



CME FOUNDATION OF INDIA

Building "A", Sahney Business Centre, 27 Kirol Road, Vidyavihar (West),
Mumbai - 400086 T: +91-22-62869292

“R.E.A.D (Recent Evidences & Advances in Diabetes)” - Chennai

“R.E.A.D (Recent Evidences & Advances in Diabetes)” at Chennai, India. It was organized by the CME Foundation of India (CMEFI).

The sole objective of the “R.E.A.D (Recent Evidences & Advances in Diabetes)” was to bring leading KOLs amongst Cardiologists, Diabetologists and General Physicians on one platform and discuss their clinical experiences and expertise in the screening, and management of Diabetes Mellitus and its complication.



The Introductory speech was given by CMEFI. CMEFI emphasized the main role played by the CME Foundation of India and we all know how important it is to spread the knowledge known only to a select few to the practising doctors at large.

Date : **13th August 2022**

Venue : **Chennai, India**

Total Participants : **46**





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AGENDA

13th August, 2022

Topic	Speaker	Time
Introduction	CMEFI	10 Minutes
Chairperson's address	Dr. R S Haiharan	15 Minutes
Importance of Glycaemic Variability & PP hyperglycaemia in Indian T2DM Patient: Focus on REMIT GV study	Dr. D K Sriram	45 Minutes
Sitagliptin & combinations: Usage across varied patient profiles with Vasculo – Metabolic Benefits	Dr. A Pannerselvam	45 Minutes
Panel Discussion	Moderator: R S Hariharam Dr. D K Sirram Dr. A Pannerselvam	30 Minutes
Vote of Thanks	CMEFI	5 Minutes





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Summary of CME:

- The CME conducted “R.E.A.D (Recent Evidences & Advances in Diabetes)” at Chennai, India. It was aimed to bring together well-known Diabetologists on one platform to discuss their clinical experiences and expertise in the screening, and advanced management of Diabetes Mellitus and its complications.
- **Dr. R S Haiharan**, chairperson for the scientific conclave (R.E.A.D-2022) welcomed the forum and shared a few thoughts on the topics that were on the agenda.
- **Dr. D K Sriram** addressed **Importance of Glycaemic Variability & PP hyperglycaemia in Indian T2DM Patient: Focus on REMIT GV study**: Glycemic variability (GV) is a fluctuation in blood glucose levels around mean glucose level. It is an extra dimension for assessing glucose control in addition to glycosylated hemoglobin and premeal and postmeal blood glucose levels. GV is becoming increasingly important because of its link with diabetes complications. Glucometer readings or continuous glucose monitoring is often used to assess GV in routine clinical practice. In research studies, however, frequently sampled intravenous glucose tests have also been utilized to assess GV. Research studies have suggested that both hyperglycemia and hypoglycemia predispose to cellular toxicity, via oxidative stress and other pathways. GV is looked upon as a risk factor for diabetes complications, independent of HbA1c. Patients with similar HbA1c may differ in terms of GV.

High Glycaemic Variability (GV) is not only associated with diabetic complications but also may lead to hypoglycemia and a decreased QOL. In T1DM, the use of newer ultra-rapid-acting insulin preparations, such as URLi and faster aspart, improves GV. In T2DM, the use of GLP-1RAs or SGLT-2is improves GV without increasing the risk of hypoglycemia. Furthermore, GLP-1RAs and SGLT-2is have cardiovascular protective effects beyond GV. In both T1DM and T2DM, the use of real-time CGM or FGM improves GV, while avoiding hypoglycemia.





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Various nonclinical and clinical studies have shown that high GV increases the risk of hyperglycemia, excessive blood glucose variability, and hypoglycemia, and subsequently induces oxidative stress, inflammation, platelet activation, and vascular endothelial dysfunction, which are associated with diabetic complications. In fact, long-term GV is associated with diabetic macrovascular complications. However, reports on the relationship between long-term and short-term GV and oxidative stress are insufficient. Furthermore, there is no clear evidence of the association between short-term GV and diabetic vascular complications. Long-term prospective studies are needed to clarify the role of GV in the development and progression of diabetic complications.

