



JOTHYDEV'S PROFESSIONAL EDUCATION FORUM ANNUAL CONVENTION 2015



		5 CME CREDIT HOURS
8 th & 9 th August 2015	TAJ VIVANTA Trivandrum	APPROVED BY TC MEDICAL COUNCIL
 +91 9496246200	jpef@jothydev.net	www.jothydev.net/jpef



P. KESAVADEV TRUST



jothydev's
DIABETES &
RESEARCH CENTRE



**JOTHYDEV'S
PROFESSIONAL
EDUCATION FORUM**

Dear Friends,

We take pleasure inviting you to a two day power packed diabetes scientific educational convention - **3rd Jothydev's Professional Education Forum (JPEF) Annual Convention on 8th & 9th August, 2015** organised by JPEF under the auspices of P. Kesavadev Trust in association with DiabetesIndia.

We have the most distinguished line of national and international faculty joining us for the 3rd consecutive year in the historical city of Trivandrum. This year, the theme is '**Testing the time in diabetes**', signifying the pivotal role of timely interventions in prevention & treatment of diabetes. We promise a truly intellectual scientific festival enriched with the most sought after speakers across the country and abroad.

The contemporary **Taj Vivanta, Trivandrum** located in the heart of Trivandrum city will serve as the convention venue. Taj Vivanta offers easy access to Shri Padmanabhaswamy Temple, Napier Museum and is just 20 minutes drive from the airport.

We welcome you to God's Own Country for a memorable educational experience.

Yours faithfully,

Jothydev Kesavadev
Managing Trustee
P. Kesavadev Trust



SCIENTIFIC PROGRAM

PANEL DISCUSSIONS

ORATIONS

SYMPOSIA

WORKSHOPS

DEBATES

IN ASSOCIATION WITH



DR. SHAUKAT M. SADIKOT
(President)
Dr. S. R. Aravind
(Secretary General)
Dr. Banshi Saboo
(Executive Secretary)



P. KESAVADEV TRUST

THIS EDUCATIONAL ACTIVITY IS ORGANIZED BY
P. KESAVADEV TRUST



SPEAKERS

DR. ABDUL HAMID ZARGAR (Srinagar)

DR. AJAIYAKUMAR S. K (Trivandrum)

DR. AJAY AGGARWAL (New Delhi)

DR. ANJANA RANJIT MOHAN (Chennai)

DR. ANUJ MAHESHWARI (Lucknow)

DR. ARUN B. NAIR (Trivandrum)

DR. ARUN SHANKAR (Trivandrum)

DR. ARVIND GUPTA (Jaipur)

DR. ASHOK KUMAR DAS (Puducherry)

DR. ASHWIN DAVID (Trivandrum)

DR. ATUL KALHAN (UK)

DR. AWADHESH KUMAR SINGH (Kolkata)

DR. AZEEM KATHAWALA (Mumbai)

DR. BALAGOPAL P. G (Trivandrum)

DR. BANSHI SABOO (Ahmedabad)

DR. BEENA UNNIKRISHNAN (Trivandrum)

DR. DEEPAK K. JUMANI (Mumbai)

DR. GEETHA M. NAIR (Trivandrum)

DR. GEORGI ABRAHAM (Chennai)

DR. HARI PARAMESWARAN (USA)

DR. HEMANT THACKER (Mumbai)

DR. P. K. JABBAR (Trivandrum)

DR. JOHNNY J. KANNAMPILLY (Kochi)

DR. JOTHYDEV KESAVADEV (Trivandrum)

DR. KRISHNA SESHADRI (Chennai)

DR. S. V. MADHU (New Delhi)

DR. MANOJ S. CHAWLA (Mumbai)

DR. MATHEW JOHN (Trivandrum)

DR. V. MOHAN (Chennai)

DR. NEETA DESHPANDE (Belgaum)

DR. PRASANTH SANKAR (Pathanamthitta)

DR. RAJIV KOVIL (Mumbai)

DR. RANJIT UNNIKRISHNAN (Chennai)

DR. A. V. RAVEENDRAN (Kottayam)

DR. RISHI SHUKLA (Kanpur)

DR. ROHAN SONAWANE (Mumbai)

DR. SAMAR BANERJEE (Kolkata)

DR. SARITA BAJAJ (Allahabad)

DR. SEN DEVADUTHAN (UK)

DR. SHASHANK R. JOSHI (Mumbai)

DR. SHASHANK S. SHAH (Mumbai)

DR. SHAUKAT M. SADIKOT (Mumbai)

DR. P. V. SHIJI (Calicut)

DR. SHILPA JOSHI (Mumbai)

DR. A. K. SINGH (Kolkata)

DR. SREEJITH N. KUMAR (Trivandrum)

DR. SUDHA VIDYASAGAR (Mangalore)

DR. SUNIL PRASOBH (Trivandrum)

DR. TINY NAIR (Trivandrum)

DR. C. S. YAJNIK (Pune)



PROGRAM

SATURDAY, 8th AUGUST 2015

Hall-A

07:30 AM ONWARDS

REGISTRATION

08:30 AM

EXHIBIT STALLS OPEN

08:45 AM

WELCOME MESSAGE

09:00 AM - 09:30 AM

PANEL 1 - BACK TO BASICS

Moderator : **DR. D. THANKOM** (Trivandrum)
Physician & Diabetologist, S. K. Hospital, Trivandrum

