

# Diabeto Summit

30<sup>th</sup> April 2016 – AMRITSAR, PUNJAB.

Diabeto Summit was held at Hyatt Amritsar, Adjoining Alpha One City Centre, Amritsar. 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** : 30<sup>th</sup> April 2016.

**Venue** : Hyatt Amritsar, Adjoining Alpha One City Centre, Amritsar

**Total Participants** : 49

## TOPICS:

1. **Post Prandial Hyperglycaemia & Indian Diabetic patients?**
2. **Impact of post prandial hyperglycaemia in cardiovascular diseases?**
3. **Glycaemic Excursion & oxidative stress: Strategies for curtailing the damage?**
4. **Debate: Which one to target FBG Vs PPG?**
5. **Indian Diet and AGI where does the evidence stand?**
6. **Management of glycaemia in Renal Impairment?**
7. **Panel Discussion: Theme: Guideline - Which guideline is apt for Indians in managing PPG?**



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## EXPERTS



**Dr. A. P. Singh**  
MBBS, MD (Medicine)

**Senior Cardio Diabetologist & Proprietor of A P Hospital, Amritsar.**



**Dr. Rajiv Gupta**  
MBBS, MD (Medicine)

**Sr. Consultant Physician at Max Superspecialities Hospital, New Delhi.**



**Dr. Rajesh Kumar Marya**  
M.B.B.S. M.D. (Medicine), F.I.A.M.S.

**Consultant Internal Medicine Diabetologist & Cardiologist, Marya Clinic, New Delhi.**



**Dr. Rajeev Bansal**  
MBBS, MD (Medicine)

**Consultant Specialist Physician & Cardiometabolic, Max Superspeciality Hospital, Patparganj, Delhi**



**Dr. Deepak Khandelwal**  
MD Medicine (AIIMS)  
DM Endocrinology (AIIMS)

**Consultant Endocrinologist, Maharaja Agrasen Hospital, Delhi**



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**Dr. Tarun Aggarwal**  
MBBS, MD (Medicine)

**Consultant Physician, Sacred Heart Hospital, Jalandhar**

**Dr. Ashok Sharma**  
MBBS, MD (Medicine)

**Visting Consultant, Indraprastha Apollo Hospital, Sarita Vihar, New Delhi.**

**1. Dr. Rajiv Gupta** 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.

**2. Dr. A. P. Singh** 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.



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- NHANES III DATA.
- HEART 2 D Trial.
- Modifiable cardiovascular disease risk factors in diabetes.

**3. Dr. R. K. Marya** 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.

**4. Dr. Rajeev Bansal** discussed about **Debate: Which one to target FBG Vs PPG?** The scientific talk was deliberated on: -

- Effect of Glyburide or NPH insulin on Glycaemia in T2DM.
- Addressing Fasting versus Postprandial First Approach.
- Fix Fasting First Algorithm.
- Contribution of postprandial plasma glucose to HbA1c.

**5. Dr. Ashok Sharma** 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. Dr. Deepak Khandelwal** discussed about **Management of glycaemia in Renal Impairment?** The session deliberated upon:

- Chronic Kidney Disease and Diabetes – Epidemiology. Factor affecting glycaemic management in CKD
- Typical progression of diabetic kidney disease.
- Physiology of glycaemic management in CKD.



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- Strict glycaemic control in diabetic patients with CKD or ESRD: beneficial or deadly?
- DPP IV inhibitors.
- SGLT 2 inhibitors.

**7. Dr. Tarun Aggarwal during the Panel Discussion on guideline is apt for Indians in managing PPG? Emphasized on following: -**

- Rationale: Postprandial Hyperglycemia.
- Recommended therapy for type 1 diabetes
- Drugs that can reduce post prandial Glycemic excursions.
- Initiation of Insulin therapy with Basal versus Premix Insulin.





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