

"THE CROSS SYMPOSIUM" was held at Canacona, Goa. It was organized by of Asian Society of Continuing Medical Education.

The objective of the CME was to provide an unique cross speciality scientific platform for consulting physicians focussing on Diabetes Disease/Diabetes Therapy, Hypertension, Dyslipidemia, Chronic Kidney Disease, Acute Myocardial Infarction and its associated spectrum of complications.

The session was open with an introductory session by Asian Society of continuing Medical Education and followed by the scientific agenda.

Date	:	8 th -10 th April 2016.
Venue	:	The Lalit, Raj Baga, Cancona, Goa - 403702.
Total Participants	:	199

Scientific Program: -

1) SYMPOSIUM 1- DIABETES DISEASE

- (a) Beta Cell.
- (b) What is important, HbA1c or glycemic Variability or both?
- (c) Why we fail to implement aggressive therapy in initial 6 years?
- (d) HbA1c, ABCD approach to glycaemia management in T2DM.
- (e) What was in 2015 diabetes research for physician's practice?

2) SYMPOSIUM 2- HYPERTENSION

- (a) How long should we go in treating BP(New thoughts, Sprints, & others)
- (b) Diabetes and Hypertension-A deadly duo(Management issues)
- (c) Hypertension is a Renal disease.

3) SYMPOSIUM 3- DYSLIPIDEMIA

- (a) Statins: Treat to Goals or Targets.
- (b) How to treat high triglyceride, Low HDL Syndromes in 2016?
- (c) Newer agents for Dyslipidemias (PCSK9 inhibitors, glitazzars and others).

4) SYMPOSIUM 4- CHRONIC KIDNEY DISEASE

- (a) Impact of CKD: Early diagnosis, Why, When, and How?
- (b) Diabetic Kidney disease : A syndrome rather than a single disease
- (c) Cardiorenal Syndrome : Overview
 - (i) Cardiorenal Syndrome :Cardiologist's Perspective
 - (ii) Cardio renal Syndrome :Nephrologist's Perspective



5) SYMPOSIUM 5 - ACUTE MYOCARDIAL INFARCTION

- (a) Pragmatic management of Acute MI in a resource limited population
- (b) Remaining Issues in Primary PCI for Acute STEMI.
- (c) Choice of Antiplatelet in managing STEMI and Non-STEMI

6) SYMPOSIUM 6 - DIABETES THERAPY / PRACTICE PEARLS

- (a) Gliptin : A sensible choice for Indians
- (b) How to initiate glucose lowering therapy in newly diagnosed patient at three different levels of glycaemia & BMI?
- (c) Which Combination of 3 oral drugs and Why?
- (d) GLP-1 agonist : A great strategic molecule to treat Type 2 Diabetes

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Dr. Rishi Sethi
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**Professor, Dept. of Cardiology,
K.G's Medical University,
Lucknow, India**

SYMPOSIUM 1 - DIABETES DISEASE

- 1. Dr. Sanjiv Shah** discussed about Beta Cells. His session was deliberated upon: -
 - Beta Cell dysfunction in type 2 diabetes
 - Beta cell stimulation Sulphonylurea or alternative pathway.
 - Stressors on the β -cell in the pathogenesis of T2D.
 - Factors for progressive loss of B- cell function & mass.
- 2. Dr. Kaushik Pandit** talked about what is important, HbA1c or Glycemic Variability or both?. emphasising on following :-
 - Inherent limitations of the HbA1c test.
 - Concept of Glycemic Gap.
 - Concept of variability.
 - Variability in metabolic disorders.
 - Components of dysglycemia in T2DM.
 - Mechanisms of Glycemic Variability induced Oxidative Stress.
 - Glycemic Pentad
 - Tools for Assessing Glycemic Variability.
 - Evaluation of Glycemic Variability in Well-Controlled T2DM.
- 3. Dr. Surender kumar** discussed about why we fail to implement aggressive therapy in initial 6 years? His talk was based on:-
 - Barriers to effective glucose management Clinician factor.
 - Treatment barriers that patients with T2DM face.
 - Ten steps to get more type 2 diabetes patients to goal.
- 4. Dr. Sanjiv Shah** discussed about HbA1c, ABCD approach to glycaemia management in T2DM.
- 5. Dr. Rajesh Rajput** discussed about what was in 2015 diabetes research for physician's practice? He highlighted following: -
 - Screening for diabetes
 - T2DM management guidelines.
 - Goal for blood pressure in diabetic patients.