CLASSIFICATION AND USE OF OADs IN DIABETES

Speaker : **DR. ARUN SHANKAR** (Trivandrum)
Centre Head, Consultant Diabetologist, Jothydev's Diabetes Research Centre, Trivandrum

CLASSIFICATION AND USE OF INJECTABLE THERAPIES IN DIABETES

Speaker : **DR. ASHWIN DAVID** (Trivandrum)
Diabetologist, Jothydev's Diabetes Research Centre, Trivandrum

FOOT CARE IN DIABETES

Speaker : **DR. JOHNNY J. KANNAMPILLY** (Kochi)
Consultant Diabetologist & Diabetic Foot Specialist, Lakeshore Hospital, Kochi

09:35 AM - 09:55 AM

CLINICAL INERTIA AND ITS SERIOUS CONSEQUENCES: HOW TO INITIATE AND STEP UP INSULIN THERAPIES?

Speaker : **DR. MANOJ S. CHAWLA** (Mumbai)
Consultant Diabetologist - LINA Diabetes Care & Mumbai Diabetes Research Centre (Mumbai)

Chair : **DR. A. V. RAVEENDRAN** (Kottayam)
Asst. Prof. of Medicine, Medical College, Kottayam

10:00 AM - 10:20 AM

DIABETES AND CANCERS: GENES, THERAPIES AND ENVIRONMENT

Speaker : **DR. HARI PARAMESWARAN** (USA)
Armand Quick - William Stapp Chair and Professor of Hematology Director, Adult Blood and Marrow Transplant Program Medical College of Wisconsin, Milwaukee, USA

Chair : **DR. ABDUL HAMID ZARGAR** (Srinagar)
Former Professor and Chairman, Department of Endocrinology, Sheri - Kashmir Institute of Medical Sciences, Srinagar, Kashmir



10:25 AM - 10:45 AM

OBSTRUCTIVE SLEEP APNOEA IN DIABESITY – THE MISSING PIECE IN THE PUZZLE

- Speaker** : **DR. BANSHI SABOO** (Ahmedabad)
Executive Secretary - DiabetesIndia; Diabetes and Endocrine Physician,
Dia Care Hospital, Ahmedabad
- Chair** : **DR. ANUJ MAHESHWARI** (Lucknow)
Associate Prof. Department of Medicine, Babu Banarsi Das University, Lucknow
Organizing Secretary RSSDI - 2015

10:50 AM - 11:10 AM

DIABETESINDIA PRESIDENTIAL ORATION

THE RISING PREVALENCE OF DIABETES – WHAT ME, YOU AND DIABETESINDIA CAN DO?

- Speaker** : **DR. SHAUKAT M. SADIKOT** (Mumbai)
President Elect - International Diabetes Federation,
President, DiabetesIndia
- Chair** : **DR. THOMAS MATHEW** (Trivandrum)
Principal, Government Medical College, Trivandrum

11:10 AM - 11:30 AM

INAUGURATION

- Inauguration:** **SHRI. V. S. SIVAKUMAR** (Hon. Minister for Health)
DR. M. K. C. NAIR (Vice Chancellor, Kerala University of Health Sciences)
DR. SREEJITH N. KUMAR (State President, IMA)
DR. THOMAS MATHEW (Principal, Medical College, Trivandrum)

11:30 AM - 01:30 PM

INSULIN SYMPOSIUM

- Moderators** : **DR. RAJIV KOVIL** (Mumbai)
Consultant Diabetologist, Dr. Kovils Diabetes Care Centres, Mumbai
- DR. BANSHI SABOO** (Ahmedabad)
Executive Secretary - DiabetesIndia; Diabetes and Endocrine Physician,
Dia Care Hospital, Ahmedabad

THE FRAMEWORK FOR GLP-1 THERAPIES IN THE CURRENT DIABETES LANDSCAPE

- Speaker** : **PADMASREE DR. V. MOHAN** (Chennai)
Chairman and Chief of Diabetology,
Dr. Mohan's Diabetes Specialities Centre, Chennai

DEVELOPMENTS IN BASAL INSULIN THERAPY: DECIPHERING NEW INSIGHTS

- Speaker** : **DR. AWADHESH KUMAR SINGH** (Kolkata)
Chief Consultant Endocrinologist & Diabetologist, Sun Valley Diabetes
Research Centre & Hospital, Guwahati



WORKING TOGETHER: BEST OF BASAL AND PRANDIAL INSULINS

Speaker : **PADMASREE DR. SHASHANK R. JOSHI** (Mumbai)
President Elect - Endocrine Society of India
Endocrinologist, Joshi Clinic, Lilavati & Bhatia Hospital, Mumbai

FINDING NEW DIRECTIONS WITH INSULIN: GLP-1 AGONISTS AS ADD-ON OR IN COMBINATION

Speaker : **DR. JOTHYDEV KESAVADEV** (Trivandrum)
Chairman, Jothydev's Diabetes Research Centres, Trivandrum, Kochi

