

3rd April 2016, Royal Plaza, New Delhi, India

Dia-League

"Dia League" was held at The Royal Plaza, 19, Ashoka Road, New Delhi - 110 001, India. It was organized by of Asian Society of Continuing Medical Education.

The sole objective of the CME was to update the 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 : 3rd April 2016

Venue : The Royal Plaza, 19, Ashoka Road, New Delhi-11001, India

Total Participants: 44

TOPICS :





1. **DPP-4 Inhibitors: Have we optimized their role in the treatment of patients with Type 2 Diabetes.**
2. **Placement of Sulphonylurea in the present scenario?**
3. **The role of combination therapies in early, Intensive management of newly diagnosed Type 2 Diabetes with marked glycaemia.**
4. **A futuristic vision in Diabetes management. Case study of recurrent Hypoglycaemia.**
5. **The act of Balancing between the newer treatment options in T2DM**
 - (i) **Yes to DPPIV Inhibitors**
 - (ii) **Yes to SGLT2 Inhibitors**
6. **Cross Talk : Managing Diabetic patient with CV co morbidity conditions**
 - (i) **Cardiologist perspective**
 - (ii) **Diabetologist perspective**
 - (iii) **AGP Workshop**



Asian Society of Continuing Medical Education

MODERATOR, CHAIRPERSONS AND FACULTIES

	Dr. (Col) Surender Kumar MBBS, MD, DM(Endocrinology)		Dr. A. K. Ajmani MBBS, MD, D.M. (Endocrinology)
	Dr. Ajay Agarwal MBBS , MD, DM (Endocrinology)		Dr. Neeru Gera MBBS, MD (Medicine) D.M (Endocrinology and Metabolism)
	Dr. Meena Chhabra MBBS, MD (Medicine)		Dr. Devmalya Chakravartty MBBS, MD (Medicine)
	DR.SHALINI JAGGI PG Diploma Diabetes(Cardiff, UK)		Dr. Bharat Arora M.B.B.S., M.D. (Medicine), F.I.A.M.S.

	Dr. G. S. Kohli M.B.B.S., DTCD, M.D. (Medicine)		Dr. Anil Motta MBBS, MD
	Dr. Deepak Khandelwal MBBS , MD Medicine (AIIMS), DM Endocrinology (AIIMS)		Dr. Saptarshi Bhattacharya MBBS , MD, DM (Endocrinology)

1. **Dr. Meena Chhabra** discussed about, **DPP-4 Inhibitors: Have we optimized their role in the treatment of patients with Type 2 Diabetes. The scientific talk was based on:**

- What are incretins?
- Dipeptidyl Peptidase-IV Antagonists.
- Glimipiride vs Vildagliptin – Asian study.
- Cardiovascular Safety.
- Weight And Dpp4 Inhibitors.
- Cardiovascular Effects
- Merits Over SGLT2 Inhibitors.
- US FDA Warning For SGLT2 Inhibitors.

2. **Dr. G.S.Kohli** talked about **Placement of Sulphonylurea in the present scenario?**
The informative session was highlighted upon: -

- IDF Global Guideline for Type 2 Diabetes
- ADA and EASD algorithm for the management of type 2 diabetes.
- Glimepiride Controls Glycemia with Less Insulin Secretion.
- Glimepiride Beneficial Effect on Adiponectin Levels.
- Efficacy: Glimepiride + Metformin Combination vs Pioglitazone +Metformin
- Safety: Hypoglycemia vs Glibenclamide.
- Glimepiride Beneficial Effect on Cardiovascular Risk Factors.
- Mortality Risk with Sulfonylurea Monotherapy.

