

# PACE 2015

PATIENT CENTERED DIABETES CARE

Where science meets people



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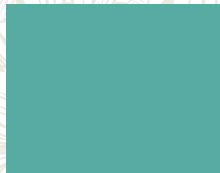
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Venue : The Raintree, Annasalai, Chennai

Date : Jan 31st and Feb 1st, 2015



Dear Colleagues:

PACE 2015 invites you to a unique and comprehensive educational program on **Patient Centered** Diabetes Care. Demographic heterogeneity, myriad presentations, multiple complications and the chronic progressive nature makes Diabetes care very challenging.

Patient Centered Diabetes Care is the modern, holistic, ethical and logical way that has been proposed and supported by the ADA and the EASD. We have taken that concept further by adding cultural context.

Patient Centered Diabetes Care (PACE 2015) is the first conference where every session is tailored to the many needs of the patient with Diabetes in India. Four highlights of the program are a panel discussion on "The Difficult Patient", a symposium on the "In Patient" and sessions on resource limited settings and immunizations and supplements. We have a total of 17 sessions ranging from the elderly, women, the young, the Resource poor, the Overweight, to people with CAD, CKD, Cancer, Autoimmunity, Hypoglycemia and Hypertension.

At the end of this program, delegates will be equipped with knowledge and clarity to manage their patients even better. We are developing some unique educational methods that will make every moment spent at the conference a great learning experience.

We welcome you to Chennai which is cool in January and filled with the sights and sounds of traditional music and dance.

Looking forward

Organizing team PACE 2015  
Consultants-ACEER Health



# HISTORY OF DIABETES



During Greek times, Egyptian dentist & physician Hesy-ra associated Diabetes and Polyuria on Egyptian Papyrus as "too great urine passing through"



Indian Physicians Sushruta and Charaka described Diabetes calling it 'Madhumeha' or honey urine

Greek Physician Aretaeus of Cappadocia coins the name 'Diabetes' from the Greek word meaning 'Siphon'

Persian Physician, Avicenna provided a detailed account on Diabetes Mellitus in The Canon of Medicine, "describing the abnormal appetite and the collapse of sexual functions". He is the first to document the use of fenugreek, zedoary seeds for treatment of Diabetes.

Apollonius of Memphis is credited with describing the term "DIABETES", meaning 'to pass through'.

Johann Conrad Brunner associated Diabetes to pancreas

Johann Peter Frank differentiates DM and DI

Sir Edward Albert Sharpey-Schafer discovered in people with Diabetes a deficiency of a substance produced by islet cells in pancreas and named the substance Insulin (insula or islets)



Canadian scientists Frederick Banting and Charles Best discovered Insulin. (Nobel Prize in 1923)



The first person to receive Insulin was a 14 year old boy Leonard Thompson on Jan 11th 1922.

Sir Harold Percival Himsworth distinguishes clearly between Type 1 and Type 2 Diabetes.

ADA founded

Marcel Janbon discovered Hypoglycemic properties of Sulfonylurea

Rosalyn Yalow develops Insulin assay by RIA

First Glucometer introduced

HAPO results published

First SGLT2 inhibitor Canagliflozin approved

Mathew Dobson: Urine is sweet due to presence of a kind of sugar

Dr. Paul Langerhans discovers Islets of Langerhans

Joseph von Mering & Oskar Minkowski Discover the Role of the Pancreas in Diabetes.