01:30 PM - 02:30 PM



LUNCH BREAK

02:30 PM - 02:50 PM

JPEF ORATION

FOETAL PROGRAMMING OF TYPE 2 DIABETES: UNRAVELLING THE MYSTERY

Speaker : **DR. C. S. YAJNIK** (Pune)
Director, Diabetes Unit, King Edward Memorial Hospital & Research Centre, Pune

Chair : **DR. ELIZABATH K. E** (Trivandrum)
Professor & HOD, Pediatrics & Superintendent, SAT Hospital, Govt. Medical College, Trivandrum
President Elect, Indian Academy of Pediatrics, Kerala Chapter

02:55 PM - 03:15 PM

GESTATIONAL DIABETES MELLITUS AND OBESITY - TROUBLESHOOTING THE DOUBLE TROUBLE

Speaker : **DR. SAMAR BANERJEE** (Kolkata)
Vivekanand Institute of Medical Sciences, West Bengal
Editor-in-Chief, Journal of Clinical Diabetology, Former President, RSSDI

Chair : **DR. HARISH KUMAR** (Kottayam)
Diabetologist, IHM Hospital, Pala

03:20 PM - 03:40 PM

'RUN BABY RUN' - PHYSICAL ACTIVITY RECOMMENDATIONS IN DIABETES

Speaker : **DR. ANJANA RANJIT MOHAN** (Chennai)
Jt. Managing Director, Dr. Mohan's Diabetes Specialities Centre, Chennai

Chair : **DR. A. P. RADHAKRISHNAN** (Palakkad)
Chairman, Palakkad Diabetes Centre, Palakkad



03:45 PM - 04:05 PM

RSSDI PRESIDENTIAL ORATION

DO LIVER NEED TO BE TARGETED AND PROTECTED IN DIABETES?

- Speaker** : **DR. S. V. MADHU** (New Delhi)
President, Research Society for the Study of Diabetes in India (RSSDI)
Professor & Head, Dept. of Medicine & Head, Centre for Diabetes,
Endocrinology & Metabolism UCMS - GTB Hospital, New Delhi
- Chair** : **DR. MATHEW JOHN** (Trivandrum)
Chief Endocrinologist, Providence Endocrine and Diabetes Specialty Centre,
Trivandrum

04:10 PM - 04:30 PM

CANAGLIFLOZIN: WHERE CAN WE PLACE IN THE THERAPY?

- Speaker** : **DR. HEMANT THACKER** (Mumbai)
Consultant Physician & Cardiometabolic Specialist - Bhatia Hospital,
Saifee Hospital, Mumbai
- Chair** : **DR. BENNY P. V** (Trivandrum)
Professor, Sree Gokulam Medical College, Trivandrum

04:35 PM - 04:55 PM

MANAGING THE BIG BARRIER – HYPOGLYCEMIA IN DIABETES PRACTICE

- Speaker** : **DR. RISHI SHUKLA** (Kanpur)
Senior Endocrinologist, Department of Endocrinology at Regency Hospital Ltd.,
Kanpur and Center for Diabetes and Endocrine Diseases, Kanpur
- Chair** : **DR. JAYAPRAKASHSAI** (Hyderabad)
Consultant Diabetologist, Apollo Sugar Clinic, Hyderabad

05:00 PM - 05:40 PM

PANEL 3 - MANAGING OBESITY

- Moderator** : **DR. KOSHY GEORGE** (Trivandrum)
Bariatric Surgeon, Obesity Solutions, Kerala

EMERGING EVIDENCE AND ENTHUSIASM: BARIATRIC SURGERY IN DIABESITY

- Speaker** : **DR. SHASHANK S. SHAH** (Mumbai)
Laparoscopic & Bariatric Surgeon, Director, Laparo - Obeso centre, Pune
President - AIAARO, All India Association for Advancing Research in Obesity

MEDICAL MANAGEMENT OF OBESITY: OPTIONS, EFFICACY AND GUIDELINES

- Speaker** : **DR. NEETA DESHPANDE** (Belgaum)
Consultant Diabetologist, Belgaum Diabetes Centre & Children's
Diabetes Care, Belgaum



05:45 PM - 06:05 PM

CHOICE OF ANTIHYPERTENSIVES AND LIPID LOWERING AGENTS IN DIABETES – HOW TO TRANSLATE GUIDELINES INTO PRACTICE

Speaker : **DR. TINY NAIR** (Trivandrum)
HOD, Cardiology, PRS Hospital, Trivandrum

Chair : **DR. THOMAS TITUS** (Trivandrum)
HOD & Prof. Senior Grade, Dept. of Cardiology, SCTIMST, Trivandrum

06:10 PM - 06:30 PM

RECOMMENDED VACCINATIONS IN DIABETES: PNEUMOCOCCAL AND BEYOND

Speaker : **DR. ANUJ MAHESHWARI** (Lucknow)
Associate Prof. Department of Medicine, Babu Banarsi Das University, Lucknow
Organizing Secretary RSSDI-2015

Chair : **DR. S. MADHUSUDANAN** (Trivandrum)
Former Professor of Medicine, MCH
Consultant Physician, Ananthapuri Hospital, Trivandrum

