



CME FOUNDATION OF INDIA

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

Exiomm North 2022 - Srinagar

"EXIOMM NORTH 2022" was held at Srinagar, India. It was organized by of CME Foundation of India (CMEFI).



The sole objective of the “EXIOMM 2022 – NORTH” was to bring leading KOLs of Cardiology, Nephrology and General Physician on one platform and discuss their clinical experiences and expertise in the screening, management of Hypertension and its complication.

The Introductory speech was given by CMEFI. CMEFI emphasized the main role played by CME Foundation of India and how important it is to spread the knowledge known to select few to the practicing Doctors at large.

Date	:	25th June 2022
Venue	:	Srinagar, India
Total Participants	:	34





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AGENDA

Exchange of Information on Modern Medicine (Exiomm 2022)			
Date: 25th May 2022	Chairperson: Dr. S.C. Manchanda		Time: 6:30 pm– 8:30 pm
Topic	Speaker	Moderator	Time
Welcome address and Introduction of Faculty	CMEFI		5min
RECORD Registry: 1 year interim analysis of Indian Hypertension Registry	Dr. Peeyush Jain	Dr. S.C. Manchanda	15min + 10min
Managing Albuminuria in Hypertension with DM: Effect of Telmisartan on UACR	Prof. (Dr.) Ajay Kumar Ajmani	Dr. Saket Kant	15min + 10min
Choice of Beta Blockers in Management of HTN: practical considerations	Dr. Rajiv Agarwal	Dr. Rajiv Passey	15min + 10min
<u>Panel Discussion</u> Optimal usage of NOACs: Addressing Common Clinical Challenges - Q & A	Dr. S.C. Manchanda	Prof. (Dr.) Ashwani Gupta Dr. Naresh Goyal Col. (Dr.) CP Roy	35 min
Vote of thanks			5 min
Total Time			120 min (2 Hours)





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Summary of CME:

- The CME was conducted Exiom North 2022 North at Srinagar, India. It was aimed to bring together the well-known Cardiology, Nephrology and General Physician on one platform and discuss their clinical experiences and expertise in the screening, management of Hypertension and its complication.
- In this CME, different topic such as RECORD Registry: 1 – Year interim analysis of Indian Hypertension Registry, Managing Albuminuria in Hypertension with DM: Effect of Telmisartan on UACR, Choice of Beta Blocker in Management of HTN: Practical consideration and Last Panel Discussion on usage of NOACs
- **Dr. S.C.Manchanda** chairperson for Exchange of Information on Modern Medicine (EXIOMM) North 2022. The inaugurate Forum to discuss and share few point on given agenda topic.
- **Dr. Peeyush Jain** overview on goes **RECORD Registry: 1 – Year interim analysis of Indian Hypertension Registry**, About 33% urban and 25% rural Indians are hypertensive. Of these, 25% rural and 42% urban Indians are aware of their hypertensive status. Only 25% rural and 38% of urban Indians are being treated for hypertension. One-tenth of rural and one-fifth of urban Indian hypertensive population have their BP under control. On as per discussion Moderator **Dr. S.C. Manchanda** was been same.
- **Prof. (Dr.) Ajay Kumar Ajmani** spoken about **Effect of Telmisartan on UACR**. The usage of telmisartan and telmisartan based combinations at diagnosis is increasing over years. The preference for monotherapy at diagnosis changed from Amlodipine in pre-existing patients to Telmisartan in newly diagnosed patients, whereas, Amlodipine + Telmisartan remained the preferred combination therapy. Improvement in control rates and QoL suggested the tolerability and effectiveness of the prescribed pharmacological treatments. On as per discussion Moderator **Dr. Saket Kant** was been same.
- **Dr. Rajiv Agarwal** give view point on **Choice of Beta Blockers in Management of HTN: practical considerations**. Most outcome RCTs on beta-blockers as initial therapy for hypertension have high risk of bias. Atenolol was the beta-blocker most used. Current evidence suggests that initiating treatment of hypertension with beta-blockers leads to modest CVD reductions and little or no effects on mortality. These beta-blocker effects are inferior to those of other antihypertensive drugs. Further research should be of high quality and should explore whether there are differences between different subtypes of beta-blockers or whether beta-blockers have differential effects on younger and older people. On as per discussion Moderator **Dr. Rajiv Passey** was been same.





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- **Dr. S.C. Manchanda** have talk on topic **optimal usage of NOACs**. The availability of new oral anticoagulants (NOACs) targeting either thrombin or factor Xa (rivaroxaban and apixaban) for the prevention and treatment of thrombosis has been highly anticipated. NOACs have major pharmacologic advantages over vitamin K antagonists (eg, warfarin), including rapid onset/offset of action, few drug interactions, and predictable pharmacokinetics, eliminating the requirement for regular coagulation monitoring. On as per discussion Moderator **Prof. (Dr.) Ashwani Gupta, Dr. Naresh Goyal and Col. (Dr.) CP. Roy** was been same.
- **Dr. S.C.Manchanda** have panel Discussion on Addressing common Clinical Challenges on optimal usage of NOACs question and answer with **Prof. (Dr.) Ashwani Gupta , Dr. Naresh Goyal and Col.(Dr.) CP. Roy**
- Different cases were explained to the audience and the whole case was open for discussion. Audience actively participated in the discussion regarding complication 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 Exiommm 2022- North](#)





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PPT Presentation on effect of Telmisartan on UACR





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Group Discussion on Addressing common Clinical Challenges

