaluate a response to treatment or management for diabetes, metabolic syndrome, pre-diabetic state, and/or the early-onset of diabetes in a subject receiving said treatment.

Other compositions, compounds, methods, features, and advantages of the present disclosure will be or become apparent to one having ordinary skill in the art upon examination of the following drawings, detailed description, and examples. It is intended that all such additional compositions, compounds, methods, features, and advantages be included within this description, and be within the scope of the present disclosure.

Assays

Described herein are assays for detecting biomarkers of diabetes and/or metabolic syndrome. Also described herein are assays for diagnosing and/or prognosing diabetes or metabolic syndrome. The assays can be used for the diagnosing a pre-diabetic state. The assays described herein can also be used for diagnosing a state of diabetes or metabolic syndrome or determining a response to a treatment. The assays can also be used for diagnosing an early onset of diabetes and/or metabolic syndrome. Alteration in the normal expression and/or secretion of 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2OT, tug 1 can be involved in the etiology and/or pathology of diabetes and/or metabolic syndrome. As alteration of the expression and/or secretion of one or more of the aforementioned lncRNAs can occur prior to the development of diabetes or metabolic syndrome. Therefore, alteration of the expression and/or secretion of one or more of the aforementioned lncRNAs can indicate a pre-diabetic state and/or characterize the early stage of diabetes. In short, the assays described herein can provide earlier, improved, and/or more accurate diagnosis and/or prognosis of diabetes and/or metabolic syndrome compared to conventional methods and assays for the diagnosis and/or prognosis of diabetes and/or metabolic syndrome.

Capture Molecules

Described herein are capture molecules configured to specifically bind a biomarker that can be involved in the pathogenesis of diabetes and/or metabolic syndrome. The capture molecule can be a polynucleotide. The polynucleotide can be configured to specifically bind to a biomarker as described herein. The polynucleotide can be configured to make a non-covalent bond or a covalent bond with the biomarker. The capture molecule can be modified to include a detection molecule, such as, but not limited to, a chromophore, fluorophore, or bioluminescent molecule, that is activated or quenched upon hybridization of the capture molecule to the biomarker. The detection molecule can facilitate measurement and quantification of the biomarker present in a sample.

Biomarkers

The capture molecules described herein can be configured to specifically bind to a biomarker. The biomarker can be involved in the etiology and/or pathology of diabetes and/or metabolic syndrome. The biomarker can be a polynucleotide. In some embodiments,

the biomarker is a long non-coding RNA (lncRNA). In other embodiments, the biomarker is a cDNA molecule corresponding to the lncRNA. In some embodiments, the cDNA molecule does not contain intron sequences present in an underlying genomic sequence from which the RNA molecule is transcribed. In some embodiments, the the cDNA can span an intron/exon junction of a coding gene. cDNA can be generated via reverse transcription or any other technique and can be generated as a step in an assay described herein.

Biomarkers in the pathogenesis of diabetes and/or metabolic syndrome can be 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, and/or Y RNA-1.

A biomarker as specified herein can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. In some embodiments, a biomarker as specified herein can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

Assays Using the Capture Molecules

The capture molecules described herein can be used in an assay to detect and/or quantify an amount of one or more biomarkers present in a sample obtained from a subject. LncRNAs can be present within the cell as well as secreted within exosomes by the cell from which they are made. The biomarker can be present in a tissue, a cell, an exosome, a cell secretion, and/or a bodily fluid, body secretion or bodily excretion. The sample can be obtained from bodily fluid, body secretion or bodily excretion, tissue, organ, cell, an *in vitro* cell culture, conditioned media from an *in vitro* cell culture, cell secretion, and/or exosome preparation. The sample or component thereof can be obtained from subject having, predisposed to having, or suspected of having diabetes, metabolic syndrome, Alzheimer's disease, both Alzheimer's disease and diabetes (a.k.a Type 3 diabetes), or cancer. In other embodiments, the subject can be obese or aging. In some embodiments, the sample or component thereof can be obtained from a non-obese individual.

The assay can contain the steps of contacting a sample with a capture molecule that is configured to specifically bind to a biomarker and detecting the presence of specific binding of the biomarker by the capture molecule as compared to a control. The control can be a positive control, negative control, or an assay control. In some embodiments, the

negative control can include a capture molecule that specifically binds to a molecule not involved in the pathogenesis of diabetes and/or metabolic syndrome. In some embodiments, the positive control can contain a capture molecule that specifically binds to a molecule known to be involved in the pathogenesis of diabetes and/or metabolic syndrome. In some embodiments, the negative control can include a sample obtained from a subject not having diabetes and/or metabolic syndrome. In some embodiments, the negative control can include a sample obtained from a subject not predisposed to diabetes and/or metabolic syndrome. In some embodiments, the positive control can include a sample from a subject known to have diabetes and/or metabolic syndrome. In other embodiments, the positive control can include a sample obtained from a subject known to be predisposed to diabetes and/or metabolic syndrome. In some embodiments, the positive control can be adipocytes over-expressing GAS5 (generated using techniques generally known in the art including, but not limited to, transfection of adipocytes with a GAS5 expression plasmid). In some embodiments, the negative control can be adipocytes having depleted GAS5 (generated using techniques generally known in the art including, but not limited to, transfection of GAS5 siRNA/shRNA/anti-sense oligonucleotide). The assay can be configured to aid in the diagnosis, treatment, management, or prognosis of diabetes and/or metabolic syndrome by the specific capture molecule or combination of capture molecules included in the assay.

The assay can also contain the step of processing the sample prior to contacting the sample with the capture molecule. In steps where the sample is further processed, a part of the further processed sample is contacted with the capture molecule as opposed to the entire unprocessed sample. The step of processing the sample can include processing the sample to obtaining a fraction of the sample that contains the biomarker and/or processing the sample (or fraction thereof) to isolate the type of molecules that include the biomarkers or interest.

Where the sample is a blood sample, processing the sample can include separating the blood sample into a plasma, buffy coat, and/or serum fractions by a suitable method. Suitable methods for processing blood samples are generally known in the art.

Where the sample is a tissue, organ, or cell, the tissue, organ, or cell can be further processed prior to contacting the sample with the capture molecule. The tissue, organ, or cell, can be fixed in a suitable fixing solution, embedded in a suitable material, or frozen prior to contacting the capture molecule with the sample. Suitable fixing solutions and embedding material can work preserve the integrity of the RNA and are generally known in the art. The fixed or frozen tissue, organ, or cell can be sectioned and/or attached to a suitable solid support. Suitable solid supports and methods of attachment are generally known in the art.

Following transcription in the nucleus, the lncRNAs are transported in the cytoplasm in small membrane vesicles of about 40-100 nm secreted by most cells *in vivo* and *in vitro*. The exosomes are the smallest vesicles with increasing sizes of microvesicles and multivesicular bodies. Exosomes can be found in bodily fluids, including, but not limited to blood, urine, ascite fluid. LncRNAs can be found within the exosomes. In some embodiments, processing the sample can include isolating the exosomes by a suitable method. Exosomes can be isolated directly from the sample or fraction thereof. Suitable methods for obtaining exosomes from a sample are generally known in the art.

The sample or processed sample can be further processed using any suitable chemical method, physical method, or combinations thereof to release, concentrate, separate and/or isolate the biomarker. In some embodiments, the step of isolating RNA from the sample can include isolating total RNA, mRNA, lncRNA, snRNA, miRNA, or any other particular species or combinations thereof of RNA by a suitable method. Suitable methods for isolating RNA species are generally known in the art.

In some embodiments, the assay also contains the step of making a complementary polynucleotide to one or more RNA molecules and/or one or more DNA molecules within the sample or separated component thereof. cDNA or cRNA can be generated by, for example, reverse-transcription of RNA or *in vitro* transcription of DNA, respectively.

The assay can also contain the step of quantifying or calculating an amount of a biomarker present in the sample and/or the step of quantifying an amount of biomarker that is specifically bound to a capture molecule. In some embodiments, the amount of biomarker present in the sample is quantified by quantifying the amount of biomarker that is specifically bound to a capture molecule. Specific binding of the biomarker and the capture molecule can result in a measurable, detectable, and/or quantifiable signal. Methods of quantifying the amount of biomarker specifically bound to a capture molecule based on the measurable, detectable, and/or quantifiable signal in a binding assay are generally known in the art.

In some embodiments, the step of detecting the presence of specific binding of the biomarker by the capture molecule and/or the step of detecting, measuring, and/or quantifying the amount of biomarker specifically bound by the capture molecule is performed, at least in part, using a method selected from an array (including microarrays), polymerase chain reaction (PCR), quantitative PCR (qPCR), real-time PCR, real-time qPCR, reverse-transcription PCR (RT-PCR), real-time RT-PCR, RT-qPCR, real-time RT-qPCR, digital PCR (dPCR), RNA flare, (LATE)-PCR, RNA flow cytometry, nucleotide sequencing (including but not limited to transcriptome sequencing and analysis and secretome sequence and analysis, RNASeq), cell-based RNA detection assays, *in situ* hybridization, northern blot analysis.

The amount of specifically bound biomarker quantified in some of the methods described herein can be an absolute amount of molecules of specifically bound biomarker to a capture molecule or a relative amount of specifically bound biomarker. An absolute amount can be calculated from a standard curve. The relative amount can be determined by normalizing the amount of specifically bound biomarker quantified to an internal standard or reference amount.

The amount of specifically bound biomarker can be about 0% to about 50% less than the control, 50% to 100% less than the control, about 100% to about 500% less than the control, or less than about 500% than the control. The amount of specifically bound biomarker can be about 0% to about 50% greater than the control, about 50% to about 100% greater than the control, about 100% to about 500% greater than the control, or greater than about 500% than the control. Specific binding of the biomarker and the capture molecule can result in a measurable, detectable, and/or quantifiable signal in binding assays, such as immunoassays. Methods of quantifying the amount of biomarker specifically bound to a capture molecule based on a measureable, detectable, and/or quantifiable signal in a binding assay are generally known in the art.

In further embodiments, the assay can contain the steps of contacting a sample or component thereof as described elsewhere herein with one or more capture molecules and/or a plurality of capture molecules, where each capture molecule is configured to specifically bind to a biomarker that can be involved in the pathogenesis of diabetes and/or metabolic syndrome, and detecting the presence of specific binding of at least one biomarker by at least one of the capture molecules in the plurality of capture molecules. The biomarker(s) can be 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, and/or Y RNA-1.

A biomarker as specified herein can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. In some embodiments, a biomarker as specified herein can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

In some embodiments, the one or more biomarker(s) and/or plurality of capture molecule(s) can be configured to bind at least two lncRNAs (or corresponding cDNA) selected from 21A, anti-nos2a, hotair, neat1, malat 1, tug1, snhg6 and lincrna-ror. These

biomarkers can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. These biomarkers can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

In other embodiments, the one or more biomarker(s) and/or plurality of capture molecule(s) can be configured to bind at least two of lncRNAs (or corresponding cDNA) selected from 7sL, dig2as, gas5, hotairm1, lust, malat1, neat 1 and mar 3. These biomarkers can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. These biomarkers can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

In further embodiments, the one or more biomarker(s) and/or plurality of capture molecule(s) can be configured to bind at least two of lncRNAs (or corresponding cDNA) selected from 21A, 7sl, anti-nos2a, dlq2as, gas5, hotair, hotairm1, lust, malat 1, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, neat 1 and tug 1. These biomarkers can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. These biomarkers can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

In additional embodiments, the one or more biomarker(s) and/or plurality of capture molecule(s) can be configured to bind at least two lncRNAs (or corresponding cDNA) selected from anti-nos2a, hotair, hotairm1, gas5, and tug 1. These biomarkers can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. These biomarkers can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

The one or more biomarker(s) and/or plurality of capture molecule(s) can be configured to bind at least two lncRNAs (or corresponding cDNA) selected from 21A, 7sl, anti-nos2a, gas5, hotair, hotairm1, lust, neat1, mcr3, incrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, and tug 1. These biomarkers can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. These biomarkers can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

The one or more biomarker(s) and/or plurality of capture molecule(s) can be configured to bind at least two lncRNAs (or corresponding cDNA) selected from 21A, 7sl, anti-nos2a, gas5, lust, lincRNA-ror, and lincrna-vldr. The plurality of capture molecules can be configured to bind the lncRNA (or the cDNA) of hotair and hotairm1. These biomarkers can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. These biomarkers can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

The one or more biomarker(s) and/or plurality of capture molecule(s) can be configured to bind at least two lncRNAs (or corresponding cDNA) selected from 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, mcr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, and tug 1. These biomarkers can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. These biomarkers can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

In other embodiments, the one or more biomarker(s) and/or plurality of capture molecule(s) can be configured to bind at least two biomarkers selected from RNA or cDNA of 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, mcr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-

uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, and Y RNA-1. These biomarkers can have a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42. These biomarkers can have a sequence that corresponds to a sequence that is about 50%-100%, about 60%-100%, about 70% to 100%, about 80% to 100%, about 85% to 100%, about 90% to about 100%, about 95% to about 100%, about 99% to about 100% identical to any one of SEQ ID NOs: 9-42.