07:00 PM - 09:00 PM

GLIPTIN SYMPOSIUM

Moderators : **DR. RISHI SHUKLA** (Kanpur)
Senior Endocrinologist, Department of Endocrinology at Regency Hospital Ltd.,
Kanpur and Center for Diabetes and Endocrine Diseases, Kanpur

DR. ABDUL HAMID ZARGAR (Srinagar)
Former Professor and Chairman, Department of Endocrinology,
Sheri - Kashmir Institute of Medical Sciences, Srinagar, Kashmir

EARLY AND AGGRESSIVE STRATEGIES TO ACHIEVE GLYCEMIC GOAL: A NEW TREATMENT PARADIGM

Speaker : **PADMASREE DR. V. MOHAN** (Chennai)
Chairman and Chief of Diabetology,
Dr. Mohan's Diabetes Specialities Centre, Chennai

GLUCAGON – THE MISSING PIECE IN DIABETES MANAGEMENT

Speaker : **DR. KRISHNA SESHADRI** (Chennai)
Head - Department of Endocrinology, Diabetes and Metabolism. Professor of
Internal Medicine & Endocrinology, Sri Ramachandra University, Chennai

MODERN TYPE 2 DIABETES MANAGEMENT: THE EXPERT GUIDE TO THE UNIVERSE OF CHOICE

Speaker : **DR. AWADHESH KUMAR SINGH** (Kolkata)
Chief Consultant Endocrinologist & Diabetologist, Sun Valley
Diabetes Research Centre & Hospital, Guwahati

IN
ASSOCIATION
WITH



JOTHYDEV'S PROFESSIONAL EDUCATION FORUM
ANNUAL CONVENTION-2015



**UNDERSTANDING CURRENT DPP-4 INHIBITOR CARDIOVASCULAR SAFETY TRIALS,
INCLUDING TECOS, AND THE IMPLICATIONS FOR FUTURE THERAPY FOR PATIENTS
WITH TYPE 2 DIABETES**

Speaker : **PADMASREE DR. SHASHANK R. JOSHI** (Mumbai)
President Elect - Endocrine Society of India
Endocrinologist, Joshi Clinic, Lilavati & Bhatia Hospital, Mumbai



JOTHYDEV'S | **ANNUAL**
PROFESSIONAL | **CONVENTION**
EDUCATION FORUM | **2015**



PROGRAM

SUNDAY, 9th AUGUST 2015

Hall-A

09:00 AM - 09:20 AM

CARDIOVASCULAR TRIALS IN DIABETES: LESSONS LEARNT - DO WE REALLY REQUIRE THEM?

Speaker : **DR. ABDUL HAMID ZARGAR** (Srinagar)
Former Professor and Chairman, Department of Endocrinology,
Sheri - Kashmir Institute of Medical Sciences, Srinagar, Kashmir

Chair : **DR. O. S. SYAM SUNDER** (Trivandrum)
Consultant Physician, General Hospital, Trivandrum; Past President KGMOA

09:25 AM - 09:45 AM

RATIONALE FOR FIXED DRUG COMBINATION OF ORAL HYPOGLYCEMIC AGENTS IN DIABETES

Speaker : **DR. RAJIV KOVIL** (Mumbai)
Consultant Diabetologist, Dr. Kovils Diabetes Care Centres, Mumbai

Chair : **DR. BALACHANDRAN K** (Trivandrum)
Senior Consultant Physician, Ambalamukku, Trivandrum

09:50 AM - 10:10 AM

DIABETIC FOOT, LEG AND HEART SYNDROME

Speaker : **DR. ASHOK KUMAR DAS** (Puducherry)
Professor of Medicine & Endocrinology, Pondicherry Institute of Medical
Sciences (PIMS), Pondicherry; Past President, API, RSSDI

Chair : **DR. ANJANA RANJIT MOHAN** (Chennai).
Jt. Managing Director, Dr. Mohan's Diabetes Specialities Centre, Chennai

10:15 AM - 10:40 AM

PROF. M. VISWANATHAN MEMORIAL ORATION

DIABETES IS PREVENTABLE; BUT WE ALL NEED TO WORK TOGETHER

Speaker : **PADMASREE DR. V. MOHAN** (Chennai)
Chairman and Chief of Diabetology,
Dr. Mohan's Diabetes Specialities Centre, Chennai

Chair : **DR. JOTHYDEV KESAVADEV** (Trivandrum)
Jothydev's Diabetes Research Centres

10:45 AM - 11:05 AM

THE CONSEQUENCES OF TAMPERING WITH NATURE - HOW WE INVITED DIABETES

Speaker : **DR. KRISHNA SESHADRI** (Chennai)
Head - Department of Endocrinology, Diabetes and Metabolism. Professor of
Internal Medicine & Endocrinology, Sri Ramachandra University, Chennai

Chair : **DR. AMRITHLAL** (Kollam)
Consultant Physician, Diabetologist, Dr. Nair's Hospital, Kollam



11:10 AM - 11:30 AM

TYPE 1 DIABETES - THE ROARING LION: CAN WE STRATIFY THE RISK AND CUSTOMIZE PROTOCOLS?