Elliot Joslin publishes the first edition of the Treatment of Diabetes Mellitus

Priscilla White starts Joslin Pregnancy Clinic

Rosalyn Yalow awarded Nobel Prize

GAD antibodies discovered

Lispro introduced

DCCT results published

First Insulin pump invented

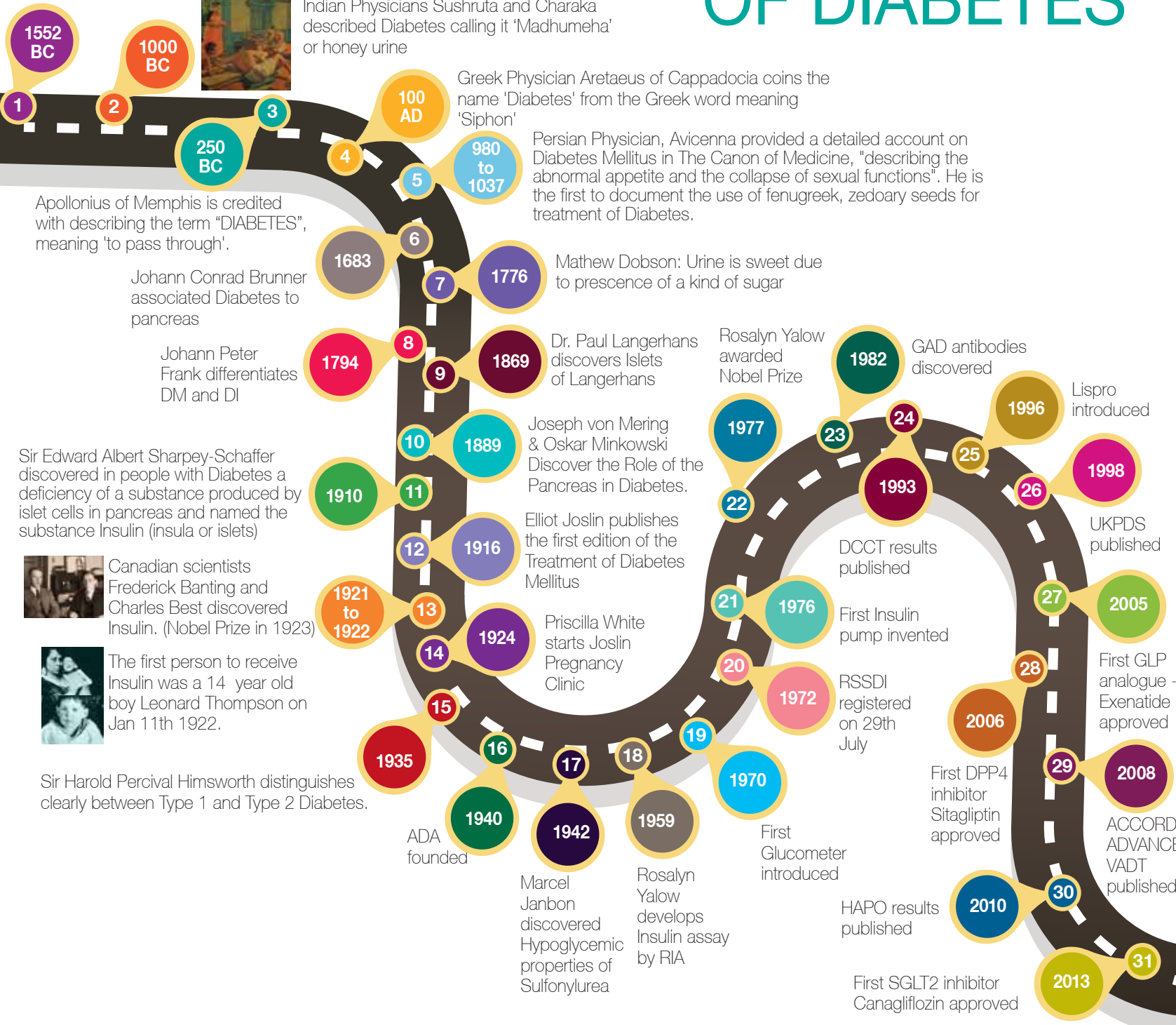
RSSDI registered on 29th July

First DPP4 inhibitor Sitagliptin approved

UKPDS published

First GLP analogue - Exenatide approved

ACCORD, ADVANCE, VADT published





## CONFERENCE AGENDA: Saturday, January-31, 2015

7.30 am-8.45 am

### REGISTRATION

8.45 am-9.00 am

Welcome and Opening Remarks

9.00 am-9.45 am

**Chair:** Prof. K Kannan & Prof. Anand Moses

**Session Coordinator:** Dr. Subramanian Kannan

### SESSION 1: Diabetes And Cancer

- ◆ The challenges and strategies in management
- ◆ Anti-hyperglycemic therapy and malignancies