The assay can be configured such that each capture molecule or each capture molecule in the plurality of capture molecules is configured to each specifically bind to a different biomarker. In other embodiments, the assay can be configured such that at least two of the capture molecules specifically bind to a different biomarker. In further embodiments, the assay can be configured such that at least two of the capture molecules specifically bind to the same biomarker. In embodiments where the assay contains the step of contacting a sample or component thereof obtained from a subject with a capture molecule and/or the plurality of capture molecules, the assay can further contain any additional steps as described herein, including, but not limited to, quantifying the specific binding of one or more biomarkers by one or more capture molecules and processing the sample or component thereof.

Arrays and Fixed Capture Molecule Assays

Also described herein are arrays, including microarrays, and fixed capture molecule assays that can be used to detect one or more molecules of interest (e.g. biomarkers) present in a sample. In an array, one or more capture molecules are attached to or operatively linked to a support in essentially discrete locations on the support. The capture molecules can be as described elsewhere herein.

In arrays, discrete locations on the support where the capture molecule(s) can be attached to or operatively linked are individually referred to herein as a feature of the array and collectively as features. The features can be arranged in any desired arrangement on the support. The arrangement can be such that each feature has its own coordinate so as to allow identification of the capture molecule and/or biomarker detected at any given discrete location in the array according to the coordinate of the feature. These arrays can also be referred to as "ordered arrays". The features can be arranged on the support to be 0.01 nm to 1 cm apart from another feature on the support. A single feature can contain a single capture molecule (singleplex) or can contain more than one capture molecules (multiplex).

In other embodiments, the location of the feature on the support is not important and thus they can be random. These embodiments are referred to as fixed capture molecule

assays. In these embodiments, detection can be made based on the knowledge of what feature(s), and some instances how many, are present on the support. For example, capture molecule(s) can be attached to substrate beads, that when a biomarker specifically binds to a capture molecule on the bead, a signal can be produced. The intensity of the signal and/or type of signal produced (e.g. wavelength) can indicate the biomarker bound and/or quantity.

The support can be solid or semi-solid. The support can be rigid or be flexible. The support can contain one or more specialized layers that affect the functionality or performance of the array. The support can be two-dimensional or three-dimensional. The support can be made of glass, such as silicon dioxide or borosilicate; plastic, such as polystyrene, nylon, polyvinylidene difluoride; a fibrous material, such as cellulose, carboxy methyl cellulose, or nitrocellulose; a gel, such as agarose, a hydrogel, or polyacrylamide. The support can be formed into any desired shape, including but not limited to a square, a rectangle, a circle, a cube, a rectangular prism, or other regular or irregular polygonal shape or its corresponding three-dimensional shape. The support can have a length, a width, a height, a radius, and/or a diameter. The length of the support can range from about 1 μm to about 10 cm. The height of the support can range from about 1 μm to about 10 cm. The width of the support can range from about 1 μm to about 10 cm. The radius of the support can range from about 1 μm to about 10 cm. The diameter of the support can range from about 1 μm to about 10 cm.

The support can contain a single layer to which the capture molecule is attached or operatively linked. In these embodiments, the support can also be referred to as the surface layer. In other embodiments, the support can contain more than one layer. In embodiments with more than one layer, the layer to which the capture molecule is attached or operatively linked is referred to as the surface layer. The surface layer can be modified to affect the interaction and/or reduce non-specific binding between a capture molecule and the support and/or the capture molecule and the biomarker. In some embodiments, surface layer is modified to enhance the interaction between the capture molecule and the surface layer and/or the interaction between the capture molecule and its corresponding biomarker. The modification of the surface layer can also reduce non-specific binding by the capture molecule and/or the biomarker.

In some embodiments, the surface layer is modified with a chemical modification. Suitable chemical modifications include, but are not limited to, reactive hydroxide groups, reactive primary, secondary, tertiary, and/or quaternary amine groups, a monolayer of a reactive antibody including but not limited to anti-glutathione S-transferase (anti-GST) antibodies, reactive epoxide groups, reactive methacrylate groups, aldehyde reactive groups, reactive A/G proteins that bind immunoglobulins, and 3-D film coatings, which are

polymeric coatings containing activated covalent binding sites. In some embodiments, 3-D film polymeric coatings include, but are not limited to, polysaccharides and hydrophilic polymers. In some embodiments, the 3-D film activated covalent binding sites include, but are not limited to, N-hydroxy succamide esters. The surface layer can be modified to be positively charged, neutral, or negatively charged. The surface layer can be modified to be hydrophilic, hydrophobic, or to contain a mix of hydrophobic and hydrophilic regions. In some embodiments, the modifications are patterned on the surface layer to form discrete functionalized areas to which the capture molecule is attached or operatively-linked. In some embodiments having mixed hydrophobic and hydrophilic regions, the hydrophilic regions are separated by hydrophobic regions. In other embodiments, having mixed hydrophobic and hydrophilic regions, the hydrophobic regions are separated by hydrophilic regions.

In some embodiments, the surface layer is a gel, including but not limited to agarose, a hydrogel, or polyacrylamide. In some embodiments the support contains multiple discrete gel surface layers. These gel surface layers are also referred to as pads and can be arranged on the support in an ordered arrangement such that each gel pad is a feature of the array. In some embodiments, the same capture molecule(s) are attached to or operatively linked to all the gel pads forming the surface layer of the support. In other embodiments, at least two of the gel pads have at least one different capture molecule attached or operatively linked thereto.

The support can be configured to have one or more three dimensional discrete indentations or depressions in the surface layer. The capture molecule(s) can be attached or operatively linked to the indentation. The three dimensional indentions can be square, rectangular, round, or irregular shaped. The three dimensional indentations can form wells or channels. One or more indentations can be connected to another indentation by a three dimensional connector channel extending between the one or more wells. In some embodiments, the connector channel is a microfluidic channel. In some embodiments, the microfluidic channel contains wicking paper. A dimension of the indentation can range from about 1 μm to about 10 cm. In some embodiments, a length of an indentation ranges from about 1 μm to about 10 cm. In further embodiments, a width of an indentation can range from about 1 μm to about 10 cm. In additional embodiments, a height of an indentation can range from about 1 μm to about 10 cm. In other embodiments, the radius of an indentation can range from about 1 μm to about 10 cm. In further embodiments, the diameter of an indentation can range from about 1 μm to about 10 cm. The indentations can be so dimensioned so as to hold a specific volume. In some embodiments, the specific volume ranges from about 1 nL to about 1,000 mL. In a single array, the indentations can all be about the same dimension. In other embodiments, at least two of the indentations differ in at

least one dimension. Any surface of an indentation can be modified as described above with respect to modification of the surface layer.

The support can also contain additional layers beneath the surface layer and within the support. The additional layers can be directly beneath the surface layer or contain other layers, such as the support, between the additional layer and the surface layer. The additional layer can improve the signal to noise ratio, affect signal production produced by the binding of a capture molecule to a biomarker or other substrate, and affect other properties or performance parameters of the array. In some embodiments the additional layer is a dielectric layer. The dielectric layer can improve the reflection of the signal produced upon binding of a capture molecule and a biomarker.

In some embodiments, the array can be a tissue microarray, which refers to a block of paraffin or other tissue embedding material that contains at least two tissue samples, where the tissue samples are positioned at discrete locations and arranged in a known order. The tissue samples can be core biopsies. The block can then be sliced and a slice of this block can be attached to or operatively linked to a suitable solid support. Suitable solid supports are described elsewhere herein. The block or slice thereof can then be contacted with a capture molecule and specific binding of a biomarker and the capture molecule can be detected. In some embodiments, more than one slices of the block are attached or operatively linked to the solid support.

In some embodiments, the support having one or more capture molecules attached or operatively linked can be incorporated and/or disposed upon the surface of a device, including without limitation, within a well, chamber, or piezoelectric element, and/or microfluidic channel of a microfluidic or other device.

Methods of Diagnosing and Prognosing Diabetes and/or Metabolic Syndrome

Also described herein are methods of diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes in a subject. The methods can also determine the effect of treatment or management on the state of or development of diabetes and/or metabolic syndrome. The methods of diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes in a subject can be performed using one or more of the capture molecules, assays, kits, and arrays described herein.

Some methods of diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes in a subject can include the steps of contacting a sample with a capture molecule configured to bind a biomarker as described herein, detecting the presence or absence of the specific binding of the biomarker by the capture molecule, and diagnosing diabetes, a pre-diabetic state, and/or early onset of

diabetes when the presence or absence of specific binding of the biomarker by the capture molecule is detected as compared to a control. In some embodiments, gas5 RNA (or corresponding cDNA) can be detected in the sample. In other embodiments, the RNA (or corresponding cDNA) of 21A, 7sl, anti-nos2a, dlg2as, hotair, htairm1, lust, malat 1, neat 1, mcr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y, RNA-1, and/or combinations thereof can be detected.

Further methods of diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps of contacting a sample or component thereof with a capture molecule configured to specifically bind a biomarker as described herein, detecting the presence or absence of specific binding of the biomarker by the capture molecule, quantifying an amount of biomarker specifically bound by the capture molecule, and diagnosing and/or prognosing a subject with diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes when the amount of specifically bound biomarker is greater than the amount of specifically bound biomarker in a control. In some embodiments, a diagnosis and/or prognosis of diabetes metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can be made when the amount of specifically bound gas 5 (snhg2), 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, and/or lincrna-vldr RNA (or corresponding cDNA) is greater than the amount of specifically bound gas 5 (snhg2), 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, and/or lincrna-vldr RNA (or corresponding cDNA) in the control. In further embodiments, a diagnosis and/or prognosis of diabetes metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can be made when the amount of specifically bound gas 5 (snhg2), 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, and/or lincrna-vldr RNA (or corresponding cDNA) is greater than a standard and/or predetermined threshold.

Additional methods of diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps of contacting a sample or component thereof with a capture molecule configured to specifically bind a biomarker as described herein, detecting the presence or absence of specific binding of the biomarker by the capture molecule, quantifying an amount of biomarker specifically bound by the capture molecule, and diagnosing and/or prognosing a subject with diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes when the amount of specifically bound biomarker is less than the amount of specifically bound biomarker in a control. In some embodiments, a diagnosis and/or prognosis of diabetes metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can be made when the

amount of specifically bound 7sl, dlg2as, gas 5 (SNHG2), hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, and/or tug 1 is less than the amount of 7sl, dlg2as, gas 5 (SNHG2), hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, and/or tug 1 specifically bound in the control. In some embodiments, a diagnosis and/or prognosis of diabetes metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes is made when the amount of specifically bound 7sl, dlg2as, gas 5 (SNHG2), hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, and/or tug 1 is less than a standard and/or predetermined threshold.