Speaker : **DR. RANJIT UNNIKRISHNAN** (Chennai)
Vice - Chairman, Dr. Mohan's Diabetes Specialities Centre, Chennai

Chair : **DR. D. S. MOHAN** (Trivandrum)
Senior Consultant Physician, PRS Hospital, Trivandrum

11:35 AM - 11:55 AM

PERIODONTAL DISEASE AND DIABETES: THE TWO WAY RELATIONSHIP

Speaker : **DR. SARITA BAJAJ** (Allahabad)
Director - Professor & Head, Dept of Medicine MLN Medical College, Allahabad
President of South Asian Federation of Endocrine Societies (2013-2015)
Scientific Chair RSSDI - 2015

Chair : **DR. SANDEEP R** (Trivandrum)
Specialist in Diabetes Dentistry, Jothydev's Diabetes Research Centre,
Trivandrum

12:00 AM - 12:20 PM

WHAT I LEARNT ABOUT MANAGING DIABETIC NEPHROPATHY

Speaker : **DR. GEORGI ABRAHAM** (Chennai)
Prof. of Medicine, Pondicherry Institute of Medical Sciences, Puducherry
Consultant - Nephrologist, Madras Medical Mission, Chennai

Chair : **DR. CHACKO VARGHESE** (Trivandrum)
Senior Consultant Nephrologist & HOD, SUT Hospital, Trivandrum

12:25 PM - 12:55 PM

DAPAGLIFLOZIN IN TYPE 2 DIABETES THE GLOBAL STORY OF SUCCESS

Speaker : **DR. ATUL KALHAN** (UK)
Consultant Diabetes and Endocrinology at Cardiff & Vale University Health
Board, UK

Chair : **DR. MATHEW THOMAS** (Trivandrum)
Professor of Medicine & Hematology, KIMS, Trivandrum

01:00 PM - 01:15 PM

ARTIFICIAL PANCREAS: THE SCIENCE AND SENSATION & AMBULATORY GLUCOSE PROFILE: REINVENTING GLUCOSE VARIABILITY

Speaker : **DR. JOTHYDEV KESAVADEV** (Trivandrum)
Chairman, Jothydev's Diabetes Research Centres, Trivandrum, Kochi

Chair : **DR. ARUN SHANKAR** (Trivandrum)
Centre Head, Consultant Diabetologist, Jothydev's Diabetes Research Centre,
Trivandrum

**01:15 PM - 01:30 PM****TIPS FOR CUSTOMIZING DIETETIC RECOMMENDATIONS FOR PATIENTS WITH DIABETES**

Speaker : **DR. SHILPA JOSHI** (Mumbai)
Director, Mumbai Diet & Health Center, Mumbai

Chair : **Ms. NEETHU ANNIE AJAI** (Kochi)
Centre Head & Dietitian, Jothydev's Diabetes Research Centre, Kochi

01:30 PM - 02:30 PM**LUNCH BREAK****02:30 PM - 02:50 PM****DR. V. C. MATHEW ROY MEMORIAL ORATION****DISCOVERIES IN DIABETES: HAVE WE INDIANS CONTRIBUTED?**

Speaker : **PADMASREE DR. SHASHANK R. JOSHI** (Mumbai)
President Elect - Endocrine Society of India
Endocrinologist, Joshi Clinic, Lilavati & Bhatia Hospital, Mumbai

Chair : **DR. RAJASEKHARAN NAIR** (Trivandrum)
Former Director and Professor of Neurology, Govt. Medical College, Trivandrum

02:55 PM - 03:15 PM**THYROID AND COMORBIDITIES - LATEST UPDATES**

Speaker : **DR. P. K. JABBAR** (Trivandrum)
Professor & HOD, Dept. of Endocrinology, Medical College, Trivandrum

Chair : **DR. RAMESAN PILLAI** (Trivandrum)
Senior Consultant Physician, SUT Hospital, Trivandrum

03:20 PM - 03:40 PM**CORONARY REVASCULARISATION IN DIABETES - THE NEWER AVENUES**

Speaker : **DR. SEN DEVADUTHAN** (UK)
Consultant Cardiologist, Royal Cornwall Hospital, Truro, UK

Chair : **DR. G. VIJAYAKUMAR** (Pandalam)
Consultant Physician, Medical Trust Hospital, Kulanada

03:45 PM - 04:05 PM**PREVALENCE AND MANAGEMENT OF DKA: THE CHANGING CONCEPTS**

Speaker : **DR. SUDHA VIDYASAGAR** (Mangalore)
Professor, Department of Medicine, Kasturba Medical College, Manipal

Chair : **DR. SHAMEER C. SULAIMAN** (Thrissur)
Southzone Hospitals & Research Centre Pvt. Ltd., Kunnamkulam, Thrissur



04:10 PM - 04:50 PM

DEBATE

Moderator : **DR. SARITA BAJAJ** (Allahabad)
Director - Professor & Head, Dept of Medicine, MLN Medical College, Allahabad
President of South Asian Federation of Endocrine Societies

IS DIABETES A CV RISK EQUIVALENT?

