



Glorious years of

**RSSDI**

**RESEARCH SOCIETY FOR THE  
STUDY OF DIABETES IN INDIA**



+91 98231 33669



[rssdihq@gmail.com](mailto:rssdihq@gmail.com)





# About Us



**RSSDI** (Research Society for the Study of Diabetes in India) is the largest association of physicians dedicated to the care of people living with diabetes, in Asia. The aim of RSSDI is to conduct and facilitate diabetes research in India, which has a direct bearing on diabetes clinical practice and the prevention and management of the condition.

RSSDI was registered under the Societies Registration Act, XXI of 1860 by the Registrar of Societies, Delhi Administration vide Certificate No. s 5480 of 1972-73 dated July 29, 1972 at Delhi

**23**

**RSSDI STATE  
CHAPTERS**

**444+**

**RSSDI DISTRICT  
COORDINATORS**

**12,000+**

**RSSDI MEMBERSHIPS**  
And growing...!!!



# Executive Committee



**President**  
**Dr. Rakesh Sahay,**  
**Hyderabad**



**President Elect**  
**Dr Vijay Viswanathan,**  
**Chennai**



**Imm Past Pres**  
**Dr. Brij Mohan Makkar,**  
**New Delhi**



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**Trichy**



**EC**  
**Dr. Amit Gupta,**  
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**EC**  
**Dr. Jothydev Kesavadev,**  
**Trivandrum**



**EC**  
**Dr. Rakesh Parikh,**  
**Jaipur**



**EC**  
**Dr. Anil Virmani,**  
**Jamshedpur**



**Co-opted**  
**Dr Anuj Maheshwari,**  
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**Dr Sunil Gupta,**  
**Nagpur**



**Co-opted**  
**Dr. Neeta Deshpande**  
**Belgaum**



# Research





# Research Grant

**IMPORTANT ANNOUNCEMENT**

**RSSDI RESEARCH GRANT**

**Submissions are Open for  
1st Quarter 2024**

**1st Jan - 31st Jan 2024**

[Click here to submit your proposals](#)

Note : All grant submissions are online  
Kindly do not send by mail

- RSSDI Research Grant Portal for Submission of all Research Grant Applications via Online
- Introduced Reviewing Panel for scoring/marketing & acceptance of grants approved by Research Committee.
- The portal also allows for online tracking of ongoing grants.
- We open grant application submissions every quarter and ensure timely disbursement of funds.



# Research Retreat

## 3rd Research Retreat 2024

Held at Jaipur



**3rd RSSDI Research Retreat 2024**  
13th & 14th April 2024, Jaipur

**RSSDI Research Retreat** is an exclusive meeting focused on Research in the field of Diabetes organized by Research Society for The Study of Diabetes in India (**RSSDI**). Eminent speakers from all over India present their latest research work during this conference. This conference also provides a platform to young researchers and students for presenting their work. They are also encouraged to participate in thesis competition and mentorship program. Multiple workshops covering various aspects of research and publication are also organized. After the grand success of the first 2 conferences, **3rd RSSDI Research Retreat** is scheduled to be held at **Jaipur** on **13th & 14th April 2024**.

Click here to register for the conference  
or visit  
[www.rssdiresearchretreat.com/RSSDI-Research-Retreat-2024/](http://www.rssdiresearchretreat.com/RSSDI-Research-Retreat-2024/)  
[www.rssdiresearchretreat.com](http://www.rssdiresearchretreat.com) [rssdiresearchretreat@gmail.com](mailto:rssdiresearchretreat@gmail.com)



The collage shows three photos from previous events: the top left photo shows a group of men in suits on a stage; the top right photo shows a man in a suit speaking at a podium; the bottom photo shows a group of people seated in an audience.



**BEST PG THESIS COMPETITION**

**3RD RSSDI RESEARCH RETREAT 2024**  
13TH & 14TH APRIL 2024, JAIPUR

We are inviting entries from all PG students of every medical college who have done research in the field of diabetes and metabolism for participation in best thesis competition. All entries will be judged by eminent panel of researchers by RSSDI and best 3 entries will be awarded prizes along with a grant covering their travel & stay to attend and to present their work in this meeting.

**LAST DATE FOR SENDING ENTRIES** **29 FEB 2024**

Kindly submit the entries on  
[rssdiresearchretreat@gmail.com](mailto:rssdiresearchretreat@gmail.com)

Warm Regards  
**Dr BM Makkar** Chair, Research Committee  
**Dr Rakesh Sahay** President, RSSDI  
**Dr Sanjay Agarwal** Secretary General, RSSDI





# Research Retreat

## 2nd Research Retreat 2023

Held at Hyderabad

**50th Anniversary**  
**RSSDI RESEARCH RETREAT 2023**  
8<sup>TH</sup> & 9<sup>TH</sup> APRIL 2023, HYDERABAD

**2nd RSSDI RESEARCH RETREAT 2023**  
8<sup>TH</sup> & 9<sup>TH</sup> APRIL 2023, HYDERABAD  
VENUE: HOTEL SHERATON, HYDERABAD

**DAY 2 | HALL A**  
9<sup>TH</sup> APRIL, 2023 (SUNDAY)  
02:00PM - 03:00PM (IST)

**Session 12 (15 mins Presentation + 5 mins Discussion)**  
Chairpersons:

02:00PM - 02:20PM	02:20PM - 02:40PM	02:40PM - 03:00PM
<b>Dr. Sanjay Agarwal</b> (Pune) The roadmap ahead to influence changes	<b>Dr. Ch. Vasanth Kumar</b> (Hyderabad) Research & RSSDI - Past, Present and Future	<b>Dr. P. V. Rao</b> (Hyderabad) Rapid Point of Care tests for determination of C peptide levels

www.rssdi.in | +91 98231 33669 | rssdiresearchretreat@gmail.com

**Diabetes Research in India**  
Dr. Brij Mohan Makkar  
2nd RSSDI RESEARCH RETREAT 2023

**SGLT2i in Real World Setting in people admitted with COVID-19**

- 37% people with T2 diabetes admitted with COVID
- 77% were prescribed SGLT2i
- OUA 3.1% vs 2.7% (SGLT2i vs no SGLT2i)
- Mortality 3.6% vs 5.5%
- Hospital inpatient 6.2% vs 3.2% with SGLT2i 3.1% vs 3.2%



**SUBMISSION  
DATE  
EXTENDED**  
25. 03. 2023

**DEADLINE EXTENDED TILL MAR 25 2023**

## **RSSDI** RESEARCH MENTORSHIP PROGRAM

LIMITED TO THE FIELD OF DIABETES & METABOLIC DISORDERS

A unique opportunity for young doctors to get research mentorship from experts

Terms:

- Submit a research idea in 300 words for consideration, if you are less than 40 years of age.
- 20 doctors will be selected from the entire list of submissions for consideration and further they will present their ideas to 7 mentors . Each Mentor will select one Research Grant Applicant who will guide them on the Research.
- RSSDI will fund 3,00,000/- per research grant recipient to pursue their idea which will help research grant recipients to publish their study and present it in the 3rd Research Retreat 2024.
- A grant of Rs. 1,00,000/- will be funded to the 13 applicants who were not selected to pursue their idea and are expected to work on their research for one year until the next research retreat.
- They will also get an opportunity to publish their work in IJDDC Journal and present their study in the 3rd Research Retreat.
- Please note all submissions to IJDDC will be scrutinised by the Editorial board for acceptance.
- RSSDI will also facilitate 7 chosen applicants for an International Mentorship Program. Note- these applicants will have to arrange self travel and stay.
- All Selected Applicants must have Membership of RSSDI.

Best wishes to all and make the best of this opportunity. We hope that this initiative will help you to further your expertise in research.

[CLICK HERE FOR SUBMISSIONS OF MENTORSHIP IDEAS](#)

Or visit

[www.rssdiresearch.org/best-of-abstract.php](http://www.rssdiresearch.org/best-of-abstract.php)

Warm Regards

**Dr Vasanth Kumar**

Chair, Research Committee

**Dr BM Makkar**

President, RSSDI

**Dr Sanjay Agarwal**

Secretary General, RSSDI

This initiative supported by USV Private Ltd.

# 2ND RESEARCH RETREAT 2023



**104**  
Proposals received

**56**  
Abstract

**7**  
Poster

**34**  
Article

**6**  
Paper



**SUBMISSION  
DATE  
EXTENDED**  
15. 03. 2023

## **RSSDI** RESEARCH RETREAT 2023

8TH & 9TH APRIL 2023, HYDERABAD

### **BEST PG THESIS COMPETITION**

We are inviting entries from all PG students of every medical college who have done research in the field of diabetes and metabolism for participation in best thesis competition. All entries will be judged by eminent panel of researchers by RSSDI and best 3 entries will be awarded prizes along with a grant covering their travel & stay to attend and to present their work in this meeting.

**15**  
MARCH 2023

**LAST DATE FOR  
SENDING ENTRIES**

Kindly submit the entries on

[rssdiresearchretreat@gmail.com](mailto:rssdiresearchretreat@gmail.com)

Warm Regards

**Dr Vasanth Kumar**

Chair, Research Committee

**Dr BM Makkar**

President, RSSDI

**Dr Sanjay Agarwal**

Secretary General, RSSDI

# MENTORSHIP PROGRAM



**80+**  
Proposals received



**20**  
Candidates shortlisted





# Research Retreat

**Registrations: 232**

**Talk: 76**

**Abstract: 107**

**Oral paper: 50**

# 1st Research Retreat 2022

**Held at Pune**



Research Society for the Study of Diabetes in India

*Announcing*

# RSSDI RESEARCH RETREAT

HYATT  
REGENCY, PUNE  
28<sup>TH</sup> - 29<sup>TH</sup> MAY, 2022





# **Education & Publications**



# RSSDI Courses

**50** RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA

Courses About News & Events Contact RSSDI Member [LOGIN/SIGNUP](#)

## Find your course

Advance your career. Pursue your passion. Keep learning.