Other methods of diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps contacting a sample obtained from a subject with a plurality of capture molecules, where each capture molecule is configured to specifically bind to one or more biomarkers, detecting the presence or absence of specific binding of at least one biomarker by at least one of the capture molecules in the plurality of capture molecules, and diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes when the presence or absence of at least one biomarker specifically bound by a capture molecule of the plurality of capture molecules is detected as compared to a control. In other embodiments, diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can occur when the presence or absence of at least two, three, or four biomarkers specifically bound by at least two, three, four, respectively, of the capture molecules of the plurality of capture molecules is detected as compared to the control. The plurality of capture molecules in the method can be configured such that the presence or absence of specific binding of gas5, 21A, 7sl, anti-nos2a, dlg2as, hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y, RNA-1, and/or combinations thereof to the plurality of capture molecules can be detected.

Further methods of diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps contacting a sample obtained from a subject with plurality of capture molecules, where each capture molecule is configured to specifically bind to a biomarker, detecting the presence or absence of specific binding of at least one biomarker by at least one of the capture molecules in the plurality of capture molecules, quantifying an amount of a biomarker that is specifically bound by a capture molecule in the plurality of capture molecules, and diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes when the amount of at least one biomarker specifically bound by a capture molecule of the plurality of

capture molecules is greater than the amount of at least one biomarker specifically bound by the capture molecule in a control, standard, and/or predetermined threshold value. In some embodiments, a diagnosis and/or prognosis of diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can be made when the amount of 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, lincrna-vldr RNA (or corresponding cDNA), or combinations thereof is greater than the amount of specifically bound 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, lincrna-vldr RNA (or corresponding cDNA), or combinations thereof in a control, standard, and/or predetermined threshold value.

Further methods of diagnosing and/or prognosising diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps contacting a sample obtained from a subject with plurality of capture molecules, where each capture molecule is configured to specifically bind to a biomarker, detecting the presence or absence of specific binding of at least one biomarker by at least one of the capture molecules in the plurality of capture molecules, quantifying an amount of a biomarker that is specifically bound by a capture molecule in the plurality of capture molecules, and diagnosing and/or prognosising diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes when the amount of at least one biomarker specifically bound by a capture molecule of the plurality of capture molecules is less than the amount of at least one biomarker specifically bound by the capture molecule in a control, standard, and/or predetermined threshold value. In some embodiments, a diagnosis and/or prognosis of diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes is made when the amount of 7sl, dlg2as, gas 5 (SNHG2), hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1 RNA (or corresponding cDNA), or combinations thereof is less than the amount of 7sl, dlg2as, gas 5 (SNHG2), hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, and/or tug 1 RNA (or corresponding cDNA), or combinations thereof in a control, standard, and/or predetermined threshold value.

Additional methods of diagnosing and/or prognosising diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps contacting a sample obtained from a subject with a plurality of capture molecules, where each capture molecule is configured to specifically bind to a biomarker, detecting the presence or absence of specific binding of at least two, three, four, or more biomarkers by at least two, three, four, or more respectively, of the capture molecules in the plurality of capture molecules as compared to a control, and diagnosing and/or prognosising diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes when the presence or absence of specific binding of at least two, three, four, or more biomarkers to at least two, three, four, or more of the capture molecules of the plurality of capture molecules is detected as compared to a

control. Each capture molecule in the at least two, three, four, or more capture molecules in the plurality of capture molecules can be configured to specifically bind an RNA or cDNA corresponding to any one of the following: gas5, 21A, 7sl, anti-nos2a, dlg2as, hotair, htairm1, lust, malat 1, neat 1, mcr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y, and RNA-1.

Further methods of diagnosing and/or prognosisg diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps contacting a sample obtained from a subject with a plurality of capture molecules, where each capture molecule in the plurality of capture molecules is configured to specifically bind to a biomarker, detecting the presence or absence of specific binding of at least two, three, four, or more biomarkers by at least two, three, four, or more, of the capture molecules in the plurality of capture molecules, quantifying an amount of specifically bound biomarkers to each of the two, three, four, or more capture molecules, and diagnosing and/or prognosisg diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes if an amount of at least one, two, three, four, or more specifically bound biomarkers is greater than a control, standard, and/or predetermined threshold value. The biomarkers can be selected from 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, lincrna-vldr RNA (or corresponding cDNA). In some embodiments, a diagnosis and/or prognosis of diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can be made when the amount 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, lincrna-vldr RNA (or corresponding cDNA), or combinations thereof is greater than the amount of specifically bound 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, lincrna-vldr RNA (or corresponding cDNA), or combinations thereof in a control, standard, and/or predetermined threshold value.

Further methods of diagnosing and/or prognosisg diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps contacting a sample obtained from a subject with a plurality of capture molecules, where each capture molecule is configured to specifically bind to a biomarker, detecting the presence or absence of specific binding of at least two, three, four, or more biomarkers by at least two, three, four, or more, of the capture molecules in the plurality of capture molecules, quantifying an amount of specifically bound biomarkers to each of the two, three, four, or more capture molecules in the plurality of capture molecules, and diagnosing and/or prognosisg diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes if an amount of at least one, two, three, four, or more specifically bound biomarkers is less than a control, standard, and/or predetermined threshold value. The biomarkers can be 7sl, dlg2as, gas 5 (SNHG2),

hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1. In some embodiments, a diagnosis and/or prognosis of diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can be made when the amount of 7sl, dlq2as, gas 5 (SNHG2), hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1 RNA (or corresponding cDNA), or combinations thereof is less than the amount of 7sl, dlq2as, gas 5 (SNHG2), hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, and/or tug 1 RNA (or corresponding cDNA), or combinations thereof in a control, standard, and/or predetermined threshold value.

Further methods of diagnosing and/or prognosising diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes can include the steps contacting a sample obtained from a subject with a plurality of capture molecules, where each capture molecule is configured to specifically bind to a biomarker, detecting the presence or absence of specific binding of at least two, three, four, or more biomarkers by at least two, three, four, or more, of the capture molecules in the plurality of capture molecules, quantifying an amount of specifically bound biomarkers to each of the two, three, four, or more capture molecules in the plurality of capture molecules, and diagnosing and/or prognosising diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes when an amount of at least one specifically bound biomarkers is greater than a control, standard, and/or predetermined threshold value and/or when an amount of at least one specifically bound biomarker is less than a control, standard, and/or predetermined threshold value. The specifically bound biomarker that is greater than the control can be 21A, anti-nos2a, hotair, neat1, lincrna-ror, 7sl, or lincrna-vldr RNA (or corresponding cDNA). The specifically bound biomarker that is less than the control can be 7sl, dlq2as, gas 5 (SNHG2), hotairm1, lust, malat 1, rncr3, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1 RNA (or corresponding cDNA).

The amount of specifically bound biomarker quantified in some of the methods described herein can be an absolute amount of molecules of specifically bound biomarker to a capture molecule or a relative amount of specifically bound biomarker. An absolute amount can be calculated from a standard curve. The relative amount can be determined by normalizing the amount of specifically bound biomarker quantified to an internal standard, reference amount, and/or amount of another biomarker in the same or different sample.

The amount of specifically bound biomarker can be about 0% to about 50% less than the control, 50% to 100% less than the control, about 100% to about 500% less than the control, or less than about 500% than the control. The amount of specifically bound biomarker can be about 0% to about 50% greater than the control, about 50% to about 100% greater than the control, about 100% to about 500% greater than the control, or greater than about 500% than the control. Specific binding of the biomarker and the capture

molecule can result in a measurable, detectable, and/or quantifiable signal in binding assays, such as immunoassays. Methods of quantifying the amount of biomarker specifically bound to a capture molecule based on a measurable, detectable, and/or quantifiable signal in a binding assay are generally known in the art.

The sample can be obtained from bodily fluid, bodily secretion, bodily excretion, tissue, organ, cell, an *in vitro* cell culture, conditioned media from an *in vitro* cell culture, cell secretion, and/or exosome preparation. The sample or component thereof can be obtained from subject having, predisposed to having, or suspected of having diabetes, metabolic syndrome, Alzheimer's disease, both Alzheimer's disease and diabetes (a.k.a Type 3 diabetes), or cancer. In other embodiments, the subject can be obese or aging.

The control can be a positive control, negative control, or an assay control. In some embodiments, the negative control can include a capture molecule that specifically binds to a molecule not involved in the pathogenesis of diabetes and/or metabolic syndrome. In some embodiments, the positive control can contain a capture molecule that specifically binds to a molecule known to be involved in the pathogenesis of diabetes and/or metabolic syndrome. In some embodiments, the negative control can include a sample obtained from a subject not having diabetes and/or metabolic syndrome. In some embodiments, the negative control can include a sample obtained from a subject not predisposed to diabetes and/or metabolic syndrome. In some embodiments, the positive control can include a sample from a subject known to have diabetes and/or metabolic syndrome. In other embodiments, the positive control can include a sample obtained from a subject known to be predisposed to diabetes and/or metabolic syndrome. In some embodiments, the positive control can be adipocytes over-expressing GAS5 (generated using techniques generally known in the art including, but not limited to, transfection of adipocytes with a GAS5 expression plasmid). In some embodiments, the negative control can be adipocytes having depleted GAS5 (generated using techniques generally known in the art including, but not limited to, transfection of GAS5 siRNA/shRNA/anti-sense oligonucleotide).

Kits

Also described herein are kits containing one or more capture molecules described herein. In some embodiments, the kit can contain one or more antibodies or fragments thereof configured to specifically bind a biomarker described herein. The kit can contain one or more capture molecules configured to specifically bind one or more biomarkers described herein. In some embodiments, the kit can contain a capture molecule configured to bind to at least one of the following biomarkers: gas5, 21A, 7sl, anti-nos2a, dlg2as, hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as,

HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y, RNA-1, and/or combinations thereof. In some embodiments, the one or more capture molecules can be polynucleotides. The kit can contain an array, where one or more capture molecules are operatively coupled to a surface of the array. The array in the kit can contain one or more capture molecules configured to bind at least one of the following biomarkers: gas5, 21A, 7sl, anti-nos2a, dlg2as, hotair, htairm1, lust, malat 1, neat 1, mcr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y, RNA-1, and/or combinations thereof.

The kit can also contain a reagent for performing an array (including microarrays), polymerase chain reaction (PCR), quantitative PCR (qPCR), real-time PCR, real-time qPCR, reverse-transcription PCR (RT-PCR), real-time RT-PCR, RT-qPCR, real-time RT-qPCR, digital PCR (dPCR), RNA flare, (LATE)-PCR, RNA flow cytometry, nucleotide sequencing (including but not limited to transcriptome sequencing and analysis and secretome sequence and analysis, RNASeq), cell-based RNA detection assays, *in situ* hybridization, northern blot analysis, mass spectrometry, or combinations thereof. The kit can contain instructions fixed in a tangible medium of expression where the instructions provide for diagnosing and/or prognosing diabetes, metabolic syndrome, a pre-diabetic state, and/or early onset of diabetes.

EXAMPLES

Now having described the embodiments of the present disclosure, in general, the following Examples describe some additional embodiments of the present disclosure. While embodiments of the present disclosure are described in connection with the following examples and the corresponding text and figures, there is no intent to limit embodiments of the present disclosure to this description. On the contrary, the intent is to cover all alternatives, modifications, and equivalents included within the spirit and scope of embodiments of the present disclosure.

