



# RSSDI News

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

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## Message from the RSSDI President

My Dear Friends,

The 44<sup>th</sup> Annual Conference of RSSDI will be held from November 18<sup>th</sup> to 20<sup>th</sup>, 2016, at Hyderabad International Convention Center, Hyderabad. The national body has taken the responsibility of conducting the annual conference with the help of the members of the national executive committee from Hyderabad.

This mega event is sure to set the standards higher in terms of scientific deliberations and hospitality. I make an appeal to all our members to block these dates and look forward to a wonderful opportunity of learning and networking.

Annual conferences of many of our state chapters are over and many more are underway. I had the opportunity of participating at the Karnataka, Maharashtra, and West Bengal's annual conferences and was overwhelmed by the delegate numbers and active interactions. Though, I missed the Gujarat State Chapter's annual meet at Surat, the news about its great success is heartening to note.

Lots of exciting things have happened over the last 3–4 months in the field of diabetes research. The story of EMPA-REG trial is known to all by now. After many decades, this trial has brought joy to the doctors across the world. Though, the trial used empagliflozin, sodium-glucose cotransporter-2 inhibitor, as a class, is showing great benefits in terms of glycemic control, weight reduction, and blood pressure reduction. With the news of cardiovascular risk reduction, this class of drugs has given all the doctors a big smile on the face!

Dulaglutide injection (Tulicity), once weekly glucagon-like peptide 1 receptor agonist has been launched all across India. Single use pen and its once weekly dosage have opened new vistas in the management of type 2 diabetes.

RSSDI is gearing up to bring out a supplement to the guidelines released last year. The focus will be on "inpatient management", an area by far neglected for want of proper guidelines. Simple to follow guidelines for different types of hospital settings keeping India in mind is being formulated. After a three layered critical appraisal by experts and groups, the draft of the guidelines will be put up on our webpage for critical appraisal by all the members before formalization.

As we go to the press for printing of this newsletter, the news of Drug Controller General of India (DCGI)'s ban on fixed dose combinations (FDCs) has hit Indian patients badly. Nearly 15 million patients are said to be using the different FDCs and sudden stopping of sales will create confusion. The gazette notification of March 10<sup>th</sup>, 2016, cites the reason for stopping the sales as "no therapeutic justification" and not anything to do with "safety and efficacy" of the drugs in question. The executive committee of RSSDI has written a letter to DCGI requesting for reconsideration of the ban with immediate effect.

Long live RSSDI!



Dr SR Aravind  
President, RSSDI

Dr SR Aravind  
President, RSSDI

Email: draravind@hotmail.com



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## President Reviews the Transformation of RSSDI

I have seen a spectacular transformation in RSSDI over the last 5–10 years. Today, RSSDI is a much stronger and transparent organization which is far more streamlined in its processes and far more organized in its approach. Standard operating procedures have minimized adhocism in decision making and consensus has ensured that we have largely remained faction free so far. All this has made RSSDI more effective in achieving its goals and objectives. Today, RSSDI not only has a voice that is heard in the country, but, with the affiliation to International Diabetes Federation, also has a global presence now.

There have been several achievements of RSSDI in the recent past that come to mind. First, it was the face of RSSDI that changed with a modern dynamic website and electronic newsletters which set the tone for a series of significant achievements starting with financial consolidation and streamlining of RSSDI's tax liabilities. We now have several centers in the country accredited by RSSDI for certificate courses in diabetology, we also have an ever expanding research grant scheme. We have developed, for the first time, the RSSDI clinical practice guidelines for management of type 2 diabetes, which were formally published in October issue of IJDDC, 2015 and released in RSSDI 2015 at Lucknow. Mr JP Nadda, Minister of Health Government of India, formally released the guidelines in presence of Dr Jitender Singh, Minister of State, AYUSH Minister, Mr Naik, DGHS, Director ICMR, and WHO Head in India on 7<sup>th</sup> April.

RSSDI guidelines have been widely disseminated as therapeutic treatment wheel of RSSDI through websites and mass emails.

