

Clinical Digest

World Diabetes Day Specials

Global Diabetes Summit 2022

12th, 13th & 14th Nov



The 3-day event

empowered 6500+ doctors with best practices and global opinions on diabetes management from leading KOLs.



KEYNOTE SPEAKERS



Dr. Vaishali Deshmukh

Consultant Diabetologist & Endocrinologist,
Deshmukh Clinic, Deenanath Mangeshkar
Hospital, Pune, India



Dr. Chittaranjan Yajnik

Director & Consultant,
Diabetes Unit, KEM Hospital,
Pune, India



Dr. Apar Kishore Ganti

Medical Oncologist & Associate Director,
UNMC Fred & Pamela Buffett Cancer Center,
Pune, India



Dr. Arati Shahade

Consultant Physician and
Diabetologist, Shahade Hospital,
Pune, India



Dr. Shehla Shaikh

Consulting Endocrinologist,
Saifee Hospital, Wockhardt Hospital,
Mumbai, India



Dr. AG Unnikrishnan

Endocrinologist & CEO,
Chellaram Diabetes Institute,
Pune, India



Dr. Chetan Deshmukh

Consultant Medical Oncologist,
Deenanath Mangeshkar Hospital,
Pune, India



Dr. Harish Ramchandra Joshi

Endocrinologist & Diabetologist,
Endocrine & Diabetes Care Center,
Hubbali, India



Dr. Anish Behl

Consultant Endocrinologist,
Apollo BGS Hospitals,
Mysore, India



Dr. Rahul Kulkarni

Honorary Consultant: Neurology,
Deenanath Mangeshkar Hospital,
Pune, India



Dr. Ramen Goel

Bariatric & Metabolic Surgeon & Director,
Center Of Excellence in Bariatric &
Metabolic Surgery, Mumbai, India



Dr. Sanjay Phadke

Consultant Neuropsychiatrist,
Deenanath Mangeshkar Hospital,
Pune, India



KEYNOTE SPEAKERS



Dr. Leena Phadke

Professor & Chair-Central Research Lab,
Co-ordinator of Incubation & Innovation
Centre, SKNMC & GH, Pune, India



Dr. Usha Sriram

American Board Certified Endocrinologist,
President- IBMR, VHS Hospital,
Chennai, India



Dr. Aarti Behl

Consultant Psychiatrist,
Apollo BGS Hospitals,
Mysore, India



Dr. Brij Mohan Makkar

Sr. Diabetologist & Obesity Specialist,
Dr. BM Makkar - Diabetes & Obesity Centre,
Delhi, India



Dr. Tan Ming Yeong

Certified Diabetes Educator,
International Medical University,
Kuala Lumpur, Malaysia



Dr. Alok Modi

Medical Director,
Dr. Modi's Kevalya Hospital,
Thane, India



Dr. Neeta Deshpande

Consultant Diabetologist & Obesity
Physician, Belgaum Diabetes Centre,
Belgaum, India



Dr. Banshi Saboo

Chairman & Diabetologist,
Diabetes Care & Hormone Clinic,
Ahmedabad, India



Dr. Perele Adnan Hajj

Endocrinology Expert, Dahr Al Bachek Governmental Hospital, Lebanon

Moderator



Dr. Rahul Desai

Diabetes Care Specialist,
Advanced Diabetes Care,
Valsad, India



- 01  India
- 02  UAE
- 03  Saudi Arabia
- 04  Oman
- 05  USA
- 06  Sudan
- 07  Iraq
- 08  Egypt

- 09  Qatar
- 10  Lebanon
- 11  Switzerland
- 12  Kuwait
- 13  Singapore
- 14  Ireland
- 15  Afghanistan
- 16  Fiji

- 17  Tunisia
- 18  Canada
- 19  Ukraine
- 20  Kenya
- 21  China
- 22  Bahrain
- 23  Uganda
- 24  Nigeria

6500+ clinicians from
24 countries joined us **LIVE** as
22 leading experts shared insights and practical
takeaways for better diabetes management.

Panel Discussion Diabetes & Cancer



Dr. Vaishali Deshmukh



Dr. Apar Kishore Ganti



Dr. Shehla Shaikh



Dr. Chetan Deshmukh



Dr. Anish Behl

- ▶ Steroid-induced diabetes is mostly seen in cancer patients. The best time to pick up hyperglycemic levels is either post-lunch or after early dinner as steroids induces increased glucose levels later in the day.
- ▶ Use of short-acting insulin analogs and regular blood glucose monitoring are best suited in IPD settings for cancer patients. Short-acting insulin analogs are safe and easy to titrate.
- ▶ For non-diabetic patients on cancer treatment, it is advisable to check blood sugar levels before and after treatment.
- ▶ There is an equal risk of hypoglycemia. Hence, constant monitoring of blood sugar levels is necessary.
- ▶ **3S:** Stress, Steroids, Sensational Therapies – All of these predispose patients to high blood glucose levels and need constant monitoring.

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Surgery Suite Surgeries for Diabetes Management



Dr. Ramen Goel

- ▶ Gastric bypass surgery remains a gold standard for bariatric surgery in achieving weight loss and diabetes remission without any major nutritional complications.
- ▶ After bariatric surgery, patients can stop taking diabetes medicines within a week or ten days. However, to maintain diabetes remission, patients should follow diabetes-prevention measures.
- ▶ Insulin intake can be stopped within 2-3 days or a week after bariatric surgery. Diabetes medicines also need not be continued in most patients.
- ▶ Criteria to select patients for bariatric surgery are changing over the years. According to current guidelines, patients with obesity and a BMI of more than 35 kg/m², patients with blood pressure or sleep apnea and a BMI of 30 kg/m², and patients with uncontrolled diabetes and a BMI of 25 kg/m² can undergo bariatric surgery in India.