- New evidences on Medical management.
- Surgical management.
- Medical devices

SYMPOSIUM 2- HYPERTENSION

1. **Dr. Rishi Sethi** discussed about How long should we go in treating BP(New thoughts, Sprints, & others).
2. **Dr. S. S. Iyengar** discussed about **Diabetes and Hypertension-A deadly duo (Management issues)**. During the session he specially focused on: -
 - Diabetes and Hypertension
 - Blood Pressure Control Study
 - Benefits of BP Lowering in DM
 - Blood Pressure Control in T2DM
 - Hypertension treatment for people with diabetes
 - The Heart Outcomes Prevention Evaluation (HOPE) – 3 Trial
 - In Management- HTN – Lifestyle modifications, Primordial prevention,
3. **Dr. P P Varma** discussed about Hypertension is a Renal disease deliberating on following: -
 - Pathogenesis of essential hypertension.
 - cross- transplantation.
 - Pre-Hypertensive changes in Renal Blood Flow.
 - Lack of prevention of ESRD in Primary hypertension.

SYMPOSIUM 3 – DYSLIPIDEMIA

1. **Dr. Dhiman Kahali** talked about Statins: Treat to Goals or Targets. His session was based on: -
 - Clinical trials for Cardiovascular prevention
 - Evaluation of Statin Development, Current Dyslipidemia Management Guideines
 - Statins- Infrequent Adverse Effects
2. **Dr. S Natarajan** talked about How to treat high triglyceride, Low HDL Syndromes in 2016? He highlighted following: -
 - Risk Factors for CVD
 - Residual CV risk
 - Prevalence of high TG /low HDL-C after Statin monotherapy.
 - Indian scenario: pattern of dyslipidemia.
 - The role of high Triglycerides / low HDL as a chd risk factor.
 - Elevated triglycerides increase CHD risk
 - Role of triglycerides in atherosclerosis causes of elevated tg/low HDL level.



- Management of Hypertriglyceridemia.
- Focused treatment for Hypertriglyceridemia.
- Management of low HDL
- Neither niacin, fibrates, nor CETP inhibitors, three highly effective agents for increasing high density lipoprotein levels, reduced CV events.

3. Dr. Sandeep Bansal talked about Newer agents for Dyslipidemias (PCSK9 inhibitors, glitazzars and others). His session was based on: -

- The basics – Statins
- Current status of PCSK9 inhibitors
- Clinical uses of PCSK9 inhibitors
- Simon broom criteria for HFHC
- The role of Triglycerides and Saroglitazar
- Triglycerides and cardiovascular disease- mechanism of action
- Dual p-par agonists - why Saroglitazaar is better when others have failed.

SYMPOSIUM 4- CHRONIC KIDNEY DISEASE

1. Dr. Vijay Kher talked about Impact of CKD: Early diagnosis, Why, When, and How? He emphasized on : -

- Consequences of Chronic Kidney Disease.
- Influence of CKD on Cardiovascular Disease.
- Cardiovascular Disease in CKD Multifactorial Pathogenesis.
- Prevalence of Vascular Calcification in CKD.
- Strategies for prevention of CKD.

2. Dr. Bharat Shah talked about Diabetic Kidney disease: A syndrome rather than a single disease. He highlighted following: -

- Diabetic kidney disease – a syndrome.
- Practical implication of albuminuria.
- Diabetic kidney disease.
- Variable behavior of GFR in progressive diabetic kidney disease.
- Limitation of using S.cr to assess renal function Example to show importance of estimating CCR/GFR.
- Characteristic of HTN in DKD.

3. Dr. Sachin Soni Talked about Cardiorenal Syndrome : Overview. His talked was based on: -

- Cardio renal Syndrome.
- Reno cardiac - Pathogenesis.
- Increase awareness of the entity.
- Primary defect/ Duration
- Although there are guidelines for CHF or CKD, but no guidelines for CRS. Most of the trials will exclude pts with other organ defect CRS can be considered a single disease/Trials.



