



Founded by Prof MMS Ahuja in 1972

RSSDI NEWS

2001 • 29 • 2 • October

RSSDI 2001: THEME SUBJECTS

EXECUTIVE PATRONS

Prof. Sam G.P. MOSES	Chennai
Prof. B.B. TRIPATHY	Cuttack
Prof. H.B. CHANDALIA	Mumbai
Prof. P. GEEVERGHESE	Kochi
Dr. C. MUNICHOODAPPA	Bangalore

PRESIDENT

Prof. V. SESHIAH Chennai

VICE PRESIDENTS

Prof. B.N. SRIVASTAVA	Jabalpur
Prof. SIDHARTHA DAS	Cuttack

PAST PRESIDENT

Prof. B.K. SAHAY Hyderabad

SECRETARY

Prof. P.V. RAO Hyderabad

JOINT SECRETARY

Dr. G.R. SRIDHAR Visakhapatnam

EXECUTIVE COMMITTEE

Prof. K.C. SAMAL	Cuttack
Prof. A.K. DAS	Pondicherry
Prof. MURALIDHAR S. RAO	Gulbarga
Prof. R.V. JAYAKUMAR	Kottayam
Dr. SHARAD PENDSEY	Nagpur

ORGANIZING SECRETARY

Prof. R.J. DASH Chandigarh

CHAIRMAN, SCIENTIFIC COMMITTEE

Prof. B.K. SAHAY Hyderabad

RESEARCH COMMITTEE

Prof. K. Kannan, Dr. C.S. Yagnik,
Prof. K.M. Prasanna Kumar,
Prof. Eesh Bhatia, Dr. Ajay Sood

CREDENTIAL COMMITTEE

Dr. C. Munichoodappa, Prof. Sidhartha Das,
Dr. Sharad Pendsey

EDITORIAL COMMITTEE

Prof. H.B. Chandalia, Dr. C.S. Yagnik,
Prof. V. Seshiah, Prof. A.K. Das,
Dr. A. Ramachandran, Dr. V. Mohan,
Prof. U.V. Mani, Dr. C.B. Sanjeevi,
Prof. B.K. Sahay, Dr. C. Munichoodappa,
Dr. P.V. Rao

TEXT BOOK COMMITTEE

Prof. B.B. Tripathy
Prof. Sam G.P. Moses, Prof. H.B. Chandalia, Prof.
A.K. Das, Dr. P.V. Rao, Dr. S.V. Madhu

ACCREDITATION COMMITTEE

Prof. Sam G.P. Moses, Dr. A.K. Das, Dr. P.V. Rao

CORPORATE MEMBERS

* Novo Nordisk India * Hoechst Marion Roussel *
* Nicholas Piramal India * USV *
* Sun Pharmaceuticals * Bal Pharma *
* Bayer India * Torrent Pharmaceuticals * Alkem
Laboratories * Life Scan Johnson and Johnson

RSSDI SECRETARIAT

School of Diabetology
Nizam's Institute of Medical Sciences
Hyderabad 500 082 AP

Nutrition Section

WEIGHT GAIN AND DIABETES DECONTROL

The major limiting factor of traditional therapy of type 2 diabetes mellitus has been the exclusive targeting of B cell with insulin secretagogues rather than addressing insulin resistance. All insulin secretagogues and exogenous insulin therapy have the inevitable side effect of weight gain to the tune of 4-5 kg as documented in several studies. With unphysiologic large doses of insulin or sulfonylureas, magnitude of weight gain can be larger, offsetting the beneficial effects of glycemic control. The undue weight gain further accentuate insulin resistance and the concomitant cardiovascular risk. Since metformin by its insulin sensitizing effect and direct suppression of hepatic glucose output, does not lead to weight gain, its combination with sulfonylureas and insulin, is widely favoured. Even in type 1 diabetes, addition of metformin to insulin therapy prevents weight gain and consequently, decreases insulin requirement. The new class of insulin sensitizers, 'thiazolidinediones' improve the metabolic profile associated with insulin resistance syndrome, but lead to weight gain through direct effects on adipose tissue. Hence long term benefits and adverse effects of these drugs on cardiovascular risk need scrutiny. Emphasis on non-pharmacologic measures like physical activity and diet, use of minimum effective doses of insulin and regular use of insulin sensitizers like metformin can circumvent unacceptable weight gain as a complication of treatment of diabetes.

