



# WHERE PRACTICE MEETS SCIENCE

# Debate-2024



3rd & 4th  
FEB 2024



ITC Grand Chola  
Chennai

## Scientific Program

Hall A

Saturday, 03<sup>rd</sup> February 2024

09:00 – 09:40

### Workshop 1

Aerobics Resistance Yoga – Planning an exercise prescription for the diabetic patient



Dr. Lakshmi Nalini Kopalle



Dr. Kumar J S



Dr. Suresh Damodaran

At the end of the session the learners will be able to :

1. Plan an exercise regimen for the diabetes patient taking into account age and comorbidities
2. Provide a balanced exercise regimen that addresses aerobic fitness agility and prevent sarcopenia

09:40 – 10:20

### Workshop 3

Which Insulin for who – A step by step approach

Made possible by sponsorship support from Sanofi India Limited

sanofi



09:40 – 10:00  
Dr. Mohan V

Refreshed patient-centric approach to basal insulin therapy



10:00 – 10:20  
Dr. Venkatraman S

Refreshed patient-centric approach to basal-plus insulin therapy

10:20 – 11:00

### Clinical Case Seminar 1

Weight reduction as a first step in diabetes care

Moderator:



Dr. Usha Ayyagari

Panelists:



Dr. Bipin Sethi



Dr. Suresh Damodaran



Dr. Unnikrishnan A G



Dr. Balaji Chidambaram

At the end of the session the learners will be able to :

1. understand the rationale for significant weight loss as a primary therapy in T2DM
2. choose between various treatment options based on the patient profile

11:00 – 11:40

### Clinical Case Seminar 3

Diabetic dyslipidemia Statins and Beyond – Positioning newer drugs in clinical care

Moderator:



Dr. Bhavana Sosale

Panelists:



Dr. Aravind Sosale



Dr. Narasingan S N



Dr. Sanjay Agarwal

At the end of the session the learners will be able to :

1. understand the rationale for significant weight loss as a primary therapy in T2DM
2. choose between various treatment options based on the patient profile

#### Conference Secretariat:

175, Brahmaputra Street Palaniappa Nagar, Valasaravakkam, Chennai - 600087

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**Hall A**

**Saturday, 03<sup>rd</sup> February 2024**

**11:40 – 12:55**

### **Keynotes**

Chairperson: Dr. Balamurugan R, Dr. Shantaram D



11:40 – 12:05  
Dr. Mohan V

**Keynote1: Do different types of prediabetes required different types of prevention approaches**

*Made possible by sponsorship support from Abbott Healthcare Pvt Ltd*



12:05 – 12:30  
Dr. Shashank R. Joshi

**Keynote2: Weight loss greater than 5% : The Nutrition Therapy approach in Diabetes**

*Made possible by sponsorship support from Abbott India Ltd*



12:30 – 12:55  
Dr. Unnikrishnan A G

**Keynote3: T3 and its role in clinical care**

**12:55 – 13:20**

### **Industry Spotlight 1**

Chairperson: Dr. Vijaybhaskar Reddy

*Made possible by sponsorship support from Microlabs Pvt Limited*



12:55 – 13:20  
Dr. Sundararajan Sridhar

**The value of FDC in Diabetes Care**

**13:20 – 14:00 | Lunch Break**

**14:00 – 15:15**

### **Special Symposia: A Century of Glucagon**

Chairperson: Dr. Kannan N, Dr. Sai Kandula

*The purpose of this symposia is to review the role of glucagon in diabetes and reappraise the role of glucagon as a therapeutic target*



14:00 – 14:20  
Dr. Kumaravel Velayutham

**The expanding role of glucagon in diabetes**



14:20 – 14:40  
Dr. Vijaybhaskar Reddy

**Glucagon receptor antagonism – Where are we?**



14:40 – 15:00  
Dr. Samith Ghosal

**Glucagon coagonism and polycrretins – Is it the future of diabetes care?**

**15:00 – 15:15 | Discussion**

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15:15 – 15:55

### Industry Spotlight 3:

**Why Wait- controlling Weight for Diabetes Management :  
An interactive Case Discussion**

*Made possible by sponsorship support from Abbott Healthcare Pvt Ltd*



Moderator:



Panelists:



