CLAIMS

1. A method for assessing/monitoring the health of a subject, the method comprising determining, detecting or quantifying the presence of one or more pancreatic-specific nucleic acid in a sample from the subject comprising

annealing the one or more pancreatic-specific nucleic acid and a control nucleic acid in the presence of a reverse primer of the one or more pancreatic-specific nucleic acid and the control nucleic acid,

subjecting the annealed one or more pancreatic-specific nucleic acid and the control nucleic acid to reverse transcription,

subjecting each of the annealed one or more pancreatic-specific nucleic acid and the control nucleic acid to two or more amplification steps,

wherein the first amplification step is in the presence of a surfactant and an amplification mixture and

the second or more amplification step is in the presence of an amplification mixture,

wherein the amplification mixture for the first and second or more amplification steps comprises an oligonucleotide primer and/or probe capable of hybridizing with the one or more pancreatic-specific nucleic acid and the control nucleic acid, wherein the oligonucleotide primer and/or probe comprises a cleavage site, and a cleavable 3' end, and an RNase, and

wherein the second or more amplification step comprises interposing a hybridization step between denaturation and annealing,

wherein the method is performed before, during and/or after the subject is being administered a treatment regimen.

2. The method according to the preceding claim, wherein the pancreatic-specific nucleic acid comprises a pancreatic-specific ribonucleic acid (RNA).

3. The method according to any one of the preceding claims, wherein the pancreatic-specific RNA is a cell-free and/or circulating RNA.

4. The method according to any one of the preceding claims, wherein the pancreatic-specific RNA comprises a messenger RNA (mRNA) or part thereof.

5. The method according to any one of the preceding claims, wherein the method is performed pre and/or post-bariatric surgery.

6. The method according to any one of the preceding claims, wherein the amplification step of the nucleic acid is performed in the presence of three parts surfactant to one part amplification mixture.

7. The method according to any one of the preceding claims, wherein the method further comprises a step of freeze and thawing the surfactant and the amplification mixture between the first amplification step and the second amplification step.

8. The method according to any one of the preceding claims, wherein determining, detecting or quantifying the pancreatic-specific nucleic acid comprises performing quantitative polymerase chain reaction (qPCR).

9. The method according to any one of the preceding claims, wherein the control nucleic acid is added to the sample at a constant amount to thereby normalizeamplification efficiency across a plurality of samples.

10. The method according to any one of the preceding claims, wherein the control nucleic acid is added to the sample at about 10^2 to 10^{10} copies.

11. The method according to any one of the preceding claims, wherein the sample comprises a blood sample.

12. The method according to any one of the preceding claims, wherein the blood sample is a plasma sample.

13. The method according to any one of the preceding claims, wherein the pancreatic-specific nucleic acid comprises the mRNA of a pancreatic-specific gene or part thereof.

14. The method according to any one of the preceding claims, wherein the pancreatic-specific gene is at least one selected from the group consisting of KLK1, ERP27, IAPP, PRSS1, CELA3A, PLA2G1B, PNLIP, CUZD1, CPB1, CPA1, CLPS, INS and GCG.

15. The method according to any one of the preceding claims, wherein the pancreatic-specific gene comprises GCG.

16. The method according to any one of the preceding claims, wherein the subject has, is suspected to have, or is diagnosed to have a metabolic disease.

17. A kit for assessing/monitoring the health of a subject, the kit comprising one or more of the following:

one or more primers/primer set having a sequence listed in Table 1, Table 2, Table 3 and/or Table 4,

one or more pancreatic-specific nucleic acid;

a control nucleic acid;

a reverse transcriptase;

a surfactant; and

a RNase.