



# RSSDI NEWS

2005 • 33 • 1 • June

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## INTERNATIONAL JOURNAL OF DIABETES IN DEVELOPING COUNTRIES

Editors: Prof. H.B. Chandalia, Dr. P.S. Lamba  
National Editorial Board: Dr. A. Ramachandran,  
Dr. R.V. Jayakumar, Dr. A.K. Das, Dr. D.K. Hazra,  
Dr. V. Mohan, Dr. P.V. Rao, Dr. G.R. Sridhar, Dr. C.S. Yajnik

## TEXTBOOK OF DIABETES MELLITUS

Editor-in-Chief: Prof. B.B. Tripathy  
Editors: Prof. H.B. Chandalia, Prof. A.K. Das,  
Dr. P.V. Rao, Dr. S.V. Madhu

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Dr. Sarita Bajaj, Dr. Alok Kanungo

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Dr. Anant Nigam

## RSSDI 2005 Organizing Secretary

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Dr. K.M. Prasanna Kumar

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\* Nicholas Piramal India \* USV \*  
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\* Bayer India \* Torrent Pharmaceuticals \*  
\* Alkem Laboratories \*  
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\* Panacea Biotec \* Wockhardt \* Lupin \*

## 33rd Annual Scientific Meeting of the Research Society for the Study of Diabetes in India

September 23, 24 and 25, 2005, Bangalore

www.rssdi2005.com

**Nutrition Section:**  
**Choice of Carbohydrates –  
Role of low glycemic index  
diets in the management  
of diabetes mellitus**

**Ahuja Symposium:**  
**Glycemic Targets in Diabetes  
Mellitus – how far are we  
from them?**

Diabetes researchers are invited to collect relevant data for presenting theme papers and for sending research abstracts of oral or poster presentations to Chairman, Scientific Committee before July 31, 2005.

## Welcome to the 33rd Annual Conference of the RSSDI 2005

The 33rd Annual Conference of the RSSDI-2005 is scheduled to be held at Bangalore on September 23, 24 and 25 September, 2005.

Bangalore, the city of gardens, lakes, opportunities, empowerment and champions, is the proud capital of Karnataka. It has recently been in the national and international media for Information Technology & Healthcare facilities and has successfully blended this into its past glory of being a 'Garden City' so as to be in the forefront to attract all sections of the people. It has become a dream of every Indian to have a taste of modern and IT savvy Bangalore, for here one can see a plethora of human talent and intellect.

The Conference Secretariat has made every effort to have amidst the delegates nationally and internationally acclaimed faculty to interact and enlighten the delegates of the latest developments in different areas of diabetology. A professional fiesta is ensured for every delegate at the conference.

Meticulous and focused care is being taken to receive all delegates, wherever they come from, with a smile and cordiality to make them feel at home.

The conference venue is Shantiniketan, Bangalore. Surrounded by IT icons, it is set amidst landscaped gardens, beautiful walks, a water park, go-karting track and will provide the delegates a true representation of our modern *Garden City* and an opportunity to experience the warmth and hospitality of Bangalore and Karnataka. The climate in September will be pleasant with lush green all round.

With so much to benefit and enjoy, it will be highly irresistible to miss this great event. We take great pleasure to invite you personally for this Conference and look forward to seeing you at Bangalore.

Warm regards from

**Prof. K.M. Prasanna Kumar**  
Chairman

**Secretary - Organising Committee**

**Prof. K.R. Narasimha Setty**  
Garden City Hospital  
132/18, 22nd Cross, 3rd Block  
Jayanagar, Bangalore 560 011  
tel 080 57726555 fax 51307737  
krnsetty@indiatimes.com

**Chairman - Scientific Committee**

**Dr. G.R. Sridhar**  
15-12-16  
Krishna Nagar  
Visakhapatnam 530 002 AP  
tel 0891 2706385 2566301  
edc\_grs@yahoo.co.in

