

Diabetes Update

2nd April 2016 – POOVAR, KERALA

"Diabetes Update was held at Isola Di Cocoa at Poovar, Thiruvanthapuram, Kerala. It was organized by of Asian Society of Continuing Medical Education.

The sole objective of the CME was to update the General Practitioners about Diabetes mellitus, level of morbidity and mortality due to diabetes and its associated spectrum of complications and diabetes management as the disease is now highly visible across all societies within India.

The session was open with an introductory session by Asian Society of continuing Medical Education and followed by the scientific agenda.

Date	:	2 nd April 2016.
Venue	:	Isola Di Cocoa, Poovar, Thiruvanthapuram, Kerala
Total Participants	:	48

TOPICS:

1. PPBG and its Significance in Coronary Artery Disease.
2. Relationship Between DM and CAD.
3. Diabetes and bone.
4. Diabetes Dyslipidemia: Are Indian Different? Up?
5. Management of Glycaemia in Renal Impairment.
6. Oxidative Stress.



Asian Society of Continuing Medical Education

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SPEAKERS



Dr. Anand Moses
M.B.B.S, M.D., FRCP, FICP

Consultant Diabetologist



Dr. R. Madhavan
MBBS, MD (Medicine)

**Director and Professor,
(Retired), Institute of
Diabetology, Madras Medical
College and Rajiv Gandhi Govt.
General Hospital , Chennai.**



Dr. Pravin K. Aggarwal
M.B.B.S, MD (Medicine)

**Consultant Physician and
Cardiologist**



Dr. T. S. Kannan
M.B.B.S, MD (Internal Med)

Consultant Diabetologist



Dr. Vamsie Mohan
MBBS, MD (Internal Medicine)

**Consultant Physician and
Diabetologist**



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Dr. K. P. Pichumani
MBBS, MD, Dip. (Diab)

**Managing Director & Consultant
Diabetologist**



Dr. P. Dharmarajan
MBBS, MD (Medicine), Dip. (Diab)

**Civil Assistant Surgeon at
Tamilnadu Medical Service.
Director & Professor HOD at
Institute of Diabetology, Madras
Medical College, Chennai.**



Dr. G. Vijaya Kumar
M.B.B.S, Dip. (Diab.), CCDE (WHO)

**Consultant Diabetologist,
Managing Trustee- DEAR
Foundation**

1. **Dr. Pravin K. Agarwal** discussed about PPBG and its Significance in Coronary Artery Disease. The scientific session was deliberated on:

- Increasing Prevalence of Diabetes & IGT in Urban India
- Insulin Resistance & Insulin Deficiency: 2 strongly linked mechanisms
- Glycemic Index, Glycemic Load
- The Funagata Diabetes Study.
- Bi - Phasic Insulin Secretion
- DECODE study
- Cardiovascular disease and its relationship with postprandial plasma glucose.
- Factors contributing to PPG in Type 2 Diabetes.
- PPH Management: Stepwise approach
- Post Prandial Hyperglycemia.

2. **Dr. T. S. Kannan** talked about relationship between DM and CAD. The informative session was highlighted upon: -

- Causes of mortality in Patients with Diabetes.



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- Magnitude of problem in India.
- Prevalence in Diabetes with CAD in India.
- Indian perspective of CVD.
- Emerging risk factors of CVD.
- Risk factors for CAN in Indians.
- Pathogenesis of CAD in DM.
- Diabetic Vasculopathy.
- Control of risk factors- Obesity , Physical activity, Food fads, Control of blood pressure, Statins.

3. Dr. Vamsie Mohan discussed about Diabetes and bone. The informative session was highlighted upon: -

- Diabetes and Risk of Fracture
- Risk Factors For Osteoporotic Fractures In Diabetes.
- Hyperglycemia, Insulin and IGF-1, Bone Turnover.
- Obesity and Adipocytes in the Bone marrow.
- DM and Renal Osteodystrophy.
- Type 2 DM and bone quality impairment
- Skeletal effects of pharmacological treatments for T2DM.
- Pleiotropic Functions of Osteocalcin
- Uncarboxylated OC levels & Type II DM.

4. Dr. K. P. Pitchumani discussed about Glycemic Diabetes Dyslipidemia: Are Indian Different? The scientific talk was deliberated on: -

- Insulin Resistance - Clinical Clues.
- Dyslipidemia in DM and IRS.
- Mechanisms of DM Dyslipidemia.
- Vascular Protection in DM.
- The A B C of Diabetes Management.
- Treatment of DM Dyslipidemia.
- MNT and Dyslipidemia.
- Priorities for Treatment : If all lipid values are normal, LDL cholesterol lowering – First priority, HDL cholesterol raising – Second priority, Triglyceride lowering – Third priority, Triglyceride Lowering (continued), Combined Dyslipidemia.
- Anti Diabetic Drugs and Lipids
- Anti HT Drugs and Lipids

5. Dr. P. Dharmarajan talked about Management of Glycaemia in Renal Impairment. The scientific session highlighted following: -

- Aetiopathogenesis.
- Hypoglycemia in DKD.
- Metabolic Control in DKD.
- OADS for Metabolic Control in DKD.



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- DPP4 i vs SGLT2 i. in Renal impairment.
- DM and Peritoneal Dialysis, Hemodialysis, Transplants.

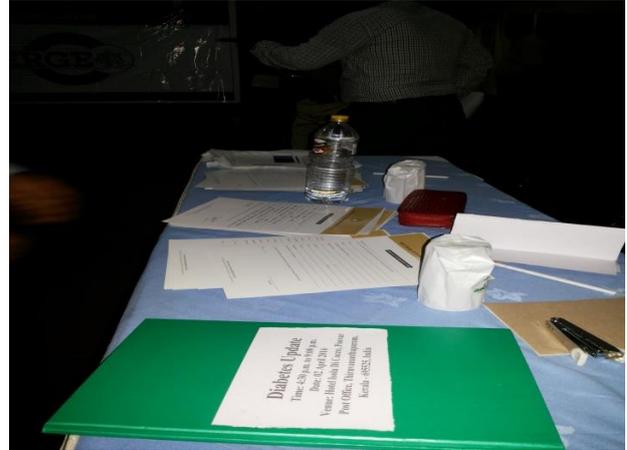
6. Dr. G. Vijaya Kumar discussed about Oxidative Stress. The session deliberated upon:-

- Coronary Heart Disease and Peak Glucose Levels.
- Excessive Glucose Fluctuations With Same A_{1c} Values.
- Oxidative stress is also present with Glycemic Variability.
- Functional Parameters that Measure the Vascular toxicity of the Post Prandial State.
- Pharmacological Agents to treat PPG.
- Alpha-glucosidase inhibitors.



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SNAPSHOTS



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