Speakers : **DR. RAJIV KOVIL** (Mumbai)
Consultant Diabetologist,
Dr. Kovils Diabetes Care Centres, Mumbai



NO **DR. A. K. SINGH** (Kolkata)
Consultant Endocrinologist, GD Hospital & Diabetes Institute, Kolkata,
Sun Valley Diabetes Research Center, Guwahati



04:55 PM - 05:15 PM

DO SULPHONYLUREAS STILL HAVE AN EDGE?

Speaker : **DR. ARVIND GUPTA** (Jaipur)
Director and Consultant Physician, Jaipur Diabetes Research Centre, Jaipur

Chair : **DR. P. V. SHIJI** (Calicut)
Assistant Professor, Department of Medicine, Medical College, Calicut

05:20 PM - 05:40 PM

DIABETIC PERIPHERAL NEUROPATHY - IDENTIFYING ZEBRAS AMONG HORSES

Speaker : **DR. MATHEW JOHN** (Trivandrum)
Chief Endocrinologist, Providence Endocrine and Diabetes Specialty Centre,
Trivandrum

Chair : **DR. V. BALACHANDRAN** (Kollam)
Consultant Physician, Cardio - Diabetology, Dr. Nair's Hospital, Kollam

05:45 PM - 06:05 PM

TREATING DIABETES IN THE ELDERLY - GUIDELINES AND PRACTICE TIPS

Speaker : **DR. SREEJITH N. KUMAR** (Trivandrum)
Chairman & Consultant, Indian Diabetes Education Association, Trivandrum
State President, IMA

Chair : **DR. ARVIND GUPTA** (Jaipur)
Director and Consultant Physician, Jaipur Diabetes Research Centre, Jaipur

06:10 PM - 06:30 PM

ERECTILE DYSFUNCTION IN MEN WITH DIABETES: IS IT A BOON?

Speaker : **DR. DEEPAK K. JUMANI** (Mumbai)
Consultant Sexual Health Physician and Counselor, My Best Doctor Clinic,
Mumbai

Chair : **DR. VASUDEVAN POTTY** (Trivandrum)
Additional Prof. Urology, Govt. Medical College, Trivandrum
Secretary, Kerala Medical Journal

06:30 PM

VOTE OF THANKS



PROGRAM

SATURDAY, 8th AUGUST 2015

Hall-B

09:00 AM - 10:30 AM

DIABETES EDUCATOR WORKSHOP

Moderator : **DR. JAYAPRAKASHSAI** (Hyderabad)
Consultant Diabetologist, Apollo Sugar Clinic, Hyderabad

SELF-MONITORING OF BLOOD GLUCOSE - PRACTICAL ASPECTS

Speaker : **DR. PRASANTH SANKAR** (Pathanamthitta)
Consultant Physician & Diabetologist, MGM Muthoot Medical Centre,
Pathanamthitta

COUNSELLING IN DIABETES: AREAS TO FOCUS AND TIPS TO CUSTOMISE

Speaker : **Ms. SUNITHA JOTHYDEV** (Trivandrum)
Executive Director & Diabetes Psychologist, Jothydev's Diabetes Research
Centre, Trivandrum

WHAT DIABETES EDUCATORS SHOULD KNOW

Speaker : **DR. ARUN SHANKAR** (Trivandrum)
Centre Head, Consultant Diabetologist, Jothydev's Diabetes Research Centre,
Trivandrum

INSULIN AND INCRETIN INJECTION TECHNIQUES IN DIABETES

Speaker : **DR. MANOJ S. CHAWLA** (Mumbai)
Consultant Diabetologist - LINA Diabetes Care & Mumbai Diabetes Research
Centre (Mumbai)

10:30 AM - 10:50 AM

TECHNOLOGY AND DIABETES SELF - MANAGEMENT: AN INTEGRATED VIEW POINT

Speaker : **DR. AJAY AGGARWAL** (New Delhi)
Consultant Diabetologist & Endocrinologist, Delhi Diabetes & Endocrine Centre

Chair : **DR. HARIKRISHNAN R** (Trivandrum)
Associate Professor of Medicine, Govt. Medical College, Trivandrum

02:30 PM - 03:30 PM

PANEL 2 - CHALLENGES IN MANAGING DIABETES

Moderator : **DR. ABDUL HAMID ZARGAR** (Srinagar)
Former Professor and Chairman, Department of Endocrinology,
Sheri - Kashmir Institute of Medical Sciences, Srinagar, Kashmir

DIABETIC KIDNEY DISEASE

Speaker : **DR. GEETHA M. NAIR** (Trivandrum)
HOD, Nephrology, PRS Hospital, Karamana, Trivandrum



SEXUAL DYSFUNCTION IN DIABETES

Speaker : **DR. DEEPAK K. JUMANI** (Mumbai)
Consultant Sexual Health Physician and Counselor, My Best Doctor Clinic,
Mumbai

MANAGING DIABETES IN YOUNG - MODY, LADA & BEYOND

Speaker : **DR. SUNIL PRASOBH** (Trivandrum)
Associate Prof. Internal Medicine, Physician & Diabetologist, Medical College,
Trivandrum

STRESS IN DIABETES

Speaker : **DR. ARUN B. NAIR** (Trivandrum)
Assistant Professor in Psychiatry, Medical College, Trivandrum