## RESEARCH GRANTS FOR DIABETES RESEARCH FOR 2004

### a. Minor projects

1. An evaluation of autonomic nervous activity in type 2 diabetics using conventional and new methods. Dr. B. Ganapathi, St. John's Medical College Hospital, Bangalore
2. Light microscopic study of allo-transplanted rat pancreatic islets with tacrolimus. Dr. S. Gunasekaran, Christian Medical College, Department of Physiology, Vellore
3. Screening for type 2 diabetes mellitus in persons attending Gandhi Medical College associated Hamidia Hospital, Bhopal. Dr. Simmi Dube, Gandhi Medical College associated Hamidia Hospital, Bhopal
4. Postprandial lipaemia and endothelial function in type 2 diabetes mellitus with and without macrovascular disease. Dr. Vinod Kumar, University College of Medical Sciences, Delhi

### b. Major projects

1. A multi-centre study on early-onset diabetes in India - The MEDI Study. Dr. Unni Krishnan, Amrita Institute of Medical Sciences, Kochi

### c. Multicentre project on behalf of RSSDI (Insert on Yogic exercises is enclosed herewith for suggestions from members)

1. Yoga and Fenugreek in prevention of type 2 diabetes mellitus – the Indian Prevention of Diabetes Study.

## RESEARCH GRANTS FOR DIABETES RESEARCH - 2005

Research proposals are invited from Indian scientists interested in conducting research in the field of diabetes mellitus for funding by RSSDI for the year 2005. These proposals may fall into one of the following two categories:

1. Projects involving funding up to Rs.40,000 per project (Preference will be given to young scientists < 40 yrs )
1. Projects involving funding up to Rs.4 lakhs (preferably multicentric)

The proposal should include in brief the following:

1. Title, names of principal and co-investigators, introduction/background, review of literature, aims, methodology, study design and bibliography.
1. Brief biodata of PI and other co-investigators

1. Brief mention of budget / proposed utilization of funding sought from RSSDI

1. Whether the project is being partly funded from any other source? If yes source and amount.

Hard copies of the proposal may be sent to Dr S.V Madhu, Chairman, Research Committee-RSSDI, 149, Bhagirathi, 13/ 1, Sector 9, Rohini, Delhi 110 085. In addition a soft copy of the proposal may be sent by e-mail at [svmadhu@bol.net.in](mailto:svmadhu@bol.net.in) and [svmadhu@yahoo.com](mailto:svmadhu@yahoo.com)

Allocation of research grants would be done by July 2005 and hence all diabetes researchers seeking RSSDI grants should send in their proposals by June 30, 2005.

## LIFE MEMBERSHIP OF RSSDI

RSSDI is the largest Indian organisation of diabetes health care professionals and researchers. In May 2005, 3767 life members are represented from 29 Indian States and Union Territories as follows: Andamans and Nicobar (2), Andhra Pradesh (552), Assam (75), Bihar (125), Jharkhand (42), Chandigarh (17), Delhi (165), Gujarat (159), Goa (10), Haryana (73), Himachal Pradesh (19), Jammu and Kashmir (14), Karnataka (352), Kerala (185), Manipur (11), Meghalaya (5), Mizoram (3), Madhya Pradesh (143), Chattisgarh (37), Maharashtra (466), Orissa (137), Pondicherry (7), Punjab (98), Rajasthan (160), Tamil Nadu (379), Tripura (9), Uttar Pradesh (315), Uttaranchal (14), West Bengal (185). There are seven Life Members from Nepal.

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 published quarterly. Life membership subscription is Rs.2500 payable to RSSDI at Hyderabad. For cheques, add Rs.50 as outstation charges.

## WebCME in Diabetes

[www.diabetes.org.in](http://www.diabetes.org.in)

NIMS Diabetes Online Learning Centre will acknowledge that a clinician has completed the WebCME in diabetes, attained 100 credits and is now eligible for Certificate of Competence as a part of the Accreditation Program by the University Department of Endocrinology and Metabolism, Nizam's Institute of Medical Sciences, to recognize Clinicians for providing primary care in Diabetes.

## ELECTION OF THE RSSDI PRESIDENT FOR THE YEAR 2006

The tenure of the President shall be one RSSDI year (2.5.2 item i), and (2.5.3) to get elected as the President, a candidate should have held an elected position in the EC for three years (3.1). Nominations are invited from among the eligible members for the post of the President duly proposed by a valid member and seconded by a valid member, accompanied by his consent and biodata to reach Secretary before August 31, 2005.

