

CLINICAL DIGEST

This World Diabetes Day we hosted

The logo for the Global Diabetes Summit 2021 features a stylized globe icon composed of white curved lines on the left, followed by the text "Global Diabetes Summit 2021" in white. The globe is set against a background of concentric circles and a dotted world map.

**Global
Diabetes**
Summit 2021

12th, 13th & 14th Nov



IN ASSOCIATION WITH



**Powered by experts from
Asia and Latin America**

Access to Diabetes Care



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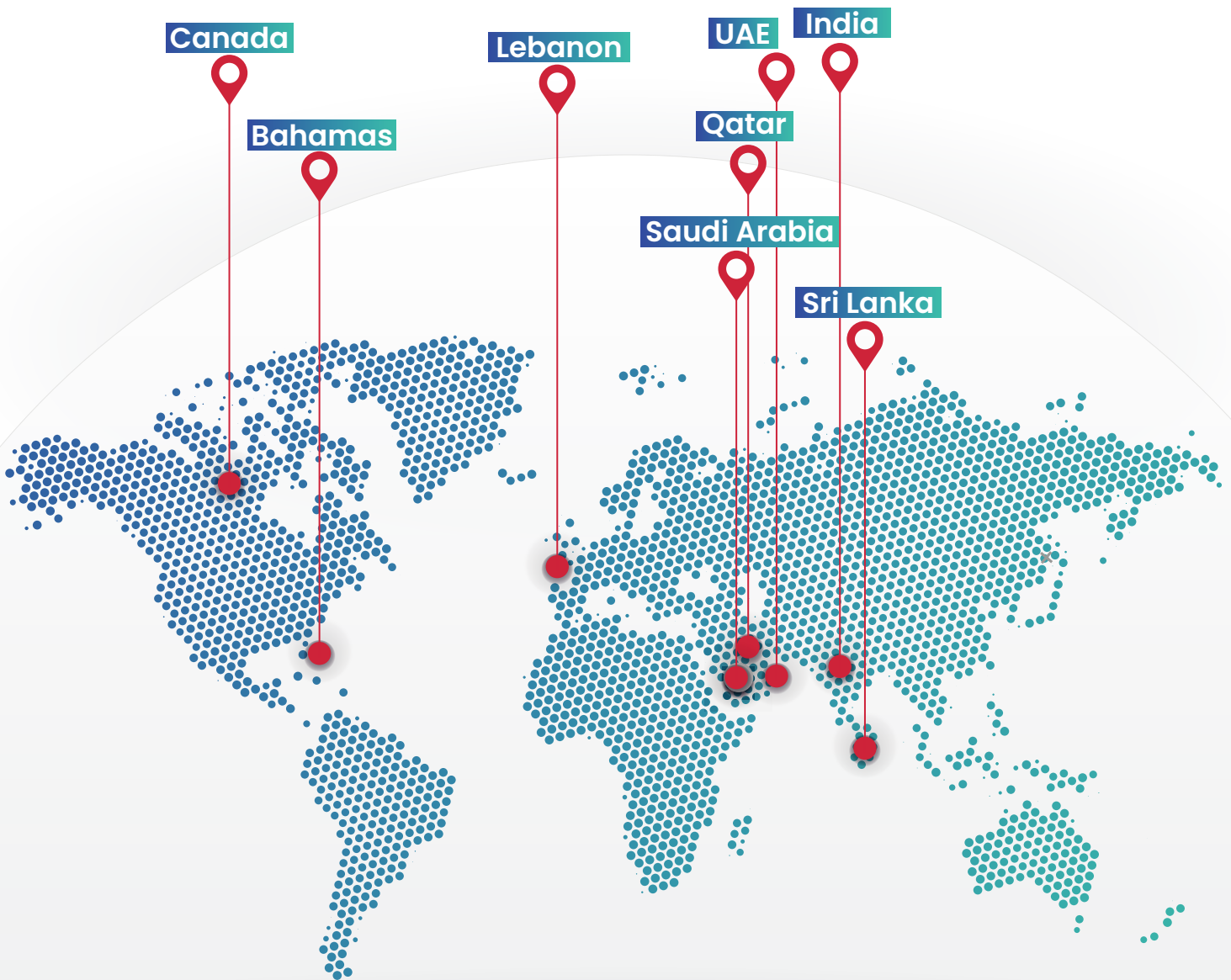
Moderators:



Dr. Nithin M Reddy |



Dr. Kulin Shah



3000+ clinicians
from **8 countries** and
175 cities joined us!