Scientific Section: Ahuja Symposium

ENDOCRINE DIABETES

Traditionally diabetes mellitus has been perceived as a metabolic disorder rather an endocrine disorder, though pathogenetically it shares the essential ingredients of other endocrine disorders namely hormone deficiency and hormone resistance. The meeting ground of traditional endocrinology and diabetes is exemplified by a sub group of secondary diabetes, 'diabetes (or impaired glucose tolerance) secondary to other endocrine disorders' or endocrinopathic diabetes. They include diabetes seen in hypersecretion of cortisol (Cushing's syndrome), growth hormone (acromegaly) and catecholamines (pheochromocytoma). The common denominator of these conditions is insulin-resistance from counter regulatory hormone excess with or without insulin deficiency. More complex metabolic mechanisms operate in hyperparathyroidism and thyrotoxicosis. Treatment of the underlying endocrine condition may reverse the metabolic alterations, though complete normalization may not be achieved, where an inherent genetic predisposition to type 2 diabetes exists. The interest in these disorders is largely due to the fascinating interactions of the counter-regulatory hormones with insulin secretion and insulin action.

29th Annual Scientific Meeting of the Research Society for the Study of Diabetes in India
Post Graduate Institute of Medical Education and Research

CME on December 14, 2001 and Scientific Meeting on December 15, 16 and 17, 2001 at Chandigarh

Please send your research abstracts for oral/poster presentations to **Professor B.K. Sahay**, Chairman, RSSDI Scientific Committee, My Nest, 6-3-852/A, Ameerpet, Hyderabad 500 016 to reach before October 31, 2001. Young researchers may apply for 10 travel grants of Rs.2,000 each along with their abstracts to the Chairman, Scientific Committee. Rs.5,000, Rs.3,000 and Rs.2,000 as First, Second and Third Prizes will be awarded to selected poster/oral presentations preferably on theme subjects during the Annual Scientific Meeting.

Chandigarh can be approached in three hours by Shatabdi Express, leaving about 7.00 am, 11.30 am and 5.15 pm from Delhi. Regular buses ply 1/2 hourly from Delhi ISBT to reach Chandigarh in 5 hours. Sight seeing programmes will be arranged after the conference dates.

Current Registration Fee is Rs.3,500 for RSSDI members and Rs.4,000 for others till October 31, 2001. All remittances must be made by bank draft/bankers cheque to DIABETICON 2001 payable at Chandigarh. Out station cheques should carry an additional amount of Rs. 50 towards banking charges. All registration enquiries should be mailed to Conference Secretariat: **Professor R.J. Dash**, Head, Department of Endocrinology, Post Graduate Institute of Medical Education and Research, Chandigarh 160 012 tel 0172 744977, 747585-99 ext 275 fax 744401, 745078 email: rjdash@rediffmail.com, dashrj@satyam.net.in, medinst@pgi.chd.nic.in.

As the current addresses of the following members are not known, all communications to them are withheld. If you know any of them, kindly intimate their present addresses immediately to the RSSDI Secretariat, to facilitate sending RSSDI News to them.