Find your Course

- Type 1 Diabetes >
- Nutrition >
- Diabetes and Technology >
- Diabetic Foot >
- Diabetes Educator Course >
- Industry Symposia >
- Obesity >

- > **Workshop -1 on Type 1 Diabetes (Free Course)**  
It is essential to provide standard of care to people with Type1Diabetes. This course...
- > **Workshop-2 on Type 1 Diabetes (Free Course)**  
Basics of Type 1 Diabetes

[View All Courses](#)

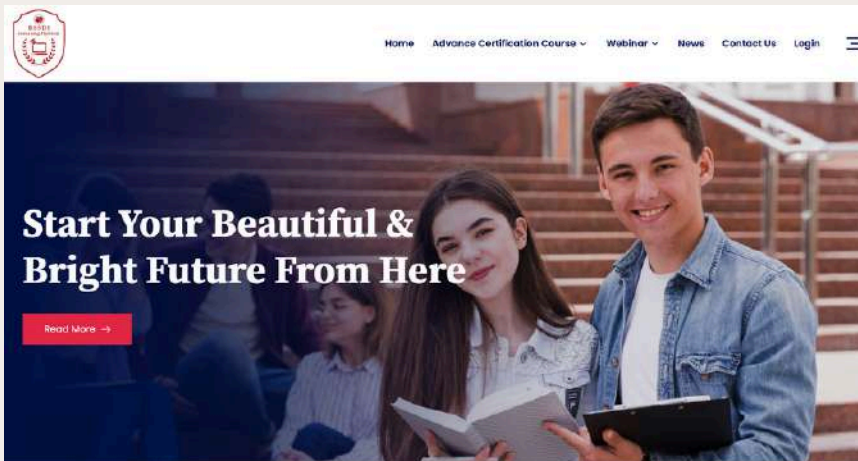
Featuring high-quality courses delivered by key opinion leaders for the benefit of doctors and other diabetes professionals in India.

- Certification in Diabetes Specific Nutrition Education (Basic & Advanced)
- Diabetes and Technology Workshop 1 & 2
- Diabetic Foot
- Diabetes Educator Courses : Type 1 Diabetes – Patients & Caregivers & Type 1 Diabetes for Healthcare Practitioners
- Advanced Obesity Skill Enhancement for Clinical Practise (AOSECP)
- PG Primer : Basics of Diabetes, Management & Technology





# e-LEARNING PLATFORM



## The RSSDI e-Learning platform offers numerous advantages, which include

### Collaboration with Experts

The platform provides an opportunity to collaborate with diabetology experts from all over the country. Their mentorship and guidance can significantly enhance your knowledge and skills.

### Access to RSSDI Annual Meeting Videos & Lectures

You get exclusive access to all the videos and lectures presented at the Research Society for the Study of Diabetes in India's annual meetings. This ensures you stay up-to-date with the latest advancements, research findings, and clinical insights in the field.

### Online Learning Platform

The platform offers a flexible and convenient way to access course materials, lectures, resources, and assignments, enabling you to study at your own pace and fit the coursework into your schedule.

### Access to IJDDC & IJCMD Journals

You get the access to the RSSDI International Journal of Diabetes in Developing Countries (IJDDC) and the International Journal of Clinical Metabolism and Diabetes (IJCMD). These journals contain valuable research articles, case studies, and clinical guidelines related to diabetes management, keeping you informed about the latest developments in the field.

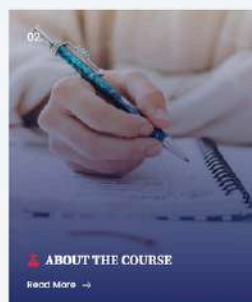
### Free Access to RSSDI Books

Another benefit is free access to books published by the RSSDI, covering various aspects of diabetology, including diagnosis, treatment, complications, and management strategies. These resources provide comprehensive and authoritative material for further learning.

### Access to Live Webinars

Additionally, you get the access live webinars through the platform, providing you with interactive learning experiences and opportunities to engage with experts and peers in real-time.

## ADVANCED CERTIFICATE COURSE IN DIABETOLOGY




The RSSDI e-Learning platform is a dedicated website for healthcare professionals, focusing on diabetes and endocrinology education. It features the RSSDI JNU Advanced Certificate Course and Live Webinar Module to enhance knowledge and skills in the field.


The Live Webinar Module adds an interactive dimension, allowing users to explore upcoming webinars on emerging trends, case discussions, technological advancements, and clinical insights. Seamless registration for live sessions and access to past webinar archives ensure continuous engagement and knowledge retention.



# Certificate Course with Jaipur National University

Online Submission Platform for ACCD Applications

**JAIPUR NATIONAL UNIVERSITY**  
Advanced Certificate Course in Diabetology  
In Association With RSSDI



**COURSE DETAILS**

Name of the Course: Advanced Certificate Course in Diabetology

Duration: 2 yrs - Post MBBS & 1 yr - Post MD /DNB ( Gen - Medicine ) Full Time.

Educational Qualification: A candidate must possess MBBS degree from any recognized university approved by Medical Council of India (\*The duration of the course is 1 yr for those with MD/ DNB in Internal Medicine. Candidates having MD degree in other specialities will have to do the course over 2 years)/ MBBS with Certificate course in diabetes/ Diploma in Diabetes. Experience of 10 years after acquiring qualification

[January 2023 Batch Prospectus](#)

### Online Application Form

If registration has been done and only payment is pending, [click here to pay](#)

Name of the Candidate: :

Father's Name: :

Mother's Name: :

Date of Birth:  Gender:

Category:  Nationality:

Address:

Address for correspondence: :

Email id:  Contact number:

Accredited Centre\*applied for: :

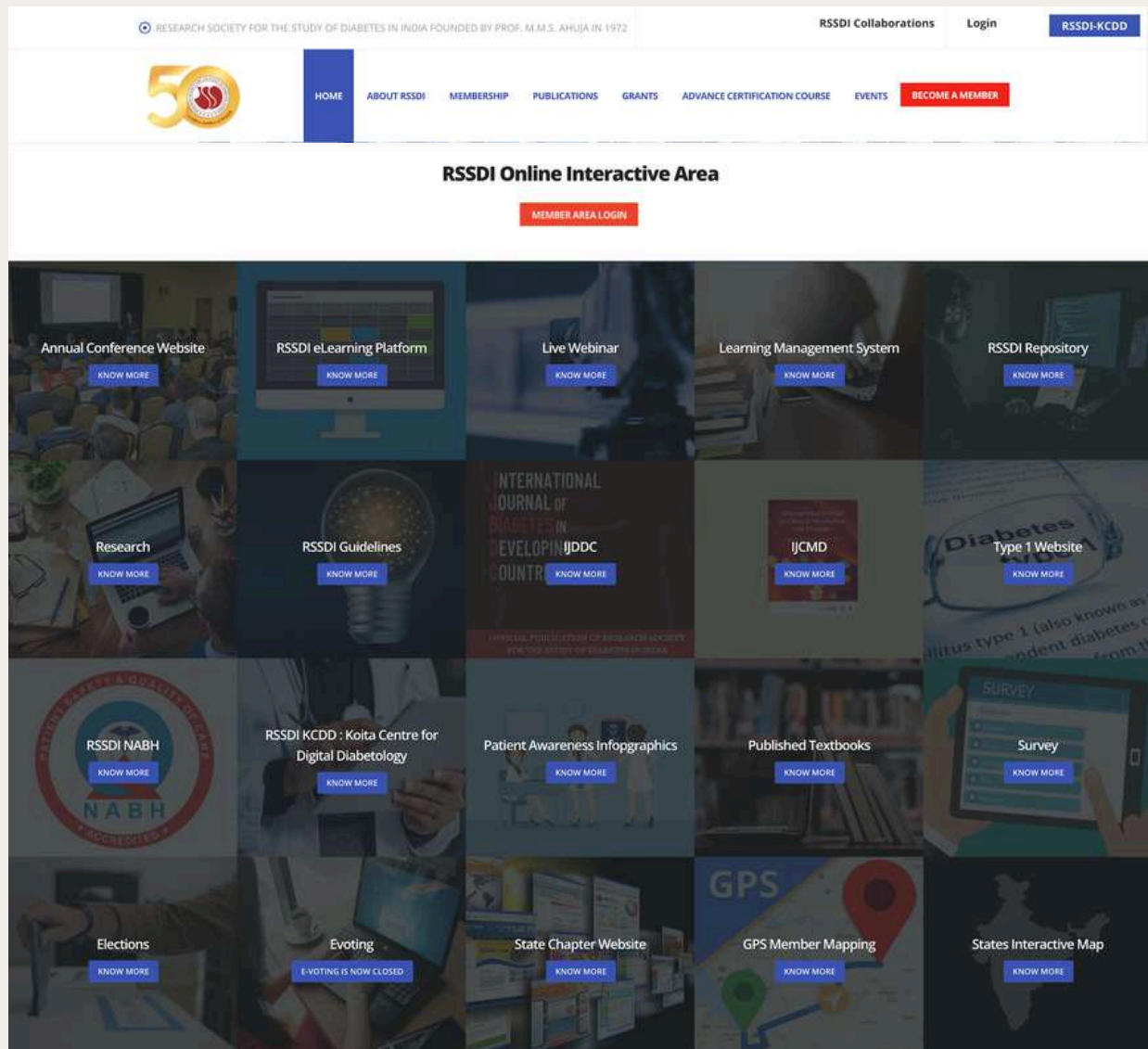
**Educational Qualifications:**

1. Degree obtained :	Institute :	Year of passing & University :
<input type="text"/>	<input type="text"/>	<input type="text"/>
2. Degree obtained (Optional):	Institute :	Year of passing & University :
<input type="text"/>	<input type="text"/>	<input type="text"/>
3. Degree obtained (Optional):	Institute :	Year of passing & University :
<input type="text"/>	<input type="text"/>	<input type="text"/>
4. Degree obtained (Optional):	Institute :	Year of passing & University :
<input type="text"/>	<input type="text"/>	<input type="text"/>

Experience (Optional):



# RSSDI Official Website



A comprehensive platform offering valuable knowledge and resources to its members and the general public in the field of diabetes and endocrinology.