Recently, the "In-Hospital Management" guidelines are being framed, and will be released shortly.

We are moving further into patient care through our recent free insulin scheme for young type 1 diabetes patients and the mobile van scheme for state chapters for diabetes outreach activities. The RSSDI secretariat has been working hard to handle the 6,600 members that we have now and has brought out two versions of the directory in the past few years, besides ensuring that the RSSDI journal is received by everyone on a regular basis.

I wish to compliment all of you for playing your own part in transforming RSSDI and at the same time acknowledge the efforts of the RSSDI secretariat in Delhi for the immense contribution in this transformation, by ensuring smooth and efficient implementation of the decisions taken by the RSSDI leadership.

**Dr SR Aravind**

President, RSSDI

Email: draravind@hotmail.com

## Invitation to the RSSDI, 2016 Conference



**Dear Members and Guests,**

Welcome to RSSDI-2016

On behalf of the organizing committee of RSSDI 2016, we have great pleasure in welcoming you to the 44<sup>th</sup> Annual Scientific Meeting of the Research Society of Study of Diabetes in India to be held in Hyderabad from 18<sup>th</sup>–20<sup>th</sup> November, 2016. The RSSDI, as you all know, has grown to become the largest scientific body of professionals involved in management of diabetes in India and its annual meeting is the major event that all the members of RSSDI and doctors managing diabetes in India look up to. We are privileged to host this event in Hyderabad. The scientific program for RSSDI 2016 being crafted by Professor SV Madhu, Chairman Scientific Committee, will be designed

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## Message from the RSSDI Secretary

Dear Friends,

I take pride in sharing that "RSSDI Clinical Practice Recommendations for Type-2 Diabetes Patients" which was published in IJDDC on October 2015 issue was formally released by Honorable Cabinet Health Minister Mr JP Nadda and Minister of State, Prime Minister's Office, Dr Jitender Singh who fortunately also happens to be an executive committee member of RSSDI other than four important portfolios in Government of India, in a high profile function organized by the Government of India on April 7<sup>th</sup>, 2016, to celebrate World Health Day, where the theme of this year was also diabetes. Other dignitaries present were Minister of State (Independent Charge) Ministry of Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homoeopathy (AYUSH) Mr Shripad Naik, Directorate General of Health Services, Director, Indian Council of Medical Research, etc.



**Dr Rajeev Chawla**  
MD, FRCP Edin (UK)

I appreciate the sincere efforts made by Dr Jitender Singh, for not only making this official release possible but also acknowledging the role and presence of RSSDI as the most important organization in India involved in diabetes care. He also reiterated RSSDI's role in partnering with the Government of India in future programs and projects related to diabetes.

We are starting "Free Insulin" program to type 1 poor patients who are under the age of 15 years, keeping our promise to provide insulin to every deserving child lest some child remains untreated for want of resources. We are creating a registry of poor type 1 diabetes patients with the help of RSSDI state chapters, who shall partner with RSSDI in delivery of insulin to the patients. Hence, if any of your poor type 1 diabetes patients deserves free insulin, please feel free to contact your state chapter's office bearers.

On behalf of the organizing committee of RSSDI 2016, we have great pleasure in welcoming you to the 44<sup>th</sup> Annual Scientific Meeting of RSSDI to be held in Hyderabad from November 18<sup>th</sup> to 20<sup>th</sup>, 2016.

All the RSSDI members are invited to collect original clinical data as per the following themes which can be presented at RSSDI, 2016:

- Professor MMS Ahuja Symposium—Affordable Diabetes Care.
- Professor BB Tripathi Nutrition symposium—Glycemic Index of Cooked Foods.

Kindly mail the abstracts by June 30<sup>th</sup>, 2016, to Dr SV Madhu, Chairman Scientific Committee or Secretariat RSSDI.

I request you to enroll more and more RSSDI life members in your professional circle as RSSDI Life Membership fee will increase to ₹5,000/- from January 1<sup>st</sup>, 2017. Currently one need to pay only ₹2,500. Looking forward to your inputs and suggestions.