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## 2nd DiabetesIndia International Conference

on November 18, 19 and 20 at Jaipur  
*approved for 10 MSD Credits*  
Registration by Rs.4,000 draft payable to **DiabetesIndia Conference 2005** to Dr. Anant Nigam  
Chief Executive, DiabetesIndia  
A-46, Bajaj Nagar, Jaipur 302 015  
tel 0141 2705303, 2706303  
fax 5172444  
[dranigam@hotmail.com](mailto:dranigam@hotmail.com)

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## Annual Review - 2005 in Diabetology

on December 2 and 3 in Hyderabad at Nizam's Institute of Medical Sciences  
*approved for 10 MSD Credits*  
Register by sending Rs.1000 before November 15, 2005 favoring **Diabetes Research Society**, to Dr. P.V. Rao  
Moses School of Diabetology  
Department of Endocrinology and Metabolism,  
Nizam's Institute of Medical Sciences  
Hyderabad 500 082 AP  
tel 040 55341355 fax 23357111  
[diabetes@sancharnet.in](mailto:diabetes@sancharnet.in)

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## First National Conference of Diabetes in Pregnancy Study Group India (DIPSI)

on February 11 and 12, 2006 at Chennai  
*approved for 10 MSD Credits*

Registration details from:  
Dr. V. Seshiah Diabetes Care and Research Institute  
31A, Ormes Road, Kilpauk  
Chennai 600 010  
tel 044 26412296, 26615757  
fax 26610110  
[dipsi@drvsseshiah.org](mailto:dipsi@drvsseshiah.org)

**33rd Annual Conference of RSSDI: Bangalore 2005**  
**Theme: Glycemic targets in diabetes - how far are we from them?**

S. No :

Centre, City :

Date :

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Name: Surname: Sex: Age(yrs):

Duration of diabetes (yrs) Age of onset of diabetes (yrs)

Treatment : Non pharmacological/ oral drugs/ oral drugs+insulin/ insulin/ others (specify )

Physical exercise : Yes (number of times per week: )/ No

Smoking : No/ Stopped/Yes (number of cigarettes a day: )

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Weight (kg) : Height: (cm) Waist circumf (cm)

Blood Pressure (mm Hg), right upper limb: sitting

Abnormal physical signs : No/ Yes ( )

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Fasting plasma glucose : (mg/dl)

Post prandial plasma glucose : (mg/dl)

Total cholesterol : (mg/dl)

Triglycerides : (mg/dl)

LDL cholesterol : (mg/dl)

HDL cholesterol : (mg/dl)

HbA1c : (%)

Other investigations : (specify)

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**Signature**

**Note**

150 or more consecutive persons with diabetes from your centre who were investigated  
Duration of diabetes: 1 year or more

**33rd Annual Conference of RSSDI: Bangalore 2005**  
**Nutrition theme: Glycemic load: beyond glycemic index**

S. No :

Centre, City :

Date :

Name: \_\_\_\_\_ Surname: \_\_\_\_\_ Sex: \_\_\_\_\_ Age(yrs): \_\_\_\_\_

Known diabetes : No/ Yes: if Yes, Duration of diabetes (yrs)

Physical exercise : Yes (number of times per week: \_\_\_\_\_ )/ No

Weight (kg) : \_\_\_\_\_ Height: (cm) \_\_\_\_\_ Waist circumf (cm)

Blood Pressure (mm Hg), right upper limb: sitting

Abnormal physical signs: No/ Yes ( \_\_\_\_\_ )

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**Glycemic load of foods with known glycemic index**

Food	Fasting PG*	1h PG*	2h PG*
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Name (quantity, \_\_\_\_\_ gms)

Glycemic load: (glycemic index of food) x (amount of carbohydrate in serving)/ 100

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**Glycemic load of foods with unknown glycemic index**

Calculate glycemic index of food:

Food	Fasting PG*	1h PG*	2h PG*
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Reference food: (glucose/ white bread)

Taken as 100

Test food (with 50 gm available carbohydrate)

Glycemic index= plasma glucose response to ingestion of test food compared to plasma glucose response to refernce food (value of reference food taken as 100)

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**Then calculate as above: (Glycemic load of foods with known glycemic index)**

Signature

**\*PG: plasma glucose**

Note

*Entry criteria:* (a) Those who are non-diabetic (2) Diabetes duration 1 year or less, treated with diet and exercise, and fasting plasma glucose <126 mg/dl)