Dr. Krishna G. Seshadri Dr. Mathew John Dr. Manoj Chawla

This is an interactive case discussion supported by Abbott Healthcare Pvt Ltd, who have chosen the speakers and the topic

15:55 – 16:35

### Fox the Master 1

**Chairperson: Dr. Krishna Prasanthi P, Dr. Paranthaman P**

*This session has an interactive case presentation by an expert about a patient who was challenging and had learning points that we can all benefit from*



15:55 – 16:15  
Dr. Mathew John

A bouquet of learnings



16:15 – 16:35  
Dr. Bipin Sethi

The burden of Assumptions

16:35 – 16:50 | Break

16:50 – 17:50

### Industry Spotlight 5

*Made possible by sponsorship support from MSD Pharmaceuticals Pvt Ltd*



16:50 – 17:15  
Dr. Bipin Sethi

Long term treatment efficacy of sitagliptin in diabetes related complications



17:15 – 17:40  
Dr. Anantharaman R

Unravelling the cardiometabolic benefits of DPP4i with a focus on sitagliptin

17:40 – 17:50 | Discussion

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Hall A

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**17:50 – 18:45**

### Industry Spotlight 9

Made possible by sponsorship support from Torrent Pharmaceuticals Ltd



17:50 – 18:15

Dr. Usha Ayyagari

**Imeglimin: A new promising & effective weapon in the treatment of T2DM**



18:15 – 18:40

Dr. Unnikrishnan A G

**Rationale for an early use of combination therapy in hyperglycemia management**

18:40 – 18:45 | Discussion

**18:45 – 20:20**

### Industry Spotlight 11

Chairperson: Dr. Sadashiva Rao Y

Made possible by sponsorship support from USV Pvt Ltd



18:45 – 19:10

Dr. Shashank Joshi

**Biosimilar aspart: Bridging the gap in Diabetes Management**



19:10 – 19:30

Dr. Krishna G. Seshadri

**Practical Pearls on NAFLD**



19:30 – 19:50

Dr. Jothydev Kesavadev

**Time to embrace SGLT2i as first line therapy in T2DM**



19:50 – 20:10

Dr. Vijayakumar G

**Optimizing combination therapy in wholesome metabolic care**

20:10 – 20:20 | Discussion

**20:20 | Dinner and close for the day**

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Hall B

Saturday, 03<sup>rd</sup> February 2024

09:00 – 09:40

### Workshop 2

Nuts and bolts approach to thyroid dysfunction

Made possible by sponsorship support from Abbott India Limited



Dr. Sruti Chandrasekaran



Dr. Prem Narayanan



Dr. Narayanan N K

At the end of the session the learners will be able to :

1. order the right thyroid function test for a clinical situation
2. interpret thyroid function tests
3. Order additional testing as the clinical and laboratory test warrants

09:40 – 10:20

### Workshop 4

Nuances in the management of hypothyroidism

Moderator:



Dr. Murthy S

Panelists:



Dr. Lakshmi Nagendra



Dr. Kumaravel Velayutham



Dr. Vijay Bhaskar Reddy

At the end of the session the learners will be able to :

1. explain different expressions of hypothyroidism
2. explain the impact of hypothyroidism on age and comorbidities
3. explain the differences in management of hypothyroidism in different comorbidities

10:20 – 11:00

### Clinical Case Seminar 2

A patient with T2DM Steatosis on USG and an elevated FIB4 score

Moderator:



Dr. Lakshmi Hariharan

Panelists:



Dr. Basumani P



Dr. Samit Ghosal



Dr. Lakshmi Nalini Kopalle

At the end of the session the learners will be able to :

1. identify risk of progression to fibrosis in a patient with MASLD
2. Work up the patient based on the risk score
3. Provide management options for prevention of progression

11:00 – 11:40

### Clinical Case Seminar 4

Non tumoral hypoglycemia in clinical care

Moderator:



Dr. Lakshmi Nagendra

Panelists:



Dr. Abhay Kumar Sahoo



Dr. Prem Narayanan



Dr. Shriraam Mahadevan

At the end of the session the learners will be able to :

1. approach a patient presenting with hypoglycemia
2. Workup and manage a patient with hypoglycemia which is not tumoral in origin