Long Live RSSDI!

Yours Sincerely

**Dr Rajeev Chawla**

Honorary Secretary, RSSDI

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to update our knowledge on various aspects of diabetes. The program will not only have plenary lectures, guest lectures, and symposia, but also workshops designed to provide hands-on training in several important practical areas of diabetes management. There would also be ample opportunities for young researchers to present their research work in the form of free papers. The venue for the conference will be the Hyderabad International Convention Centre, which has state-of-the-art facilities for a conference of this magnitude. Hyderabad, known as the "City of Pearls", is famous for its rich history, food, and multilingual culture. It is known for monuments like the Charminar, Golconda Fort, Falaknuma Palace, and for artificially created lakes like the Hussain Sagar, Osman Sagar, and the Himayat Sagar. It is also home to the top research institutions like the National Institute of Nutrition and Center for Cellular and Molecular Biology and business school like the Indian School of Business, Indian Institute of Technology, Indian Institute of Information Technology, and Birla Institute of Technology and Science. Hyderabad is well connected by air/train with different parts of the country. We look forward to welcoming you for the RSSDI 2016. The organizing committee is working hard to ensure RSSDI 2016 to be an academically and culturally enriching event for all.



**Dr Ch. Vasanth Kumar**  
Chairman, RSSDI, 2016



**Dr Rakesh Sahay**  
Organizing Secretary, RSSDI, 2016

## Theme Symposia

All the RSSDI members are invited to collect original clinical data as per the following themes which can be presented at RSSDI, 2016

- Professor MMS Ahuja Symposium—Affordable Diabetes Care.
- Professor BB Tripathy Nutrition Symposium—Glycemic Index of Cooked Foods.

Kindly mail the abstracts by June 30<sup>th</sup>, 2016, to:

**Dr SV Madhu**

Scientific Chair, RSSDI, 2016

drsvmadhu@gmail.com

rssdihq@gmail.com

rssdi2016@gmail.com

## IMPORTANT

Please enroll more and more RSSDI life members in your professional circle as RSSDI Life Membership fee will increase to ₹5,000/- from the current fee of ₹2,500/- with effect from January 1<sup>st</sup>, 2017.

## 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 two categories: projects involving funding up to ₹40,000 per project (preference will be given to young scientists below 40 years of age)
- Projects involving funding up to ₹10 lakhs (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 Meeting was organized on 2<sup>nd</sup> and 3<sup>rd</sup> April, 2016, at the D Mall, Plot No-1, B-5, Twin District Center, Opposite Dr Baba Saheb Ambedkar Hospital, Rohini Sector-10, New Delhi - 110085, India.



National RSSDI Executive Committee Meeting

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### Invitation for Certificate Course in Diabetology from RSSDI Accredited Centers

RSSDI invites applications for 2 year (MBBS) and 1 year (Post-MD/DNB) certificate course in diabetology from RSSDI accredited centers.

Interested candidates can apply at one of the centers given below.

#### RSSDI List of Accredited Centers

S.N.	Institute Name	Institute Location
1.	Diacon Hospital	Bengaluru, Karnataka
2.	North Delhi Diabetes Centre	New Delhi
3.	Prithvi Hospital	Tumkur, Karnataka
4.	Bangalore Hospital	Bengaluru, Karnataka
5.	TOTALL Diabetes Hormone Institute	Indore, Madhya Pradesh
6.	Dia Care - A Complete Diabetes Care Centre	Ahmedabad, Gujarat
7.	Sonal Diabetes Hospital	Surat, Gujarat
8.	Jothydev's Diabetes and Research Centre	Trivandrum, Kerala
9.	Advanced Endocrine and Diabetes Hospital	Hyderabad, Telangana
10.	GD Hospitals and Diabetes Institute	Kolkata, West Bengal
11.	Aditya Diagnostics and Hospital	Dibrugarh, Assam
12.	Sunil's Diabetes Care n' Research Centre Pvt Ltd.	Nagpur, Maharashtra
13.	Marwari Hospital and Research Centre	Guwahati, Assam
14.	Down Town Hospital	Guwahati, Assam
15.	St. Theresa's Hospital	Hyderabad, Telangana

