



Diabetes & Pregnancy

Symposium

Keeping her healthy before, during & beyond,
3rd & 4th August, 2019, Chennai

Venue : Anna Centenary Library-Auditorium

Gandhi Mandapam Rd., Kotturpuram,
Chennai, Tamil Nadu 600085

Hosted by



Workshop : Maternal Nutrition, 2nd August, 2019,

**Venue : The Voluntary Health Services
Sanjeevi Auditorium**

Rajiv Gandhi Salai, Taramani, Chennai 113

Conference Secretariat

No 15, 1st Main Road, Srinivasapuram, Thiruvannamiyur, Chennai 600 041

Phone: +91 98403 00907 / 9500206691 / 9445191375

E-Mail : diwwaas@gmail.com

Dear Friends

We are pleased to invite you to the 4th annual DIWAAAS conference to be held in Chennai on Aug the 2nd, 3rd and 4th. The theme this year is Diabetes and Pregnancy : Before, During and Beyond. Several brilliant national speakers and two outstanding international experts have agreed to be a part of the program.

Gestational diabetes has emerged as a critical issue not just during pregnancy but as a precursor of diabetes and heart disease in women. It also has trans generational and multi generational impact affecting the future generations in very serious ways. Young women are increasingly at high risk for obesity, prediabetes and diabetes during their reproductive years making the risk of pregestational diabetes and other pregnancy related complications at historically high rates. Preconception care is a major unmet need.

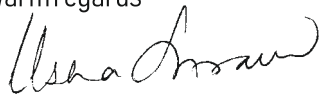
A dedicated workshop on maternal nutrition is planned for Aug 2nd with national nutrition experts leading the discussions and providing hands on training. Day 1 of the conference will cover important areas like PCOS, Pre gestational diabetes, optimization of birth weight, autoimmune disorders like thyroid dysfunction and address the current challenges like gestational weight gain, implementing universal screening etc. Day 2 will cover many aspects of providing care for women with GDM and post partum care and long term follow up. Special issues like genetics, role of ultrasound, self monitoring of glucose, technology and artificial intelligence in gestational diabetes will be discussed. Prediction and prevention of type 2 diabetes in women with GDM and the HAPO follow up study are major highlights of the conference. In addition a session titled "Sneak peek" will showcase several clinical scenarios in the form of role play.

This conference is aimed to bring together scientific evidence and clinical practice in a perfect yet simple manner and will be most useful to Ob gyns, physicians, endocrinologists, diabetologists, nutritionists and all involved in women's health in general and maternal health in particular.

The DIWAAAS team is looking forward to welcoming you to an exciting, comprehensive, practical and much needed scientific program that is designed to help delegates with answers and tools for their patient care.

See you in Chennai

Warm regards



Usha Sriram and DIWAAAS team.

International Speakers



Prof. Ronald Ma

Professor and Head, Division of
Endocrinology & Diabetes,
Department of Medicine &
Therapeutics Faculty of Medicine,
The Chinese University of Hong Kong
Honorary Consultant Endocrinologist,
Hospital Authority



Prof. Ravi Retnakaran

Endocrinologist, The Leadership Centre
for Diabetes, Mount Sinai Hospital, Toronto
Boehringer Ingelheim Chair in
Beta-Cell Preservation,
Function and Regeneration at
Lunenfeld-Tanenbaum Research Institute

National Speakers

- | | |
|--------------------------------|------------------------------|
| Dr. Adlyne Reena Asirvatham | Dr. Prithika Chary |
| Dr. Anil Kapur | Dr. Purvi Chawla |
| Dr. Anjalakshi C | Dr. Rajini Ved |
| Dr. Anjali Bhatt | Dr. Rekha Kurian |
| Dr. Anjali Sathya | Dr. Rucha Mehta |
| Dr. Anjana Ranjit Unnikrishnan | Dr. Shaanthi Gunasingh TK |
| Dr. Bharti Kalra | Prof. Seshiah V |
| Dr. Chitra Selvan | Dr. Shalini Jaggi |
| Dr. Deepa Thangamani | Dr. Shilpa Joshi |
| Dr. Kanaga Durga Damodaran | Dr. Shobana Mahadevan |
| Dr. Gagan Priya | Dr. Sruti Chandrasekaran |
| Dr. Hema Divakar | Dr. Smita Bhatt |
| Dr. Hemchand Prasad | Dr. Subhasri B |
| Dr. Jaishree Gajaraj A | Ms. Suhavana B |
| Dr. Jayashree Gopal | Dr. Sumana Manohar |
| Dr. Kalaivani Ramalingam | Dr. Sunil Gupta |
| Dr. Lily Rodriguez | Dr. Suresh S |
| Dr. Mala Dharmalingam | Dr. Uma Ram |
| Dr. Mangaleshwari J. D | Dr. Umaiyal Murugesan |
| Dr. Mary D Cruz | Dr. Unnikrishnan A.G |
| Dr. Meena Chhabra | Dr. Usha Rani G |
| Dr. Meera Raghavan | Dr. Usha Sriram |
| Dr. Neeta Deshpande | Dr. Vidhya Rajeev Jahagirdar |
| Dr. Nihal Thomas | Dr. Vijayalakshmi G.S |
| Dr. Nikhil Tandon | Dr. Vijayam Balaji |
| Dr. Nirmala Jaishankar | Dr. Yagnik. C. S |
| Dr. Pandiyan N | |