[www.rssdi.in](http://www.rssdi.in)





# RSSDI Indian Data Repository Platform

Share widely in all your closed groups



## RSSDI LAUNCHES INDIAN DATA REPOSITORY PLATFORM

Launching the first-ever RSSDI Indian data repository which features a collection of over **20 lakh peer-reviewed articles** published to date, in the area of Diabetes and related disorders. This repository will help you to seek articles in a systematic way, thereby helping with research, framing policies, and aid guidelines-making. This will also help to identify gaps in current available data, helping to frame specific research questions. The platform has advanced filters to interrogate specific data sets. We hope you use the platform and give us your feedback. With more use, the platform will evolve to get better.

If you do not find your article on the platform, you can upload it using the provided template link:

[www.rssdiindia.com/manage-abstract.php](http://www.rssdiindia.com/manage-abstract.php)

New articles and uploaded articles will be reviewed every 3 months for inclusion.

[CLICK HERE TO ACCESS THE RSSDI REPOSITORY PLATFORM](#)

Or you can access it directly on the website [www.rssdiindia.com/login.php](http://www.rssdiindia.com/login.php)

Login with your RSSDI Member Area 's login credentials.



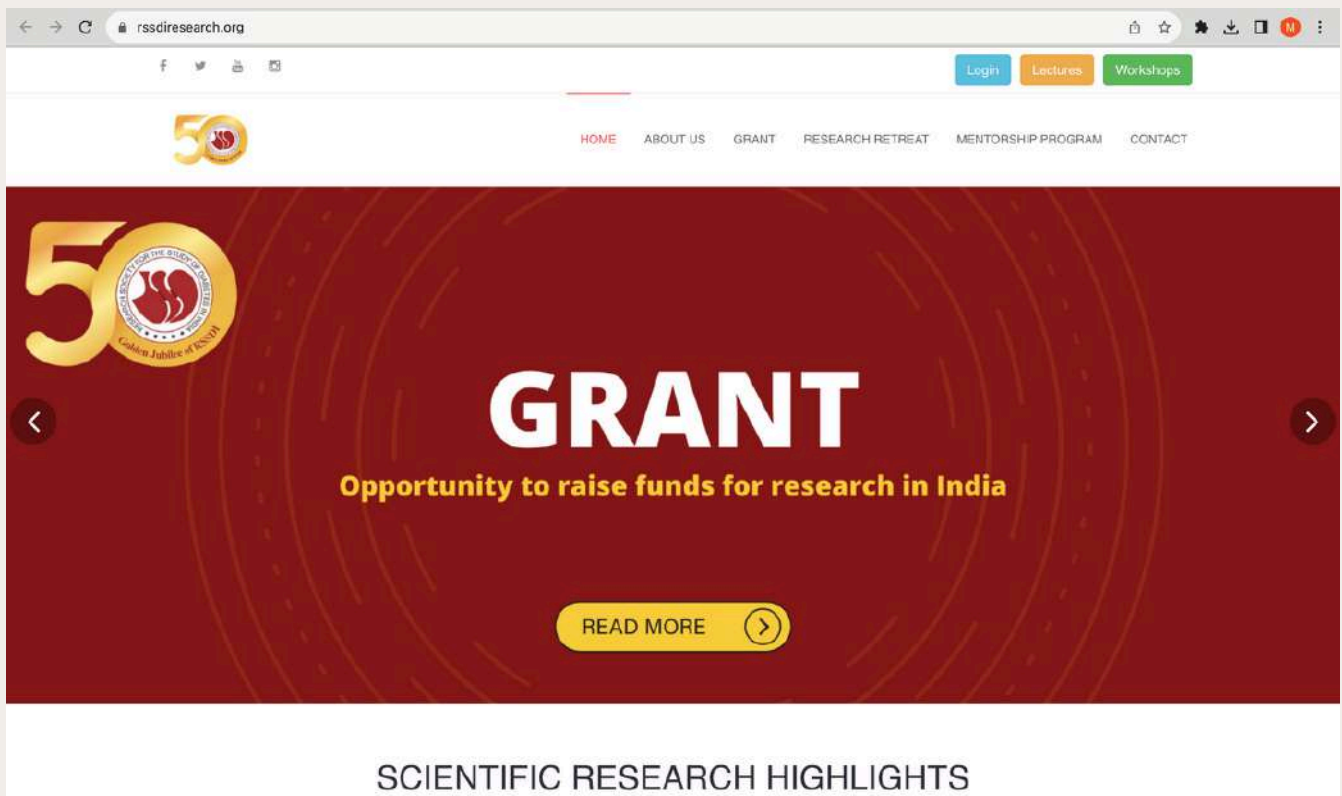
Warm Regards  
Dr. BM Makkar, President, RSSDI  
Dr. Sanjay Agarwal, Secretary General, RSSDI

The RSSDI Indian Data Repository Platform is dedicated to building a comprehensive data repository focused on the Indian population, offering a valuable resource for individuals seeking India-specific information and insights.

[www.rssdiindia.com](http://www.rssdiindia.com)



# RSSDI Research Website

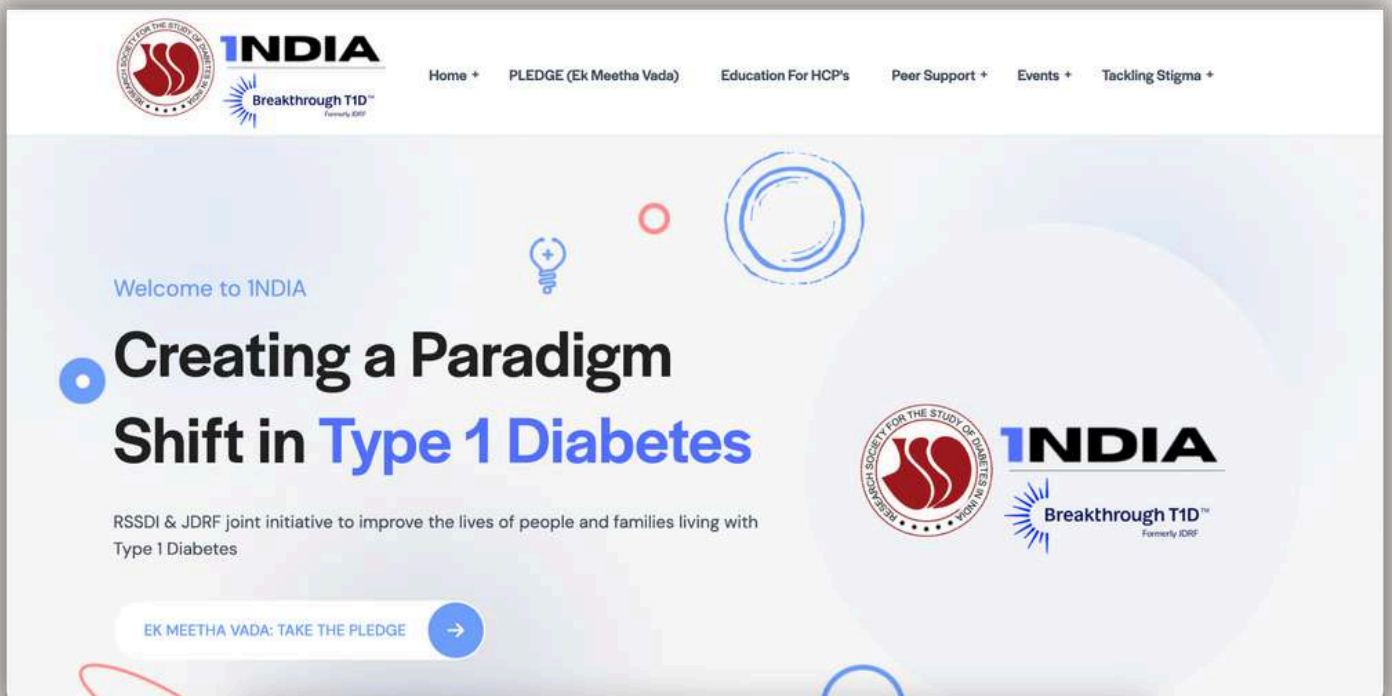


The RSSDI Research Website serves as a hub for aspiring researchers, offering features like RSSDI Research Grants Proposal Submission Portal and a mentorship program that provides young doctors with invaluable guidance from experts in the field of diabetes and endocrinology.