## 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 organized a “Winter CME” on February 13<sup>th</sup>, 2016, at Hotel Royal De Casa, Guwahati from 7.00 pm onward. The CME was a grand success and participated by 65 doctors from all over Northeast. Dr Dinesh Agarwal, Honorary Secretary, RSSDI Assam chapter, welcomed everybody. The function was initiated with lightening of lamp and saraswati vandana. Inaugural lecture was given by Professor Mihir Saikia, Chairperson, RSSDI Assam chapter. Introduction and context setting by Dr Manash P Baruah, event Chairperson of winter CME. The star attraction of the occasion was Dr Sanjay Kalra, DM (Endocrinology) from Karnal. This was followed by panel discussion on the topic “Role of Sodium/Glucose Cotransporter 2 Inhibitor in Type 2 Diabetes Mellitus”. The program concluded with a vote of thanks by Dr Rupam Das, Honorary Treasurer, RSSDI Assam chapter.



Lamp lighting ceremony and saraswati vandana



Panel discussion during RSSDI Assam chapter meeting

### Gujarat Chapter

Gujarat State chapter organized its annual meeting at Surat on March 5<sup>th</sup> and 6<sup>th</sup>, 2016, which was attended by about 450 physicians from across Gujarat. Dr Shashank Joshi, past president of RSSDI, delivered Dr RM Shah Oration on the

## Chapter News

subject of "Diabetes in Indians". Dr Rajeev Chawla, National Secretary of RSSDI and Dr Banshi Saboo, Chairman of the State chapter also delivered their keynote addresses. Many national experts including Dr Vijay Panikar and Dr Rakesh Sahay graced the occasion in addition to local diabetes experts from Gujarat. Dr Pratap Jethwani, scientific committee chairman and secretary of state chapter; Dr Ajay Jain, organizing chairman; and Dr Piyush Desai, organizing secretary; and entire team of association of physicians of Surat had worked hard to make this event successful.



Lamp lighting ceremony



Dr Shashank Joshi, past president of RSSDI, delivering Dr RM Shah Oration



Dr Banshi Saboo, Chairman Gujarat State chapter delivering his keynote addresses

### Madhya Pradesh Chapter

The 1<sup>st</sup> Annual Scientific Conference of Madhya Pradesh chapter of RSSDI was held at Brilliant Convention Center, Indore, on Saturday, March 12<sup>th</sup> and 13<sup>th</sup>, 2016. The conference was inaugurated by Professor NP Mishra, a senior physician from Madhya Pradesh. The conference was well-attended by more than 300 physicians from every districts of Madhya Pradesh.

Dr Rajesh Rajput from Rohtak, Dr MA Shekar from Mysore, Dr Neeta Deshpande from Belgaum, Dr Rajeev Chawla from New Delhi, Dr GR Sridhar from Visakhapatnam, Dr Vijay Panikar from Mumbai, Dr Kirnesh Pandey, Dr Tanmay Bharani and Dr Sunil M Jain from Indore, Dr Sunil Gupta from Nagpur, Dr Vijay Negalur from Mumbai, Dr Navneet Agrawal and Dr Pankaj Jain from Gwalior, Dr Ashish Dengra from Jabalpur, and Dr Sachin Chittawar and Dr Sushil Jindal from Bhopal participated in the conference and shared their opinions on new innovations and scientific developments in the field of diabetes.

Annual general body meeting was also held during the conference in which office bearers of RSSDI-Madhya Pradesh chapter were nominated for the next tenure. Dr Sunil Jindal from Bhopal was nominated as chairman, Dr VK Bhardwaj from Jabalpur as vice chairman, Dr Sunil M Jain from Indore as secretary, and Dr Kirnesh Pandey from Indore was nominated as treasurer.

