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**RSSDI SECRETARIAT**

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

# RSSDI NEWS

2001 • 29 • 1 • September

## 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

Dear Colleague,

Greetings from Chandigarh!

It will be our pleasure to welcome you to the 29th Annual Conference of Research Society for Study of Diabetes in India (RSSDI) at PGIMER, Chandigarh from December 14-17, 2001.

It is a fortuitous coincidence that the first RSSDI conference of the new millennium, aimed at gearing ourselves up to tackle the Diabetes epidemic with new vigour will be held in Chandigarh, a modern city with vision for the future. Conceived by Nehruvian dreams of modern India and shaped by the ingenious Le Corbusier, Chandigarh with its meticulously designed architecture, picturesque gardens silhouetted by the Shivalik hills, a sprawling artificial lake and a unique rock garden showcasing creations of art from rubble, is a connoisseur's delight. The city is a melting pot of various cultures and a harmonious microcosm with a congenial academic milieu provided by many institutes of excellence.

The conference will try to match the city in excellence and we promise of providing you all a heady cocktail of academic fare, social interactions and rich cultural ethos of the place. The emphasis shall be on clinical and basic research and the twin theme subjects 'Endocrine diabetes' and 'Weight control for diabetes control'. The program would include orations, plenary sessions, symposia, oral/poster sessions and luncheon meeting to meet the professors. The details of the academic program are being worked out and will be mailed to you shortly. December will be winter time in Chandigarh with the minimum temperature touching 4°C. Still the days will be pleasant. To add to the warmth of our hospitality you are advised to bring your woollens too!

Looking forward to welcome you all for a fruitful get together.

Sincerely Yours,

(R.J. DASH)

All registration enquiries and abstracts 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 India

tel        0172 744977  
            747585-99 ext 275  
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            dashrj@satyam.net.in  
            medinst@pgi.chd.nic.in

## RSSDI 2001: THEME SUBJECTS

### *Nutrition Section*

#### **WEIGHT GAIN AND DIABETES DECONTROL**

The major limiting factor of traditional therapy of type 2 diabetes mellitus has been the exclusive targetting 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.

**Remittances:** 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.

**Cancellation:** Request for refund of cancellation of registration fees will be accepted upto 15th October 2001 only. An amount equivalent to 30% will be deducted for each individual refund. All refunds will be made after 20th December 2001.

**Spot Registration:** Spot registration will be made only on receipt of bank draft/travellers cheques. Cash will not be accepted at the registration desk. THE REGISTRATION IS MANDATORY FOR DELEGATES WHO ARE PRESENTING PAPERS.

**Official Banquet:** An official Banquet will be hosted on 16th December 2001 at 1930 onwards. Delegates are requested not to keep any other dinner engagement on this day.

#### **Registration Fees :**

Category	upto Sept. 15 (Rs.)	upto Oct. 31 (Rs.)	from Nov. 1 (Rs.)
Members	2000	3500	5000
Non members	2500	4000	6000
Associate*	1000	2000	2500
Accompanying persons	1000	2000	2500
Foreign Delegates US\$	150	200	300

\*Students/Residents (Proof required from Professor/Head of the Dept.)

#### **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 payable at Hyderabad and send it to Prof. P.V. Rao, Secretary, RSSDI, School of Diabetology, Nizam's Institute of Medical Sciences, Hyderabad 500 082.



## 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](http://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.

*Evaluation for Accreditation will be on December 9, 2001. Please email to [diabetology@eth.net](mailto:diabetology@eth.net) for registration.*

### 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 cheap rates is being arranged.

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

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### **CME ON DIABETES**

7th Annual Conference of  
All Tripura Diabetic Forum

on September 8 and 9, 2001 at Agartala

*tentatively approved for  
10 RSSDI Credit hours*

Register by sending Rs.200 by draft  
favoring **All Tripura Diabetic Forum**  
payable at Agartala to

Dr. Rajat Kant Bhattacharjee  
Housing Complex  
79 Tilla PO Kunjaban 799 006 Tripura  
tel 329187

### **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

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### **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  
shekharshah@indiatimes.com  
fax 0361 544350 331824

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### **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

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### **A DAY FOR THE NURSING STAFF IN THE FIELD OF DIABETES**

on September 2, 2001 at Bikaner  
Registration Fee is Rs.200 favouring

**Diabetes and Nursing** to

Dr. R.P. Agrawal  
2, Adarsh Colony  
Bikaner 334 001  
tel 0151 202431 fax 0151 541931  
rajeendra@usa.net

### **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

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### **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.

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

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### **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, Univeristy of Zagreb, Croatia.

*tentatively 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  
diabetology@eth.net