Example 1: Detection of Gas5 lncRNA in bodily fluids

Methods

Study population: Informed consent was obtained from veterans receiving care at James A Haley Veterans Hospital, Tampa, FL under IRB approved study (#Pro00012108). Serum samples are stored in the research bio-specimen repository (RBR). The de-identified and coded samples were provided to the PI along with research parameters such as age, gender, BMI (calculated as weight in kilograms/height in meter), diabetic (determined as

glucose levels > 125mg/dL; HbA1c >6.5%) or non-diabetic (determined as glucose levels < 125mg/dL; HbA1c <6.4%). To achieve statistical significance, serum samples from Caucasian male volunteers were used as they formed the predominant population volunteering their serum samples at the JAHVH at the time of initiation of this study. In addition, patients diagnosed with any form of cancer were not part of the study group. For this study, 96 serum samples were analyzed (see Table 1).

Quantitative Real-Time RT-PCR: Total RNA was isolated from serum samples from diabetic or non-diabetic subjects using Trizol LS according to the manufacturer's protocol (Ambion). For the array, cDNA was prepared from 1.5 µg total RNA using LncRNA Profiler array kit (System Biosciences, cat # RA900A-1) according to manufacturer's instructions. Amplification was performed with 2X Maxima SYBR Green Master with ROX (Thermo Scientific) and data were analyzed using System Biosciences software to generate AACt values and calculate fold change. U6 snRNA was used as control to normalize calculations.

For GAS5 real time qPCR, 2µg RNA was reverse-transcribed using Qiagen's RT kit. 2µL of cDNA was amplified by real-time quantitative PCR using Syber (SYBR) Green on the ViiaA 7 system (Applied Biosystems) to quantify the absolute levels of the transcripts in the samples.

GAPDH was used as the endogenous control. The primers used are: GAS5 sense primer 5'-AGCTGGAAGTTGAAATGG -3' (SEQ ID NO: 1) and anti-sense 5'-CAAGCCGACTCTCCATACC -3' (SEQ ID NO: 2); GAPDH sense primer 5'-TGACGTGCCGCCTGGAGAAAC -3' (SEQ ID NO: 3) and anti-sense 5'-CCGGCATCGAAGGTGGAAGAG -3' (SEQ ID NO: 4). These primers were initially tested using cDNA and conditioned media from human preadipocytes in a RT-PCR reaction using Taq polymerase to give distinct products corresponding to the respective transcripts. Next, the optimal primer concentration was determined from a range of 50-900 nM for forward and reverse primers. The final concentration of 600/600 nM was selected to ensure efficiency and specificity for its target based on the dissociation curve that showed a single, sharp peak, indicating that the primers amplify one specific target. For absolute quantification, a standard curve was generated for each gene in every assay. To do so, 100-0.4 ng of GAS5 plasmid was used to obtain a standard curve correlating the amounts with the threshold cycle number (Ct values). A linear relationship ($r^2 > 0.96$) was obtained for GAS5 and GAPDH. Real-time PCR was then performed on samples and standards in triplicate. The plate setup also included a standard series, no template control, no RNA control, no reverse transcriptase control, and no amplification control. The dissociation curve was analyzed for each sample. Absolute quantification of GAS5 expression levels for individual samples was calculated by normalizing the values to GAPDH. The results were analyzed as described

below. A level of $P < 0.05$ was considered statistically significant. Significance was determined after three or more experiments.

Statistical Analysis: Statistical analyses including sensitivity, specificity, positive predictive value, negative predictive value, likelihood ratios and area under the receiver operating curve analysis were performed using Stata, version 13.1 (*Stata Statistical Software: Release 13*. College Station, TX: StataCorp LP). The optimal cutoff point was calculated using the Cutoff Finder (Budczies J, *et al.*, PloS one. 2012;7(12):e51862. doi: 10.1371/journal.pone.0051862. PubMed PMID: 23251644; PubMed Central PMCID: PMC3522617).

Results

Expression of GAS5 lncRNA in serum: For phase I of the study serum from five diabetic and non-diabetic subjects was screened for their long noncoding RNA (lncRNA) profiles. Total RNA was isolated and profiles of long non-coding RNAs were evaluated. To do so, human LncProfiler (S ABiosciences) array containing 84 lncRNAs with rigorous controls was used. We observed H19, HOTAIR, GAS5, ncR-uPAR, EGOB, antiPEGII and lincRNA-21 expression in serum from these patients. Other lncRNAs on the array were undetected for Ct analysis. Amongst the detected lncRNAs in the array, a marked decrease in GAS 5 expression in diabetic samples compared to non-diabetic was observed (Fig. 1). These results showed that lncRNA GAS5 was present in circulation in serum and its levels were significantly lower ($P < 0.0001$ using unpaired t-test, PRISM™ software) in diabetic patients compared to non-diabetic samples.

Analysis of serum samples: Next, circulating GAS5 levels in serum from non-diabetic and diabetic patients was evaluated. Ninety six serum samples were obtained from Research Bio-specimen Repository (RBR) at the James A. Haley Veterans' Hospital. Male Caucasian patients were selected from the volunteer serum sample pool. Table 1 shows demographics of the patients (IRB approved protocol #Pro00012108). The prevalence of DM was 49% (95%CI: 39%, 59.4%).

RNA was isolated and SYBR Green quantitative PCR in triplicate was used to obtain absolute GAS5 levels. GAS5 levels were observed to be significantly decreased in diabetic samples. GAS5 levels were decreased in patients with HbA1c > 5.9 though these patients were not diagnosed as diabetic (cutoff HbA1c > 6.5) in the clinic (Figs. 2A-2B).

Table 1

	Non Diabetic (n =49)	Diabetic (n = 47)	P-value
BMI	29.4 ±6.6	34.8 ± 7.0	< 0.001
Age	66.9 ±9.7	70.3 ±9.1	0.09
Blood Glucose	102.8 ± 16.3	163.6 ±61.3	< 0.001

A receiver operating characteristic (ROC) curve was generated for statistical analysis of GAS5 levels in these 96 samples. ROC is widely used to investigate a reasonable cutoff level of the target. The ROC curve displays the relationship of sensitivity and specificity for GAS5. ROC analysis of GAS5 revealed the area under curve (AUC) of 0.81 (95% Confidence Interval (CI): 0.72, 0.90) (Fig. 3). The optimal cutoff GAS5 was less than or equal to 10 ng/ul measured as absolute quantification by qPCR, and this value had the sensitivity of 85.1% (95% CI: 72.3%, 92.6%), specificity of 67.3% (95% CI: 53.4%, 78.8%), positive predictive value (PPV) of 71.4% (95% CI: 57.8%, 82.7%), negative predictive value of 82.5% (95% CI: 67.2%, 92.7%), positive likelihood ratio test 2.61 (95% CI: 1.71, 3.96) and negative likelihood ratio test 0.22 (95% CI: 0.11, 0.45).

These results suggest that individuals with absolute GAS5<10 have nearly twelve times the odds of having diabetes (Odds Ratio [OR] = 11.79 (95% CI: 3.97, 37.26), $p < 0.001$). In the clinic, individuals were classified as diabetic or non-diabetic based on their fasting glucose or HbA1c levels. The waterfall plot (Fig. 4) demonstrates the classification accuracy of the optimal cutoff point for all 96 patients, as well as the overall odds ratio for GAS5 as a predictor of diabetes (OR = 0.75 (95% CI: 0.64, 0.87), $p < 0.001$). When adjusted for patient BMI, age and blood glucose, the OR for GAS5 remained significant (OR = 0.80 (95% CI: 0.65-0.97; $p = 0.025$)). The results suggest that GAS5 levels are indicative and/or are a predictor of diabetes. Further these results suggest that GAS5 levels are indicative and/or are a predictor of diabetes regardless of the age, fasting blood glucose level, and/or BMI, of a subject.

Example 2: Gene Expression Profile of Adipocytes in NDM lean and NDM obese Individuals

Methods: The gene expression profiles of adipocytes obtained from non-diabetic lean and non-diabetic obese Pima Indian subjects were examined to identify differentially expressed adipocyte genes correlated with obesity. Gene expression profiles were obtained from the GEO database. Gene expression profiles in the GEO database were obtained using microarray analysis. Briefly, RNA samples of isolated abdominal subcutaneous adipocytes from 20 lean (10 Males / 10 Females, aged 31 ± 6 year, Body Mass Index 25 ± 3 kg/m²) and 19 obese (9M/10F, 29 ± 5 y, 55 ± 8 kg/m²) subjects were hybridized individually to Affymetrix oligonucleotide arrays HG-U95A, B, C, D, and E. Lee et al., Diabetologia 2005 Sep; 48(9):177-83.

To identify differentially expressed adipocyte genes correlated with obesity, LncProfiler (SABiosciences) was used to evaluate the expression of lncRNAs in

subcutaneous adipose tissue from lean and obese patients (IRB#108360; obese BMI 43.7 to 44.3; lean BMI 22.1 to 22.8, nonsmokers, other criteria matched). Gas5 microarray results were validated by qPCR, as previously described in Example 1.

Results: As shown in Fig. 5, the data demonstrated a decrease in Gas5 expression in diabetic (both lean and obese) patients. Data also demonstrated that diabetic obese patients had a larger decrease in Gas5 expression as compared to non-diabetic obese patients. This indicates that obesity may also cause a decline in GAS5 levels and obese patients with a decrease in GAS5 levels have greater susceptibility towards diabetes and metabolic syndrome.

Example 3: Gas5 lncRNA levels are decreased in the adipose tissue and adipose secretome of diabetics

Methods: lncRNAs are secreted by cells and can be detected in serum. *In vitro*, the secretome was measured in the conditioned media of adipocytes. Expression of Gas5 was examined in subcutaneous adipose tissue from normal lean and lean diabetic patients. Lean patients had a Body Mass Index (BMI) of 22.1 ± 2 . Non-diabetic patients had an HbA1c of less than about 5. Diabetic patients had an HbA1c of greater than about 6.5. All samples were obtained from non-smokers. Other criteria between lean normal and lean diabetics were matched.

Subcutaneous adipose tissue was obtained from the patients and digested with collagenase and purified to obtain adipocytes (free from other cells and macrophages). Adipocytes were maintained in culture for about 48 hours and conditioned media was collected. Real-time qPCR for Gas5 was performed and data was analyzed similarly to the procedure discussed in Example 1.

Results: Real-Time qPCR results for Gas5 expression are demonstrated in Fig. 6. Gas5 lncRNA expression was decreased in adipose tissue obtained from lean diabetic patients as compared to lean non-diabetic patients. Secretion of Gas5 lncRNA by adipocytes was decreased (as measured by presence in conditioned media) in adipocytes obtained from lean diabetics as compared to adipocytes obtained from lean non-diabetics.

Example 4: Effect of Gas5 depletion in lean adipocytes

As diabetic subjects showed a decrease in Gas5 levels, the effect of depleting Gas5 from normal (non-diabetic) adipocytes was evaluated.

Methods: Gas5 siRNA (10nM, Ambion #332778; scrambled siRNA as a control) was transfected in lean adipocytes (Nucleofactor, Amaxa program A-033) for about 24 h. After 24 h, Gas5 levels were analyzed using the real-time qPCR assay as described in Example 1.

Glut4 PPAR γ , adiponectin, and leptin mRNA expression was also analyzed using real-time qPCR. The adiponectin forward primer is 5' AGATCTTGGTAAAGCGAATG 3' (SEQ ID NO: 5). The adiponectin reverse primer is 5' TGGTGAGAAGGGTGAGAA 3' (SEQ ID NO: 6). The leptin forward primer is 5' CCTTCCAGAAACGTGATCCAA 3' (SEQ ID NO: 7). The leptin reverse primer is 5' GGCCAGCACGTGAAGAAGAT 3' (SEQ ID NO: 8). Further, the leptin to adiponectin (leptin:adiponectin) ratio (LAR) was measured in conditioned media collected from the adipocytes transfected with Gas5 siRNA or control siRNA.

