



JULY 6TH 2014- GOLDEN PARKK, KOLKATA



INSIGHT

Connect with the EXPERTS

"Insight- Connect with the Experts was held at Golden Parkk, Kolkata. It was organized by of Asian Society of Continuing Medical Education collaborating with Cipla.

The sole objective of the CME was to update the General Practitioners about Vertigo, Different types of diarrhea and The role of Vit D3 in Diabetes and Hypertension .

Date: 6th of July 2014.

Venue: Grand Parkk, Kolkata

Total Participants: 90

Speakers :



Prof. B. K. Roychaudhuri
MBBS (Cal), DLO (Cal), MS (AIIMS), FSMF (WB), FIAO



Dr. Adrija Rahman Mukherjee
MBBS (Cal), MRCP (UK), MRCGP (UK), CCTGP (UK),
DRCOG (UK), DFFP (UK)



Dr. P.K.Kundu
M.D.(Gen Med),M.D.(Tropical Med)

Topics :

1. Vertigo
2. Different Presentation of Patients with Diarrhoea
3. Role of Cholecalciferol in Diabetic and Hypertensive patients

Prof. B. K. Roychaudhuri – gave a talk on **Vertigo: Synopsis** of his talk was-

- The human balance system depends on the information that the brain receives from the eyes, muscles and joints of the body and most important, the balance organ situated in the inner ear.
- If the inner ear is damaged by injury or disease, the brain receives incorrect and conflicting information.
- The result may be dizziness, balance problems or a sensation of spinning – vertigo.

Diagnosis :

- History taking can guide to diagnosis in 70% of patients.
- Recent upper respiratory tract infection or ear infection may suggest a diagnosis of vestibular neuronitis or labyrinthitis.
- History of migraine. Head trauma or recent labyrinthitis suggests BPPV.
- Direct trauma to the ear, which may indicate possible perilymph fistula.
- Both anxiety or depression can aggravate dizziness or vertigo.
- Cardiovascular risk factors increase the likelihood that stroke may be the cause of vertigo.
- Some drugs (e.g., aminoglycosides, furosemide, antidepressants, antipsychotics, anticonvulsants) may cause vertigo.
- Acute intoxication with alcohol may cause vertigo.
- Changes in head position, immunosuppression, menstruation, sleep disturbance, loud sounds, excessive straining can also trigger these conditions.
- **The peripheral causes of vertigo** : BPPV, vestibular neuronitis, and Meniere's disease, herpes zoster oticus, labyrinthine concussion,

Central vertigo: Cerebellar infarction or haemorrhage, basilar artery occlusion, vertebral artery dissection, and a tumour of the posterior cranial fossa., migrainous vertigo, multiple sclerosis, and hereditary ataxia.

Common Vestibular disorders :

- BPPV is the most common vestibular disorder
- Meniere's disease
- Perilymph Fistula
- Vestibular Neuritis
- Vertebrobasilar Insufficiency

Dr.Adrija Rahman gave her presentation on “**Different Presentation of Patients with Diarrhoea**”

After a brief intro she directly started with the different types of cases seen in practice. The cases were explained to the audience and the whole case was open for discussion. Audience actively participated in the discussion regarding the differential diagnosis, investigations and treatment. It was a very interactive session and the delegates thoroughly enjoyed it. The various cases that she presented were –

1. Colonic carcinoma
2. Irritable Bowel Syndrome (IBS)- IBS (C) , IBS (D) , IBS (M)
3. Crohn's disease
4. Acute gastroenteritis
5. Pseudomembranous colitis /Clostridium difficile diarrhoea
6. Ulcerative colitis
7. Constipation with overflow diarrhoea/ spurious diarrhoea
8. Coeliac disease

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9. Thyrotoxicosis

10. Chronic pancreatitis

11. Diabetic autonomic neuropathy

TAKE HOME MESSAGE of her presentation was -

- Take appropriate history
- Rule out red flags
- Remember - Not all cases of diarrhoea are infective
- New onset diarrhoea in an elderly patient – rule out malignancy
- Do a digital rectal examination in a case of suspected large bowel malignancy
- Long standing diarrhoea not responding to conventional therapy- think of other causes

DR.P.K.KUNDU talked on “Vitamin D, Diabetes & Hypertension”

By 2030, people suffering from diabetes is expected to rise from 171 million in 2000 to 360 million

Deficiency of Vitamin D & Diabetes

- Observational studies show a relatively consistent association between low vitamin D & calcium and prevalent type 2 DM
- Obese children with lower vitamin D levels had higher degrees of insulin resistance
- Risk of type 1 diabetes reduced by 80% in children receiving 2000 IU/ day
- Large doses of oral vitamin D improves endothelial function in patients with Type 2 diabetes and vitamin D insufficiency
- Vitamin D supplementation & type 1 diabetes
- It is estimated that the level of 25(OH)D needed to prevent half the cases of type 1 diabetes is 50 ng/ml

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Five observational studies:

- Risk of type 1 diabetes significantly reduced in infants supplemented with vitamin D
- Using higher amounts of vitamin D lowers risk of developing type 1 diabetes
- Vitamin D supplementation in early childhood may offer protection against the development of type 1 diabetes

Take home message :

- Prevention is better than cure
- 10% supplement with vit D = 8% decrease in risk of developing HTN.

Feedback from the audience :

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PHOTOS OF THE EVENT



Faculty giving lecture



Faculty giving lecture



Audience interacting with
Chairpersons and Faculty



Faculty giving lecture

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Audience



Audience