DIABETES IN CHILDREN

Speaker : **DR. RISHI SHUKLA** (Kanpur)
Senior Endocrinologist, Department of Endocrinology, Regency Hospital,
Kanpur & Center for Diabetes and Endocrine Diseases, Kanpur

04:00 PM - 06:00 PM

TECHNOLOGY WORKSHOP - GLUCOSE MONITORING, CGM, INSULIN PUMP & AGP

Moderator : **DR. ANJANA RANJIT MOHAN** (Chennai)
Jt. Managing Director, Dr. Mohan's Diabetes Specialities Centre, Chennai

INTRODUCTION TO INSULIN PUMP THERAPY AND ITS INDICATIONS

Speaker : **DR. BANSHI SABOO** (Ahmedabad)
Executive Secretary - DiabetesIndia; Diabetes and Endocrine Physician,
Dia Care Hospital, Ahmedabad

► HOW TO DEPLOY AND OPERATE THE NEW GENERATION INSULIN PUMPS?

► GUARDIAN REAL TIME AND IPRO2: STEPS FOR PRACTICAL USE

Speaker : **DR. ROHAN SONAWANE** (Mumbai)
Medical Affairs Manager, Medtronic, South Asia

OVERVIEW OF SUB-CUTANEOUS GLUCOSE SENSING AND GLYCEMIC VARIABILITY

Speaker : **DR. JOTHYDEV KESAVADEV** (Trivandrum)
Chairman, Jothydev's Diabetes Research Centres, Trivandrum, Kochi

► SELF MONITORING OF BLOOD GLUCOSE WITH GLUCOSE METERS

► PRINCIPLES AND PRACTICAL APPLICATIONS OF AMBULATORY GLUCOSE PROFILE

Speaker : **DR. AZEEM KATHAWALA** (Mumbai)
Head Marketing, Abbott Diabetes Care, India





PROGRAM

SUNDAY, 9th AUGUST 2015

Hall-B

09:00 AM - 10:00 AM

PANEL 4 - DIABETES IN SPECIAL SITUATIONS

Moderator : **DR. RANJIT UNNIKRISHNAN** (Chennai)
Vice - Chairman, Dr. Mohan's Diabetes Specialities Centre, Chennai

CANCER

Speaker : **DR. BALAGOPAL P. G** (Trivandrum)
Associate Professor (Neurosurgery), Regional Cancer Centre, Trivandrum

CHRONIC KIDNEY DISEASE

Speaker : **DR. BEENA UNNIKRISHNAN** (Trivandrum)
Associate Professor of Nephrology,
Sree Mookambika Institute of Medical Sciences, Kanyakumari

OBESITY

Speaker : **DR. SHASHANK S. SHAH** (Mumbai)
Laparoscopic & Bariatric Surgeon, Director, Laparo - Obeso centre, Pune
President - AIAARO, All India Association for Advancing Research in Obesity

TYPE 1 DIABETES

Speaker : **DR. SUDHA VIDYASAGAR** (Mangalore)
Professor, Department of Medicine, Kasturba Medical College, Manipal

GESTATIONAL DIABETES

Speaker : **DR. P. V. SHIJI** (Calicut)
Assistant Professor, Department of Medicine, Medical College, Calicut

10:40 AM -11:00 AM

ROLE OF GUT MICROBIOTA AND PROBIOTICS IN DIABETES

Speaker : **Ms. RUBY SOUND** (Mumbai)
Dietitian, Secretary, Indian Dietetic Association, Mumbai Chapter

Chair : **Ms. GEETHU SANAL** (Trivandrum)
Chief Dietitian, Jothydev's Diabetes Research Centre, Trivandrum



11:00 AM - 12:00 PM

ABC OF DIABETIC FOOT - AN INTERACTIVE WORKSHOP

Moderator : **DR. HARDIK CHANDARANA** (Ahmedabad)
HOD, Clinical Research & Podiatrist, Dia Care, Ahmedabad, Gujarat

BURDEN OF DIABETIC FOOT - STAGING AND CLASSIFICATION

Speaker : **DR. HARDIK CHANDARANA** (Ahmedabad)
HOD, Clinical Research & Podiatrist, Dia Care, Ahmedabad, Gujarat

DIAGNOSING FOOT AT RISK - CLINICAL AND LABORATORY EVALUATION

Speaker : **DR. AJAIYAKUMAR S. K** (Trivandrum)
Chief Consultant, Bariatric & Metabolic Surgery, Saraswathy Hospital, Parasala

MANAGEMENT AND DEMONSTRATION OF OFFLOADING, APPROPRIATE DRESSING, PODIATRY KIT AND SHOES

DRESSING

Speaker : **DR. AJAIYAKUMAR S. K** (Trivandrum)
Chief Consultant, Bariatric & Metabolic Surgery, Saraswathy Hospital, Parasala

OFFLOADING

Speaker : **DR. HARDIK CHANDARANA** (Ahmedabad)
HOD, Clinical Research & Podiatrist, Dia Care, Ahmedabad, Gujarat