4. **Dr. Upendra Kaul** talked about Cardiorenal Syndrome: Cardiologist's Perspective. His session highlighted following: -
- Cardio Renal Syndrome
 - Classification
 - Pathophysiology of Type 1 CRS.
 - Role of Renal Hypo Perfusion and Congestion in Type I and II Cardio.
 - Renal syndrome
 - Management of CRS Type 1
 - Cardio Renal Syndrome – Type 2
 - Risk Factors for Worsening Renal Function during Decompensated Heart Failure.
 - Diuretics: *Advantages and Disadvantages*
 - How to Overcome Diuretic Resistance?
 - Prognosis of Cardio Renal Syndrome type 1 and 2
5. **Dr. Ajay Kher** Takled about Cardiorenal Syndrome : Nephrologist's Perspective. He deliberated following: -
- Classification
 - How to dose diuretics in acute decompensated heart failure.
 - Diuretics in Acute Heart Failure.
 - Ultrafiltration in Acute Decompensated Heart Failure.

SYMPOSIUM 5- ACUTE MYOCARDIAL INFARCTION

1. **Dr. Brian Pinto** talked about Pragmatic management of Acute MI in a resource limited population. His scientific session was based on: -
- Reperfusion options available in STEMI
 - Importance of time to Thrombolysis.
 - Pharmacoinvasive Strategy
 - Proposed National STEMI Program
 - Kovai Erode Pilot STEMI Study.
 - STEPP-AMI Vs STREAM
 - STEMI Cluster- 5 Clusters
 - Barriers to STEMI Project
 - Hardware - ECG Device, Monitoring Device
 - Management Protocols.
2. **Dr. Upendra Kaul** talked about Remaining Issues in Primary PCI for Acute STEMI. The session was focussed on : -
- 2015 focussed Guidelines ACC/AHA
 - UFH or BIVALIRUDIN
 - Issues with initial antiplatelet therapy absorption issues, time between loading and efficacy.
 - Role of I/V ADP receptor blocker, Cangrelor.
 - BVS for Primary PCI.
 - Concept of Immediate PCI of Non Culprit Vessel/vessels.
 - PRAMI study



- Interventional Strategies for STEMI and Multivessel Coronary Artery Disease
3. **Dr. B. C. Kalmadh** talked about Choice of Antiplatelets in managing STEMI and Non-STEMI. He highlighted following: -
- ACS : Pathophysiology
 - Need for Antithrombotic Drugs.
 - Antiplatelets in ACS Management.
 - The Most Plausible Mechanism Of Aspirin In Reducing Risks Of Cardiovascular Disease.
 - Importance of Aspirin in Cardiovascular Disease.
 - Newer Antiplatelets : Modest incremental benefit nullify by higher bleeding risk

SYMPOSIUM 6 - DIABETES THERAPY / PRACTICE PEARLS

1. **Dr. S. K. Singh** talked about Gliptin: A sensible choice for Indians. The scientific session elaborated following: -
- Low β -cell response (Insulin Secretory Capacity) in Asians.
 - Gene Theory.
 - Incretin as a Possible Link to β Cell Dysfunction in Asians..
 - Efficacy of Incretin-based therapy in Asians and non-Asians: Meta Analysis..
 - Why greater efficacy with DPP4i in Asians.
 - Indian T2DM & DPP4i
2. **Dr. Prasun Deb** talked about How to initiate glucose lowering therapy in newly diagnosed patient at three different levels of glycaemia & BMI?. The session was based on: -
- Anti-Diabetics: Efficacy
 - ADA 2016 Guidelines
 - ADA-EASD Hyperglycemia Algorithm
 - Degree of Hyperglycemia.
 - Relationship between BMI and Risk of T2DM
 - Anti-Diabetic drugs and weight reduction.
 - Impact of current anti-diabetic agents on diabetes management..
 - Approaches to the treatment of type 2 diabetes mellitus (T2DM)
3. **Dr. Neeta Deshpande** Talked about Which Combination of 3 oral drugs and Why?. She share her clinical experience emphasising on following areas: -
- Parameters of selection
 - Met+DPP 4 + SGLT 2 Triple action.
 - Glycemic goal, co-morbidities and costs play important roles in decision making.
 - Metformin still remains as one of the drugs in any combination.
4. **Dr. Sanjay Agarwal** talked about GLP-1 agonist : A great strategic molecule to treat Type 2 Diabetes. During the session he highlighted : -
- Multi-Hormonal Regulation of Glucose Appearance and Disappearance.
 - Type 2 diabetes progression is a multifactorial challenge.
 - Postprandial GLP-1 Concentrations Are Lower in Subjects With IGT and Type 2 Diabetes.



