

Diabeto Summit

21st May 2016 – DARJEELING, WEST BENGAL.

"Diabeto Summit was held at Windamere, Observatory Hill, Darjeeling, West Bengal-734101, India. 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	:	21 st May 2016.
Venue	:	Hotel Windamere, Observatory Hill, Darjeeling, West Bengal – 734101, India
Total Participants	:	33

TOPICS:

1. Management of glycaemia in Renal Impairment? - Fuel Metabolism in Chronic renal failure.
2. Glycaemic Excursion & oxidative stress: Strategies for curtailing the damage?
3. Sleep Apnea and CVD?
4. Post Prandial Hyperglycaemia & Indian Diabetic patients?
5. Indian Diet and AGI where does the evidence stand?



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EXPERTS



Dr. Munna Sherpa
MBBS, MD (Medicine)

**Consultant Diabetologist & Internist at
Mani Rimdu Medical Centre,
Darjeeling.**



Dr. Monojit Mukhopadhyay
MBBS, MD, MRCP, FRCP

**Heads of the unit of Diabetes &
Endocrinology, B. P. Poddar Hospital &
Research Centre, Kolkata**



Dr. Ritesh Kumar Agrawala
MBBS, MD (Medicine), DM (Endocrinologist)

**Consultant Endocrinologist, Endo-
Diabetes and Thyroid clinic,
Sambalpur, Orissa**

1. Dr. Munna Sherpa discussed about Management of glycaemia in Renal Impairment? Fuel Metabolism in chronic renal failure. The session deliberated upon:

- Theoretical Hemodynamic Role of Angiotensin II in Diabetic Glomerular Injury.
- Pathology of Diabetes- Hyperglycemia, Hyperfiltration Phase, Diabetic Nephropathy, Nephropathy Risk Factors.
- Which features are typical of diabetic CKD at presentation?
- Diabetes and ESKD.
- DM and Renal Outcomes.



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- DM Treatment in CKD.
- Strict BSL Control in DM CKD
- DM and Hemodialysis.
- DM and Transplants

2. Dr. Manojit Mukhopadhyay discussed about **Glycaemic Excursion & oxidative stress: Strategies for curtailing the damage?** The scientific session was based on: -

- Relationship between FPG and first-phase insulin release.
- Relationship between diabetes status and first-phase insulin release.
- Routes of postprandial glucose disposal.
- Changes in postprandial glucose metabolism in T2DM.
- Relative risk for death increases with 2 hour blood glucose irrespective of the FPG level.
- Postprandial glycaemia plays a clinically important role in complications of diabetes
- Postprandial glycaemia is a major contributor to overall glycaemic control especially in moderately-well to well-controlled patients
- Glycaemic control in T2DM patients before and after the study treatment.

3. Dr. Ritesh K Agrawala discussed About **Sleep apnea and CVD?** The scientific session was based on: -

- The prevalence of OSA is likely to increase partly because of the epidemic of Diabetes.
- Interactions between sleep apnea and established cardiovascular disease as well as cardiovascular outcomes are more widely recognized.
- OSA has multiple pathophysiological effects of cardiovascular significance, demonstrated by numerous experimental and clinical studies.
- Patients who were tested and treated had a significantly better 2-year survival than those who were not tested and not treated.
- These data suggest that CPAP could be effective at improving cardiovascular outcomes in OSA patients.
- CPAP is highly effective for treating OSA; however, the clinical effectiveness of CPAP is often limited by poor patient and partner acceptance and suboptimal compliance.
- Alternative treatment options, like oral devices and other new devices, are important additions to a physician's therapy arsenal
- However, as CPAP is the more efficacious treatment for OSA, it is recommended that CPAP is prescribed before oral appliance therapy for the treatment of patients with severe OSA
- Better awareness is needed among physicians about the,
- High prevalence of undiagnosed and diagnosed but untreated OSA.



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- Its likely role in CVD incidence and outcomes.
- Benefits of OSA treatment in reducing the CV outcome.

4. **Dr. Ritesh Kumar Agrawala** in his second session discussed about **Post Prandial Hyperglycaemia & Indian Diabetic patients?** The scientific session was deliberated on:

- Increasing Prevalence of Diabetes and IGT in Urban India.
- Glycaemic Index (GI), Glycaemic Load (GL).
- The Funagata Diabetes Study: IGT is a cardiovascular risk factor.
- Postprandial Hyperglycaemia.
- Bi-Phasic Insulin Secretion
- Glucose profiles in T2DM: Effects of correcting basal versus PPG.
- CVD and its relationship with PPG.
- Factors contributing to PPG in T2DM
- Postprandial glucose control.

5. **Dr. Manojit Mukhopadhyay** in his second session talked about **Indian Diet and AGI where does the evidence stand?** The scientific session highlighted following: -

- Selection of Carbohydrates.
- Classification of dietary carbohydrates.
- Plasma Glucose Response to Different Carbohydrate Sources.
- Glycemic Index.
- Indian Meal Options –Breakfast, Lunch, Dinner.
- Recommendation for Protein Intake
- Role of Fats, Sources of Fats.
- Meal Patterns-Breakfast, Lunch, Dinner.
- The “Plate Method”

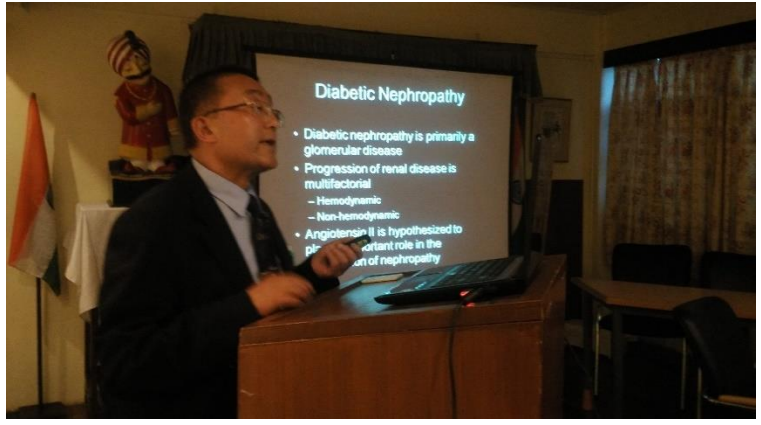
6. **Feedback from Delegates**

- Should be less lengthy
- Very interactive session
- Continue this type of CME



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PHOTOS



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