

# Diabeto Summit

21<sup>st</sup> May 2016 – MAHABALESHWAR, MAHARASHTRA.

Diabeto Summit was held at Le Meridien, Mahabaleshwar, Maharashtra. 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.

<b>Date</b>	:	21 <sup>st</sup> May 2016
<b>Venue</b>	:	Le Meridien, Mahabaleshwar, Maharashtra
<b>Total Participants</b>	:	37
<b>Moderator</b>	:	<b>Dr. Suhas Erande</b> MBBS, M.D. (Medicine), Fellow ICMR, Dip(Diabetology)

## TOPICS:

1. Post Prandial Hyperglycaemia & Indian Diabetic patients?
2. Glycaemic Excursion & oxidative stress: Strategies for curtailing the damage?
3. Management of glycaemia in Renal Impairment? Fuel Metabolism in Chronic renal failure.



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4. Hyperglycaemia in Impact of post prandial hyperglycaemia in cardiovascular diseases?
5. Indian Diet and AGI where does the evidence stand?
6. Panel Discussion: Theme: Guideline - Which guideline is apt for Indians in managing PPG?

## MODERATOR AND SPEAKERS



**Dr. Suhas Erande**  
MBBS, M.D. (Medicine)

Consultant at Diabetes Centre and  
Insulin pump clinic & Akshay Hospital,  
Karve Road , Pune.



**Dr. Bhaskar Harshe**  
MBBS, M.D. (Medicine)

Consulting Diabetologist , Poona Hospital  
& Research Centre, Diabetic Association  
of India, Pune Branch.



**Dr. Mohan Magdum**  
MBBS, M.D. (Medicine), DM (Endocrinology)

Consultant Endocrinologist, Jehangir  
Hospital, Pune.

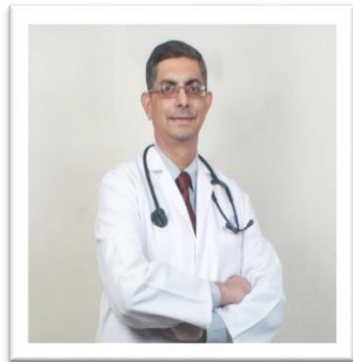


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**Dr. Chaitanya Buva**  
MBBS, MD (Medicine), DNB (Endocrinology)

**Consultant Endocrinologist and  
Diabetologist at 'Hormocare'  
Superspeciality Diabetes, Nashik.**



**Dr. Sanjay Agarwal**  
MBBS, MD (Medicine)

**Senior Consultant in Diabetes and Medicine  
at Jehangir Hospital and Apollo Group Of  
Hospitals, Pune.**

**1. Dr. B. B. Harshe** discussed about **Post Prandial Hyperglycaemia & Indian Diabetic patients?** The scientific session was deliberated on:

- Increasing Prevalence of Diabetes and IGT in Urban India.
- Glycemic Index (GI), Glycemic Load (GL).
- The Funagata Diabetes Study: IGT is a cardiovascular risk factor.
- Postprandial Hyperglycemia.
- 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.

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

- Glycaemic excursions predict oxidative stress
- Duration of daily metabolic conditions
- Correlation between plasma glucose levels after OGTT and standard mixed meal
- Relationship between FPG and first-phase insulin release
- Post-load hyperglycaemia and the metabolic syndrome
- Postprandial glucose metabolism mechanism



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- The glycaemic index
- 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
- 1,5-AG appears to be a more robust indicator of glycaemic excursions than either HbA1c or Fructosamine
- It is currently FDA-approved and clinically available; might a home kit be of clinical utility !!??
- 1,5-AG responds more rapidly and sensitively than either HbA1c or Fructosamine
- 1,5-AG may be a useful clinical adjunct and indicator for monitoring moderately well-controlled patients with diabetes
- More clinical trials are necessary and underway to explore how effective this tool can be and to define other areas in which it may be limited or most helpful

### 3. Dr. Sanjay Agarwal discussed about **Management of glycaemia in Renal Impairment?**

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

### 4. Dr. Mohan Magdum talked about **Impact of post prandial hyperglycaemia in cardiovascular diseases?** The informative session was highlighted upon: -

- 2-3 fold cv risk in T2DM
- Risk of CHD in patients with NIDDM
- Blood glucose and cardiovascular events: Meta-regression.
- Post load blood glucose and degree of coronary disease in non-diabetes patients.
- Incidence of Myocardial Infarction and Mortality in Patients with Type 2 Diabetes by Blood Glucose Levels.
- Baseline fasting glucose (quartiles)
- Postprandial blood glucose and cardiovascular risk in diabetes.
- Qualifications for a Risk factor.
- NHANES III DATA.
- HEART 2 D Trial.
- Modifiable cardiovascular disease risk factors in diabetes.



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## 5. Dr. Chaitanya Buva 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. Panel Discussion between all faculties and the delegates on the the below topics, Theme: Guideline which guideline is apt for Indians in managing PPG?

All faculties explained all the doubts and questions they have Given Guidelines as per their sessions regarding Management of PPG thoroughly.

## 7. Suggestions or Interests in next CME:

- Insulin Analogues/Newer Insulin
- Mechanical Ventilation.
- Cardiology, Nephrology, Thyroid, Sepsis, HIV/AIDS, Tuberculosis.
- Less Statistical data and more therapeutic and clinical information
- Diabetic complications and treatment options.
- Diabetes, Hypertension, Medicolegal, Nutritional.
- Fasting, Hyperglycaemia.
- Advances in Neuropsychiatric diseases.
- Thyroid Disorder.

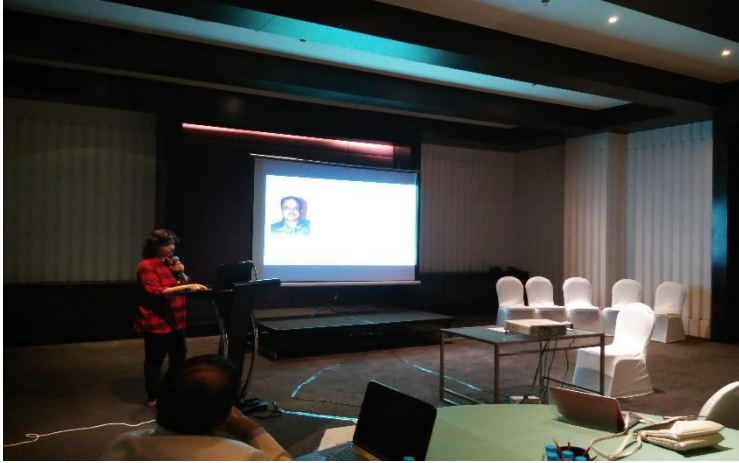
## 8. Feedback of delegates:-

- Good CME
- Good Conference.
- Informative Lectures and Best arrangements.
- Punctuality of Session adds to joy of learning.
- Poor time management.
- Continue This Interactive, Positive approach.
- Very good CME.
- More CME s on this types.
- Congratulations for excellent hospitality.



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## PHOTOS



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