- What is your greatest obstacle to initiating therapy with GLP-1 receptor agonists?
- Characterization of various GLP1-RA.,
- HbA1c Reduction With GLP-1RAs.
- GLP-1RAs vs. DPP-4 Inhibitor: Change in HbA1c, Body Weight.
- ELIXA: Study design.
- GLP1 –RAs –Effect on Renal Function.



SNAPSHOTS



THE CR SS SYMPOSIUM

THE PRACTICE UPDATES

SNAPSHOTS

THE CR  SS SYMPOSIUM
THE PRACTICE UPDATES
8th-10th April' 2016
PROGRAM DETAILS - 9th APRIL'16

TIME	PROGRAM	HOSTS	COUSIL	ORGANISERS
08:00 - 09:00	REGISTRATION			
09:00 - 09:45	Opening Message by Council President Dr. Upendra Kaul & Vice President Dr. Suresh Singh			
09:45 - 10:30	SYMPOSIUM 1 - HYPERTENSION			
09:45 - 10:00	What is important, HBA1c or glycemic variability or both?	Dr. Sangeeta		
10:00 - 10:15	Why we fail to implement aggressive therapy in India?	Dr. Ramesh Kumar		
10:15 - 10:30	HBA1c, A1C or glycaemic variability for diagnosis and management of DM?	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
10:30 - 10:45	What was new in 2015 diabetes research for clinical practice?	Dr. Sangeeta	Dr. Sangeeta	Dr. Sangeeta
10:45 - 11:00	Panel Discussion	Dr. Sangeeta		
11:00 - 11:15	SYMPOSIUM 2 - DIABETES			
11:15 - 11:30	How low should we go in treating BP, Lipids, Weight & Lifestyle?	Dr. Sangeeta		
11:30 - 11:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
11:45 - 12:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
12:00 - 12:15	Panel Discussion	Dr. Sangeeta		
12:15 - 12:30	SYMPOSIUM 3 - DIABETES			
12:30 - 12:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
12:45 - 13:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
13:00 - 13:15	Panel Discussion	Dr. Sangeeta		
13:15 - 13:30	SYMPOSIUM 4 - DIABETES			
13:30 - 13:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
13:45 - 14:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
14:00 - 14:15	Panel Discussion	Dr. Sangeeta		
14:15 - 14:30	SYMPOSIUM 5 - DIABETES			
14:30 - 14:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
14:45 - 15:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
15:00 - 15:15	Panel Discussion	Dr. Sangeeta		
15:15 - 15:30	SYMPOSIUM 6 - DIABETES			
15:30 - 15:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
15:45 - 16:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
16:00 - 16:15	Panel Discussion	Dr. Sangeeta		
16:15 - 16:30	SYMPOSIUM 7 - DIABETES			
16:30 - 16:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
16:45 - 17:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
17:00 - 17:15	Panel Discussion	Dr. Sangeeta		
17:15 - 17:30	SYMPOSIUM 8 - DIABETES			
17:30 - 17:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
17:45 - 18:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
18:00 - 18:15	Panel Discussion	Dr. Sangeeta		
18:15 - 18:30	SYMPOSIUM 9 - DIABETES			
18:30 - 18:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
18:45 - 19:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
19:00 - 19:15	Panel Discussion	Dr. Sangeeta		
19:15 - 19:30	SYMPOSIUM 10 - DIABETES			
19:30 - 19:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
19:45 - 20:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
20:00 - 20:15	Panel Discussion	Dr. Sangeeta		
20:15 - 20:30	SYMPOSIUM 11 - DIABETES			
20:30 - 20:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
20:45 - 21:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
21:00 - 21:15	Panel Discussion	Dr. Sangeeta		
21:15 - 21:30	SYMPOSIUM 12 - DIABETES			
21:30 - 21:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
21:45 - 22:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
22:00 - 22:15	Panel Discussion	Dr. Sangeeta		
22:15 - 22:30	SYMPOSIUM 13 - DIABETES			
22:30 - 22:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
22:45 - 23:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
23:00 - 23:15	Panel Discussion	Dr. Sangeeta		
23:15 - 23:30	SYMPOSIUM 14 - DIABETES			
23:30 - 23:45	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
23:45 - 24:00	Diagnosis and management of Diabetes Mellitus (Management Issues)	Dr. Sangeeta	Dr. S. S. Singh	Dr. S. S. Singh
24:00 - 24:15	Panel Discussion	Dr. Sangeeta		