AP	GUDIPALLEPADU	Dr. RAJA RAO B.V.	MS	MUMBAI	Prof. G.S. MUTALLIK
AP	HYDERABAD	Dr. BUCHI BABU REDDY O.	MS	MUMBAI	Dr. ASWIN SANGHAVI
AP	HYDERABAD	Dr. RASHEED MANDUR M.A.	MS	NAGPUR	Dr. PRASHANT AGNIHOTRI
AP	HYDERABAD	Dr. SATYANARAYANA RAO B.	MS	NAGPUR	Dr. S.K. KELKAR
AP	HYDERABAD	Dr. VENKATA RAO Y.	MS	NAGPUR	Dr. SUNILAMBULKAR
AP	HYDERABAD	Dr. VIJAYA KUMAR T.	MS	PANVEL	Dr. M.G. JOSHI
AP	HYDERABAD	Dr. KRISHNA MOHAN P.	MS	PUNE	Dr. G.M. SHETTY
AP	JUVVALAPALEM	Dr. JAGAN KUMAR S.	MS	PUNE	Dr. J.B. SHETTY
AP	KARIMNAGAR	Dr. ADIVISHNU P.	MS	PUNE	Dr. N.S. SHETTY
AP	RAJAHMUNDRY	Dr. SHIVA SHANKAR POLAVARAPU	MS	PUNE	Dr. B.B. SHETTY
AP	TIRUPATI	Dr. MADHUSUDAN REDDY B.	MS	PUNE	Dr. NEETA GOYAL
AP	VIJAYAWADA	Dr. SRINIVASA RAJU M.	MS	SALAVA	Dr. B.D. PUNEKAR
AP	VIJAYAWADA	Dr. RAMANA D.V.	MS	ULHASNAGAR	Dr. DHIRENDRA GAIKWAD
AP	VISAKHAPATNAM	Dr. RAMAKRISHNA RAJU P.	OR	CUTTACK	Dr. PURABI MOHANTY
AP	YELLANDU	Dr. SRINIVASA RAO S.	OR	ROURKELA	Dr. ANIL DUTT
AP	YELLANDU	Dr. SURESH T.	PO	PONDICHERRY	Prof. CHANDRASEKHAR S.
AS	GUWAHATI	Dr. R. BHARTIA	PO	PONDICHERRY	Dr. BALASUBRAMANIAN S.
BI	PURNIA	Dr. SHEKHAR KOIRALA	PU	JALANDHAR	Brig. J.S. SAINI
CG	RAIPUR	Dr. KAISER SALEEM	TN	CHENGALPATTU	Prof. PERUMAL VEERASWAL
CH	CHANDIGARH	Dr. MEGHACHANDRA SINGH M.	TN	CHENNAI	Dr. GANDHI V.S.
DE	DELHI	Smt. K. AGGARWAL	TN	CHENNAI	Dr. RAMADORAI R.S.
DE	DELHI	Prof. M.K. BHATNAGAR	TN	CHENNAI	Dr. SANKARAN A.
DE	NEW DELHI	Prof. S.N.A. RIZVI	TN	CHENNAI	Dr. HEMALATHA K.E.
DE	NEW DELHI	Dr. V.P. GUPTA	TN	CHENNAI	Prof. SANKARAN M.V.
DE	NEW DELHI	Smt. VEENA KOHLI	TN	CHENNAI	Dr. GOPALRAJ G.
DE	NEW DELHI	Dr. PANKAJ SHAH	TN	CHENNAI	Dr. SRINIVASAN K.
GJ	SURAT	Dr. NAGINBHAI PATEL	TN	CHENNAI	Dr. SAKUNTALA G.
HA	FARIDABAD	Dr. DINESH GUPTA	TN	CHENNAI	Dr. MANJULAN.
KA	BANGALORE	Dr. GURUMURTHY S.	TN	CHENNAI	Ms. UMA P.
KA	BANGALORE	Dr. ANIL JAISWAL	TN	CHENNAI	Dr. PANNEERSELVAMA.
KA	BANGALORE	Dr. SATHISH BABU N.S.	TN	COIMBATORE	Dr. JOY PATRICIA
KA	BANGALORE	Dr. NANDA A.C.	TN	COIMBATORE	Dr. ANGUSAMY S.
KA	GULBARGA	Dr. B.A. RUDRAWADI	TN	DINDIGUL	Dr. MURALIDHARAN C.
KA	GULBARGA	Dr. PAVAN KUMAR N.	TN	KANCHEEPURAM	Prof. RAMACHANDRAN J.
KA	KARGAL	Dr. VASUNDHARA V. HEGDE	TN	MADURAI	Dr. BALASUBRAMANIAN V.
KA	MANIPAL	Dr. SRINIVASAN N.C.	UP	ALLAHABAD	Prof. D.K. NIGAM
KA	MYSORE	Dr. NAGARATHNAMMA V.	UP	KANPUR	Dr. RAM SINGH
MP	BAMHNI BANJAR	Dr. BHARAT CHATURVEDI	UP	VARANASI	Dr. PRADEEP JAIN
MP	JABALPUR	Dr. D.S. BEHRANI	WB	BHAKTI NAGAR	Dr. PEDDAPPA REDDY P.
MP	KATNI	Dr. JYOTSNA NIGAM	WB	KOLKATA	Prof. G.C. MUKHERJEE
MS	MIRAJ	Prof. ANIL S. MANE	WB	KOLKATA	Dr. SUBIR K. DUTTA
MS	MUMBAI	Dr. R.D. KULKARNI	WB	KOLKATA	Dr. MONOJIT K. MUKHOPADHYAY



