

# Diabeto Summit

**19 MAR 2016 – PANCHMARHI, MADHYA PRADESH**

"Diabeto Summit" was held at **Glen View, Raj Bhawan Road, Pachmarhi, Madhya Pradesh**. It was planned and organized by of Asian Society of Continuing Medical Education.

The sole objective of the CME was to update practicing doctors 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** : 19<sup>th</sup> Mar 2016.
- Venue** : Glen View, Raj Bhawan Road, Pachmarhi, Madhya Pradesh
- Total Participants** : 45

## EXPERTS



**Dr. Shachin Gupta,**  
MBBS, MD

**Consultant Diabetologist at  
Krishna Diabetes &  
Educational Research Centre,  
Bhopal.**



**Dr. Parimal Swamy**  
MBBS MD (Int Med)

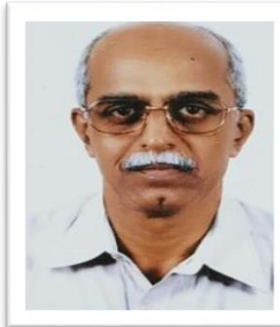
**Consultant Physician Apollo  
Centre for Diabetes, Asthma  
and Cardiac Rehab, Jabalpur**

# DIABETO SUMMIT



**Dr. Abhyuday Verma**  
MBBS MD DNB

**Consulting Endocrinologist at  
SEWA Centre, Index Medical  
College**



**Dr. Alok Rai**  
MBBS MD (Gen Med)

**Senior Consultant in Medicine,  
Raipur**



**Dr. Pradeep G Talwalkar**  
MBBS MD (Med)

**Consultant Diabetologist S L  
Raheja Hospital Mumbai**

## TOPICS :

1. Glycaemic Variability.
2. Integration of Technology in Diabetes Management.
3. Impact of Post Prandial hyperglycaemia in cardiovascular diseases.
4. Glycaemic Excursion & oxidative stress, Strategies for curtailing the damage.
5. Diabetes & Bone.
6. Panel Discussion: Theme: Guidelines–Which guideline is apt for Indians in managing PPG?.
7. Management of Glycemia in Renal Impairment.
8. Brain as a new Target for Diabetes Controll.

# DIABETO SUMMIT

1. **Dr. B. K. Sethia** talked on Glycemic Variability? The scientific session was deliberated on:

- Glycemic Variability (GV) means swings in blood glucose level.
- Some important views on Normal fuel metabolism
- Carbohydrate metabolism
- Postprandial glucose
- Natural history of type 2 diabetes
- Measures of Glycemic Variability

2. **Dr. Shachin Gupta** discussed about Integration of Technology in Diabetes Management.? The informative session was highlighted upon: -

- Monitoring - CGM
- Nanomedicine applications in Diabetes management
- Some Views on Glucose sensors
- Slide on Smart Insulin
- Tissue Engineering
- Gene therapies

3. **Dr. Parimal Swamy** discussed about Glycemic Excursion & oxidative stress, Strategies for curtailing the damage. The scientific session was based on: -

- Dysglycemia.
- Association between postprandial hyperglycemia with the risk of CVD and mortality.
- Relative risk for death increases with 2 hour blood glucose irrespective of the FPG level.
- Oxidative Stress and Diabetes.
- So how can we assess postprandial glucose control clinically??

In the second session Swamy discussed on **Brain as main target for diabetes control**. His discussion was based on

- What causes stress?
- Glucose and insulin concentrations during social stress and non-stress intervention in 10 men offered a rich buffet.
- Promoting (intention of) Wellness Rise of Mind-Body Medicine.
- Biofeedback Loop & Training.
- How to do Pranav Pranayama ® – Using Breath to Heal Heart.

4. **Dr. Abhyuday Verma** discussed about Diabetes and Bones. The scientific talk was deliberated on: -

- The association between diabetes mellitus and osteoporosis remains controversial.

# DIABETO SUMMIT

- Possible mechanisms through which diabetic conditions increase risk of osteoporotic fractures
- Show graph on Bone Metabolism In Diabetes Mellitus
- Highlighted Bone Density
- Highlighted Type 2 diabetes
- Discuss Fracture
- Highlighted Fracture healing

5. **Dr. Alok Rai** talked about Guidelines– Which guideline is apt for Indians in managing PPG?

The scientific based on following: -

- Highlighted on all topics.
- Cross question answer session with audience and speaker.

6. **Dr. P.G. Talwalkar** discussed about Management of Glycemia in Renal Impairment.

The session deliberated upon: -

- Highlighted Diabetic Nephropathy
- Show graph of Diabetes: The Most Common Cause of ESRD.
- Highlighted Theoretical Hemodynamic Role of Angiotensin II in Diabetic Glomerular Injury.
- Highlighted Stages of Diabetic Nephropathy
- Show graph on Clinical stages of Diabetic Nephropathy
- Highlighted DM and Renal Outcomes
- Highlighted HbA1c in DKD
- 

Post completion of all the scientific talks of the faculties. Dr. Shachin Gupta lead the open forum to answer the questions of the audience. After an interesting and interactive open forum closing remarks were conveyed by Asian society of Continuing Medical education with vote of thanks.

# DIABETO SUMMIT



SCIENTIFIC SESSION