[www.rssdiresearch.org](http://www.rssdiresearch.org)



# Type 1 Website : RSSDI in Collaboration with JDRF



PROJECT INDIA, supported by JDRF and RSSDI, aims to revolutionize Type 1 Diabetes care in India through advanced insulin regimens, technology integration, peer support advancements and general awareness and education.. This collaborative effort involves clinicians, people living with diabetes, and public health professionals to improve health outcomes and quality of life.

[www.rssdi.in/projectIndia/](http://www.rssdi.in/projectIndia/)





# Journals

**IJDDC  
Since 1981**

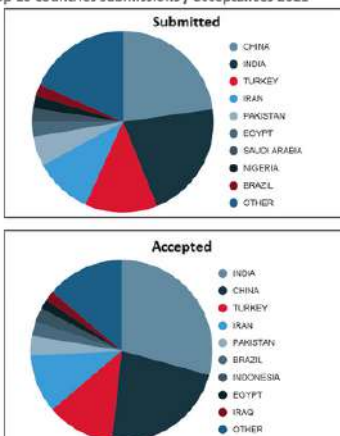


**More than 80+  
IJDDC Journals  
published till date**

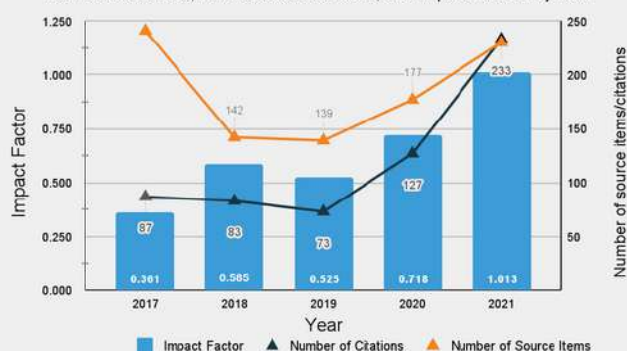
SPEED	USAGE	IMPACT
<b>69</b> No. of days from Submission to first decision (2021)	<b>77,780</b> No. of downloads (2021)	<b>1.013</b> <b>0.939</b> IF 2021 5 YR IF 2021
<b>36</b> No. of days from acceptance to online publication (2021)	<b>38</b> Number of Social Media mentions (2021)	<b>1.3</b> CiteScore - 2021
		<b>0.327</b> SNIP - 2021 Source Normalized Impact per Paper
		<b>15</b> h5 Index - 2021

Region	Number of Manuscripts Submitted				Number of Manuscripts Accepted*			
	2019	2020	2021	July-2022	2019	2020	2021	July-2022
GHANA	1	1	4		1			
CROATIA	2							
ISRAEL	1							
KENYA	1	1				2		
KAZAKHSTAN	1	1						
LEBANON	2	1	1	1				
MAURITIUS	1	1	1					
MEXICO	6	7	4	3	2	2		
PHILIPPINES	1	1	1	2				1
POLAND	3	3						
ROMANIA	3				1	1		
SERBIA	2			1	2			
SAUDI ARABIA	18	11	16	6				1
SUDAN	2			2				
SLOVENIA	1							
OTHER REGIONS	11	53	36	18	4	9		6
Total	632	759	608	422	77	124	116	74

Top 10 countries submissions / acceptances 2021




Number of citations, number of source items, and Impact Factors by Year



**IJDDC  
2022**



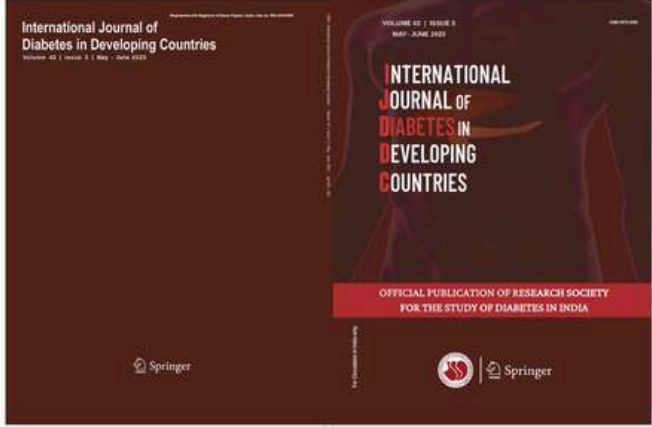
# We are proud to announce that IJDDC goes digital

 **IJDDC**  
International Journal Diabetes in Developing Countries Login / Register

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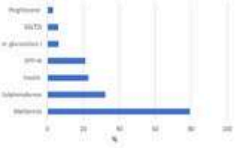
## Welcome to IJDDC

The main focus of IJDDC is to publish original research articles that significantly contribute to scientific knowledge in the field of medical sciences. The journal provides a platform for scholars to share their innovative ideas, research findings, and insights, and aims to promote interdisciplinary research and collaboration across various areas of medical and health sciences.

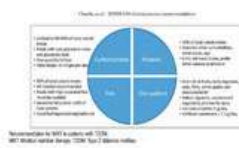
[Read More](#)

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### Top Rated Articles




**Improved glycemic control amongst people with long-standing diabetes during COVID-19 lockdown: a prospective, observational, nested cohort study**




**RSSDI-ESI Clinical Practice Recommendations for the Management of Type 2 Diabetes Mellitus 2020**



**COVID-19 and type 1 diabetes: dealing with the difficult duo**



**Economic menace of diabetes in India: a systematic review**

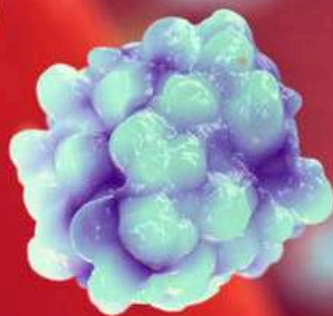


**Impact of glycemic control in diabetes mellitus on management of COVID-19 infection**

[www.ijddc.org](http://www.ijddc.org)

# International Journal of Clinical Metabolism and Diabetes

Volume 1 • Issue 1 • April 2024



find this journal **online**  
at <http://journals.sagepub.com/home/xxx>  
ISSN 0000-0000

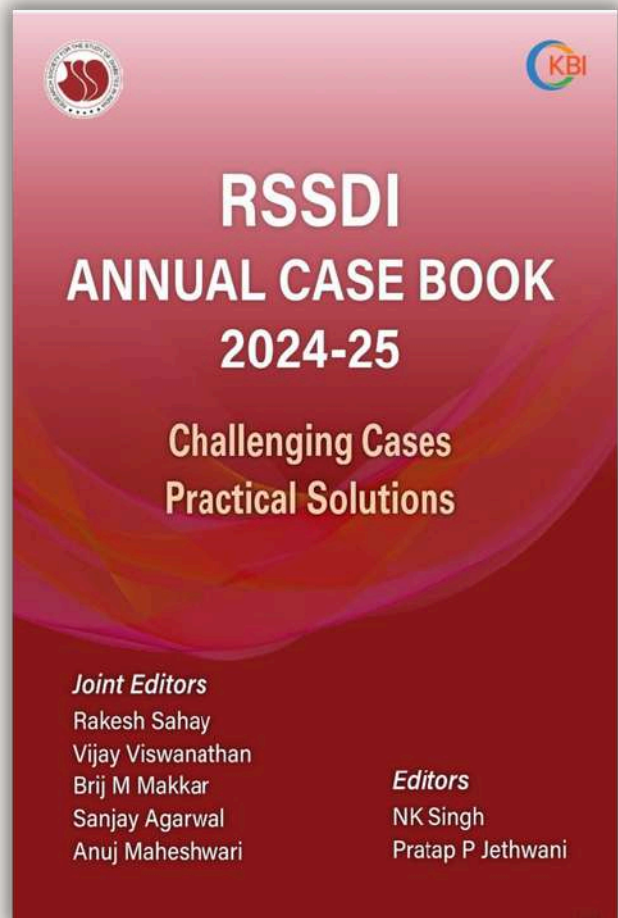
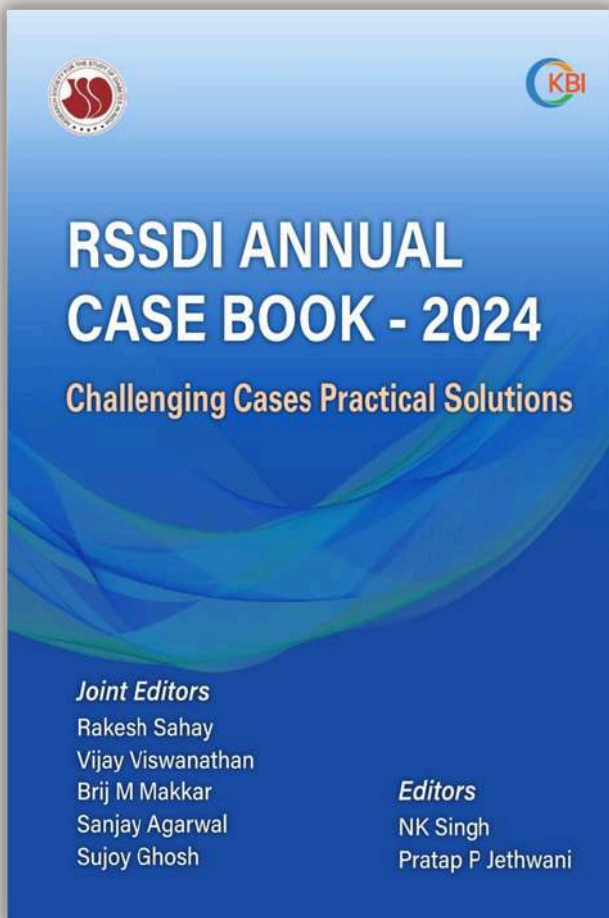