Pregnancy and Diabetes
Keeping her healthy Before, During and Beyond

Day 1 : Aug 3rd Saturday

07.00 - 08.45	Registration
08.45 - 09.00	Welcome and Introductions
09.00 - 10.30	Session-1: Grasping the realities Moderators: Dr. Prithika Chary and Dr. Sumana Manohar
09.00 - 09.20	Diabetes and pre-diabetes in women of reproductive age: A global and national snapshot Dr. Anjana Ranjit Unnikrishnan
09.20 - 09.40	Childhood and adolescent obesity: Why are girls so vulnerable? Dr. Neeta Deshpande
09.40 - 10.20	PCOS: The growing challenge before, during and beyond pregnancy Dr. Jayashree Gopal and Dr. Uma Ram Clinical presentation by Dr. Sruti Chandrasekaran
10.20 - 10.30	Audience interaction
10.30 - 10.50	Coffee break
10.50 - 12.00	Session-2: Act now for a better tomorrow Moderators: Dr. Anjali Sathya and Dr. Anjalakshi C
10.50 - 11.10	Preconception care: The simple but seriously missing strategy for promoting healthy pregnancies Dr. Usha Sriram
11.10 - 11.30	Are there ways to prevent GDM? What is the evidence Prof. Ronald Ma
11.30 - 11.50	Optimizing baby weight: Why small and big babies matter Dr. C. S. Yagnik
11.50 - 12.00	Audience interactions
12.00 - 01.00	Session-3: Optimising pregnancy outcomes A holistic approach Moderators: Dr. Lily Rodriguez and Dr. Kalaivani Ramalingam
12.00 - 12.20	Addressing mental health and the effects of stress on pregnancy outcomes : Ms.Suhavana.B
12.20 - 12.40	Physical activity : Before, during and after : Why it matters Dr Kanaga Durga Damodaran
12.40 - 01.00	Maternal nutrition: How does diabetes change our recommendations? Dr. Shilpa Joshi
01.00 - 01.10	Audience interactions
01.10 - 01.50	Session-4: What's hot now Moderators: Dr. Mary D Cruz and Dr. Pandiyan N.
01.10 - 01.30	Gestational diabetes and future risk of liver disease in young women Dr. Ravi Retnakaran

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Day 1 : Aug 3rd Saturday

- 01.30 – 01.50 Thyroid, autoimmunity and diabetes in pregnancy **Dr. AG Unnikrishnan**
- 01.50 – 02.30 **Lunch**
- 02.30 – 03.00 **DIWAAAS keynote address**
Moderators: Dr. Usha Sriram and Dr. C. S. Yagnik
The HAPO FU study: The long term effects on mother and offspring **Prof Ronald Ma**
- 03.00 – 03.10 Audience interaction
- 03.10 – 04.20 **Session-5: Challenges and Solutions**
Moderators: Prof. Seshiah V. and Dr. Nirmala Jaishankar
- 03.10 – 03.30 The FIGO solution for GDM Universal Screening and detecting is the major challenge
Dr. Hema Divakar
- 03.30 – 03.50 Gestational weight gain: Timing, Amount and Implications **Dr. Ravi Retnakaran**
- 03.50 – 04.10 The current national challenge: **Dr. Subhasri B**
- 04.10 – 04.20 Audience interactions
- 04.20 – 05.30 **Session-6: Sneak peak – consulting room scenarios**
Moderators: Dr. Gagan Priya, Dr. Purvi Chawla and Dr. Meera Raghavan
Actors : A brilliant team of Women Endocrinologists and Diabetologists of India
Consulting room # 1: Woman just diagnosed with GDM
Consulting room # 2: Counselling on MNT
Consulting room # 3: Starting insulin / monitoring
Consulting room # 4: Postpartum care. Follow up in women with GDM
Consulting room # 5: Pre gestational diabetes and high A1c