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Accredited CME

Diabetes A to Z: Prevention, Management & Digital Advances



Dr. Chittaranjan Yajnik



Dr. Arati Shahade



Dr. AG Unnikrishnan

► Primordial prevention of diabetes epidemic | **Dr. Chittaranjan Yajnik**

- Abnormalities in maternal nutrition during pregnancy are a good predictor for obesity in the child.
- Lower and higher birth weight are major factors for diabetes.
- In utero exposure to stress: Fetus diverts the blood flow away from the brain to preserve brain function. This can affect the liver, pancreas, and kidneys and increase their susceptibility to non-communicable diseases including diabetes and metabolic disorders.

► Neuropathic Foot Ulcers | **Dr. Arati Shahade**

- Evaluation in patients with foot ulcer is crucial.
- **SINBAD staging** – Site, Ischemia, Neuropathy, Bacterial Infection, Area, Depth. Based on a total score of these six categories (out of a total score of 6).
- In case of neuro-ischemic ulcer, we use a **Wifl classification** (Wound, Ischemia, foot Infection).
- **Low score is not indicative of a good prognosis.**

► Digital Diabetology: Daily Practicalities | **Dr. A.G. Unnikrishnan**

- **Case 1:** Use of glucometers with smartphone integrated applications can help improve monitoring of glucose levels and design targeted management strategies.
- **Case 2:** Use of insulin titration applications that can help regulate the daily dose of basal insulin can help negate the reduce the risk of hypoglycemia.
- **Case 3:** Continuous glucose monitoring profiles can help refine/customize treatment regimens.
- **Case 4:** Diabetic patients undergoing dialysis should modify their insulin therapy, as regular dosage can cause post-dialysis hypoglycemia. This can be done by either skipping a dose of rapid-acting insulin or taking half the dose of insulin in the morning or having an extra snack during dialysis.
- **Case 5:** Use of modern technology such as insulin pumps linked to CGM appropriate therapy can help design customized therapy which can lower blood sugar and treat insulin therapy-related weight gain.

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Panel Discussion Brain Matters in Diabetes



Dr. Vaishali Deshmukh



Dr. Harish Joshi



Dr. Rahul Kulkarni



Dr. Sanjay Phadke



Dr. Leena Phadke



Dr. Aarti Behl

- ▶ Because of improved antioxidant defense, GABA secretion, and autonomic balance, yoga plays multiple roles in preserving β cell functions associated with T2DM and metabolic syndrome.
- ▶ Qualitative sleep: Ensures improved glymphatic functions, reducing chances of dementia and risk of diabetes. Also leads to reduced catecholamines and improved vagal tone reducing insulin resistance.
- ▶ DM can also lead to cognitive disorders such as dementia, vascular cognitive impairment, and Alzheimer's dementia.
- ▶ Diabetes → Reduction in grey density matter → change in white matter microstructure → atrophy → neurocognitive dysfunction.
- ▶ Gut-brain axis through ANS plays important role. Vagal stimulation has anti-inflammatory activities.
- ▶ Good nutrition, sleep, mental health, and exercises can be game changers for diabetes.

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Round Table Discussion Global Experts' Round-up on Diabetes Management!



Dr. Tan Ming Yeong



Dr. Neeta Deshpande



Dr. Perele Adnam Hajj

- ▶ **Diabetes Self-management Education and Support (DSMES)** is a specially designed program for achieving glycemic control in patients with diabetes mellitus.
- ▶ The major determinants of the efficacy of DSMES interventions are:
 - The mode of delivery (in-person/digital),
 - Intervention providers (multidisciplinary),
 - Intervention contact hours (minimum 10 h),
 - Education content and approach (behavioral science, and two-way communication).
- ▶ Weight loss brings about favorable alterations in the gut microbiota and gastrointestinal hormones, thereby regulating feeding behavior in both lean and obese patients (BMI < or > 27 kg/m², respectively) with T2DM. Additionally, the pancreatic morphology and β -cell capacity can be restored to normal.
- ▶ Several age-related factors can contribute to hypoglycemia in elderly patients with diabetes, and therefore must be considered while devising their treatment plan.

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Panel Discussion

The Holistic Management of Diabetes



Dr. Banshi Saboo



Dr. Usha Shriram



Dr. Brij Mohan Makar



Dr. Alok Modi



Dr. Rahul Desai

- ▶ SGLT2i are indicated in diabetic patients with cardiovascular diseases, kidney diseases, and risk of heart failure. SGLT2i are contraindicated in patients with $eGFR < 30$.
- ▶ GLP-1 analogs are more effective in weight management of diabetic patients than SGLT2i.
- ▶ Incidence of hypoglycemia and use of SGLT2i should be avoided in patients with decreased cognitive function, multiple comorbidities, severe kidney disease, neuropathy, or overall deteriorated health status.
- ▶ Vitamin D can be a good add-on drug, can be prescribed based on patients' requirements however, no evidence-based findings that support the effect of vitamin D in lowering the risk of diabetes.
- ▶ If TSH (>2.5), then anti-TPO (thyroid peroxidase) should be checked. If anti-TPO screening results are positive, thyroxin screening can be advised. If anti-TPO is above the upper limit, appropriate treatment can be initiated.
- ▶ Telemedicine cannot replace the in-person consultation. It doesn't allow providers to palpate and feel the ailing area of body. Following legal guidelines is mandatory during video consultation. The healthcare providers are responsible for protecting privacy and confidentiality of the consultation.

 **Watch Webinar**

To support the World Diabetes Day theme, doctors from our community raised awareness with a **#BlueCircleSelfie**





Global Diabetes

Summit 2022



22

Global
Experts

06

Hot Topics
on Diabetes

6500+

Global
Attendees

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