

IR Summit

13 MAR 2016 – THEKKADY, KERALA



IR SUMMIT

IR Summit was held at Thekkady, Kerala, India under the banner of Asian Society of Continuing Medical Education.

The sole objective of the CME was to update the knowledge of practicing doctors on diabetes Management.

The Introductory speech was given by Dr. Prashant Mulik of Asian Society of CME . He emphasized the main role played by Asian Society of Continuing Medical Education and how important it is to spread the knowledge to practicing Doctors at large.

Date : 13th Mar 2016.
Venue : Poetree Sarovar Prtico, Thekkady, Kerala
Total Participants : 35

CHAIRPERSON AND FACULTY



Dr. Joseph Babu Chiramel,
MBBS, MD, PGDMLE

**Chief Physician & Diabetologist at
N.S Memorial Institute of Medical
Sciences, Kollam, Kerala**



Dr. Seenaj Chandran
MBBS MD FRCP

**Sr. Consultant Physician and
Diabetologist at KIMS Hospital,
Kochi .**



Dr. V. Balachandran
MBBS MD MNAMS Kerala

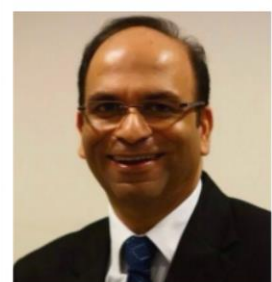
**Chief Physician, Dr. Nairs
Hospital, Kollam.**

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Dr. P.K. Jabbar
MBBS MD DM DNB

**Professor and Head, Dept. of
Endocrinology, Government
Medical College, Trivandrum**



Dr. Tom Babu
MBBS MD DNB (Endo)

**Medical Director and Chief
Endocrinologist, Silverline
Hospital, Cochin**



Dr. Bobby K Mathew
MBBS MD DM (Endo)

**Consultant Endocrinologist,
Welcare Hospital, Vytilla,
Ernakulam.**

TOPICS :

- 1. Insulin Resistance-The Changing Landscape of Diabetes: It's In our Genes**
- 2. T2DM and CV Outcome Trials: A Deep Dive!**
- 3. Intensifying Therapy in Type 2 Diabetes in patient with truncal obesity:
Indian Perspective**
- 4. Diabetes & Infections/Insulin Resistance and Erectile Dysfunction**
- 5. Significance of Glitazones : An Indian Perspective**
- 6. Debate - Targeting the Insulin resistance helps in the treatment of**

1. Dr. V Balchandran talked about **Insulin Resistance-The Changing Landscape of Diabetes: It's in our Genes?** His talk emphasized on:

- Diabetes in India – Rising trend in last two decades
- Prevalence of T2DM in different parts of India
- IGT in offspring of conjugal diabetes patients amongst different populations
- T2DM and obesity - Complex interaction of genetics, epigenetic and environment
- Glucose transport stimulated by insulin – Molecular mechanism
- Comparison of characteristics of newly diagnosed T2DM patients in India with those in Western Nations
- Factors contributing to the rise of diabetes prevalence among Indians
- Birth weight and risk of T2DM – Genetic and epigenetic interactions
- Epigenetics in Indian scenario contribute to T2DM
- Biological function of T2DM candidate genes
- Candidate genes in T2DM and its implications
- How diabetes in Indian scenario is different from western countries?
- Common genotype associated with diabetes in Indian population

2. Dr. PK Jabbar discussed about **T2DM and CV Outcome Trials: A Deep Dive!**
The informative session was highlighted upon: -

- Cardiovascular disease remains the major cause of death in type 2 diabetes mellitus
- UKPDS Long term benefits
- Persistent questions in diabetes related to CV events
- Hyperglacemia is a Modifiable Cardiac Risk Factor
- Major adverse CV events and individual CV events with glucose lowering drugs or strategies vs standard care
- Antihyperglycemic therapies and HF
- Change in left ventricular volumes
- Study design : Savor and Examine
- Assessing the CV Efficacy and safety of Saxagliptin
- Definition of high risk for CVD established and stable CVD
- Caveats
- Change from Basline in HbA1C

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

- 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.Bobby Mathews discussed about **Diabetes & Infections/Insulin Resistance and Erectile Dysfunction**. The scientific talk was deliberated on: -

- Incidence and Prevalence of Erectile Dysfunction
- Erectile Physiology and Mechanism of Erection
- Causes of Erectile dysfunction and causes of ED in Diabetes
- Endothelial Progenitor Cells
- Role of nitric oxide
- Hormonal Influence
- Evaluation of Men with Erectile Dysfunction
- Evaluation of Men with Erectile Dysfunction: Risk Factors
- Evaluation of Men with ED : Physical examination and Laboratory Evaluation
- Hormonal Studies
- Treatment Options : Goal Directed Therapy
- Medication : Yohimbine, Yocon, Exer, Yohimex, Trazodone (Desyrel), Apomorphine (Spontane)
- Penile Injection Therapy Alprostadil, Tri/Bi-Mix
- Androgen Replacement Therapy
- Vacuum Constriction Device

In the second session, Dr Bobby Mathews also discussed about **Significance of Glitazones : An Indian Perspective**. The discussion was based on: -

- Natural history of T2DM
- Pioglitazone – Tackling maximum defects in T2DM
- Protection effects of Pioglitazone relating to various organs
- Efficacy and safety of Pioglitazone in T2DM in the Indian patients
- TrIEd Study / TrIEd Study- II - Tribet versus Insulin + Metformin SR Efficacy Demonstration and Results
- Pioglitazone – Practical considerations in India
- Advantages of the Incretin Based Therapy and Pioglitazone combination
- Concerns regarding Pioglitazone – Realistic perspectives
- Diabetic macular oedema with Pioglitazone
- Heart failure with Pioglitazone – Mortality rates similar to placebo

5. Dr. Tom Babu debated **Does Targeting the insulin resistance helps in the treatment of diabetes mellitus**. The scientific session highlighted following: -

- Characteristics of obesity in India
- Acanthosis Nigricans - Indian studies
- Insulin resistance, diabetes and associated dyslipidemia are major modifiable risk factors attributing to acute MI
- How do insulin resistance and β -cell dysfunction combine to cause type 2 diabetes?

- Insulin Resistance – Effect
- Insulin resistance is as strong a risk factor for cardiovascular disease as smoking
- Barriers to achieving good glycemic control
- The dual action of thiazolidinediones reduces HbA_{1c}
- Development of insulin resistance in obesity-induced inflammation and stress
- Shared CV risk between insulin resistance and visceral obesity
- How can diabetes care and outcomes be improved?
- Causes & Aggravating Factors of Insulin Resistance
- Treatment and what would be the best drug

6. Dr. P K Jabbar counter debated on **Does Targeting the insulin resistance helps in the treatment of diabetes mellitus**. The scientific session deliberated upon: -

- Target on basic pathology - Rather than Insulin Resistance
- Relative risk health problems associated with obesity in developed countries
- High Prevalence of Metabolic Syndrome
- Obesity and Diabetes
- Obesity and mortality
- Adverse Effects Associated With Pioglitazone
- Better drugs available – DPP 4 Inhibitors, GLP-1 as Incretin
- Nausea during Rx with DPP-4i or GLP-1 analogs
- Effect of a multifactorial intervention on Mortality in Type 2 diabetes
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SNAPSHOTS