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Dr DS Behrani from Jabalpur, Dr Shachin K Gupta from Bhopal, Dr AK Tiwari from Hoshangabad, Dr Navneet Agrawal from Gwalior, and Dr Norman Sharma from Indore were nominated as other executive committee members.



Inauguration and lamp lighting ceremony



Presenting memento to Dr Rajeev Chawla, National Secretary, RSSDI



Dr GR Sridhar speaking during conference



Delegates attending conference

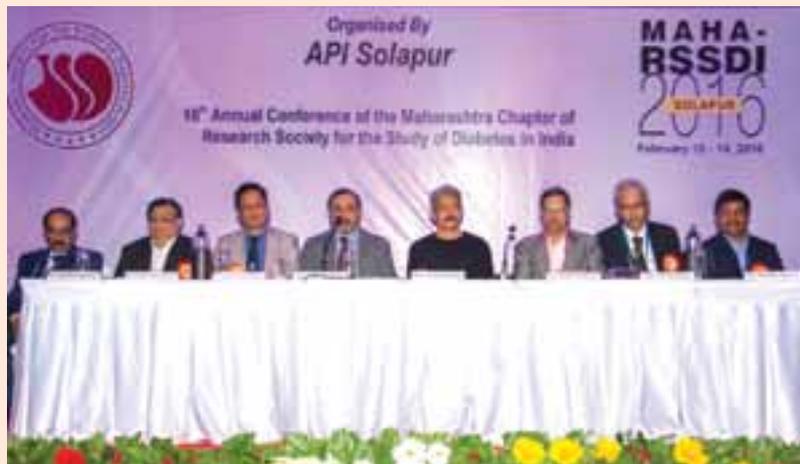
## Chapter News

### Maharashtra Chapter

Maharashtra State chapter of RSSDI organized 10<sup>th</sup> Annual Conference at Solapur from February 12<sup>th</sup> to 14<sup>th</sup>, 2016. It was the first state level meet of physicians in the history of the city. The conference was attended by 500 delegates. Orations were given by Dr SR Aravind, Dr Shashank Joshi, Dr Panniker, Dr Neglur, and Dr SA Indurkar. It was inaugurated by film star Mr Atul Kulkarni. For the first time, we had patient education program for the town's diabetic patients. We got an overwhelming response from them. The efforts of Dr Sardespande, Dr Sachin Muley, and their team, made this conference a huge success.



Inauguration by dignitaries



The 10<sup>th</sup> Annual Conference of the Maharashtra State chapter



Welcome of the National RSSDI President, Dr SR Aravind



The organizing committee in traditional attire

## Chapter News

### Odisha Chapter

RSSDI Odisha chapter hosted the midterm CME at Nehru Satabdi Central Hospital, MCL, Talcher on March 27<sup>th</sup>, 2016, where more than 100 members from the Eastern part of the state attended to discuss the latest developments. It was organized by Dr Sanjay Das, governing council member. Governing council meeting was held after the CME.



Inauguration and lamp lighting ceremony



RSSDI Odisha chapter Midterm CME

4<sup>th</sup> Annul Conference of RSSDI Odisha State chapter will be organized in Puri on 24<sup>th</sup> and 25<sup>th</sup> September, 2016 at Hotel Blue Lily, Puri.

### Punjab and Chandigarh Chapters

The department of endocrinology in collaboration with RSSDI Punjab and Chandigarh chapter organized one day CME held on 27/02/2016 at Advanced Eye Centre auditorium. Around 100–150 Endocrinologist, Physicians and Gynecologists participated in this CME.