DAY-1



Quality Education Program to Ensure Self-care

DR. SANJAY KALRA

Endocrinologist Bharti Hospital, Karnal



Effective screening tools for pre-diabetes:

- ▶ Oral glucose test
- ▶ HbA1c
- ▶ Fasting blood glucose



Tools to educate patients on diagnosis:
Glucose monitoring also known as 'Theranostic'



5S of lifestyle change:

- ▶ Sensible sustenance (diet)
- ▶ Structured physical activity
- ▶ Stress management
- ▶ Sleep hygiene
- ▶ Substance abuse



The best choice for management of patients with hypertension and diabetes is **ACE inhibitors and ARBs**

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Barriers for Insulin Therapy

DR. JOEL TEELUCKSINGH
Consultant Physician & Endocrinologist
Central Specialist Medical Centre, Trinidad



The BP* target for patients with metabolic syndrome and diabetes as per the CARPHA* guidelines are usually less than 130 (top) and over 80 (bottom)



Guiding principles for client centered delivery of care for type 2 diabetes is - FIFE

- ▶ **Feelings** - How they feel knowing they have diabetes? Overall what is their mood like?
- ▶ **Ideas** - What do they think about how to manage their health and obtain target blood sugars?
- ▶ **Functions** - How does having diabetes affect their everyday activities?
- ▶ **Expectations** - What do they hope to achieve from the consultation and the health partnership with you?



Indicators for immediate referral to Hospitals:

- ▶ Chronic refractory hyperglycemia is associated with metabolic deterioration
- ▶ Newly diagnosed diabetes in children and adolescents
- ▶ Uncontrolled diabetes in pregnancy

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* BP - Blood Pressure | CARPHA - Caribbean Public Health Agency.



**DR. HEMANT
THAKER**

Consulting Physician
& Cardio-Metabolic
Specialist Director &
HOD Medicine-Bhatia
Hospital, Mumbai



**DR. AG
UNNIKRISHNAN**

CEO & Chief of
Endocrinology
Chellaram Diabetes
Institute, Pune



**DR. BANSHI
SABOO**

Chief Diabetologist &
Chairman Diabetes Care
& Hormone Clinic,
Ahmedabad



Experts' Round-up of the Latest Developments



The primary treatment of type 2 diabetes should be with insulin sensitizers medication - **Metformin & Glitazone** and through exercise



Podiatry examines the patient by doing sensory testing, loss of protective sensation & ankle brachial



Metformin suppresses appetite, affecting the gut microbiota and metabolism which causes modest weight loss



Doppler is done to rule out peripheral vascular disease



Lifestyle modification can ↓ type 2 diabetes progression by **58%**. **Metformin** can prevent the progression by **31%**



Biothesiometry rules out vibration perception threshold & in advanced cases foot scan for foot pressures



Patients with high risk of cardiovascular disease, cardiac failure or renal disease, should be given **SGLT2 oral tablets**



Palpation advises the area of **callosity** With the help of offloading, potential ulcer areas could be prevented



Patients with high risk of atherosclerotic cardiovascular disease could be administered with **GLP-1 receptor agonist**

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Bursting the Myth on Reversal of Diabetes

DR. V. MOHAN

Founder Chairman & Chief Diabetologist
Dr. Mohan's Diabetes Speciality Centre,
Chennai



Reversal is only possible in type-2 diabetes and gestational diabetes wherein 15 kg weight loss is essential. Though, reversal is not possible in cases of type-1 diabetes



Reversal works in cases where:

- ▶ A1c is not very high
- ▶ Body weight (BMI) is high
- ▶ C-Peptide/Insulin secretion is good
- ▶ Duration of diabetes is short
- ▶ Patients are motivated



Low-carbohydrate diet (LCD) & very low-calorie diet (VLCDs) are important in remission (it may increase LDL and give rise to atherosclerosis)



Fasting plasma glucose level can normalize within a week of substantial negative calories (by dietary intervention or bariatric surgery)

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Covid 19 and Diabetes: A Complicated and Bidirectional Relationship

DR. SUPRATIK BHATTACHARYA

Director & Consultant - SKN Diabetes &
Endocrine Centre, Kolkata



Diabetes mellitus is considered as one of the most important risk factors for a severe course of COVID-19 for patients with diabetes i.e. partly attributed to hyperglucemia causing immune dysfunction



Obesity is also linked to diabetes in particular T2D, giving rise to the term "diabesity". It starts at an overweight BMI through class 2 obesity and goes up to class 3 obesity



People with first degree relative having HbA1c should get periodic check-ups after 30s



↑ Fruits, vegetables, healthy proteins, whole grains &



↓ of carbohydrates

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DAY-3



Latest Developments in Therapeutics in Diabetes

DR. INASS SHALTOUT

President (AASD) & Professor of Internal
Medicine & Diabetes Cairo University, Egypt



Diabetes has shown an estimated **\$966 billion USD** in global health expenditure in 2021 (316% increase over last 13 years)



EMPA-REG OUTCOME trial:

- ▶ Empagliflozin showed 14% ↓ in 3P-MACE
- ▶ 38% ↓ in CV death
- ▶ 35% ↓ in heart failure hospitalizations
- ▶ 32% ↓ in all-cause mortality



Imeglimin has completed phase 3 development in Japan and is the only orally administered compound with dual mechanism of action



LY3298176 (Dual GIP/GLP-1 Receptor Agonist) is a biological entity that acts as a co-agonist for both:

- ▶ Gastric inhibitory polypeptide (GIP) receptor
- ▶ Glucagon-like peptide-1 (GLP-1) receptor

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To raise awareness of diabetes care, we hosted the, **#BlueCircleSelfie** Contest



Our community of doctors extended their support towards diabetes awareness by participating in this contest.



3,80,000+ Doctors
99+ Specialists
1600+ Cities

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