# RSSDI Annual Case Book

## 2024 & 2024-2025





# Glucose Monitoring Guidelines

**RSSDI Expert Consensus for Optimal Glucose  
Monitoring in Diabetes Mellitus in India and  
Recommendations for Clinical Practice**

Authors:

Brij Mohan Makkar, Sanjay Agarwal, Krishna G. Seshadri, Jothydev Kesavadev, Manoj Chawla, Banshi Saboo



# Guidelines

- Hypertension Guidelines
- Glucose Monitoring Guidelines
- Lipid Guidelines
- Heart Failure Guidelines
- Thyroid Guidelines



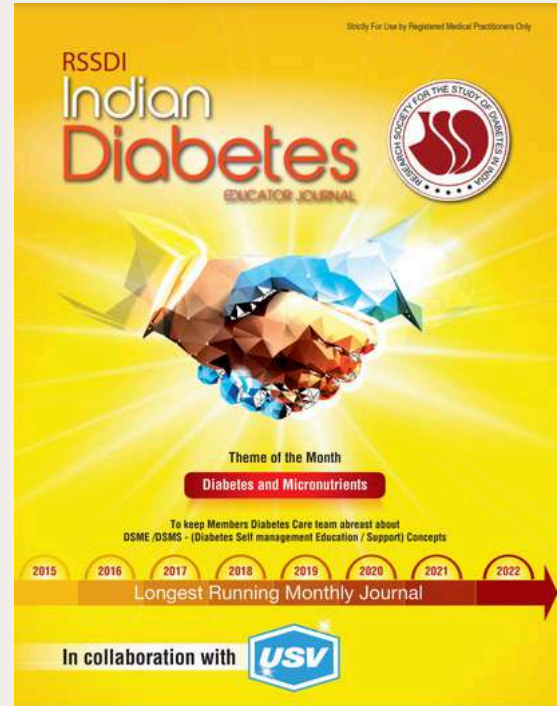




# Journals

## RSSDI Indian Diabetes Educator Journal

- **Digital Copies:** Reaching to more than 50,000 Drs & Diabetes Educators every month
- **Physical Copies:** Reaching to More than 25.000 Drs & Educators every month



Name	International Journal of Clinical Metabolism and Diabetes (IJCMD)
Periodicity	3 issues per year
Editor in Chief	Krishna G Seshadri
Publisher	TBD (ROR with Springer)

### Focus

- Clinical diabetes - its complications and comorbidities
- Diabetes technology, Machine learning artificial intelligence and predictive analysis in diabetes
- Implications of fuel metabolism in diabetes care
- Lifestyle changes and their impact in diabetes care and outcome
- Diabetes therapeutics
- Health policy as it relates to the care of the diabetes patient
- Metabolic syndrome Obesity and Metabolic medicine
- Metabolic Medicine
- Precision medicine as it applies to diabetes obesity and metabolism

### Outside scope

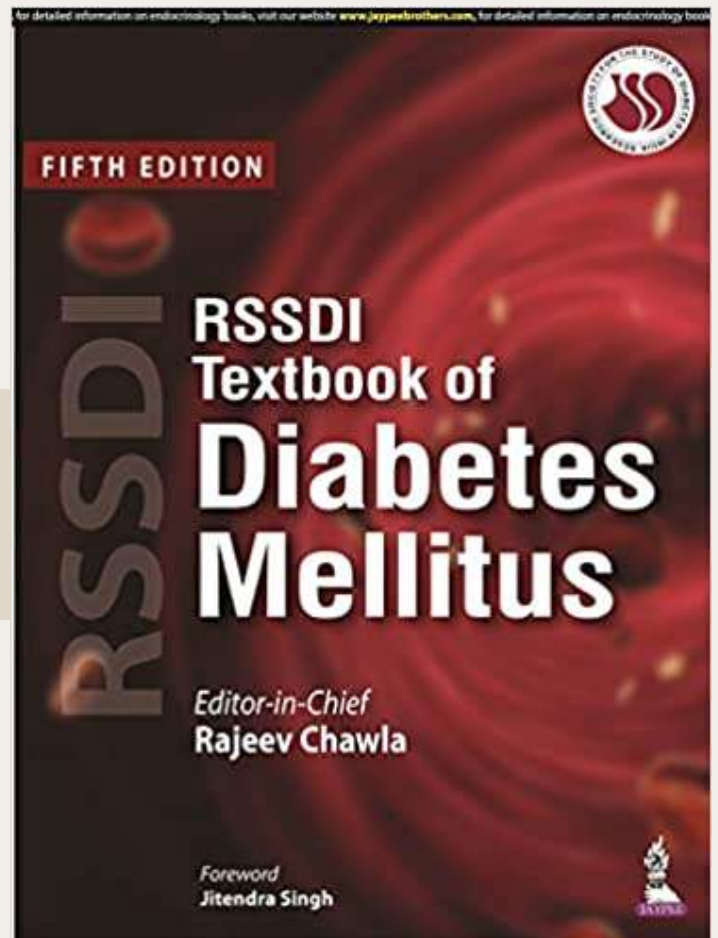
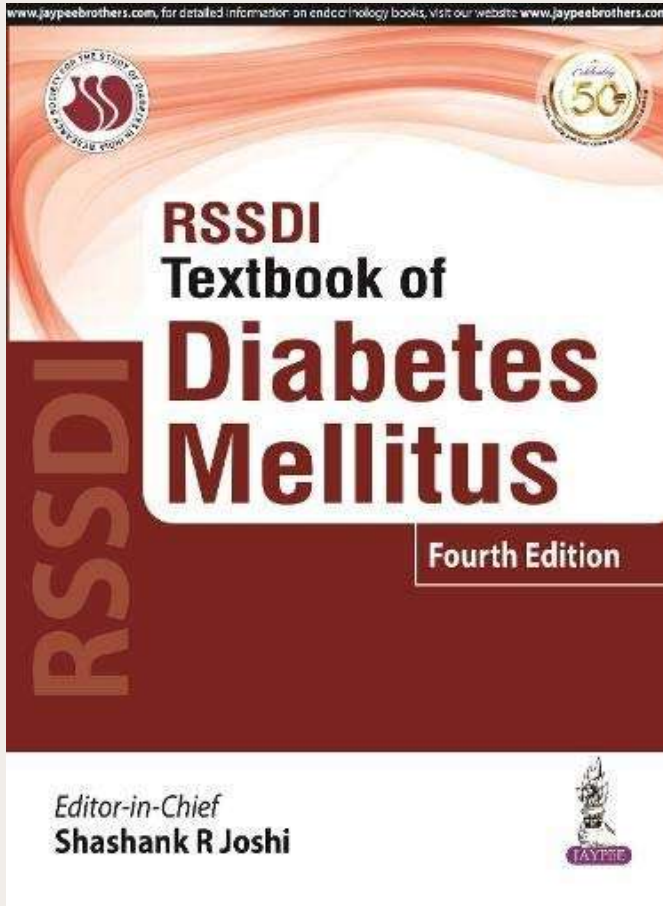
- Invitro ex vivo and animal studies
- Basic and (non human) translational research
- Technical core engineering software or informatics

## RSSDI Upcoming Journal - IJCMD

Scope	IJDDC	IJCMD
Basic research	+++	-
Translational research	+++	-
Epidemiology	+++	+
Clinical research	+++	+++
Technology	+	+++
Diagnostics and biomarkers	+	+++
Interdisciplinary	++	+++
RCTs	+++	+++
RWE	-	+++
Preclinical phases	++	-
Phase 1 and 2	+++	+
Phase 3	+++	+++
Phase 4	-	+