- **Dr. A Pannerselvam** gave his viewpoint on **Sitagliptin & combinations: Usage across varied patient profiles with Vasculo – Metabolic Benefits:** Dipeptidyl peptidase-4 (DPP-4) inhibitors like sitagliptin belong to the class of incretin mimetics. The glycaemic control conferred by DPP-4 inhibitors varies among individual molecules with an average reduction of glycated haemoglobin (HbA1c) ranging between -0.5 to -1.0% with monotherapy. Additive effects on HbA1c reduction may result from combination therapy with other antidiabetics.

Dapagliflozin is effective in improving glycaemic control, with added benefits of some reductions in BP and weight. Among patients with heart failure and a reduced ejection fraction, the risk of worsening heart failure or death from cardiovascular causes was lower among those who received dapagliflozin than among those who received placebo, regardless of the presence or absence of diabetes. Dapagliflozin reduced cardiovascular death and worsening heart failure across the range of baseline KCCQ, and improved symptoms, physical function, and quality of life in patients with heart failure and reduced ejection fraction. Furthermore, dapagliflozin increased the proportion of patients experiencing at least small, moderate, and large improvements in health status; these effects were clinically important.

- In the presence of the moderator, **Dr. R S Hariharam, Drs. D K Sirram and Dr. A Pannerselvam** led a panel discussion based on the previous two topics.
- Different cases were explained to the audience and the whole case was open for discussion. The audience actively participated in the discussion regarding complications of Hypertension, Diabetes mellitus and its management. It was a very interactive session and the delegates thoroughly enjoyed it.
- Participants were keen to share their experience and knowledge and they also provided their critiques and recommendations on the event.