3. Dr. Shalini Jaggi discussed about **A futuristic vision in Diabetes management.**

Case study of recurrent hypoglycaemia. The scientific session was based on: -

- Rapid absorption of Technosphere insulin
- Continuous Glucose Monitoring System (CGMS)
- REAL-Time Continuous Glucose Monitoring System
- Pediatric Diabetes Consensus Conference: Use of CGM
- AACE Recommendations for Personal CGM
- AACE Recommendations: CGM in Pregnancy
- The Artificial Pancreas: Closing the Loop
- Effectiveness and Safety of an Artificial Pancreas
- Low Glucose Suspend Feature Reduces Hypoglycemic Exposure
- Glucometer, Glucometer Work, Advances in Blood Glucose Monitoring
- AtLast Blood Glucose Meter, GlucoWatch Biographer
- User Interface – Critical Component, HypoMon, Silicon Micro Needle, Cell Robotics' Lasette.
- Glucose Control Benefits
- Future Intelligent Devices, Pump Plus Continuous Monitor.
- Role of Incretin in Glucose Homeostasis.
- DPP-4 Inhibitor: Monotherapy
- DPP-4 Inhibitor: Combination Therapy
- Clinical Properties of DPP-4 Inhibitors.
- Safety of SGLT2 inhibition.
- Clinical Interventions in Type 1 Diabetes

4. Dr. Ajay Agarwal discussed about, **The role of combination therapies in early, Intensive management of newly diagnosed Type 2 Diabetes with marked glycaemia'**The scientific talk was deliberated on: -

- Initial Management of severe Hyperglycemia in patients with Type 2 Diabetes.
- Need for an early and combination approach to type 2 diabetes management.
- Potential advantages of early combination therapy.
- Combination therapy for type 2 diabetes
- Elevated PPG levels, even in the absence of fasting hyperglycaemia, increase the risk of CVD and is an independent risk factor

5. The act of Balancing between the newer treatment options in T2DM

(i) Dr. Deepak Khandelwal, talked about **YES to DPP4 Inhibitors.** The scientific session highlighted following: -

- The Incretin Effect in Subjects Without and With Type 2 Diabetes
- DPP4 inhibitors drugs.
- Comparative Effectiveness of Treatment Options: Intermediate Outcomes.

- The Glucose dependent action of DPP4i Vs SUs.
- DPP4-i addresses the unmet need in the management of diabetes.
- Cardiovascular and heart failure safety profile of vildagliptin.
- Effect of dipeptidyl peptidase-4 inhibitor, vildagliptin on plasminogen activator inhibitor-1 in patients with diabetes mellitus.

(ii) **Dr.Saptarshi Bhattacharya** talked about **YES to SGLT2 Inhibitors**. The scientific session highlighted following:

- Unmet Needs With Conventional Antihyperglycemic Therapies
- The Kidneys Play an Important Role in Glucose Control.
- Rationale for SGLT2 Inhibitors.
- Effects of SGLT2 Inhibitors
- SGLT2 Inhibitors in Phase 3 Development.
- Empagliflozin: Change in Plasma Glucose in the Fasting State.
- Changes from Baseline in Fasting Plasma Glucose in Phase 3 Dapagliflozin Studies.
- Glycosuria : Weight loss and BP reduction
- Reduction In Leptin/Adiponectin Ratio.

6. **Managing Diabetic patient with CV comorbidity conditions:**

(i) **Dr. Shubhash Chandra** Talked about **Cardiologist perspective** emphasizing on following: -

- Mechanisms by which Diabetes Mellitus leads to CHD
- Metabolic Syndrome: CHD Prevalence, Risk of Death, Risk of Developing DM, Risk of CVD Events, Risk of Myocardial Infarction.
- Recommendation:-
- Hypertension/Blood Pressure control
- Dislipidemia/Lipid Management
- Glycemic, Blood pressure, Lipid control in adults.
- Antiplatelet Agents.
- Smoking Cessation, Coronary Heart Disease treatment.

(ii) **Dr. Sameer Agarwal** Talked about **Diabetologist perspective** deliberating on following: -

- Chronic hyperglycemia vs. Frequent acute glycemic variability
- Oxidative stress secondary to hyperglycemia leads to vascular complications.
- Drugs used in the management –Biguanides, Sulfonylureas, Glitazones , Alpha Glucosidase inhibitors.
- Combined Antihyperglycemic treatment.

(iii) Dr. Sanjay Gupta talked about AGP Workshop highlighting following: -

- Rationale for Ambulatory Glucose Profile (AGP)
- The AGP 14-day Profile
- The key benefits of the 14-day AGP graph.
- Consensus Recommendations for use of AGP in clinical practice
- Flash Glucose Monitoring
- The FreeStyleLibre Pro system
- FreeStyleLibre Pro sensor features
- Measuring glucose levels in interstitial fluid (ISF)
- FreeStyleLibre Pro software features
- Conventional CGM Traces
- Interpreting the AGP Graph

SNAPSHOTS