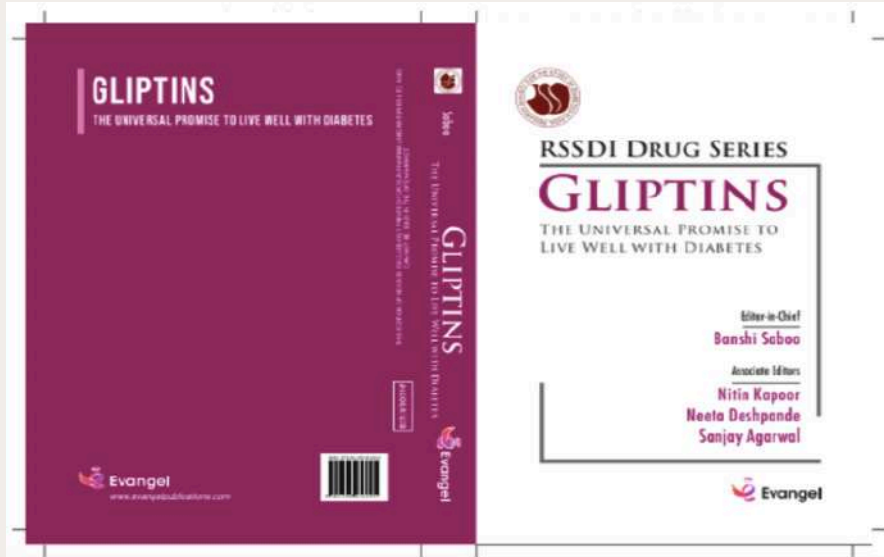


# TextBooks

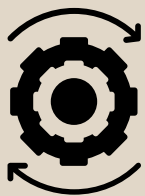




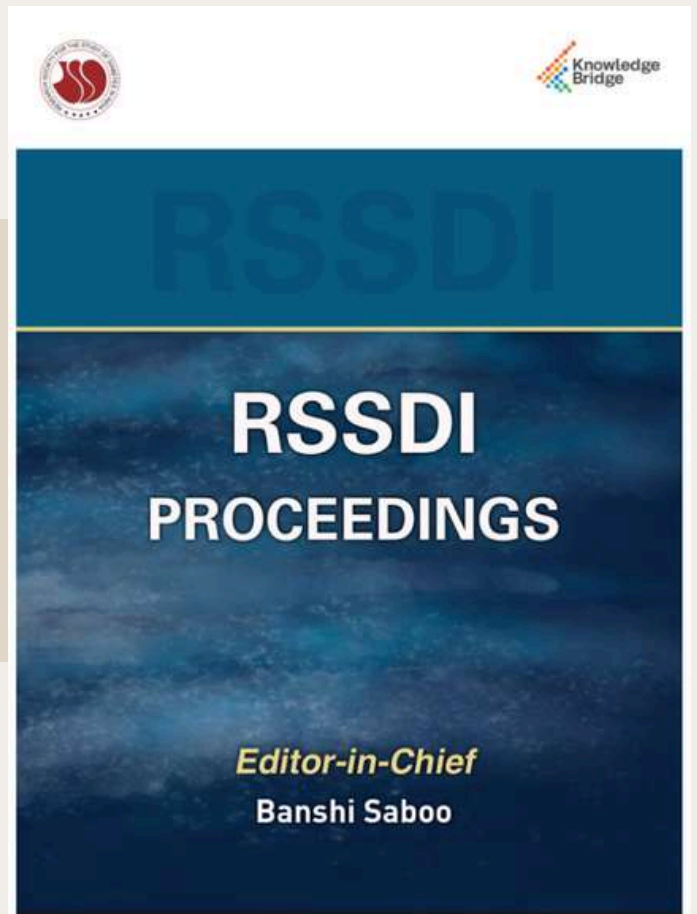
# TextBooks



## RSSDI Drug Series - Gliptins Book



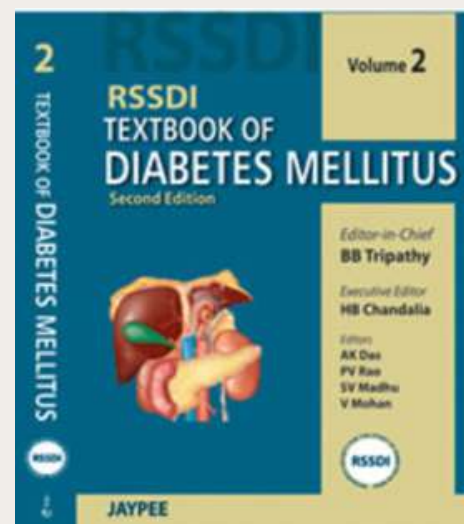
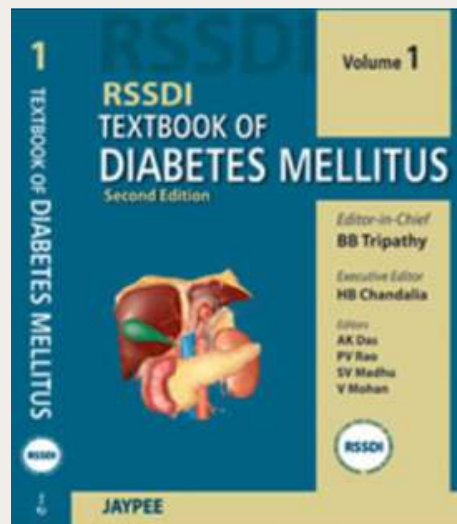
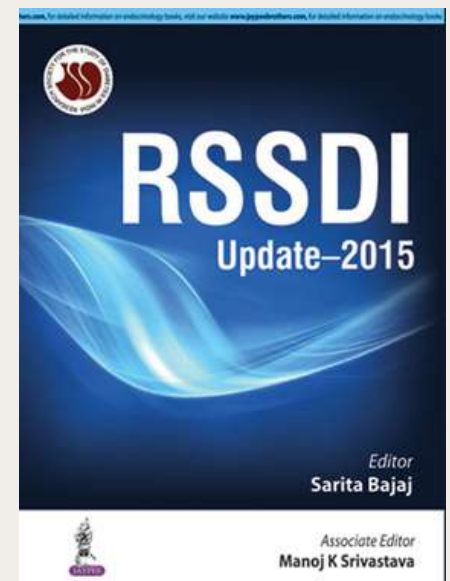
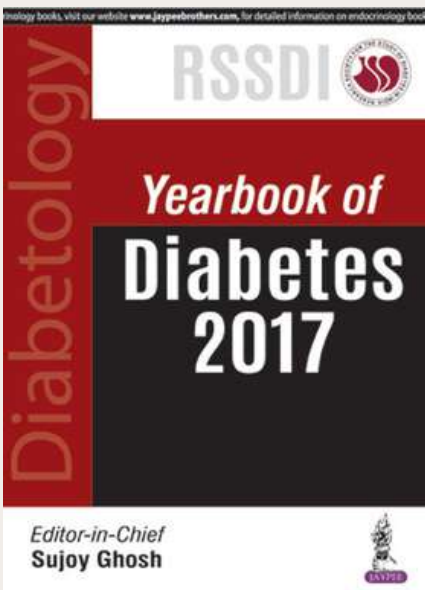
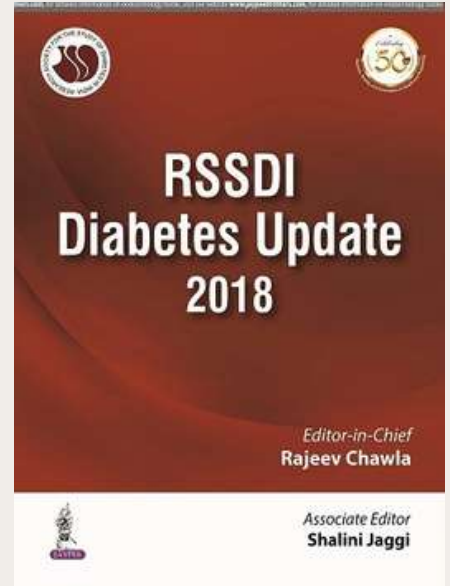
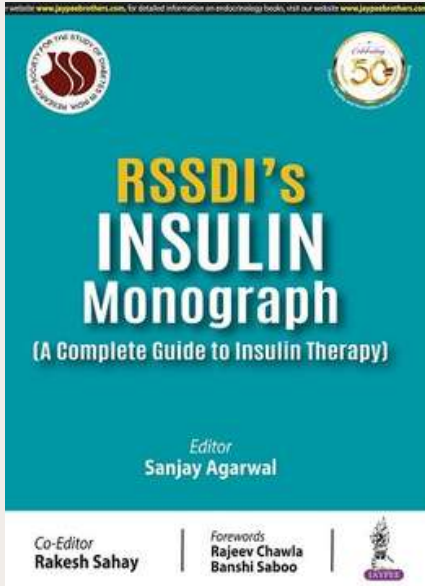
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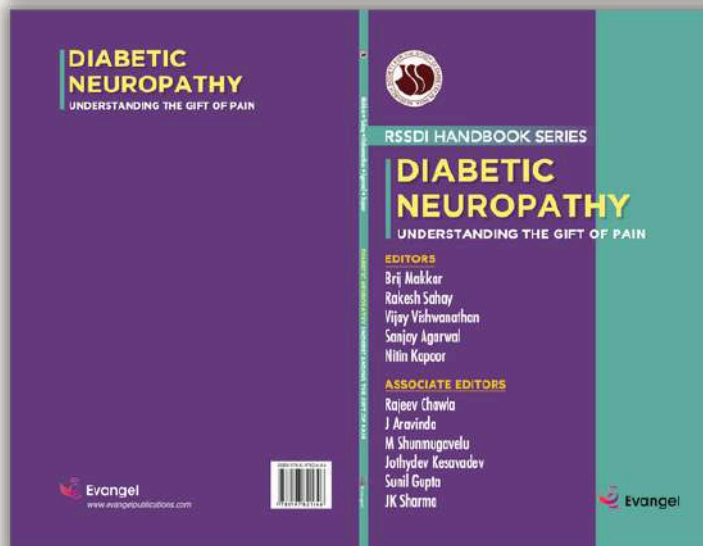
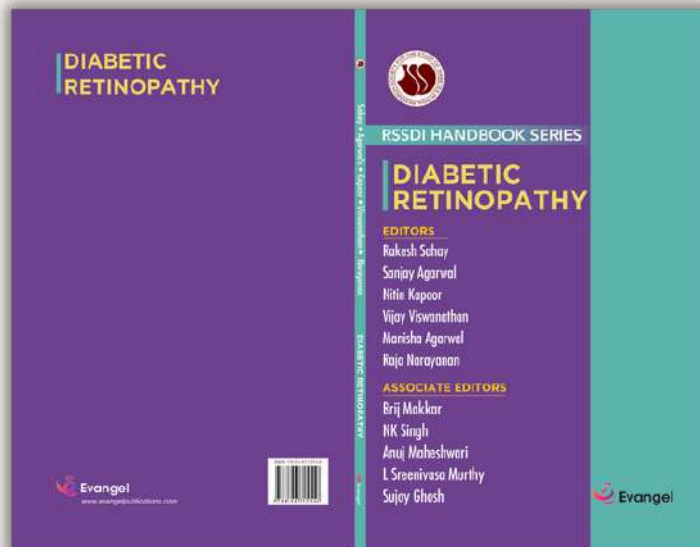
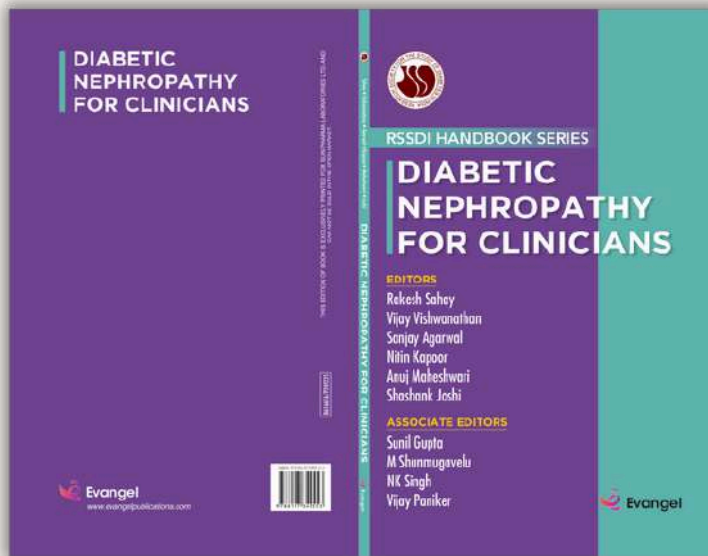