Results: Depletion of Gas5 levels dramatically inhibited expression of the insulin receptors A and B as shown in Figs. 7-8. A computational analysis (LaserGene) showed that the sequence "aacgttttat" on Gas5 DNA binding domain is 100% complementary to a sequence on promoter region (at -826bp) of insulin receptor (IR). This suggests that Gas5 binds to IR by Watson-Crick base-pairing. Data from RNA-immunoprecipitation demonstrated that Gas5 forms a complex with the C-terminal domain (CTD) of RNA polymerase II as shown in Figs. 9 and 10A-10B. The combined data suggests that Gas5 acts as a riboactivator and promotes transcription of insulin receptor by sequestering RNA polymerase II to promote IR transcription. The graph represents four experiments. Fig. 11 shows the effect of Gas5 depletion (as induced by Gas5 siRNA) on the leptin:adiponectin ratio (LAR) in the secretome. Fig. 11 shows the results from experiments repeated three times. Depletion of Gas5 resulted in a reduction of IR transcript levels and a high LAR (a marker of metabolic syndrome). These results suggest that Gas5 expression levels have direct effects on targets contributing to diabetes and metabolic syndrome (e.g. Insulin Receptors A and B).

Example 5: Effect of Gas5 depletion on Glucose uptake by lean adipocytes

Methods: To determine the effect of Gas5 depletion on glucose uptake by lean adipocytes, Gas5 siRNA was transfected in adipocytes as described in Example 4. After transfection, cells were serum starved and insulin (100nM) was added to cells. Cells were incubated in the insulin for about 30 min. After incubation [3-H]-deoxy-2D-glucose up-take in Gas5 depleted adipocytes was measured. [3-H]-deoxy-2D-glucose uptake was measured in cpm (counts per million). The experiment was preformed three times.

Results: GLUT1 and GLUT4 are insulin-responsive glucose transporter expressed in adipocytes. Insulin upon binding to its receptors can induce translocation of glucose transporters to the plasma membrane thereby increasing glucose uptake. Results from the glucose uptake study in Gas5-depleted lean adipocytes are demonstrated in Fig. 12. As demonstrated in Fig. 5, Gas5 depletion in lean adipocytes resulted in a decrease in insulin mediated glucose uptake in lean adipocytes. Insofar as Gas5 depletion was observed to

affect multiple insulin-responsive genes related to glucose metabolism (Example 4) and insulin-mediated glucose uptake (possibly by GLUT4), Gas5 may play a role in glucose metabolism and homeostasis. Thus, altered Gas5 expression may play a role in the pathology of diabetes and metabolic syndrome.

Example 6: Gas5 is expressed in adipocytes and secreted in exosomes in conditioned media (CM)

Methods: *Adipose samples:* White adipose tissue was obtained as discarded tissue from bariatric surgeries. The subcutaneous and omental depots were collected from the same subject. The lean samples were obtained from a female donor with BMI of 21.3 and the obese samples were from a female donor with BMI of 54.6. Both subjects were non-diabetic, non-smokers. The de-identified samples were obtained under an Institutional Review Board approved protocol and was transported to the laboratory and processed within 24h of receipt.

Adipose-derived stem cells: ADSC were isolated as previously described (Watson JE, Patel NA, *et al.* Adv Wound Care (New Rochelle). 2014;3(3):219-28). Briefly, adipose tissue was cut up into small pieces and digested with 0.075% collagenase Type 1 (Worthington) in modified PBS for 2 h at 37°C. The digestion was stopped by adding α -MEM + 20% heat-inactivated FBS. The suspension was filtered and centrifuged at 400g at room temperature. The pellet contains the stromal vascular fraction (SVF). The pellet was resuspended in 1mL of the erythrocyte lysis buffer (Stem Cell Technologies) for 10 min and washed in 20mL of PBS with 2% P/S/A before centrifugation, 300-500 g, 5 min. The supernatant was aspirated and the cell pellet resuspended in a 3mL stromal medium (α -MEM; Mediatech) with 20% FBS, 1% 1-glutamine (Mediatech), 1% P/S/A. Following three rinses in the stromal medium, SVF cells were plated for initial cell culture at 37°C with 5% CO₂ in ADSC medium from ZenBio™ (Cat# PM-1). Subconfluent cells were passaged by trypsinization. Experiments were conducted within passages 2-3. In addition, ADSC were also obtained from ZenBio™ to validate reproducibility (commercially available exempt cell lines). ZenBio ADSCs from lean donor was female with BMI of 21.1 and obese donor was female with BMI of 49.8.

Exosome isolation: The four adipose stem cells subcutaneous normal ADSC (sc-ADSCn), omental normal ADSC (om-ADSCn), subcutaneous obese ADSC (sc-ADSCo) and omental obese ADSC (om-ADSCo) were grown to confluency and medium replaced with serum-free defined medium, the mesenchymal stem cell basal medium (MSC-BM-CD from Lonza #00190620). Conditioned media (CM) was collected after 48h. Fig. 14 shows lncRNAs expression in the four ADSC and its conditioned media (the fig demonstrates that

subq and omental adipose depots have different lncRNA signatures; more lncRNAs are detected in whole CM compared to those packaged specifically in exosomes) Fig 14 shows GAS5 is secreted with higher levels seen in CM compared to cells. Further, obese ADSC have lower levels of GAS5 on CM compared to lean. CM is further processed to purify the smallest of microvesicles- exosomes. CM is centrifuged at 3000 g for 15 min to remove dead cells. ExoQuick™ (SBI) reagent was added to the CM and incubated overnight at 4°C. Following centrifugation at 1500 g for 30 min, the pellet was further processed. ExoCap™ (JSR Life Sciences) composite reagent containing magnetic beads for CD9, CD63 and CD81 was used to purify exosomes. Exosomes were eluted from beads using the manufacturer's elution buffer and used in western blot analysis or in qPCR.

Results: *lncRNA content of ADSC exosomes:* Long noncoding RNAs (lncRNAs) are important regulators of gene expression and epigenetic regulation and are packaged in exosomes to prevent degradation. Long noncoding RNAs secreted by adipocytes in their exosomes was evaluated. Using an lncRNA array (SABiosciences) a spectrum of lncRNAs within the ADSC and its secretome measured in the conditioned media was evaluated. The ADSC were obtained from either subcutaneous (sc-ADSC) or omental depot (om-ADSC) from the same individual. Total RNA from ADSC, conditioned media or from exosomes from was isolated. The analysis included only those lncRNAs which were consistently observed and were statistically significant (anti-NOS2a, GAS5, DLG2A5, HOTAIRM1, lincRNAP21, lincRNA-VLDL, MALAT1).

Results: The results (Figs. 13-14) indicated that the lncRNAs expression levels were different between sc-ADSC and om-ADSC with lincRNAP21 and MALAT1 present in higher levels in om-ADSC. The expression of lncRNAs in the secretome (measured in conditioned media) was measured and it was observed that anti-NOS2a, GAS5, DLG2A5, HOTAIRM1, lincRNAP21, lincRNA-VLDLR, MALAT1 are significantly present at higher concentration in the CM of sc-ADSC. Greater amounts of GAS5, lincRNA-VLDLR, MALAT1 in the conditioned medium (CM) compared to the corresponding cells was detected.

We Claim:

1. An assay comprising:

contacting a sample from a subject or component thereof with a capture molecule, where the capture molecule is configured to specifically bind to a biomarker, where the biomarker is selected from the group consisting of: 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y RNA-1, and combinations thereof;

detecting specific binding of the biomarker to the capture molecule;

quantifying an amount of the biomarker that is specifically bound to the capture molecule; and

making a diagnosis or prognosis of diabetes, metabolic syndrome, a pre-diabetic state, or early onset of diabetes when the amount of the biomarker that is specifically bound to the capture molecule is greater than or less than a control, a standard, or a predetermined threshold value.

2. The assay of claim 1, wherein the biomarker is a polynucleotide that has a sequence that is 80-100% identical to any one of SEQ ID NOs.: 9-42 or a sequence that corresponds to a sequence that is 80-100% identical to any one of SEQ ID NOs.: 9-42.

3. The assay of claim 2, wherein the biomarker is a cDNA molecule.

4. The assay of any one of claims 1 or 2, wherein the sample or component thereof is a bodily fluid sample or component thereof.

5. The assay of claim 4, wherein the bodily fluid sample or component thereof is a blood serum sample, whole blood sample, saliva sample, or a urine sample.

6. The assay of any one of claims 1 or 2, wherein the sample or component thereof is obtained from a subject having or suspected of having diabetes or metabolic syndrome.

7. The assay of claim 1, wherein the biomarker is gas5.
8. The assay of claim 7, wherein the biomarker has a sequence that is 80-100% identical to SEQ ID NO: 12.
9. The assay of claim 7, wherein the biomarker has a sequence that corresponds to a sequence that is 90-100% identical to SEQ ID NO: 12.
10. The assay of claim 7, wherein the diagnosis of diabetes is made when the amount of the biomarker is less than the control, the standard, or the predetermined threshold value.
11. The assay of any one of claims 1-2 or 7-10, wherein the step of detecting specific binding of the biomarker to the capture molecule is performed using a method comprising a technique selected from the group consisting of: array polymerase chain reaction (PCR), quantitative PCR (qPCR), real-time PCR, real-time qPCR, reverse-transcription PCR (RT-PCR), real-time RT-PCR, RT-qPCR, real-time RT-qPCR, digital PCR (dPCR), RNA flare, (LATE)-PCR, RNA flow cytometry, nucleotide sequencing, cell-based RNA detection assays, *in situ* hybridization, northern blot analysis, and combinations thereof.
12. The assay of any one of claims 1-2 or 7-10, wherein the sample or component thereof is obtained from conditioned media of an adipose cell culture, wherein the adipose cells in the adipose cell culture were obtained from the subject.
13. The assay of any one of claims 1-2 or 7-10, wherein the sample or component thereof is obtained from an obese subject.
14. The assay of any one of claims 1-2 or 7-10, wherein the sample or component thereof is obtained from a non-obese subject.
15. The assay of any one of claims 1-2 or 7-10, further comprising the step of processing the sample or component thereof prior to contacting the sample or component thereof, wherein the step of processing comprises a chemical method, a physical method, or combinations thereof to release, concentrate, separate and/or isolate the biomarker or other components of the sample.

16. The assay of claim 15, wherein processing comprises obtaining an exosome preparation from the sample.
17. A kit comprising:
a capture molecule, where the capture molecule is configured to specifically bind to a biomarker, where the biomarker is selected from the group consisting of: 21A, 7sl, anti-nos2a, dlg2as, gas5 (SNHG2), hotair, htairm1, lust, malat 1, neat 1, rncr3, lincrna-ror, lincrna-vldr, lincrna-p21, saf, snhg6, sox2ot, tug 1, 7SK, BC200, EgoA, EGOB, H19 upstream conserved 1 & 2, HAR1A, HAR1Bm Hoxa11as, HoxA6as, IGF2AS, nC-uPARm NDM29, Nespas, NTT, SNHG3, SNHG4, Tsix, Y RNA-1, and combinations thereof; and
instructions fixed in a tangible medium of expression where the instructions provide for diagnosing or prognosing diabetes, metabolic syndrome, a pre-diabetic state, or early onset of diabetes when an amount of the biomarker that specifically binds to the capture molecule is greater than or less than a control, standard, or predetermined threshold value.
18. The kit of claim 17, wherein the capture molecule is attached to the surface of an array.
19. The kit of any one of claims 17-18, wherein the biomarker is gas5.
20. The kit of any one of claims 17-18, wherein the biomarker has a sequence that is 80-100% identical to SEQ ID NO: 12.
21. The kit of any one of claims 17-18, wherein the biomarker wherein the biomarker has a sequence that corresponds to a sequence that is 90-100% identical to SEQ ID NO: 12.

