



RSSDI News

The Official Bulletin of
Research Society for the Study of Diabetes in India (RSSDI)

Patrons

Dr HB Chandalia
Mumbai
Dr C Munichoodappa
Bengaluru
Dr AK Das
Puducherry
Dr BK Sahay
Hyderabad
Dr OP Gupta
Ahmedabad
Dr V Seshiah
Chennai

President

Dr Sarita Bajaj
Allahabad

President Elect

Dr PV Rao
Hyderabad

Immediate Past President

Dr SR Aravind
Bengaluru

Vice Presidents

Dr Ch. Vasanth Kumar
Hyderabad
Dr Vijay Panikar
Mumbai

Secretary (2017–19)

Dr BM Makkar
New Delhi

Treasurer

Dr Jayant Panda
Cuttack

Joint Secretary (2017–19)

Dr Rakesh Sahay
Hyderabad

Executive Committee (2017–19)

Dr Anuj Maheshwari
Lucknow
Dr KR Narasimha Setty
Bengaluru
Dr Sunil Gupta
Nagpur
Dr Vijay Viswanathan
Chennai
Dr Sujoy Ghosh
Kolkata
Dr Sanjay Agarwal
Pune
Dr Sanjay Kalra
Karnal
Dr CR Anand Moses
Chennai

Co-opted

Dr Rajeev Chawla
New Delhi
Dr Banshi Saboo
Ahmedabad
Dr Jayaprakashai Jana
Nellore

Message from the RSSDI President

My Dear Friends,

Our enterprising and energetic association RSSDI is now present throughout the country with active involvement of all the members and state chapters.

A lot has been achieved, but as Robert Frost wrote: “The woods are lovely, dark and deep, But I have promises to keep, And miles to go before I sleep, And miles to go before I sleep.”

- **Research:** The first alphabet in RSSDI stands for research. An assiduous and dedicated research committee looks forward to receiving distinguished projects from across the country.

Having said that, we must encourage individuals and institutions to engage in research activities. In this context, local chapters can provide tremendous motivation. A very ambitious and well thought initiative using technology, which can involve each and every RSSDI member, will be an app designed by Wellthy—a doctor decision support system based on RSSDI, ADA, and AACE guidelines which will be individualized to each patient. Apart from improving doctor decision-making and consultancy, it will give RSSDI access to incredible data for research.

- **RSSDI chapter activities:** All the chapters are doing a commendable job. The competition for the state chapter award is tough indeed! To spur their members, state chapters may institute awards for public service, maximum members inducted, and distinguished service—to be given either on the World Diabetes Day or during their annual meeting. An essay competition with a prize may be organized for undergraduates and postgraduates on the theme of World Diabetes Day.

The mobile van has been procured by several states and others have expressed their interest. The aim here is to provide service in underserved areas and collect data—perhaps even “adopt a village.” World Health Organization Global Health Campaigns, World TB Day (24th March), and World Health Day (7th April) were celebrated fervently across the country. World Immunization Week (24th–30th April), World No Tobacco Day (31st May), and World Blood Donor Day (14th June) are around the corner. Public awareness and education programs should be a strong focus.

- **RSSDI at the forefront of diabetes education:** During the annual conference at Bhubaneswar, a one day module based education program will be organized for MD medicine postgraduate with an exit exam and awards being given during the conference.
- **RSSDI publications:** A Year Book of Diabetes, a monograph on Insulin Therapy in Diabetes, and RSSDI DM-TB Clinical Practice Recommendations are in the pipeline—all firsts for RSSDI. The prestigious RSSDI Clinical Practice Recommendations are being updated.
- **Strengthening our organization:** I make an appeal to all of you to inspire and invigorate your colleagues to enrol themselves as RSSDI members.
- **Advocacy role:** As experts in the medical field, we must be in a position to advise the government and the local agencies in prevention of diabetes and its complications. Policy formulations may be drafted which can be forwarded to the government for implementation.
- **Public relations:** We request all the chapter leaders to have a good public rapport and give systematic news about their activities to the local press as building faith has become need of the hour. Lift and strengthen one another.
- **Website:** The RSSDI website <http://rssdi.in> is very interactive and should be accessed to keep abreast.

Above all, stay in touch. We welcome your valued proposals.
RSSDI is the pride of the nation! Long live RSSDI !



