

# Diabeto Summit

19 MAR 2016 – POOVAR, KERALA



# DIABETO SUMMIT

"Diabeto Summit was held at Isola Di Cocoa at Poovar, Thiruvanthapuram, Kerala. It was planned and 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** : 19<sup>th</sup> Mar 2016.  
**Venue** : Isola di Cocoa, Poovar, Thiruvanthapuram, Kerala  
**Total Participants** : 63

## CHAIRPERSON AND FACULTY



**Dr. M Shunmugavelu,**  
**MBBS, MD**  
  
**Consultant Diabetologist,**  
**Trichy**



**Dr. G Chandramohan**  
**MBBS MD**  
  
**Consultant Diabetologist,**  
**Madurai**



**Dr. P Arun Prasath**  
**MBBS MD DM (Cardiology)**  
  
**Consultant Cardiologist,**  
**Puduchery**

# ***DIABETO SUMMIT***



**Dr. Bhuvanesh Babu**  
**MBBS MD (Pedia)**  
**DM (Cardiology)**

**Consultant Cardiologist,  
Madurai**



**Dr. Stanley Ambrose**  
**MBBS MD (Med)**

**Consultant Grade 1  
Specialist, Puduchery**



**Dr. Arthur J Asirvatham**  
**MD (Med) D. Diab**

**Consultant Diabetologist,  
Madurai**

## **TOPICS :**

- 1. Are sulphonylureas losing ground to Newer Anti Diabetic Agents?**
- 2. Diabetes and Coronary: Are Indians Different?**
- 3. Diabetic Dyslipidemia: Are Indians Different?**
- 4. Glycemic Excursion & Oxidative Stress**
- 5. Sleep Apnea and CVD**
- 6. Diabetes - A Cardiac condition Manifesting as Hyperglycemia**

# DIABETO SUMMIT

1. **Dr. M Shunmugavelu** discussed about Are sulphonylureas losing ground to newer anti diabetic agents? The scientific session was deliberated on:

- Why are clinicians still using Sulphonylureas?
- Journey of sulphonylureas
- Second generation sulphonylureas
- Sulphonylureas and Risk of Mortality
- Gliclazide - Specific Properties
- Beta Cell Exhaustion and Long term efficacy
- Cardiovascular Events and Mortality

2. **Dr. P Arun Prasath** talked about Diabetes and Coronary Artery Disease: Are Indians Different? The informative session was highlighted upon: -

- Magnitude of Coronary Artery Disease in India
- Prevalence of Diabetes with CAD in India
- Severity of CAD
- Why Indians are more prone to type 2 diabetes and CAD
- Genetic activities in Indians
- Risk factors for CAD in Indians
- Pathogenesis of CAD in DM
- Diabetic vasculopathy

3. **Dr. G Chandramohan** discussed about Diabetic Dyslipidemia : Are Indians Different The scientific session was based on: -

- Cardiovascular risk factors in people with diabetes
- Cardiovascular disease Type 2 diabetes management
- Clinical outcome of diabetes Predictors of cardiovascular risk in DM
- How to interpret lipid profile?
- Dyslipidemia Diabetes
- Insulin Resistance Clinical Clues
- Dyslipidemia in DM and IRS
- Dyslipidemia based on TG and Apo B
- Mechanism of DM Dyslipidemia
- Effects of TG on cardiovascular risk
- Research on DM Dyslipidemia
- Vascular protection in DM
- The ABC of diabetes management
- Treatment of DM Dyslipidemia

4. **Dr. G Bhuvanesh BAbu** discussed about Glycemic Excursion & Oxidative Stress. The scientific talk was deliberated on: -

- Diabetes Mellitus
- Endothelial Progenitor Cells

# DIABETO SUMMIT

- Circulating biomarkers and TNF Alpha
- Free Fatty Acids and micro particles
- Metabolic memory
- What should one know about Oxidative Stress?
- Glycemic variability
- Correlation between plasma glucose levels after OGTT and standard mixed meal
- Limitations of an A1c
- Voglibose and Glycemic variability
- How AGIs help diabetes patients?
- Lifestyle interventions to reduce PPG
- AGIs: Benefits, Limitations and Clinical Efficacy

**5. Dr. Stanley Ambrose** talked about Sleep Apnea and Cardio Vascular Disease. The scientific session highlighted following: -

- Sleep and Stages
- Sleep – Cardiovascular Quiescence
- Obstructive Sleep Apnea
- Pathogenesis of OSA
- Definition and diagnosis of OSA
- Physical exam findings of OSA
- Screening tools being used
- Mechanism of OSA
- OSA, Hypertension & Heart Failure
- Atherosclerosis and endothelial effects
- CIMT- OSA and its treatment
- CPAP and inflammation
- Myocardial Ischemia and infarction
- Arrhythmias, Bradyarrhythmias, Pulmonary Hypertension and OSA
- Treatment of OSA,
- CPAP and its benefits

**6. Dr. Arthur J Asirvatham** discussed about **Diabetes - A Cardiac condition Manifesting as Hyperglycemia**. The session deliberated upon increased numbers of cardiac events and mortality in type 2 diabetes are associated with low HDL and high LDL cholesterol, high hemoglobin A1c, and high systolic blood pressure. Acute hyperglycemia, postprandial hyperglycemia, and possibly use of traditional sulfonylureas also increase incidence of cardiac events and mortality. The presence of microalbuminuria signifies endothelial dysfunction and an increased risk of cardiac events. Hypertension should be treated to goals that are lower in the diabetic patient with multiple therapies, which include suppressors of the renin-angiotensin and sympathetic nervous systems. Decreased improvement in outcomes for the diabetic patient with cardiovascular disease may be accounted for by the failure to treat insulin resistance and ventricular dysfunction. The high incidence of heart failure in the diabetic patient is due to the toxic triad of diabetic cardiomyopathy, left ventricular hypertrophy, and extensive coronary artery disease.

# ***DIABETO SUMMIT***

High risk of cardiovascular events, heart failure, and mortality in type 2 diabetes can be lowered with risk factor reduction and therapies that prevent or improve ventricular function.

Post completion of all the scientific talks of the faculties. Dr. M Shunmugavelu invited all speakers to the dais for an 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

## SNAPSHOTS



## FACULTIES AT THE DESK



## SCIENTIFIC SESSION