ACCREDITATION PROGRAM

for Primary Care Clinicians in Diabetes by

University Department of Endocrinology and Metabolism,
Nizam's Institute of Medical Sciences and

Vuk Vrhovac University Clinic for Diabetes, Endocrinology and Metabolic Diseases,
University of Zagreb, WHO Collaborating Center for Diabetes in Developing Countries

to empower primary care clinicians in India to detect and prevent long-term consequences of
diabetes (secondary prevention)

OBJECTIVES

1. To provide up-to-date information on basic, clinical and management aspects of diabetes to primary care clinicians.
2. To impart competence to primary care clinicians in treating diabetes up to secondary level and preview for referring to tertiary care.

ELIGIBILITY

Continuing medical education in diabetes is open to qualified clinicians with MB BS.

CME

The following Continuing Medical Educational activity in diabetes is recognised for CME credits.

1. Training Program for Family Physicians [duration 3 days (24 hours) = 15 CME credits],
2. Scientific Meeting for Physicians [duration 2 days (16 hours) = 10 CME credits],
3. Continuing Medical Education [duration 1 day (8 hours) = 5 CME credits],
4. CME online (under construction) : www.diabetes.org.in [20 CME courses = 20 CME credits]
5. Full time clinical training of 12 months under the supervision of a recognized teacher, is equivalent to 90 CME credits
6. Annual Review Program in Diabetology by the Faculty from NIMS University and University of Zagreb [duration 2 days (16 hours) = 10 CME credits]

ACCREDITATION

These credits are prerequisite towards accreditation by the University Department of Endocrinology and Metabolism, Nizam's Institute of Medical Sciences, and Vuk Vrhovac University Clinic for Diabetes, Endocrinology and Metabolic Diseases, of a primary care clinician.

EVALUATION

After attending 90 credit hours of CME activity, and submitting 20 diabetes case records including two type 1 and two pregnancy diabetes, clinicians will participate in self evaluation conducted by the faculty from the University Department of Endocrinology and Metabolism, Nizam's Institute of Medical Sciences, and Vuk Vrhovac University Clinic for Diabetes, Endocrinology and Metabolic Diseases, during the Annual Review Program in Diabetology in December each year.

Professor Z. Metelko, Director, Vuk Vrhovac Institute, University of Zagreb and Vice President, IDF-Europe, will conduct the evaluation for Accreditation on December 9. For registration, call Professor P.V. Rao on 0 98480 32623.

DURATION

The length of time to complete this program is approximately one year.

ACCREDITATION

Accreditation is an attendance and self evaluation system of the continuing medical education activity for primary care clinicians. It is not equivalent to a Certificate, Diploma or Degree awarded by the Universities, and it does not confer any academic qualification or distinction on a clinician.

POST ACCREDITATION

Accredited Primary Care Clinicians will get an option on priority at NIMS University and recognized teaching hospitals for clinical training facility in

1. Secondary care in diabetes, and 2. Tertiary care in diabetes.

XIII RSSDI COURSE IN DIABETES MELLITUS

on November 2,3 and 4, 2001
at Leelavati Hospital, Bandra

Course Director :
Dr. H.B Chandalia

Co Directors :
Dr. R.S. Lamba, Dr. Vijay Panikar
Faculty of eminent Diabetologists,
Endocrinologists and related
specialists from all over India.

Fully interactive course with virtually
zero didactic content

Eligibility is minimum qualification of
MB BS (Please enclose a copy of
degree certificate)

*Valid for 20 credit hours of RSSDI for
first attendance and 10 credit hours
for subsequent attendance*

Number of delegates limited to a
maximum of 100

Registration charges Rs.1500 by
demand draft favoring **Diabetes Bulletin**
at Mumbai.

Last date of registration was August 1,
2001 (Further enquiries with Prof. H.B.
Chandalia)

Application Form available at
<http://www.rssdi.com> and

Diabetes Endocrine Nutrition
Management and Research Centre,
103-104, Maharishi Karve Road,
Mumbai 400 021
tel 022 2871613 fax 3633695

All delegates must arrange for their own
accommodation in Mumbai. Limited
hostel / dormitory type accommodation
at economical rates is being arranged.

Book early to avail this facility, as it will be
offered on first come first served basis.