# TextBooks





# RSSDI Handbook Series





# TextBooks

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**Editorial**

**Humanity** faced its biggest challenge in the form of an unprecedented pandemic for the last few years. The resilience of its people, the medical machinery and quick response from authorities put us in pole position to rebuild and build a robust medical infrastructure. However, the world seemed on its way to another crisis in the form of a silent epidemic - Diabetes.

While the diabetes numbers across the world are on a steep rise, the numbers close to home post-pandemic are equally alarming - new studies from health experts have found that a significant percentage of the patients who required hospitalisation after contracting Covid, are reporting with diabetes months later despite zero history of the illness prior to their seeing Covid positive.

We at the Research Society for the Study of Diabetes in India (RSSDI), Asia's largest organization of researchers and healthcare professionals for Diabetes, are committed to improving the lives of people living with diabetes. Our recently concluded 100-days Defeat Diabetes Campaign set out to detect undiagnosed diabetes, initiate treatment and build the importance of blood sugar levels as the fifth vital sign. The world around us needs aggressive diabetes prevention strategies that will create a positive impact and tackle the problem in our society.

These were very strong reasons for us at RSSDI to put together logical evidence in our journal Diabetes Mirror in our journal Diabetes Mirror. The world around us needs aggressive diabetes prevention strategies that will create a positive impact and tackle the problem in our society.

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**We at the Research Society for the Study of Diabetes in India (RSSDI), Asia's largest organization of researchers and healthcare professionals for Diabetes, are committed to improving the lives of people living with diabetes.**

With this, I welcome you to the inaugural Edition of 'Diabetes Mirror', a platform focused on advocacy, research, education, important and simple tips, and experiences from experts that will help you lead happy, healthy, and fulfilling lives. Here, our topic is off limits and it is our mission to ensure maximum people benefit from this endeavor. The editorial board has a strong representation of doctors and expert contributors who have made it a mission to provide support, guidance and reliable experiences for effective diabetes management. We look forward to your support and suggestions in our 'Letters to the Editor' section that will be a regular feature from our next issue onwards.

**Dr. Sanjay Agarwal**  
Secretary  
Research Society for the Study of Diabetes in India (RSSDI)

**DIABETES MIRROR** 1

# RSSDI Diabetes Mirror

# RSSDI Sakhi Magazine

An RSSDI Initiative

**Sakhi**

Spreading Awareness and Key Health Insights of diabetes

**09** DIABETES, CV RISK AND WOMEN: THE CHALLENGE THAT NEEDS AN URGENT SOLUTION

**14** PREDIABETES AND CARDIOVASCULAR DISEASES

**editorial cardiovascular disease**

**Diet for Diabetes and Cardiovascular Disease**

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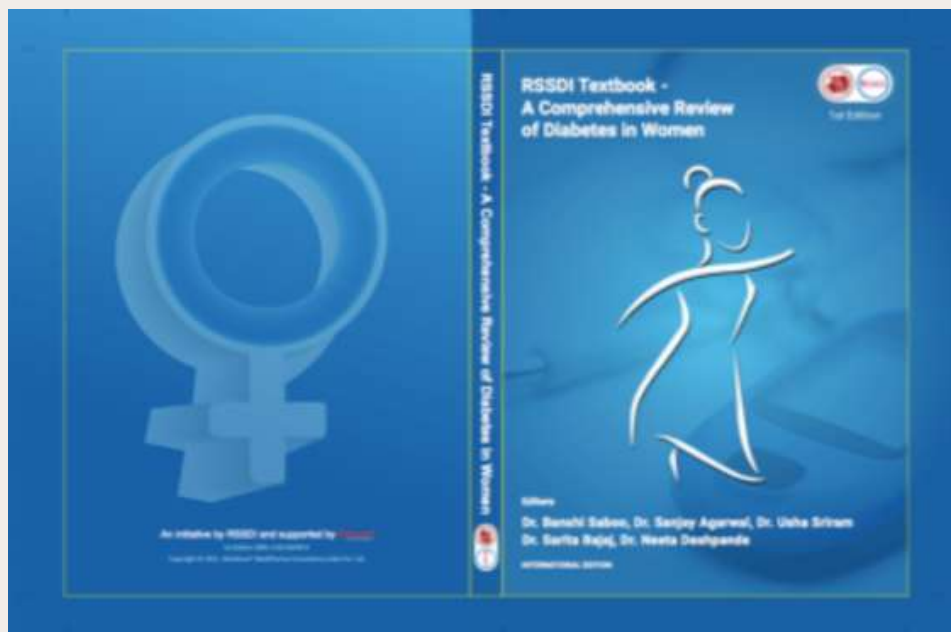




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Knowledge in the field of medicine is constantly changing with time. Changes in the research methodology, professional practices and drug therapy have become a necessity as new research, and clinical experience broaden our understanding and knowledge. The authors and the publisher of this work have checked with sources believed to be reliable in their efforts to provide information that is complete and generally in accord with the standards accepted at the time of publication. However, keeping in mind the possibility of human error or changes in medical sciences, no responsibility is assumed by the publishers, editors or contributors for any loss or injury and/or damage to persons or property as a matter of products liability, negligence or otherwise, or from any use or operation of any methods, products, instructions, or ideas contained in this book. To the fullest extent of the law, neither the Publisher nor the authors, contributors, or editors, warrants that the information contained herein is in every respect accurate or complete, and they disclaim all responsibility for any errors or omissions or for the results obtained from use of the information contained herein with other sources. Readers are encouraged to confirm the information contained herein with other sources. It is the responsibility of the treating practitioner, relying upon independent expertise and knowledge of the patient, to determine the best treatment and method of application for the patient and evaluate and use any information described herein. In using such information or methods they should be mindful of their own safety and the safety of others, including parties for whom they have a professional responsibility. With respect to any drug or pharmaceutical products identified, readers are advised to check the most current information provided (i) on procedures featured or (ii) by the manufacturer of each product to be administered, to verify the recommended dose or formula, the method and duration of administration, and contraindications. This recommendation is of particular importance in connection with new or infrequently used drugs.



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# DIABETES & HYPERTENSION

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**Nutrition Management in Indian population with Type 1 Diabetes Mellitus**

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(A Complete Guide to Insulin Therapy)

2<sup>nd</sup> Edition

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**RSSDI's INSULIN Monograph**  
(A Complete Guide to Insulin Therapy)

**Key Features**

- The book RSSDI's Insulin Monograph: A Complete Guide to Insulin Therapy is a treatise on the best-use practices for insulin in Diabetes
- Total 50 short, concise chapters that clearly explain how to utilize insulin in all diabetic subpopulations
- Every chapter has been updated to reflect fresh information
- Includes information on all topics, such as different types of insulin, delivery times, administration methods, side effects, and how to control them
- Written by experts in the field with decades of cumulative experience
- Beneficial to endocrinologists, diabetologists, physicians, and postgraduate students

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# RSSDI ATLAS OF DIABETIC FOOT

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**RSSDI Atlas of Diabetic Foot**

**RSSDI Atlas of Diabetic Foot**

**RSSDI Atlas of Diabetic Foot**

**Solient Features**

- Covers the various aspects regarding the management of diabetic foot
- High-resolution colored photographs are included to justify the title
- Contributed by many physicians who are stalwarts in their field
- These photographs have been contributed as a part of Save the Feet and Keep Walking Campaign 2022
- Includes concise and lucid text for better understanding of each photograph
- Serves as a ready reckoner in most clinical situations

**Vijay Viswanathan** MD PhD FRCF (London, Glasgow) has completed 32 years as a diabetologist. He is the Head and Chief Diabetologist of the M V Hospital for Diabetes, Chennai, India, and Prof. M Viswanathan Diabetes Research Centre, Chennai, India. He was the immediate past Vice-President of National RSSDI and is the Honorary President of D Foot International, an organization based in Belgium consisting of members working in the field of diabetic foot from across the world. Dr Viswanathan is also the Honorary Faculty in the Department of Podiatry Medicine in the Royal College of Physicians and Surgeons of Glasgow. He has set up a multidisciplinary team for Diabetic Foot Care in Chennai and has published over 200 original research papers in diabetic foot.