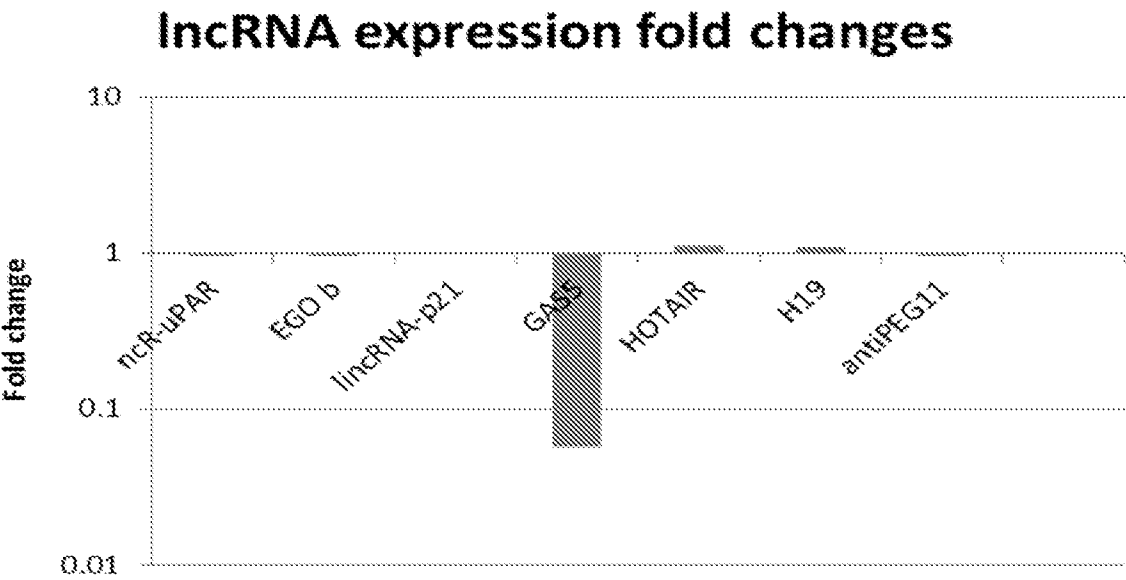


FIG.1

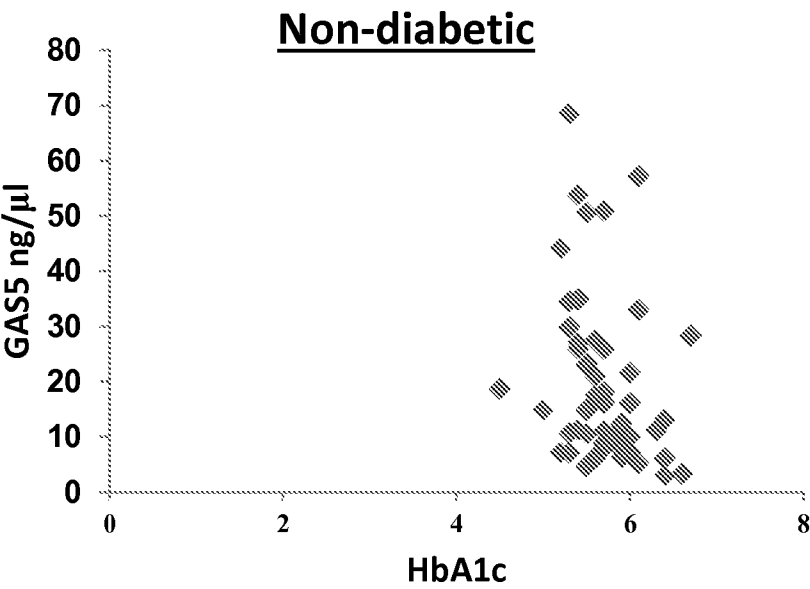
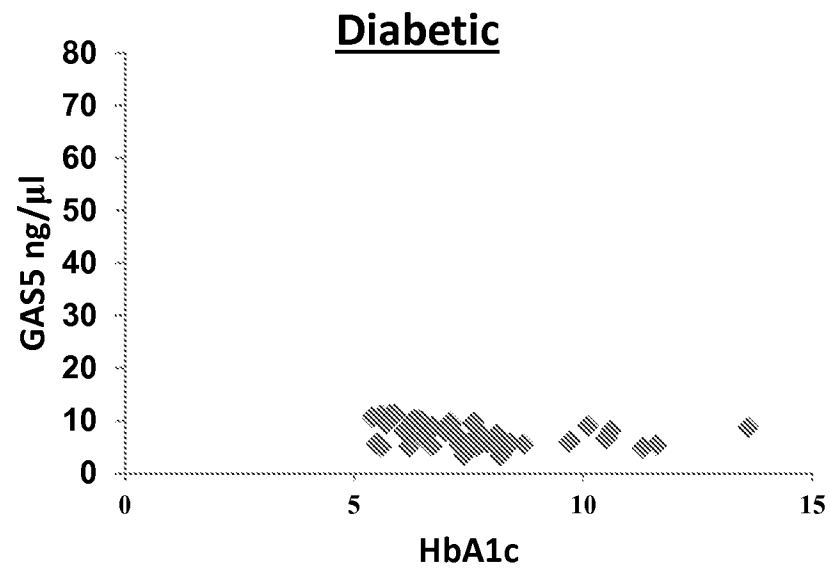
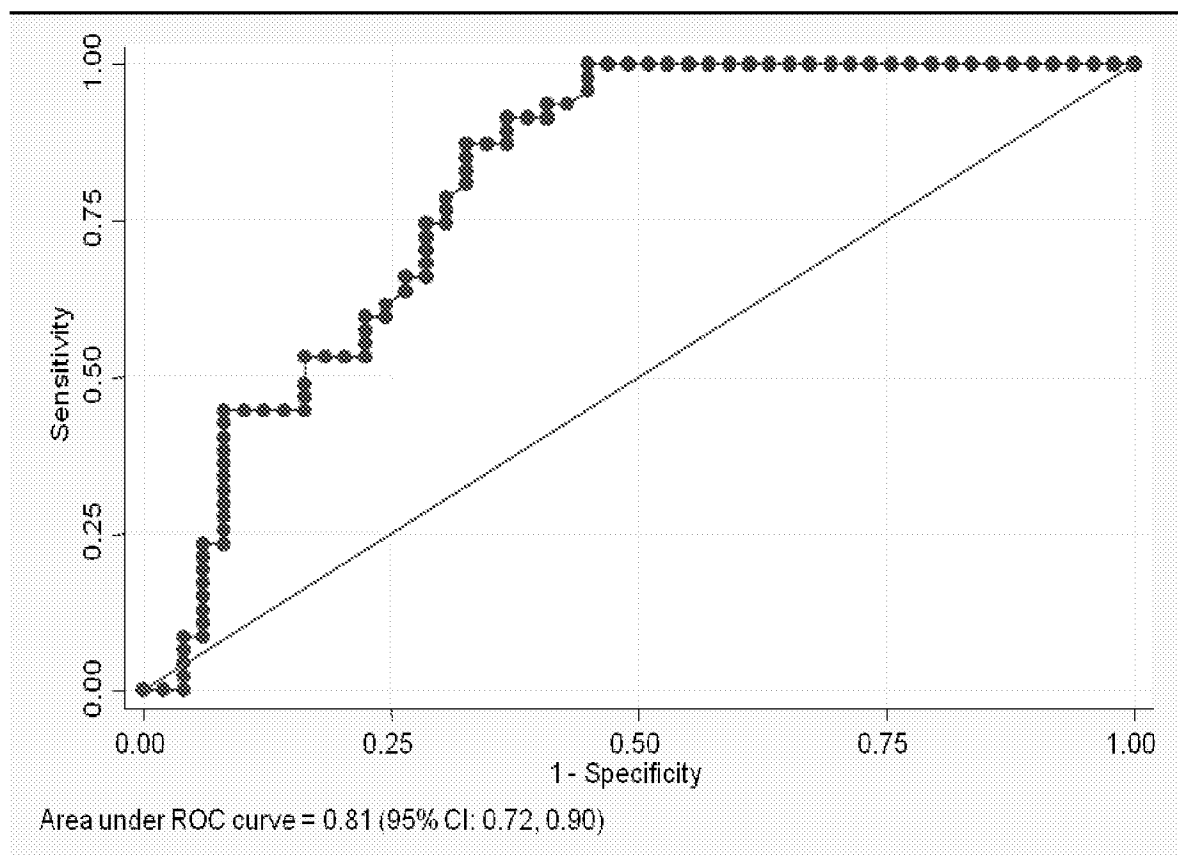
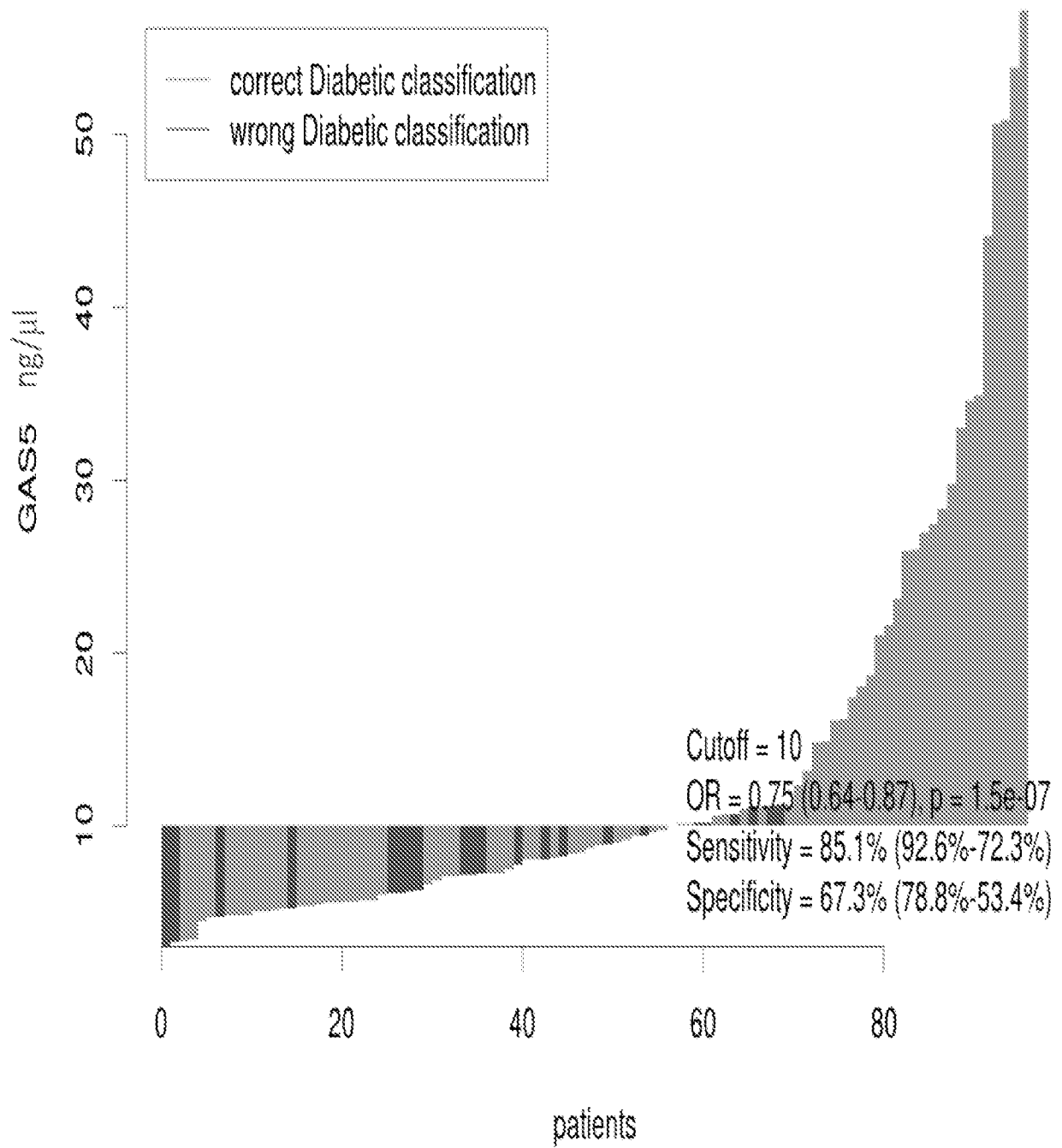


