



AUGUST 24TH 2014- HOTEL PICCADILLY, LUCKNOW



INSIGHT

Connect with the EXPERTS

"Insight - 2014":

"Insight- Connect with the Experts was held at Hotel Piccadilly, Lucknow. It was organized by Asian Society of Continuing Medical Education collaborating with Cipla.

The sole objective of the CME was to update the General Practitioners about The role of Vit D3 in Diabetes and Hypertension, Treatment Algorithm of RTM, Jaundice Management and Fever of Unknown Origin (PUO)

Date: 24th of August 2014.

Venue: Hotel Piccadilly, Lucknow

Total Participants: 90

Speakers :



Dr. Sandeep Bhattacharya
MBBS, MD , DNB



Dr. B. P. Singh
MBBS, MD



Dr Ajay Kumar Chaudhary
DM-Gastroenterology, MD General Medicine, MBBS

Topics:

1. The role of Vit D3 in Diabetes and Hypertension
2. Treatment Algorithm of RTM
3. Jaundice Management

Dr. Sandeep Bhattacharya – gave a talk on **the role of Vit D3 in Diabetes and Hypertension**: Synopsis of his talk was-

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

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

Dr Ajay Kumar Chaudhary talked on “Jaundice Management”

Explaining that the treatment for Jaundice depends on the cause of the underlying condition leading to jaundice and any impending complications related to it. Once a diagnosis is made, treatment can then be focused to tackle that particular condition.

Then he explained the different causes of Jaundice –

1) Causes of jaundice due to poor liver function:

- **Viral hepatitis:** Hepatitis A, B, C, D, and E can all cause temporary liver inflammation. Types B and C can also cause chronic, lifelong inflammation.
- **Medication-induced hepatitis:** That may be caused by alcohol, erythromycin*, methotrexate, amiodarone, statins, nitrofurantoin, testosterone, oral contraceptives, acetaminophen, and many other medications.
- **Autoimmune hepatitis:** In this situation, the body's immune system attacks its own liver cells. Autoimmune hepatitis is more common in people and families with other autoimmune diseases, such as lupus, thyroid disease, diabetes, or [ulcerative colitis](#)
- **Alcoholic liver disease:** This involves damage to the liver caused by excessive, long-term consumption of alcohol.
- **Gilbert's syndrome:** This harmless inherited condition is quite common, affecting about 2% of the population. Minor defects in the liver's metabolism of bilirubin cause jaundice to appear in times of stress, exercise, hunger, or infection.

2) Causes of jaundice due to obstruction (blockage) :

- **Gallstones:** Formed in the gallbladder, gallstones can block the bile ducts, preventing bile (and bilirubin) from reaching the intestine. Sometimes, the bile ducts may become infected and inflamed.
- **Cholestasis of pregnancy:** Abdominal pressure closes ducts between the liver and gallbladder, or between the gallbladder and intestine. Jaundice is common during pregnancy.
- **Tumours:** These may be in the liver, pancreas, or gallbladder. They are occasionally responsible for obstruction.

3) Causes due to excessive red blood cell destruction (haemolysis):

- **Malaria:** The liver destroys red blood cells infected with the parasite.
- **Haemolytic anaemia:** This includes conditions such as sickle cell disease and thalassemia.
- **Newborn jaundice:** This condition is found in many newborn babies.

Feedback from the audience:

- Diabetic Neuropathy
- Insulin Therapy in Diabetes
- Hypertension
- Diabetic gastroparesis
- Malaria
- Diabetic and Cardiac
- Diabetes Insipidus
- Management of Uncontrolled NIDDM
- Typhoid
- Mod. & recurrent Management of Diabetes with association of ancient medicine
- Insulin - All aspect
- New drugs in management of Diabetes, Various types of Diabetes

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PHOTOS OF THE EVENT



Faculty Giving the Lectures



Delegates Listening the Lectures