PODIATRY KIT AND SHOES

Speaker : **DR. ASHOK KUMAR DAS** (Puducherry)
Professor of Medicine & Endocrinology, Pondicherry Institute of Medical Sciences (PIMS), Pondicherry; Past President, API, RSSDI

12:00 PM - 01:00 PM

PANEL 5 - CONTROVERSIES IN DIABETES CARE

Moderator : **DR. ASHOK KUMAR DAS** (Puducherry)
Professor of Medicine & Endocrinology, Pondicherry Institute of Medical Sciences (PIMS), Pondicherry; Past President, API, RSSDI

CARING FOR DIABETES IN RESOURCE LIMITED SETTINGS

Speaker : **DR. A. V. RAVEENDRAN** (Kottayam)
Asst. Prof. of Medicine, Medical College, Kottayam

IS STATIN SAFE FOR PRIMARY PREVENTION IN DIABETES?

Speaker : **DR. ARVIND GUPTA** (Jaipur)
Director and Consultant Physician, Jaipur Diabetes Research Centre, Jaipur



KETOSIS WITH SGLT2 INHIBITORS

Speaker : **DR. ABDUL HAMID ZARGAR** (Srinagar)
Former Professor and Chairman, Department of Endocrinology,
Sheri - Kashmir Institute of Medical Sciences, Srinagar, Kashmir

WHEN TO START INSULIN IN T2DM?

Speaker : **DR. ANUJ MAHESHWARI** (Lucknow)
Associate Prof. Department of Medicine, Babu Banarsi Das University, Lucknow
Organizing Secretary RSSDI-2015

03:00 PM - 05:00 PM

NUTRITION WORKSHOP

Moderators : **DR. SHEEJA P. SRINIVAS** (Kochi)
Consultant Diabetologist & Nutritionist, Jothydev's Diabetes Research Centre,
Kochi, Secretary, GPA, Kochi

DR. DEVIN PRABHAKAR (Trivandrum)
Ophthalmologist, Divya Prabha Eye Hospital, Trivandrum

MANAGING INSULIN DOSES AND DIET IN TYPE 1 DIABETES

SPEAKERS : **Ms. GEETHU SANAL** (Trivandrum)
Chief Dietitian, Jothydev's Diabetes Research Centre, Trivandrum

Ms. REMYA IYER (Trivandrum)
Dietitian, Jothydev's Diabetes Research Centre, Trivandrum

ROLE OF DIET IN MANAGING HYPERURICEMIA

SPEAKER : **Ms. KAJAL K** (Trivandrum)
Senior Dietitian, W&C Hospital, Thycaud, Trivandrum

CARBOHYDRATE CONTROVERSIES IN DIABETES

SPEAKER : **Ms. RUBY SOUND** (Mumbai)
Dietitian, Secretary, Indian Dietetic Association, Mumbai Chapter

PROTEIN INTAKE: HOW TO MANAGE IN CKD: RECOMMENDATIONS AND FALLACIES

SPEAKER : **Ms. MEENAKSHI BAJAJ** (Chennai)
Dietitian, Madras Medical College & Rajiv Gandhi Govt. General Hospital,
Chennai
President - Elect, Indian Dietetic Association, Chennai Chapter

FATS IN CARDIO VASCULAR DISEASE

SPEAKER : **Ms. SHERIN VARGHESE** (Trivandrum)
Manager, Department of Medical Nutrition, MIMS, Calicut



ROLE OF YOGA IN DIABETES

SPEAKER : **Ms. UMA KALYANI** (Trivandrum)
Registered Dietitian & Yoga Alliance International Certified Trainer, Trivandrum

05:00 PM - 05:45 PM

MANAGING DIABETES THROUGH NUTRITION THERAPY

Speaker : **PADMASREE DR. SHASHANK R. JOSHI** (Mumbai)
President Elect - Endocrine Society of India
Endocrinologist, Joshi Clinic, Lilavati & Bhatia Hospital, Mumbai

Chair : **DR. ELIZABATH K. E** (Trivandrum)
Professor & HOD, Pediatrics & Superintendent, SAT Hospital, Govt.
Medical College, Trivandrum
President Elect, Indian Academy of Pediatrics, Kerala Chapter



JOTHYDEV'S | **ANNUAL**
PROFESSIONAL | **CONVENTION**
EDUCATION FORUM | **2015**



jothydev's
DIABETES &
 RESEARCH CENTRE



P. KESAVADEV TRUST

THIS EDUCATIONAL ACTIVITY IS ORGANIZED BY
P. KESAVADEV TRUST

JPEF ORGANIZING COMMITTEE

JOTHYDEV KESAVADEV
 ceo@jothydev.net

ARUN SHANKAR
 drarun@jothydev.net

GOPIKA KRISHNAN
 gopika@jothydev.net

SUNITHA JOTHYDEV
 cao@jothydev.net

ASHWIN DAVID
 drashwin@jothydev.net

www.jothydev.net/jpef, www.jothydev.net

www.jothydev.com/newsletter, www.diabeteskerala2012.net

www.research.jothydev.com, www.youtube.com/jothydev

www.diabeteslearning.net, www.diabscreenkerala.net

www.kesavadev.net



+91 94470 40055, +91 98460 40055