*Dr. Shruthi Chandrasekhar*

*Dr. Prema Varthakavi*

9.45 am-10.30 am

### SESSION 2: CKD & Diabetes

- ◆ Diabetic Nephropathy in the Indian patient
- ◆ Managing Diabetes with CKD in its various stages

*Dr. Vijay Viswanathan*

*Dr. Ranjit Unnikrishnan*

10.30 am-11.15 am

### SESSION 3: The Resource Limited Diabetic

- ◆ Health economics of Diabetes care in India
- ◆ Diabetes management in resource poor settings

*Dr. A Ramachandran*

*Dr. Sanjay Kalra*

11.15 am-11.30 am

### COFFEE

11.30 am-12.15 pm

**Chair:** Prof. Seshiah & Prof. Munichoodappa

**Session Coordinator:** Dr. N.K.Narayanan

### SESSION 4: Diabetes In The Elderly And The Very Young

- ◆ Challenges, goals and therapeutics in the elderly
- ◆ Type 2 Diabetes in children

*Dr. S.Venkatraman*

*Dr. Ganesh Jevalikar*

12.15 pm-1.00 pm

### SESSION 5: Diabetes In India: Different Strokes For Different Folks

- ◆ The Asian Indian phenotype:  
Unique features and challenges
- ◆ Nutrition prescription in India:  
Everyone's nightmare!

*Dr. V. Mohan*

*Dr. Shilpa Joshi*



1.00 pm-1.45 pm

**SESSION 6: The Proactive Patient**

- ◆ Immunizations for people with Diabetes
- ◆ Vitamin D, B and other supplements in Diabetes management

*Dr. V. Ramasubramaniam  
Dr. Jayashree Gopal*

1.45 pm-2.30 pm

**LUNCH**

2.30 pm-3.15 pm

**Chair:** *Dr. A. Mythili & Prof. R.S. Hariharan*  
**Session Coordinator:** *Dr. Chitra Selvan*

**SESSION 7: Prediabetes & Metabolic Syndrome**

- ◆ Prediabetes: The significance, challenges and strategies for management
- ◆ The PCOS girl and her metabolic future

*Prof. Mala Dharmalingam*

*Dr. Bhuma Srinivasan*

3.15 pm-4.00 pm

**SESSION 8: Type 1 Diabetes**

- ◆ Diagnosing and managing Type 1 Diabetes
- ◆ The art and science of Insulin therapy

*Dr. Vaman Khadilkar*

*Dr. Vageesh Ayyar*

4.00 pm-5.15 pm

**SESSION 9: "The Difficult Patient"**

A case based panel discussion:  
Dealing with the "non compliant" and the "non responder" and the "non believer"

**CASE:** 1 & 2 & 3

*Dr. Prasanna Kumar, Dr. S. Murthy,  
Dr. Gopinath, Dr. Harishkumar*

**CASE:** 4 & 5 & 6

*Dr. RV Jayakumar, Dr. Sudha Vidyasagar,  
Dr. Kandula Sai, Dr. Narasimha Shetty*

**Moderators:** *Dr. Sanjay Kalra and Dr. Krishnan Swaminathan*



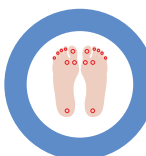
# CONFERENCE AGENDA: Sunday, February-1, 2015