Dr Sarita Bajaj
President, RSSDI

Dr Sarita Bajaj
President, RSSDI
Email: drsarita.bajaj@gmail.com



Research Committee

Dr SR Aravind
Chairman
Dr V Mohan
Dr AG Unnikrishnan
Dr Arvind Gupta
Dr Subhankar Chowdhury
Dr Manas Baruah

Editorial Committee

Editor-in-Chief
Dr SV Madhu
Executive Editor
Dr Rajeev Chawla
Associate Editors
Dr V Mohan
Dr Sujoy Ghosh
Dr Sunil Gupta
Dr Sudhir Bhandari
Dr Sanjay Kalra
Dr Amitesh Aggarwal

Textbook Editorial Board

Dr Shashank R Joshi
Editor-in-Chief
Dr SV Madhu
Dr Samar Banerjee
Dr Sarita Bajaj
Dr Rajeev Chawla
Dr Sidhartha Shah
Dr Vijay Panikar

Dr PV Rao
Advisor

Credential Committee

Dr Sarita Bajaj
Chairman
Dr HB Chandalia
Dr AK Das
Dr C Munichoodappa
Dr BK Sahay
Dr V Seshiah

Constitution Reform Committee

Dr Ch. Vasanth Kumar
Chairman
Dr Samar Banerjee
Dr KR Narasimha Setty
Dr Anand Moses

International Committee

Dr Sarita Bajaj
Chairman
Dr SR Aravind
Dr PV Rao
Dr Vijay Panikar
Dr Ch. Vasanth Kumar

Newsletter Editorial Board

Dr BM Makkar
Editor
Dr Sujoy Ghosh
Dr Jyothidev Kesavadev
Dr Sanjay Agarwal

State Chapters Committee

Dr Banshi Saboo
Chairman
Dr Jayant Panda
Dr Anuj Maheshwari
Dr Sunil Gupta
Dr Vijay Viswanathan

Message from the RSSDI Secretary

Dear Friends,

It is always a pleasure to communicate with you through this newsletter. You will be pleased to know that RSSDI is working on a multitude of initiatives targeted to improve diabetes care in the country.

As you know, first "RSSDI Clinical Practice Recommendations" were published in November 2015 and have been highly appreciated as a tool to standardize diabetes care across country. In the recent past, diabetes management has witnessed many changes at various levels ranging from understanding of diabetes to management strategies. And to keep pace with these changes we have decided to revise the Clinical Practice Recommendations every 2 years. A large group of key opinion leaders steered by RSSDI executive committee has already started working on revision of 2015 recommendations and hopefully you will be getting the updated "RSSDI Clinical Practice Recommendations 2017" at RSSDI Annual Conference, Bhubaneswar, in November 2017.

Technology is emerging as a major game changer in the way diabetes is being managed worldwide. And we feel that RSSDI members should no way be left behind in the technology race. RSSDI has joined hands with Wellthy to develop an app, which is already in advanced stages, to help decision-making and improve patient management.

Research is the first priority of RSSDI and all round efforts are always on for promoting research in diabetes. Every year we are giving multiple research grants and more and more research papers are making way to the national conferences of RSSDI. In case you have a valid research project and need funding for the same, you can always log on to www.rssdi.in and apply for research grants.

RSSDI has also started a free insulin initiative which provides for free insulin for poor type 1 diabetes patients. This initiative is being rolled out through RSSDI chapters. In case you have a deserving patient, please get in touch with your chapter secretary.

Last but not the least, do read the newsletters and email communications from RSSDI and also log on to www.rssdi.in regularly to keep informed and also to make suggestions to make our working better. Every member's contribution to RSSDI working is valuable and will go a long way in making us a great organization.

Long live RSSDI!



Dr Brij Mohan Makkar
Hony. Secretary RSSDI

Dr Brij Mohan Makkar
Honorary Secretary, RSSDI

Invitation to the RSSDI, 2017 Conference



Professor Sidhartha Das
Patron & Organizing
Chairman



Dr Jayant Panda
Organizing Secretary RSSDI

Dear Friends,

We have great pleasure in inviting you to the 45th Annual Conference of Research Society for the Study of Diabetes in India (RSSDI) to be held in the smart city of Bhubaneswar from 3rd to 5th November 2017.