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## Scientific Program

Hall B

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11:40 – 12:55

### Keynotes

Chairperson: Dr. Selvapandian P, Dr. Rajendiran N



11:40 – 12:05  
Dr. Om Lakhani J

Keynote4: Will a machine take over? Fears myths and the promised land



12:05 – 12:30  
Dr. Manoj Chawla

Keynote5: Digital therapeutics in clinical care – winnowing the pearls from plastic



12:30 – 12:55  
Dr. Sruti Chandrasekaran

Keynote6: Post transplant diabetes: State of the art

12:55 – 13:20

### Special Symposia: Obesity

Chairperson: Dr. Radhakrishnan A P, Dr. Boochandran T

*This symposia addresses some nuances in obesity and their implications for clinical care*



12:55 – 13:20  
Dr. Sanjay Agarwal

Sarcopenic obesity: Newer insights

13:20 – 14:00 | Lunch Break

14:00 – 14:50

### Special Symposia: Obesity Continues

Chairperson: Dr. Radhakrishnan A P, Dr. Boochandran T



14:00 – 14:20  
Dr. Mathew John

The personal fat threshold– What does it mean for clinical care?



14:20 – 14:40  
Dr. Sunil M Jain

Novel therapeutic approaches to the management of obesity

14:40 – 14:50 | Discussion

14:50 – 15:15

### Industry Spotlight 2

Made possible by sponsorship support from Zydus Healthcare Ltd



14:40 – 15:15  
Dr. Jayashree Gopal

Imeglimin a novel agent in DM armamentarium with dual benefits

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**Hall B**

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### **Industry Spotlight 4**

**15:15 – 15:55**

**Clinical Case Seminar: Once daily insulins in clinical practice: Looking through the patient lens**

*Made possible by sponsorship support from Novo Nordisk India Pvt Ltd*



Panelists:



Dr. Jothydev Kesavadev



Dr. Sunil M. Jain

**15:55 – 16:35**

### **GLP1RA Session**

*Moderated by: Dr. Jayashree Gopal*



**15:55 – 16:07**  
Dr. Samit Ghosal

**Tackling the trinity: Prioritizing treatment targets in T2DM**



**16:07 – 16:19**  
Dr. Manoj Chawla

**Optimizing outcomes with oral semaglutide: A new frontier in T2DM**

**16:19 – 16:35 | Panel Discussion**

**16:35 – 16:50 | Break**

### **Industry Spotlight 6**

**16:50 – 17:15**

*Moderated by: Dr. Shanmugam A*

*Made possible by sponsorship support from AstraZeneca Pharma India Ltd*



**16:50 – 17:15**  
Dr. Ramachandran A

**Glucose control and CaReMe prevention with dapagliflozin**

**17:15 – 17:40**

### **Industry Spotlight 7**

*Made possible by sponsorship support from Glenmark Pharmaceuticals Ltd*



**17:15 – 17:40**  
Dr. Abhay Kumar Sahoo

**New era in T2DM management – Incretinize, individualize, indianize with liraglutide biosimilar**

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**Hall B**

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**17:40 – 18:05**

### **Industry Spotlight 8**

*Made possible by sponsorship support from Boehringer Ingelheim*



**Boehringer  
Ingelheim**



**17:40 – 18:05**

**Dr. Sruti Chandrasekaran**

**Empowering optimum CKD Care in Diabetes : New Updates and Implications**

**18:05 – 19:05**

### **Industry Spotlight 10**

*Made possible by sponsorship support from Eris Therapeutics Ltd*

**Eris**



**18:05 – 18:30**

**Dr. Vimal M V**

**Initiation, titration & optimization of insulin & role of technology**



**18:30 – 18:55**

**Dr. Ravi Cherian Mathew**

**New era in persistent CV risk reduction: Icosapent ethyl**

**18:55 – 19:05 | Discussion**

**20:10 | Dinner and close for the day**

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## Scientific Program

Hall A

Sunday, 04<sup>th</sup> February 2024

09:00 – 09:40

### Clinical Case Seminar 5

The varied forms of thyrotoxicosis –  
An approach to diagnosis and management

Moderator:



Dr. Bharath Ramji

Panelists:



Dr. Narayanan N K



Dr. Arun Menon S



Dr. Murthy S

At the end of the session the learners will be able to :  
1. distinguish high uptake and low uptake thyrotoxicosis  
2. determine the etiology of thyroid excess and  
3. treat various forms of thyrotoxicosis