- 08.00 – 09.00 **Session-7: Meet the Professor**
- Significance of fetal nutrition and growth, **Moderator – Dr Shobana Mahadevan**
Dr. Suresh S, Dr. C. S. Yagnik & Dr. Nihal Thomas
 - Challenges to implementing national guidelines, **Moderator – Dr Rucha Mehta**
Dr. Anil Kapur, Dr. Hema Divakar & Dr. Subhasri B
 - Following the kids long term , **Moderator – Dr Vidhya Rajeev Jahagirdar**
Dr. Hemchand Prasad, Dr. Ronald Ma & Dr. Nikhil Tandon
 - Pregnancy as a window to future chronic disease,
Moderator – Dr Adlyne Reena Asirvatham
Dr. Ravi Retnakaran, Dr. Usha Sriram & Dr. Rajani Ved
- 09.00 – 10.25 **Session-8: It's all about glycemic control and – how and how best**
Moderators: Dr. Smita Bhatt and Dr. Shaanthi Gunasingh T.K
- 09.00 – 09.35 Pre-gestational diabetes: The road map for optimum care Dr. Meena Chhabra and
Dr. Shalini Jaggi
Clinical presentation by Dr Anjali Bhatt
- 09.35 – 09.55 Glycemic targets, therapeutic options, and the importance of good glycemic control
Dr. Sunil Gupta
- 09.55– 10.15 The insulin Journey in Pregnancy : Where we are now : Dr. GS Vijayalakshmi and
Dr. Usha Sriram
- 10.15– 10.25 Audience interactions
- 10.25 – 11.25 **Session-9: Aiming for better outcomes**
Moderators: Dr. Umaiya Murugesan and Dr. Deepa Thangamani
- 10.25 – 10.45 Ultrasound in pregnancy complicated by diabetes : Assessment of fetal health and fetal growth
Dr. Suresh S
- 10.45 – 11.05 Timing, route, management of delivery Dr. Jaishree Gajaraj A
- 11.05 – 11.25 Monitoring glycemic control SMBG & CGMS Dr. Mala Dharmalingam
- 11.25 – 11.35 Audience interactions

11.35- 12.35	Session-10: Utilizing the window of opportunity for long term care Moderators: Dr. Vijayam Balaji and Dr.Usha Rani.G
11.35 - 12.05	DIWWAAAS Oration Dr. Ravi Retnakaran Future risk of Type 2 diabetes and CVD in women with GDM: Prediction and Prevention
12.05 - 12.25	Post partum follow-up of women with GDM : The Indian scenario - TBD
12.25 - 12.45	The Next pregnancy: The low hanging fruit: What can we do? Contraception, breast feeding, monitoring, motivation and more Dr. Bharti Kalra
12.45 - 12.55	Audience Interaction
12.55 - 02.05	Session-11: Way forward Moderators: Dr Rekha Kurian and Dr Mangleshwari. J.D
12.55 - 01.15	How do/can front line health workers help in improving outcomes for women with GDM? Dr. Rajini Ved
01.15 - 01.35	GDM is the link to NCD prevention in women and their offspring Dr.Anil Kapur
01.35 - 01.55	The genetics of diabetes in pregnancy Dr. Nihal Thomas
01.55 - 02.15	Novel tools in GDM care: Telemedicine, m health, apps and more Dr.Chitra Selva
02.15 -02.25	Audience interaction
02.25-02.30	Vote of Thanks
02.30	Lunch



REGISTRATION

Category	Early Bird	Spot
Delegate	4,000	5,000
Post Graduate	2,000	2,500
Workshop (Limited to 100)	1,000	1,500

Conference Secretariat

No 15, 1st Main Road, Srinivasapuram,
Thiruvanmiyur, Chennai 600 041
Phone: +91 98403 00907 / 9500206691
9445191375

Cheque/ DD in favour of
ACEER HEALTH Private limited, Chennai

Diabetes & Pregnancy

Registration Form

2-4 August 2019

Title (Please tick) ☐ Prof. ☐ Dr. ☐ Mr. ☐ Mrs. ☐ Ms.

First Name _____

Last Name/Initials _____

Designation _____ Department _____

Name of Hospital/ Institution _____

Address _____

City _____ State _____ Pin _____

Phone No (s) _____ Mobile No _____

Email ID _____ Whatsapp _____

Facebook _____ Twitter _____

Cheque / DD in favour of **Aceer Health Pvt. Ltd , Chennai**

Please send the completed form by mail / email.

The Conference Secretariat, Attention to Ms. Sripriya / Ms. Uma Kanniappan

No 15, 1st Main Road, Srinivasapuram, Thiruvannamiyur, Chennai 600 041

Phone: +91 98403 00907 / 9500206691 / 9445191375

E-Mail : diwwaas@gmail.com

Category	Early Bird 15.6.19	Spot
Delegate <input type="checkbox"/>	4,000	5,000
Post Graduate <input type="checkbox"/>	2,000	2,500
Workshop (Limited to 100) <input type="checkbox"/>	1,000	1,500



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