

Diabetes India 2022: 12th World Congress of DiabetesIndia

CONNECTED BLOOD GLUCOSE MONITORING FROM EVIDENCE TO CLINICAL PRACTICE

Dr Banshi Saboo, Ahmedabad

- Blood glucose monitoring is a cornerstone for the management of diabetes and helps health care providers:
 - To assess glycemic control
 - Adjust therapy accordingly
 - Help patients modify their lifestyle accordingly.
- Structured monitoring, pattern analysis and specific actions based on pattern providers better control of both hyperglycemia and hypoglycemia.
- Patients and physicians connecting blood glucose monitors ease the burden such as logbook maintenance, data sharing, evaluating blood glucose readings and remote monitoring.

PIONEERING THE NEW REVOLUTION IN THE MANAGEMENT OF T2DM WITH ORAL SEMAGLUTIDE

Dr Anil Bhansali, Chandigarh

- Oral semaglutide demonstrated significantly greater glycosylated hemoglobin (HbA1c) and weight reductions versus sitagliptin, empagliflozin and liraglutide.
- Oral semaglutide is superior compared to empagliflozin and sitagliptin in controlling HbA1c, while noninferior to liraglutide.
- Oral semaglutide has superior weight reduction properties compared to sitagliptin, linagliptin and empagliflozin.
- Cardiovascular safety: Confirmed for oral semaglutide in PIONEER 6, showing a 21% nonsignificant reduction in major adverse cardiovascular events in favor of oral semaglutide compared with placebo.
- Overall safety: Oral semaglutide was well-tolerated with a safety profile consistent with the glucagon-like peptide-1 receptor agonist (GLP-1RA) class. The most common adverse event was mild to moderate nausea.

- Efficacy was established when given early in therapy, late in therapy and regardless of renal or hepatic impairment.

2022 UPDATE IN DIABETES

Dr AK Das, Puducherry

- Remarkable advances were observed in recent years in the management of patients with type 2 diabetes mellitus (T2DM) or type 1 diabetes mellitus (T1DM).
- Regarding T2DM, changes in treatment paradigms were observed, moving from a glucocentric approach to a multi-risk strategy and, finally, in people at high-risk, to specific cardiorenal protection using new antidiabetic agents.
- Regarding T1DM, progress combined new insulin analogs with better pharmacokinetics, continuous and flash glucose monitoring, and improved insulin delivery systems with smart insulin pens and insulin pumps connected to a glucose monitoring device, allowing better glucose control with less hypoglycemia.
- Because of an increasing variety of therapeutic approaches, an individualized patient-centered strategy is recommended, ideally with the collaboration of a multidisciplinary team.
- Artificial intelligence, digitization and telemedicine will play an increasing role in the management of T1DM and T2DM, in a near future.

GLIPTIN, GLIFLOZIN, SYNERGY

Dr Vinod Mittal, New Delhi

- Robust/rapid HbA1c reduction – no added hypoglycemia.
- Weight loss – fat.
- Decrease in SBP...Uric acid.
- Cardiorenal protection.
- Less GTI.
- Cost, convenience, compliance.

■ ■ ■ ■