Bhubaneswar is the capital city of scenic Odisha, the soul of India, which is naturally beautiful with forests, wildlife, sea beaches, heritage temples, and many historical monuments. It is also known for its flavor of hospitality and varieties of delicious foods. We assure your convenient travel and comfortable stay with a relaxing time and a complete updated academic exposure.

The organizing committee will leave no stone unturned to make the event memorable for you and your family. Please block your dates and register early to be a part of the event.

**Team RSSDI, 2017
Bhubaneswar, Odisha**

Announcements

IMPORTANT

Dear Members

Please update your membership details like complete postal address, email ID, PAN number, and mobile number by logging in to your membership area on our website www.rssdi.in under subheading Members Corner, so that we can send you RSSDI Newsletter and Journals.

Travel Grants for Young Diabetes Researchers to Attend International Conferences

Criteria for the travel grant are as follows:

- Applicant should apply 2 months in advance
- Travel grant is open only to RSSDI members
- Applicant should submit oral paper/poster acceptance document to RSSDI secretariat
- Applicant should submit declaration that he/she is not receiving grant from any other agency/organization. In case of receiving grant from any other organization, RSSDI shall pay only the exceeding amount not covered by that agency.

Announcements for Research Grants

- For providing research grants, RSSDI invites proposals from Indian scientists, interested in conducting original research in the field of diabetes mellitus. Furthermore, limited grants are also available for the students of medical colleges for smaller projects
- There is no deadline for submission of the proposals, which can be sent throughout the year. These proposals may fall into one of the following three categories:
 1. Projects involving funding up to ₹40,000 per project (preference will be given to young scientists <40 years)
 2. Projects involving funding up to ₹10 lakhs
 3. We also invite proposals for more than ₹10 lakhs as major projects but these have to be preferably multicentric
- The detailed proposals should include the following:
 - ◇ Title, names of principal and coinvestigators, summary, introduction/background, review of literature, aims, methodology, study design and detailed plan of work, and bibliography. Brief biodata of the principal investigator and other coinvestigators
 - ◇ Importance of work in the context of national priorities. Detailed budget sought along with full justification/proposed utilization of funding sought from RSSDI
 - ◇ Whether the project is being partly funded from any other source? If yes, please mention the source and the amount received
 - ◇ Ethical committee clearance of the institution or other bonafide body.

National RSSDI Executive Committee Meeting

National RSSDI Executive Committee Meeting was organized on 1st and 2nd April at the JW Marriott, Aerocity, New Delhi.



National RSSDI Executive Committee Meeting

Continued from page 3

Theme Symposia for RSSDI–2017

All the RSSDI members are invited to collect original clinical data as per the following themes which can be presented at RSSDI, 2017:

- Professor MMS Ahuja Symposium—Gestational Diabetes Mellitus
- Professor BB Tripathy Nutrition Symposium—Protein Consumption Patterns and Diabetes.

Last date for submission for abstracts: 31st August, 2017.

Address and Email of Scientific Chair 2017

Scientific Committee RSSDI 2017

Dr P.V. Rao, 6-3-349/17 Dwarakapuri, Hyderabad 500 082

Srikanth 7799923465, Murali 988541110, Office 040 65503111

Email: 2017@diabaid.in

Chapter News

State chapters of RSSDI have conducted several activities in this quarter so far, both academic as well as those related to functioning of the society. The details are given below:

Assam Chapter

RSSDI-Assam chapter celebrated Gestational Diabetes Mellitus Day in association with Marwari Hospitals, Athgaon, Guwahati, on 10th March 2017. A free health checkup camp with free blood sugar testing was done for more than 70 pregnant women and one to one awareness regarding gestational diabetes mellitus was also done on that day.

RSSDI, Assam Chapter celebrated World Tuberculosis Day on 24th March 2017, a CME was organized for doctors at Hotel Kiranshree Portico, Guwahati. The CME was a grand success where more than 35 doctors from Guwahati attended.