FIG.2A

**FIG. 2B****FIG. 3**

**FIG. 4**

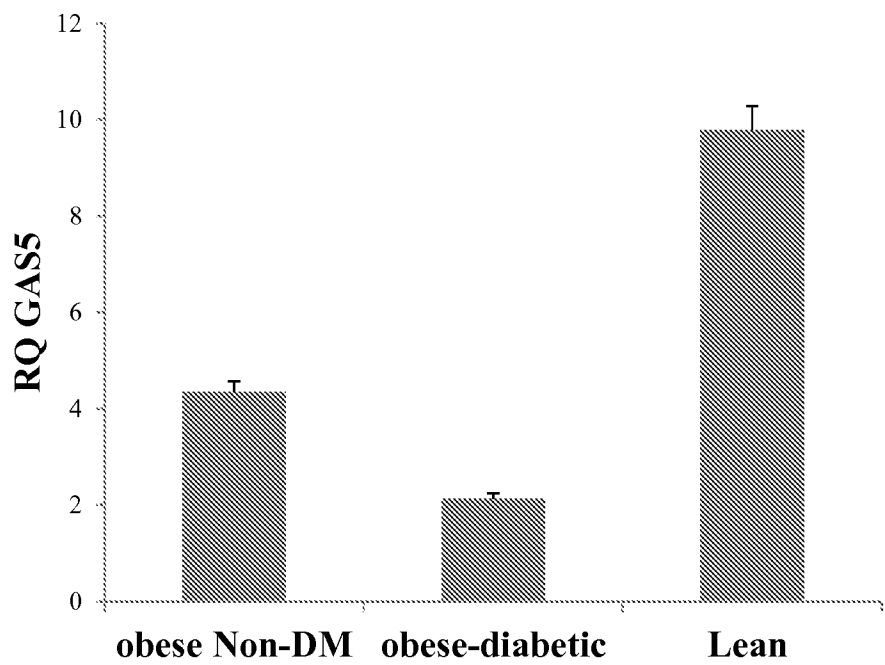


FIG. 5

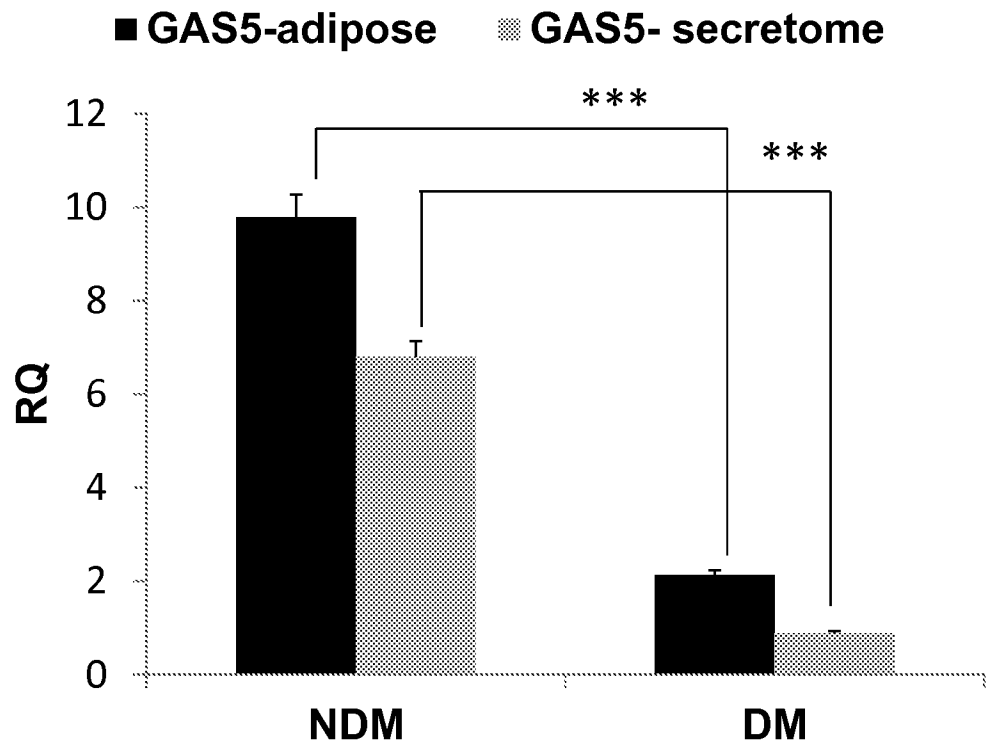


FIG. 6

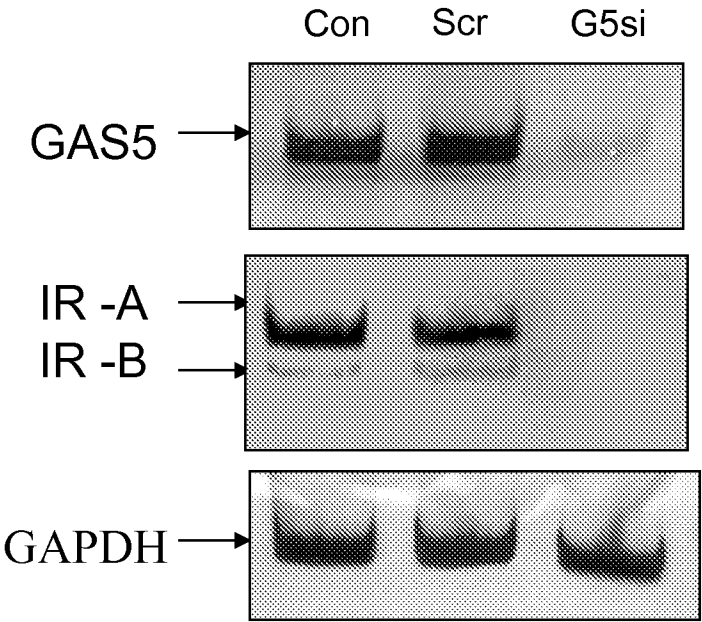


FIG. 7

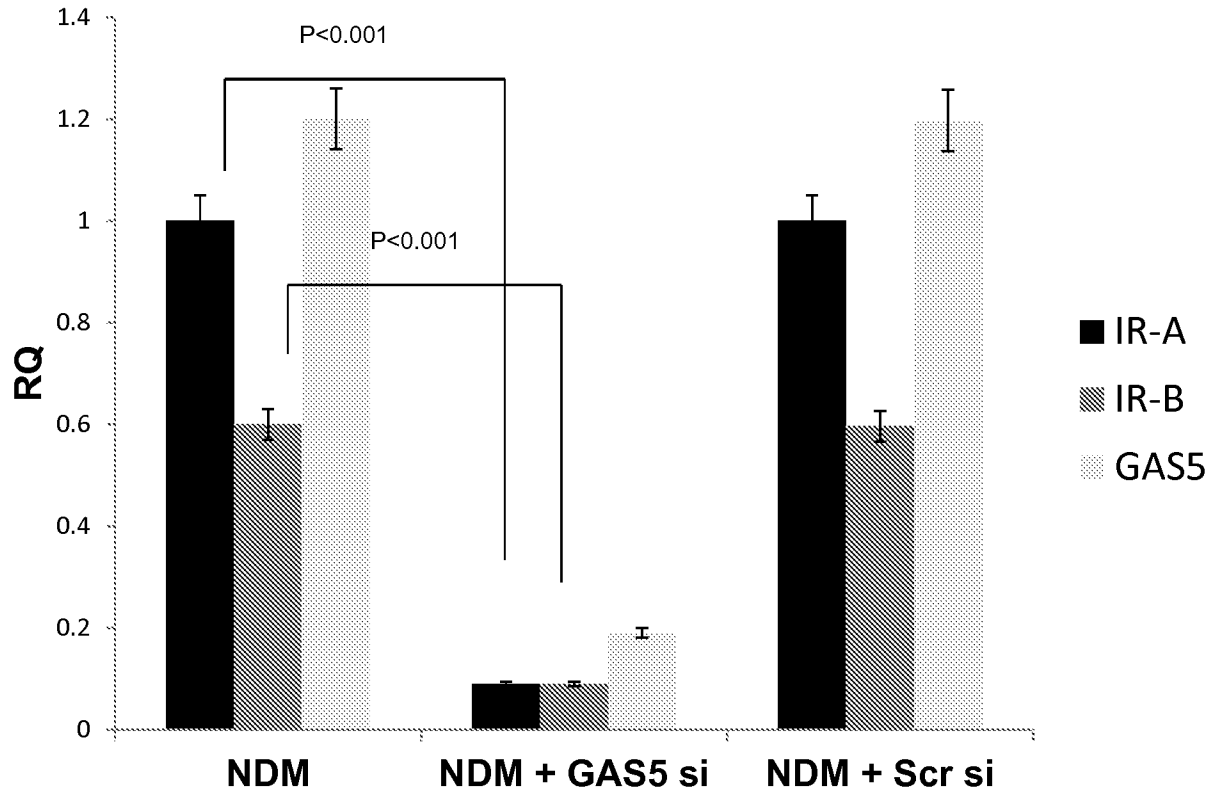


FIG. 8

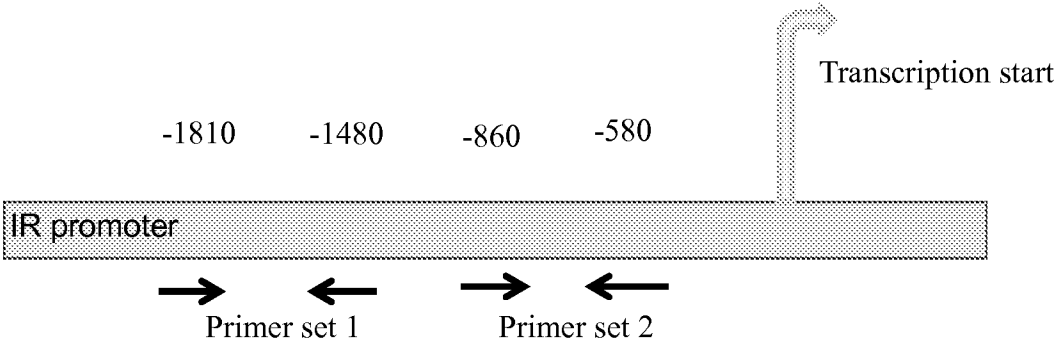
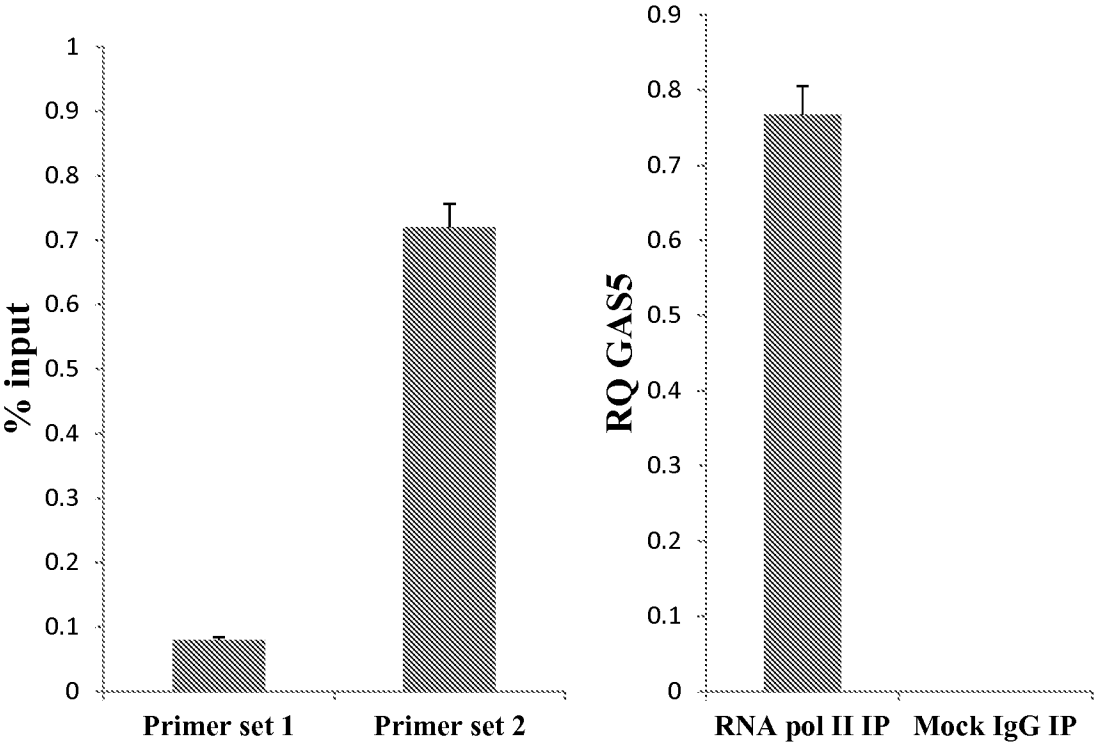