09:40 – 10:10

### Panel Discussion 1

Should clinicians offer remission as a care outcome to patients with diabetes

Moderator:



Dr. Ashok Kumar Das

Panelists:



Dr. Gowrishanker R



Dr. Neeta Deshpande



Dr. Shunmugavelu M



Dr. Ashok Kumar Das

10:10 – 11:25

### Fox the Master 2

Chairperson: Dr. Damodharan J, Dr. Chandrashekar S

This session has an interactive case presentation by an expert about a patient who was challenging and had learning points that we can all benefit from



10:10 – 10:35  
Dr. Manoj Chadha

RK's journey from bed to car



10:35 – 11:00  
Dr. Ambrish Mithal

A thyroid nodule too hot to handle



11:00 – 11:25  
Dr. Ashok Kumar Das

Two essential learning indispensable for clinical success

11:25 – 11:40 | Break

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Hall A

Sunday, 04<sup>th</sup> February 2024

**11:40 – 12:05**

### Industry Spotlight 11

Made possible by sponsorship support from Sanofi India Ltd **sanofi**



11:40 – 12:05  
Dr. Shashank R Joshi

Simplifying control for T2DM with breakthrough innovation iGlarLixi

**12:10 – 12:45**

### Special Lecture 1

Chairperson: Dr. Mohan K, Dr. Rajesh R P

*Our continuing annual series exploring the intersection of medicine with the healing cosmos – this time an experiential session on the healing claims of music*



12:05 – 12:45  
Dr. Sobana Jaiganesh

The intersection of music and medicine: Lecture Demonstration

**12:45 – 13:00**

### PRIMER Honors

Chairperson: Dr. Prasanna Kumar K M, Dr. Aravind Sosale



12:45 – 13:00  
Dr. Ashok Kumar Das

Outstanding contribution to profession

**13:00 – 13:30**

### K M Prasanna Kumar Oration

Chairperson: Dr. Ashok Kumar Das, Dr. Aravind Sosale



13:00 – 13:30  
Dr. Ambrish Mithal

The story of Vitamin D: Truth vs Hype

**13:30 | Lunch and close of the conference**

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Hall B

Sunday, 04<sup>th</sup> February 2024

09:00 – 09:40

### Clinical Case Seminar 6

Endocrine causes of subfertility



Dr. Krishna G. Seshadri



Dr. Mythili Ayyagari



Dr. Shanthi K Elango



Dr. Radha Vembu

The practitioner will be able to :  
1. a cost effective diagnostic approach  
2. establish the diagnosis in patients with an endocrine cause of subfertility

09:40 – 10:10

### Panel Discussion 2

Reframing the case of peri and postmenopausal HRT



Dr. Manoj Chadha



Dr. Jayahsree Gopal



Dr. Sunitha Samal



Dr. Vasanthamani  
Palanisami



Dr. Arun Menon S

10:10 – 11:25

### Special Symposium: Obesity in Women

Chairperson: Dr. Krishna Prasanthi P, Dr. Vanitha A

*The symposium addresses the special aspects challenges and solutions to obesity in women*



10:10 – 10:30  
Dr. Anjana R M

The metabolic health of Indian women – A wake up call



10:30 – 10:50  
Dr. Mythili Ayyagari

Obesity and reproductive (including ART) outcomes in women



10:50 – 11:10  
Dr. Neeta Deshpande

Management of obesity in women – Challenges and solutions

11:10 – 11:25 | Discussion

11:25 – 11:40 | Break

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**Hall B**

**Sunday, 04<sup>th</sup> February 2024**

**11:40 – 12:10**

### **Special Case Seminar**

**Precocious delayed and other disorders in girls and young adults**

**Moderator:**



Dr. Sunitha Samal

**Panelists:**



Dr. Adlyne Reena  
Asirvatham



Dr. Bharath Ramji



Dr. Vanitha A



Dr. Priya Kannappan

*At the end of the session the learners will be able to :*

- 1. chalk out a diagnostic approach to disorders of puberty in girls and young adult*
- 2. establish an endocrine diagnosis and*
- 3. explain the broad principles of management*

**13:30 | Lunch and close of the conference**

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