Gestational Diabetes Mellitus Day

West Bengal Chapter

RSSDI-West Bengal chapter has observed the Gestational Diabetes Day on 10th March 2017. A special drive was initiated at the antenatal clinics of the four medical colleges to raise awareness about the problems associated with gestational diabetes and how to combat them. Patients visiting the antenatal clinics were tested for fingerprick capillary glucose to identify patients who are at risk and the ones found were advised to go for oral glucose tolerance test. Professor Ashish Basu at Medical College, Kolkata, Professor Apurba Mukherjee and Dr Indira Maishnam at R.G. Kar Medical College, Professor Nilanjan Sengupta at N.R.S. Medical College had arranged interactive patient awareness lecture sessions at their respective places, which were appreciated by all, especially patients and their relatives.



Gestational Diabetes Mellitus Day

Chapter News

Rajasthan Chapter

On the occasion of World Health Day, on 7th April 2017, RSSDI Rajasthan chapter along with Jain Social Group and Ramchandani Diabetes Center organized Diabetes Detection, Education, and Awareness program along with exhibition of charts and food gallery was laid out in the camp area for visitors of the camp at Multipurpose School Kota.

A total of 1,200 free blood sugar, 400 vibration perception threshold (Biothesiometry), blood pressure measurement, 500 body fat estimation, and body mass index were done. Free consultation were given by Dr KK Pareek, Dr GD Ramchandani, and dietitian and diabetic educators.



World Health Day organized by RSSDI Rajasthan chapter along with Jain Social Group and Ramchandani Diabetes Center

Madhya Pradesh Chapter

The 2nd Annual Scientific Conference of RSSDI Madhya Pradesh chapter was held at Indore on 4th (Saturday) and 5th (Sunday) March 2017. The conference was well-attended by more than 300 renowned physicians from every districts of Madhya Pradesh. Internationally acclaimed experts on the subject and well acknowledged diabetologists and endocrinologists shared the dais and enlightened about new developments in the field of diabetes and innovations.



Inauguration and lamp lighting ceremony



Dr Vijay Panikar and Dr Sunil M Jain resolving queries

Chapter News

Tamil Nadu Chapter

RSSDI-Tamil Nadu chapter organized Diabetes Education and Awareness program at Government Higher Secondary School, Cholasiramani, on 18th January 2017.



Diabetes education and awareness program

RSSDI Tamil Nadu chapter along with diabetes club of Dindigul, Dindigul Diabetes Education and Research Center, conducted a mega diabetes symposium under the title "Current Trends in T2DM Management" on 19th March 2017 at Vivera Grande. A total of 110 doctors/delegates attended the symposium and took active participation in the interaction.



Inauguration and lamp lighting ceremony

Himachal Pradesh Chapter

RSSDI-Himachal Pradesh chapter organized diabetes detection camps in different rural villages (included tribal villages) of the state through PCPs and volunteers (glucometers, glucosticks, and needles were provided by Himachal Pradesh RSSDI). More than 1,000 individuals were screened, ranging from 100 to 400 km from the state capital.



Diabetes detection cum treatment at a rural village, located 150 km away from the state capital and 9,000 feet altitude

Chapter News



Diabetes detection cum treatment camp at 200 km from Shimla at 8,500 feet altitude



Diabetes detection camp at 10,000 feet in tribal area. People standing for blood glucose tests at 10,000 feet altitude



Uttar Pradesh Chapter

RSSDI-Uttar Pradesh chapter organized World Diabetes Day on 14 November 2016. An aerobic exercise camp for morning walkers at Ram Manohar Lohia park, Gomti Nagar, and Lucknow from 6 AM onwards was organized. A blue balloon was launched with "STOP DIABETES" message. To memorize World Diabetes Day, a workshop was organized for type 1 diabetes mellitus children to give them training for insulin injection technique and what to eat and not tactfully, including other lifestyle management.

A diabetes and oral cavity screening camp for periodontal diseases in association with Babu Banarasi Das College of Dental Sciences was organized by RSSDI-Uttar Pradesh at Lucknow on 10th December 2016 and a follow-up camp was organized on 14th January for the same patients.



Odisha Chapter

World Diabetes Day was organized by RSSDI Odisha chapter. A walk for diabetes was conducted with Ollywood (Odia film industry) actors and actresses. There were over 600 participants. All participants were given free T-shirts and caps with RSSDI logo on it.