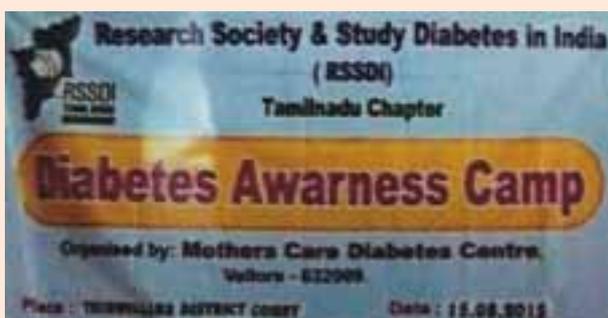
Dr Sanjay Kumar Bhadada, Honorary, Secretary Punjab and Chandigarh chapter delivering a talk



Professor Anil Bhansali, Past Chairman, Punjab and Chandigarh chapter delivering a talk

### Tamil Nadu Chapter

The Tamil Nadu chapter organized a diabetes screening awareness camp at Thiruvallur District Court on August 15<sup>th</sup>, 2015.



Diabetic screening awareness camp

## Chapter News

The Tamil Nadu State chapter of RSSDI organized a doctors training program at Thiruvannamalai on October 16<sup>th</sup>, 2015, on the topic “Primary Prevention and Management of Diabetes to Primary Health Centre Doctors”.



Doctors training program at Thiruvannamalai

### Uttar Pradesh Chapter

Uttar Pradesh chapter of RSSDI organized a midterm conference on January 17<sup>th</sup>, 2016. Dr HN Tripathi, presented newer gliptin data, Dr Narsingh Verma delivered talk on diabetic dyslipidemia, and Dr Ashish Sharma, an ophthalmologist from Coimbatore, took a session on technological advancement in monitoring for diabetic retinopathy.



RSSDI Uttar Pradesh chapter mid-term CME

On February 18<sup>th</sup>, 2016, quarterly summit 2 has been organized as quarterly activity by RSSDI Uttar Pradesh chapter in which Dr Peter Lin from the United States gave a talk on “Improving Metabolic State in Type 2 Diabetes Mellitus”. and Professor Narsingh Verma delivered a talk on “Metabolic Consequences of Obstructive Sleep Apnea: Exploring the Links”.



Dr Peter Lin giving a talk on Improving Metabolic state in T2DM



Panel discussion

## Diabetes – South Asian Epidemic

In yet another example of how the South Asian epidemic of diabetes is garnering global attention, the latest issue of *Nature Reviews Endocrinology* features a comprehensive review on diabetes and its complications in India, authored by past president of RSSDI, Dr V Mohan and his team.

The article presents a bird's eye view of the progress of the diabetes epidemic across India over the past half century, quoting studies right from the 1960s down to the latest Indian Council of Medical Research – India Diabetes study to demonstrate the surge in prevalence of diabetes in India. The reasons for the increased predisposition of the Asian Indian to diabetes are also discussed, with considerable attention being devoted to the “Asian Indian Phenotype”.

The review is unique in that it has also discussed the epidemiology of other types of diabetes found in Asian Indians such as type 1 diabetes, maturity onset diabetes of the young, and fibrocalculous pancreatic diabetes. The differential susceptibility of Asian Indians to complications of diabetes has been summarized concisely, quoting a comprehensive array of recent literature on the subject.

The review concludes on the hopeful note that diabetes in India can be effectively managed and prevented, utilizing novel cost-effective approaches that have already been validated on a small scale in different parts of the country.

*Nature Review Endocrinology*, earlier known as *Nature Clinical Practice Endocrinology & Metabolism*, ranks third among all journals in endocrinology and metabolism with an impact factor of 13.281 as of 2014.

## Conference Calendar

### 20<sup>th</sup> Annual Conference on Hypertension, Diabetes and Dyslipidemia 2016

June 24–26, 2016  
Charleston, South Carolina, United States

### 28<sup>th</sup> Conference of European Comparative Endocrinologists 2016

August 21–25, 2016  
Leuven, Belgium

### 11<sup>th</sup> Asia Pacific Diabetes Conference and Expo

July 11–12, 2016  
Brisbane, Australia

### 17<sup>th</sup> International Congress of Endocrinology in Collaboration with the 15<sup>th</sup> Annual Meeting of the Chinese Society of Endocrinology 2016

August 31- September 4, 2016  
Beijing, China

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

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