8.00 am-9.00 am

## SESSION 10: WORKSHOPS

Each session limited to 75 delegates

4 cases will be discussed



### Diabetic Foot

**Moderator:** *Dr. Muthukumaran Jeyapaul*

**Panelists:** *Dr. P.Pichumani, Dr. Harishkumar, Dr. Banshi Saboo & Dr. V. B. Narayanamurthy*



### Insulin Pump

**Moderator:** *Dr. V.Kumaravel*

**Panelists:** *Dr. Jothydev, Dr. Neeta Deshpande,  
Dr. Jayashree Gopal & Dr. Bhavana Sosale*



### Gestational Diabetes

**Moderator:** *Dr. Anjana Ranjit*

**Panelists:** *Dr. Uma Ram, Dr. JS Kumar, Dr. Usha Sriram & Dr. P. G. Sundararaman*



### Bone Health In Diabetes

**Moderator:** *Dr. Shriram Mahadevan*

**Panelists:** *Dr. Thomas Paul, Dr.Ambrish Mithal, Dr. Bhuma Srinivasan & Dr. A. Mythili*

9.00 am-9.15 am

COFFEE

**9.15 am-10.00 am** **Chair:** *Prof. A.K. Das and Prof. AH Zargar*  
**Session Coordinator:** *Dr. Nandita Arun*

**SESSION 11: Diabetes and CAD**

- ◆ CV Risk Assessment
- ◆ CV Risk reduction strategies

*Dr. Ajit Mullasari*  
*Dr. Anant Nigam*

**10.00 am-10.45 am** **SESSION 12: Diabetes And Other Endocrine Disorders**

- ◆ Hypoglycemia: Finding zebras among horses
- ◆ Diabetes and Autoimmune syndromes

*Dr. Ganpathy Bantwal*  
*Dr. Nikhil Tandon*

**10.45 am-11.30 am** **SESSION 13: Weight And Lifestyle**

- ◆ Diabetes in the overweight person:  
Challenges and solutions
- ◆ Obstructive sleep apnea and sleep disorders

*Dr. Shashank Joshi*

*Dr. Ramakrishnan*

**11.30 am-12.30 pm** **SESSION 14: Research, Education and Policy for the Indian Patient**

**Moderators:** *Dr. V. Mohan and Dr. SR Arvind*

Panel

*Prof. AH Zargar, Prof. A.K. Das*  
*Prof. Sadikot, Dr. A.Muruganathan and*  
*Prof. Anil Bansali*

**12.30 pm-1.15 pm** **Chair:** *Prof. M.V. Muraleedharan and Prof. Lilly John*

**Session Coordinator:** *Dr. Suresh Prabhu*

**SESSION 15: Therapeutics**

- ◆ What are the therapeutic options for our patients:  
The best of the old and the new
- ◆ Monitoring glycemic control: Strategies and options

*Dr. Ambrish Mithal*

*Dr. Samit Ghoshal*

**1.15 pm-2.00 pm** **LUNCH**

**2.00pm - 2.30pm** **SESSION 16: Diabetes in Women**

- ◆ Is Diabetes a bigger challenge for women?
- ◆ W2W: An Indian public outreach program  
for empowerment of women

*Dr. Sarita Bajaj*  
*W2W Team*

**2.30pm - 3.15pm** **SESSION 17: Hypertension and Lipids**


- ◆ The Hypertensive Diabetic: Changing evidence  
and changing guidelines JNC 8 and more
- ◆ The Dyslipidemic Diabetic: Making sense  
of the new lipid guidelines

*Dr. Suresh Damodaran*

*Dr. S.N.Narasingan*

**4.45 pm-5.00 pm** **Vote Of Thanks ◆ Valedictory Function ◆ Prizes**





# THE IN-PATIENT SYMPOSIUM

Sunday, February-1, 2015  
3.15pm to 4.45pm

**A symposium and interactive panel discussion on**

**THE IN-PATIENT:**

Challenges, Protocols and Followup

**Moderators:**

*Dr. Ambrish Mithal and  
Dr. Subhankar Choudhury*

Scope of the problem  
Inhospital management protocols  
Hypoglycemia  
Preparing for discharge  
Stress Hyperglycemia  
DKA

*Dr.G.Vijaykumar  
Dr. Beena Bansal  
Dr. SR Arvind  
Dr. Rakesh Sahay  
Dr. Manoj Chaddha  
Dr. Mathew John*



# Thank You...

ACEER Health acknowledges the people and the many organizations that have made PACE 2015 possible. We are particularly thankful to the national faculty, the sponsors, the conference secretariat, the organizing committee, the staff and the support team at ACEER Health and the many industry colleagues who have contributed immensely to this effort.





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7/12, 15th Cross Street, Sastri Nagar, Adyar, Chennai - 600 020, Tamilnadu, India.  
Phone : +91 44 24460762 , +91 44 24460763 Fax : +91 44 24460760, +91 44 24460761  
E-Mail ID : [aceergroup@gmail.com](mailto:aceergroup@gmail.com)