FIG. 9



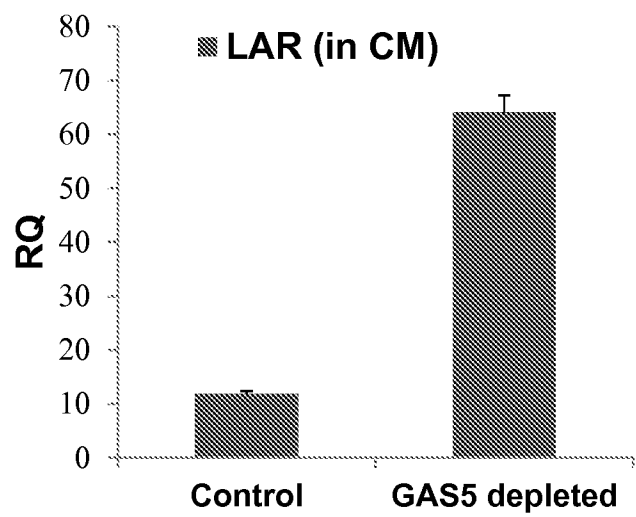


FIG. 11

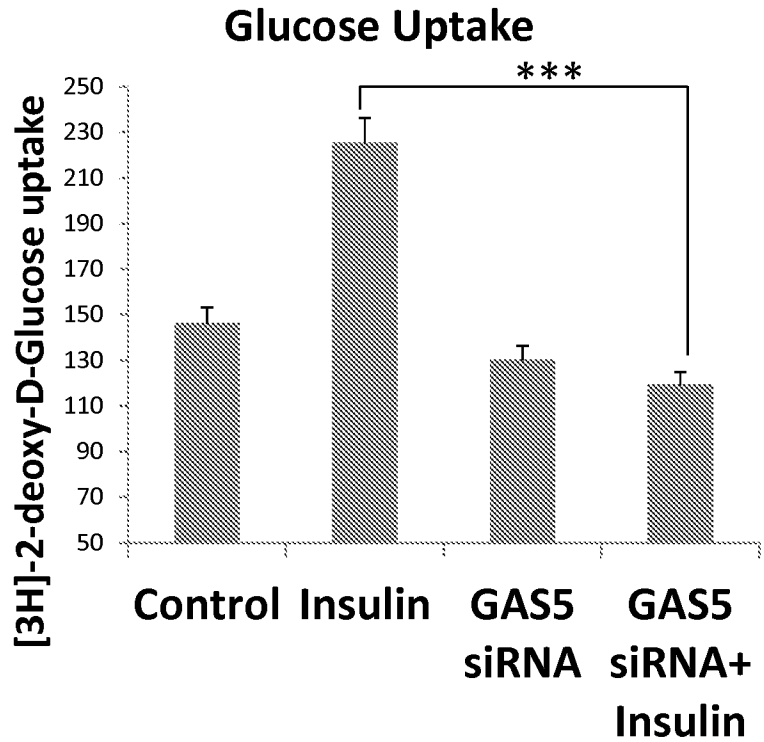


FIG. 12

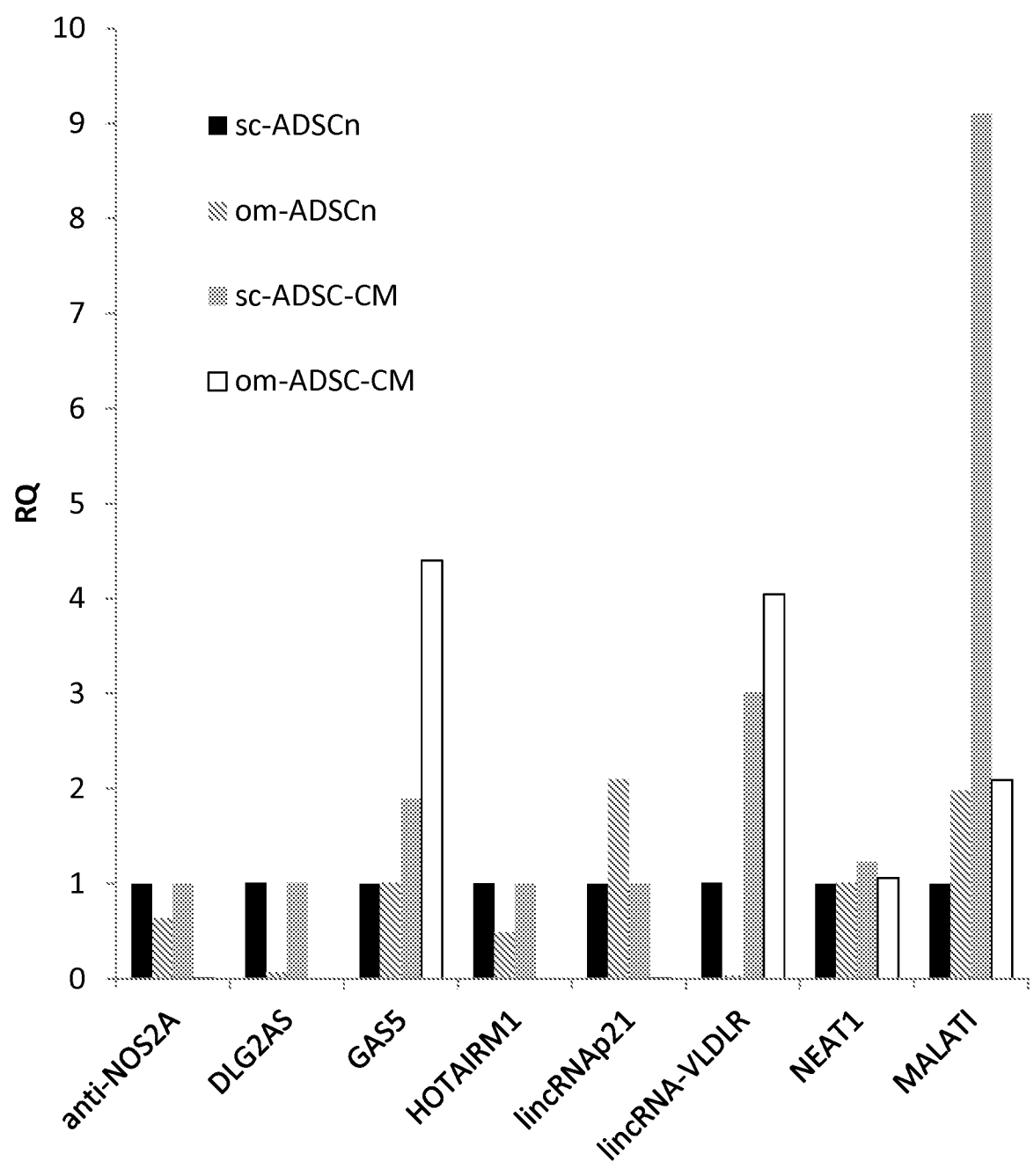


FIG. 13

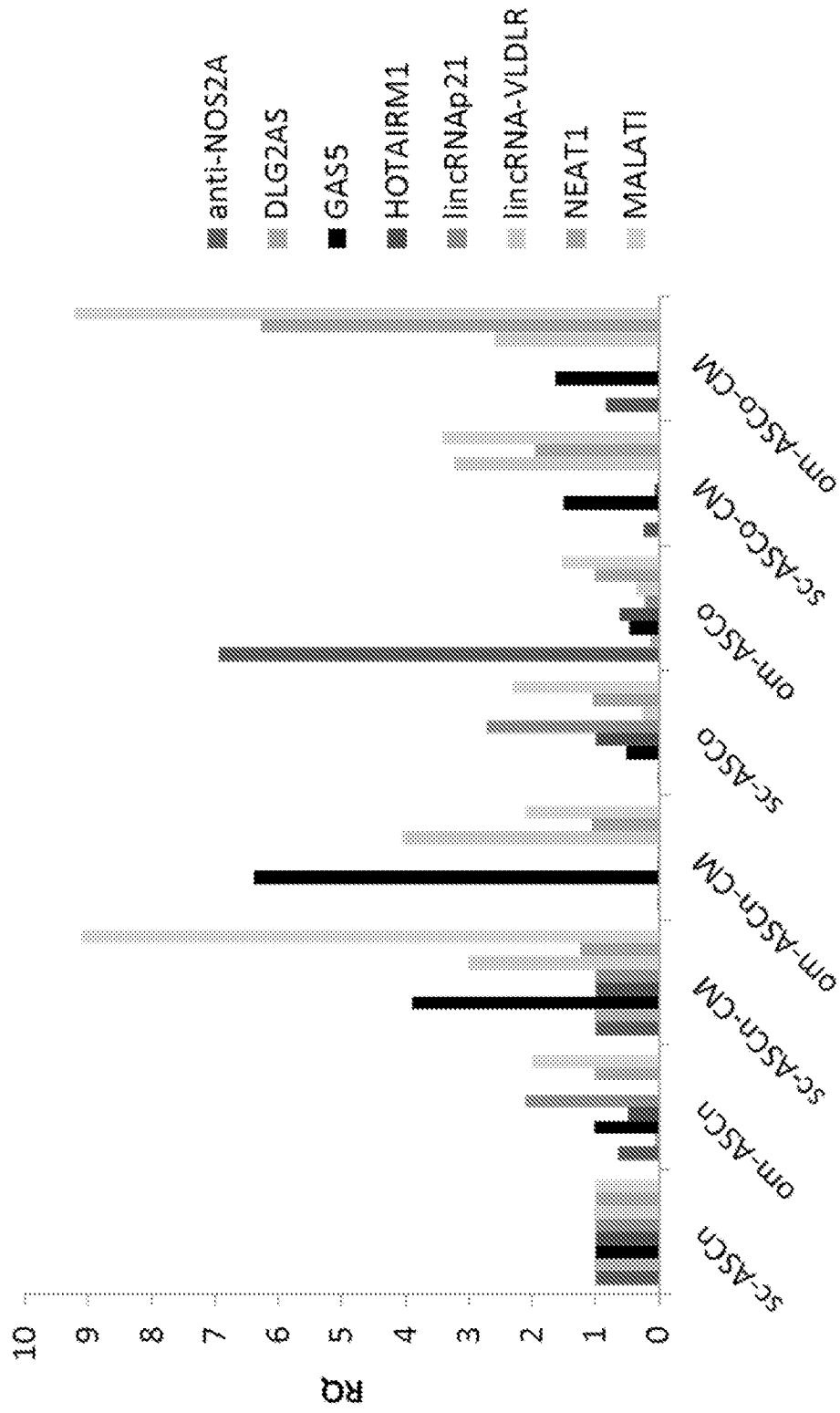


FIG. 14