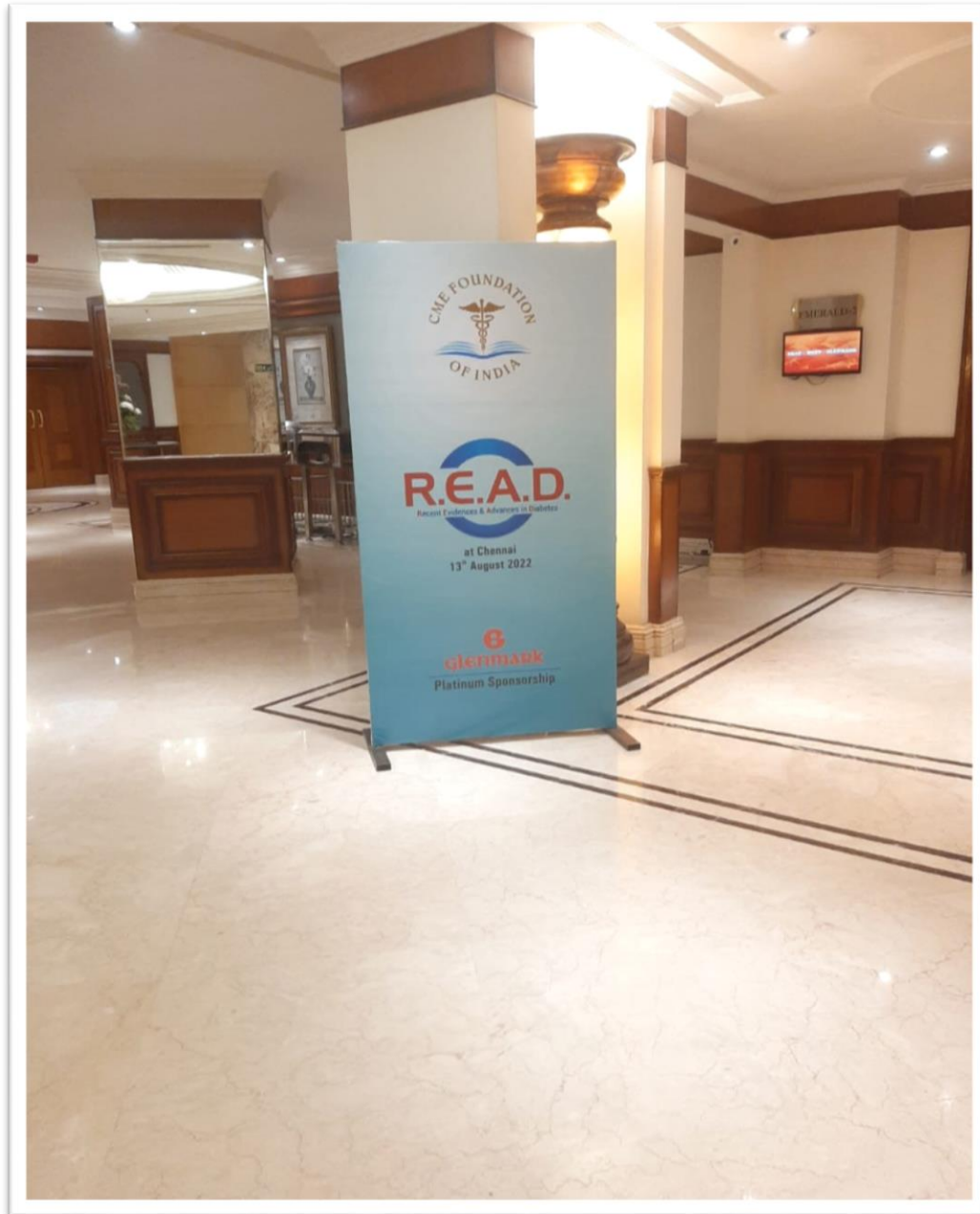




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PHOTOS



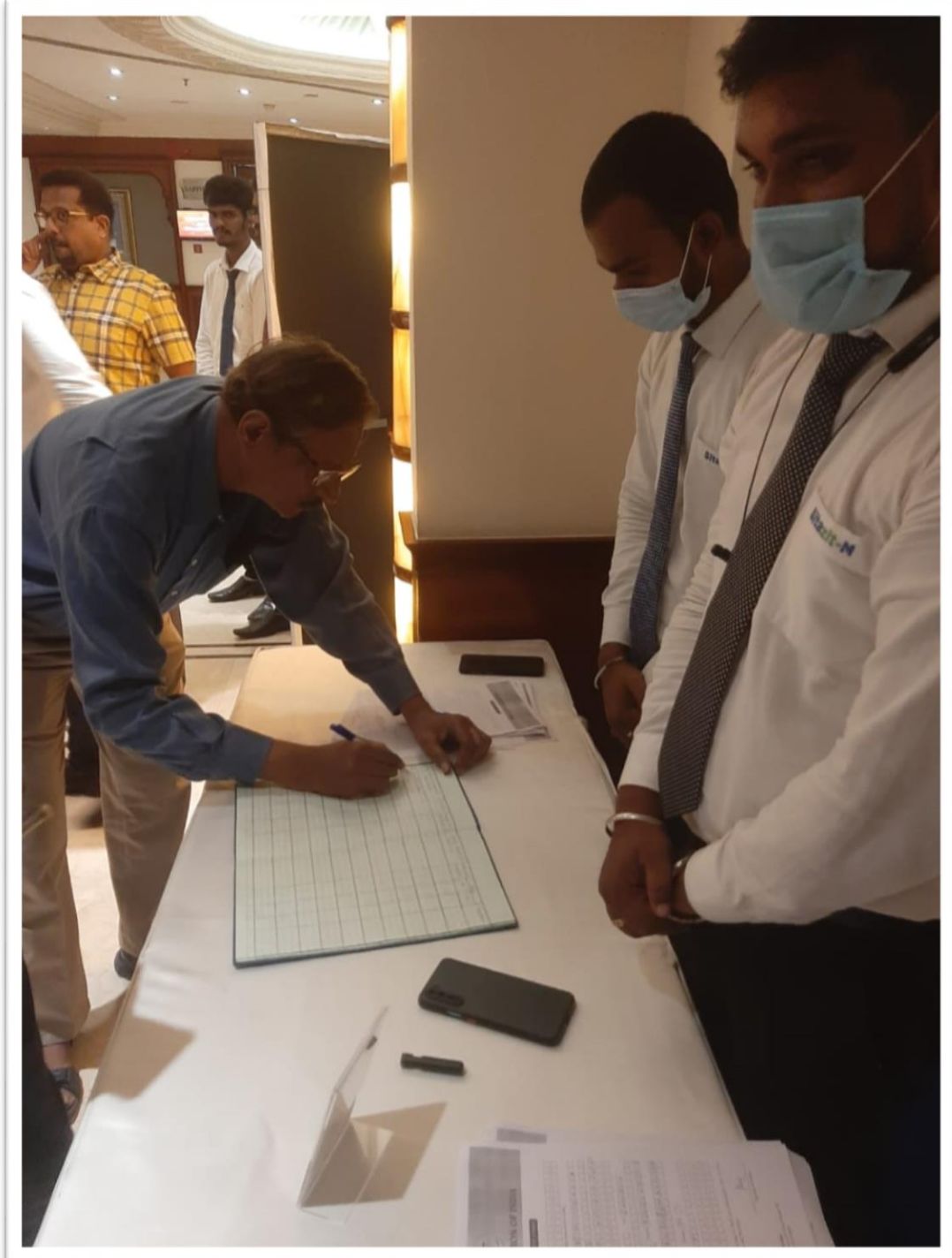
Welcome to R.E.A.D - 2022





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[Registration counter R.E.A.D - 2022](#)