12th Annual Conference DIABETES ASSOCIATION OF INDIA Southern Chapter

on September 29 and 30, 2001
at Hotel Carlton, Kodaikanal

*tentatively approved for
10 RSSDI Credit hours*

Register by sending Rs.1200 by draft
favoring **DIACON 2001** payable at
Madurai to

Dr. A.J. Asirvatham
Anna Bus Stand, Madurai 625 020
tel 0452 535266, 653006
98421 51977
daicon2001in@yahoo.com

VI CONFERENCE OF NORTH EAST DIABETIC ASSOCIATION

on September 29 and 30, 2001
at Guwahati

*tentatively approved for
5 RSSDI credit hours*

Register by sending Rs.500 by draft
favoring **NEDSCON** to

Dr. Shekhar Shah
Trincas Building
M.M. Road, Fancy Bazar
Guwahati 781 001 AS
Tel 0361 521623 522398 330659
522396
fax 0361 544350 331824
shekharshah@indiatimes.com

RSSDI CME IN DIABETES

on October 13 and 14, 2001
at Kota, Rajasthan

*tentatively approved for
10 RSSDI credit hours*

Register by sending Rs.400 by draft
favoring **CME DIABETES 2001** to

Dr. Girish Verma
KR 227/5 Doctors Quarters
MBS Hospital Campus
Kota 324 001 RJ
fax 0744 321270

ANNUAL REVIEW PROGRAM IN DIABETOLOGY

for primary care clinicians

on December 7 and 8, 2001
at Hyderabad

by School of Diabetology, University
Hospital, Nizam's Institute of Medical
Sciences, Hyderabad and

WHO Collaborating Center for Diabetes
in Developing countries, Vuk Vrhovac
Institute, University of Zagreb, Croatia.

approved for 10 RSSDI Credit hours

Register by sending Rs.1000
by draft favoring **Diabetology**
before November 15, 2001 to

Prof. P.V. Rao
School of Diabetology
Nizam's Institute of Medical Sciences
Hyderabad 500 082

ACCREDITATION PROGRAM for Primary Care Clinicians in Diabetes

Professor Z. Metelko, Director, Vuk
Vrhovac Institute for Diabetes, University
of Zagreb and Vice President, IDF-Europe,
will oversee the evaluation for
Accreditation on December 9, 2001.

10th Annual Meeting of ANDHRA PRADESH DIABETES FEDERATION

on October 27 and 28, 2001
at Sriharikota

*tentatively approved for
5 RSSDI Credit hours*

Registration fee till October 15 is
Rs.500 by draft favouring **APDF - 2001** to

Dr. Anil Kumar Reddy,
16-1191, Kasturidevi Nagar, Pogathota,
Nellore 524 001 AP
tel 0861 326161, 329992 fax 320651
anildiab@netlinx.com

INTERNATIONAL SYMPOSIUM ON TYPE 2 DIABETES

on December 1 and 2, 2001 at Cochin

The faculty will include leading
diabetologists from Mayo Clinic,
Rochester, Minnesota; Joslin Clinic,
Boston; Oxford University, England;
Karolinska Institute, Stockholm, and
leading diabetologists from India.

The co-sponsors for this meeting include
Association of American Physicians of
Indian Origin, Association of Kerala
Medical Graduates, API and RSSDI.

*tentatively approved for
10 RSSDI credit hours*

For details please contact:

Dr. Shashank R Joshi
B/23 Kamal Pushpa
6 Bandra Reclamation
Mumbai 400 050
tel 022 6420107 fax 6443572
srjoshi@vsnl.com

LIFE MEMBERSHIP OF RSSDI

We encourage you to become Life
Members of RSSDI. In addition to
becoming a member of the most prestigious
society of diabetologists in India, it entitles
you to a free copy of the **International
Journal of Diabetes in Developing
Countries** which is published quarterly.
The life membership subscription is
Rs.1500 only. For cheques, add Rs. 50 as
out station charges. For life membership
of RSSDI, kindly make your cheque/bank
draft payable to **RSSDI** at Hyderabad and
send it to Prof. P.V. Rao, Department of
Endocrinology and Metabolism, Nizam's
Institute of Medical Sciences, Hyderabad
500 082 AP.

www.diabetes.org.in

All professional and organisational
activities of diabetes are updated on this
website. Please visit this site often.