Chapter News



World Diabetes Day

Free health checkup camp was conducted by RSSDI Odisha chapter where more than 500 people availed free checkups which included tests like, body mass index, bone mineral density, electrocardiograms, pulmonary function tests, blood pressure and blood sugar, glycosylated hemoglobin, lipid profile, neuropathy screening, Micral test, and thyroid screening.



Free health checkup camp

Odisha Chapter conducted its mid-term CME 2017 at Gopalpur, Odisha, where more than 150 doctors participated to make the event a grand success. Theme of the conference was "Clinical Diabetology."

Chapter News



Lamp lighting ceremony



Session on gestational diabetes

Uttarakhand Chapter

RSSDI-Uttarakhand chapter hosted its inaugural conference under the chairmanship of Dr Rakesh Karnwal and Dr Harish Basera Honorary Secretary RSSDI-Uttarakhand chapter, at JP Manor from 16th to 18th September, 2016, wherein 150 delegates registered and attended the conference.

The conference was appreciated by one and all for its scientific content and its level of presentation. It was decided in the general business meeting, following the conference, to conduct CME on regular basis, and conduct awareness program and free diabetic screening camps for patients.



Inauguration and lamp lighting ceremony



Dr Rajeev Chawla Past Secretary RSSDI

RSSDI Uttarakhand chapter organized diabetes awareness and detection camp at Mehuwala on 26th March 2017, where 150 persons were screened for diabetes.



Diabetes awareness and detection camp

Chapter News

Delhi Chapter

RSSDI-Delhi chapter organized CME on 7th December 2016 which was centered around "Clinical Discussion of a Case of CAD and Diabetes."

- Dr Suman Bhandari from Max healthcare presented the cardiologist's perspective
- Dr Dheeraj Kapoor from Artemis Gurgaon presented the endocrinologist's perspective.

A great clinical discussion followed and attendees left with extremely clear cut take home messages.

Kerala Chapter

World Diabetes Day was organized by RSSDI Kerala chapter. Kerala chapter conducted a mass diabetes awareness program at various centers.

Marathon walk was flagged off by superintendent of police, Mr Vijayakumar. A total of 500 people participated in this program, including school children. Heads of various associations felicitated the program.

Diabetes awareness talk was given by Dr Radhakrishnan AP and Dr Mridula, followed by diabetes and retinopathy detection camp for about 300 patients.



World Diabetes Day was organized by RSSDI Kerala chapter



Marathon walk

IMA COCHIN MINI MARATHON
Sunday, 2nd April 2017, 6.30 am | Jawaharlal Nehru Stadium, Kaloor

Supported by
The RSSDI (Research Society for the Study of Diabetes in India) & Decathlon

Early bird registration started
Rs. 299/- till 28th February 2017 | Rs.499/- From 1st March 2017
Register & Enjoy the privileges

Decathlon T-Shirt | Participant certificate for all | Refreshments
Cash Prize for the first three winners.

Contact : Front office, IMA House 0484-3925500, 6888082/3, 93882 22421

Chapter News

The Second Quarterly State Conference of RSSDI Kerala chapter was held on 8th January 2017 at College of Nursing, MGM Muthoot Medical Centre, Pathanamthitta. It was the biggest ever scientific conference till date to be held in the rural town of Pathanamthitta. The program was a huge success with more than 120 delegates from different parts of the state. The delegates included endocrinologists, diabetologists, physicians, general practitioners of private and government sector actively involved or interested in the field of diabetes, postgraduate students from medical colleges in Kerala.



State conference of RSSDI Kerala chapter

Conference Calendar

19th Asia Pacific Diabetes Conference

July 20th–22nd, 2017
Melbourne, Australia

10th Diabetologists Conference

July 24th–26th, 2017
Vancouver, Canada

3rd World Congress on Thyroid Cancer 2017

July 27th–30th, 2017
Boston, United States

2nd International Conference on Metabolic Syndrome

August 10th–11th, 2017
London, United Kingdom

Please note that the International Journal of Diabetes in Developing Countries (IJDDC) now has a new weblink.
<http://www.springer.com>

RSSDI Secretariat

Dr Makkar's Diabetes & Obesity Centre

A-5 B/122, Paschim Vihar, New Delhi - 110 063, India

Phone Number: 011 - 27061022

Email: rssdihq@gmail.com; Website: www.rssdi.in