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Panel Discussion

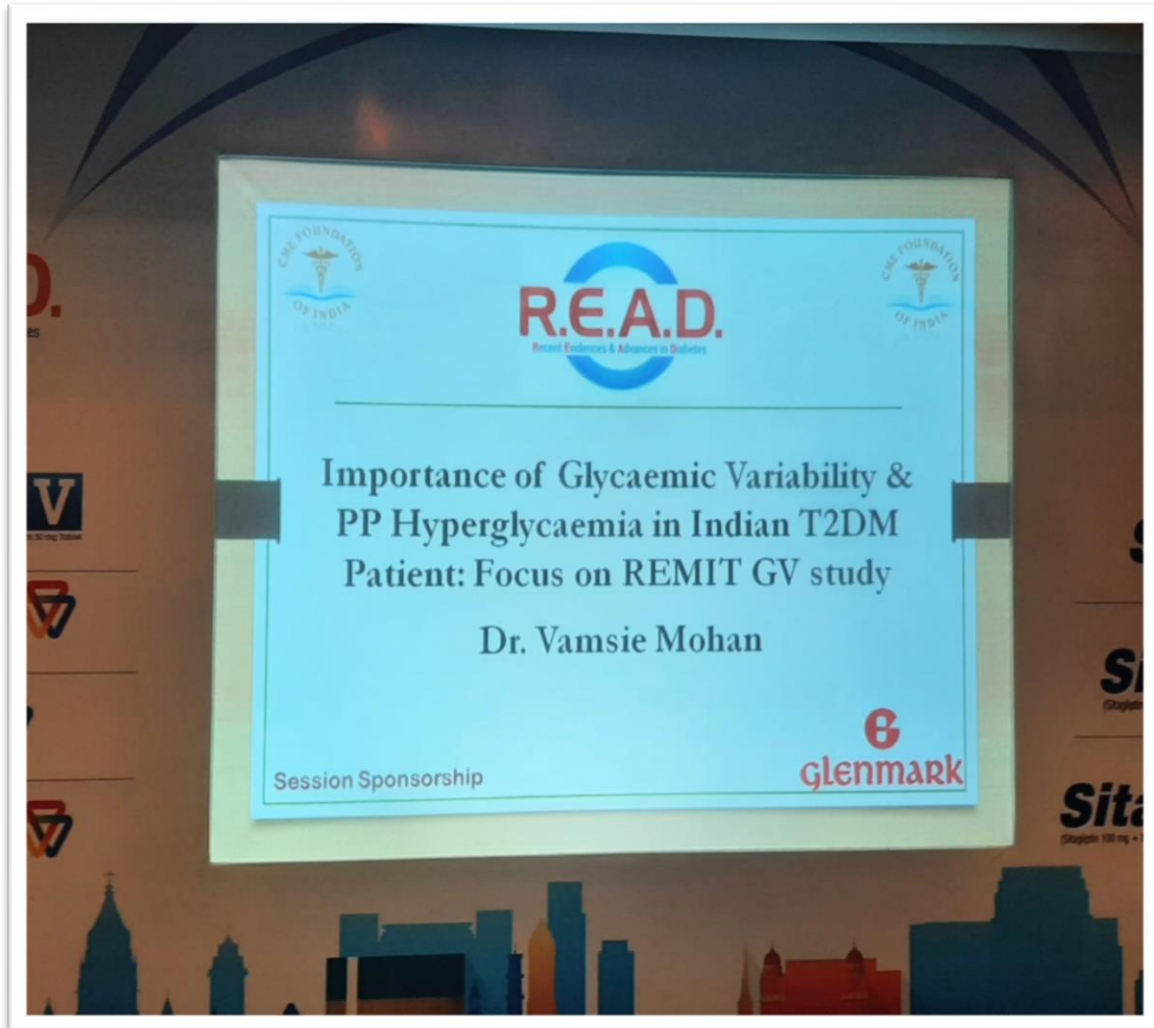




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Session Sponsorship



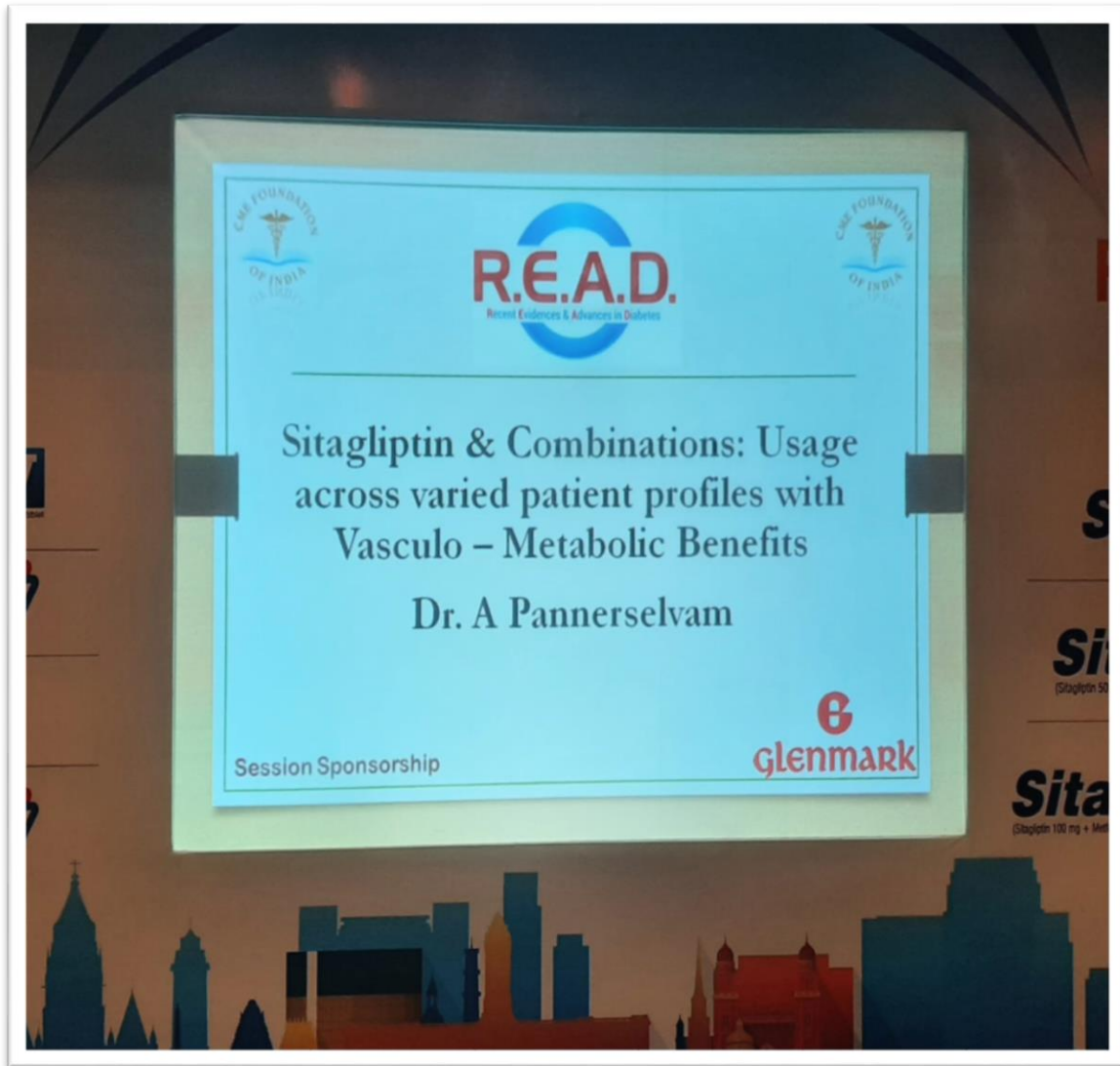
PPT Presentation on Importance of Glycaemic Variability & PP hyperglycaemia in Indian T2DM Patient: Focus on REMIT GV study





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[PPT Presentation on Sitagliptin & combinations: Usage across varied patient profiles with Vasculo – Metabolic Benefits](#)





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Panel Discussion