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# Clinical Practice Recommendations

<https://doi.org/10.1007/s13410-020-00819-2>

Guidelines

## RSSDI-ESI Clinical Practice Recommendations for the Management of Type 2 Diabetes Mellitus 2020

Rajeev Chawla\*, S. V. Madhu\*, B. M. Makkar\*, Sujay Ghosh\*, Basshi Saboo\*, Sanjay Kalra\*, On behalf of the RSSDI-ESI Consensus Group\*

\*North Delhi Diabetes Centre, Rohini, New Delhi, \*Centre for Diabetes, Endocrinology and Metabolism, UCMS-GTIS Hospital, \*Dr Makkar's Diabetes and Obesity Centre, Paschim Vihar, New Delhi, \*Department of Endocrinology and Metabolism, Institute of Post Graduate Medical Education and Research, Kolkata, West Bengal, \*YuCare - A Complete Diabetes Care Centre, Ahmedabad, Gujarat, \*Department of Endocrinology, Sharda Hospital, Karnal, Haryana, India

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Treatment 2: Oral Antidiabetic Agents	Coordinators: Shashank Joshi, Krishna Sealabadi Members: Vijay Panikar, Sumit Agarwal, V. Srirangsh
Treatment 3: Injectables	Coordinators: A. K. Das, Sanjay Aggarwal Members: Ajay Kumar, Sumit Jain, Sejit Jha
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Hyperglycaemia	Coordinators: Anand Moses, Jamal Akhmed Members: D. C. Sharma, G. Vijaykumar, Dhirenji Kapoor
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Chronic Complications 2: Diabetic Foot and Peripheral Arterial Disease	Coordinators: S. K. Singh, Vijay Vishwanathan Members: Ashu Kaulagi, Ghanshyam Goyal, Ashraf Coorie

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GUIDELINES

## RSSDI Clinical Practice Recommendations for the Management of Type 2 Diabetes Mellitus 2022

Brij Mohan Makkar, Ch. Viswanath Kumar, Basshi Saboo, Sanjay Agarwal  
On behalf of RSSDI 2022 Consensus Group

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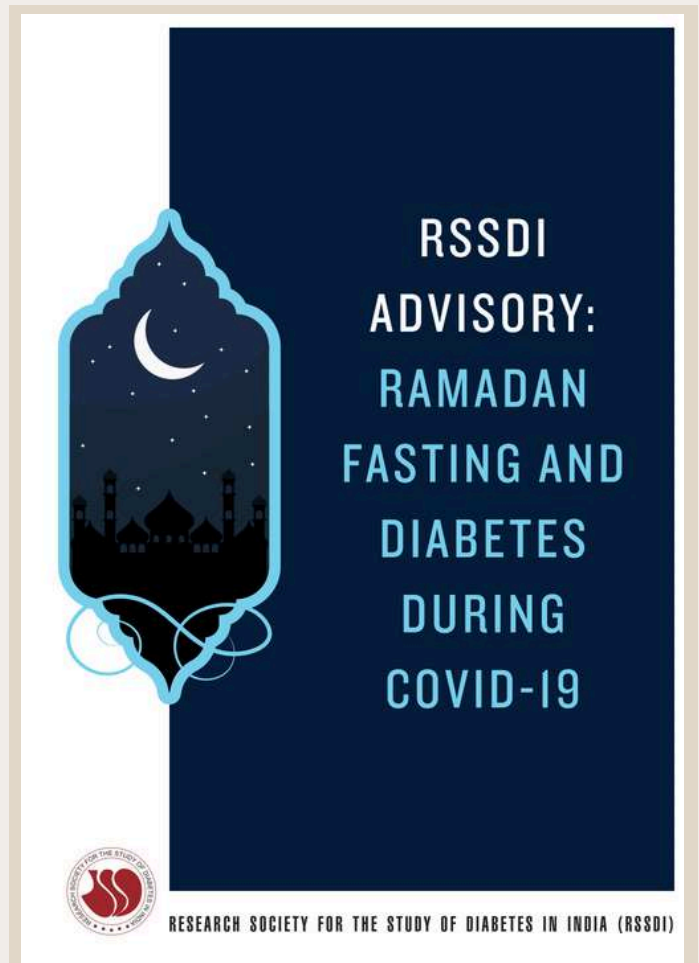
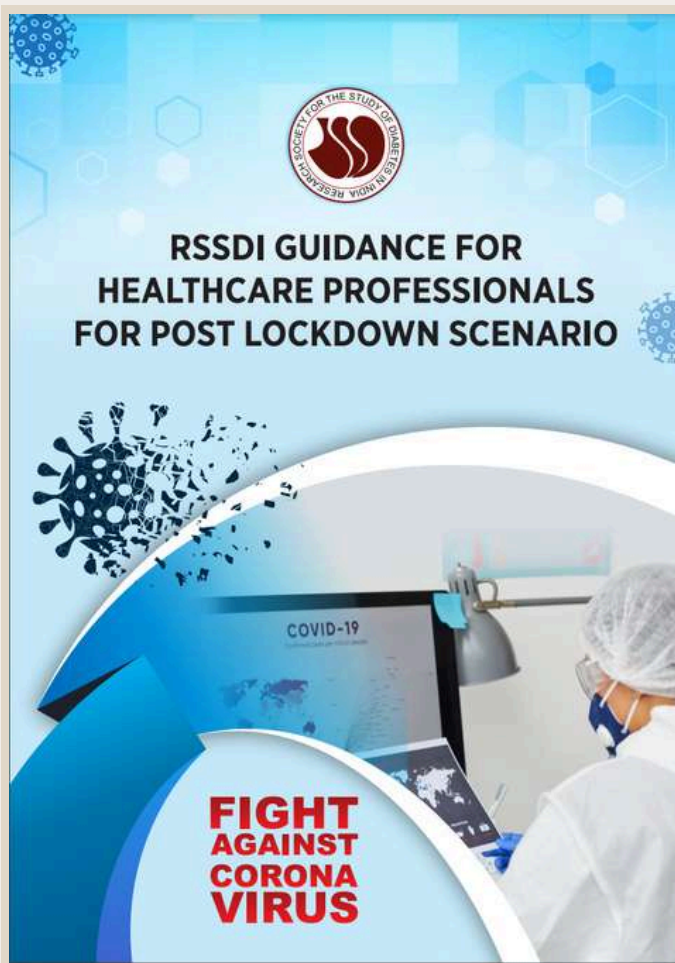
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# COVID-19 Guidelines

- Webinar : RSSDI Guideline on Diabetes Management & Covid-19 on 14th June 2020. Guidelines shared on RSSDI Website in English, Hindi, Gujarati, Tamil and Telegu.
- RSSDI Advice for people with diabetes
- RSSDI Guidance for Healthcare Professionals and patients with diabetes
- RSSDI Guidance for Healthcare Professionals for post lockdown scenario
- Helpline list for Disposables used by persons with diabetes
- People who need insulin during COVID outbreak
- Ramadaan Advisory during COVID








# IndiaMet Study

## Indian Metabolic Profile Study



**INDIAMET Study**

### Indian Metabolic Profile Study

Dear Colleagues

You will be pleased to know that RSSDI is initiating a real world study to assess the metabolic profile of Indian adults. The study titled "INDIAMET (Indian Metabolic Profile Study) Study" will be a cross sectional nation-wide study of cardiometabolic profile of Indian adults .

We all know that the prevalence estimates of type 2 diabetes and cardiometabolic risk factors in Indian population are limited. The only nationwide data we have is from ICMR-INDIAB study and National Family Health Surveys. ICMR-INDIA study is a well designed and well executed study which evaluated the prevalence of diabetes and its comorbid conditions in Indian population across all states, though it took a few years to complete the study. To best of our knowledge, there is no single study that has assessed the metabolic profile and cardiovascular risk factors of Indian people in a population based cross sectional nationwide study.

You can find the brief of this study at [www.rssdi.in](http://www.rssdi.in)

We are pleased to invite all the members of RSSDI to participate in this study by joining us as a study coordinator. All the study coordinators will be involved in individual level screening of people residing in their geographical areas. Each study coordinator will be responsible for screening all the adult individuals(>18years of age) living in 25-30 households in close proximity of co-ordinator's residence preselected on the basis of a randomization formula. All the coordinators will be awarded a certificate of appreciation from RSSDI for participating in the study and their participation will be duly acknowledged.

To register for the study please click at [Indiamet Registration](#). You can register latest by 15th June 2023. Once you are registered you will receive more details about the study.

I am sure this study will provide a great opportunity to all the participants to have first hand experience of a large multicentric pan India real world study.

Looking forward to your whole hearted support

[Click Here to Register](#)

<u>Dr BM Makkar</u> President, RSSDI	<u>Dr Sanjay Agarwal</u> Secretary General, RSSDI	<u>Dr. Rakesh Sahay</u> President Elect, RSSDI	<u>Dr. Ch Vasanth Kumar</u> Chair, Research Committee	<u>Dr. Banshi Saboo</u> Advisor, INDIAMET Study
--	---	--	---	---



# Workshops

## RSSDI Digital Workshop on Type 1 Diabetes

16<sup>th</sup> May, 2020 (Saturday)  
10:00AM – 05:00PM

[Read More](#)

Join  
RSSDI - Type 1 Diabetes Network

**T1DN**

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## RSSDI Digital Workshop on Diabetes & Technology

17<sup>th</sup> May, 2020 (Sunday)  
10:00AM – 05:00PM

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**DTN**

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RSSDI - Diabetes Technology Network

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# **Social Awareness / Campaign**





# Patient Education & Awareness

- **Plan of Reach** -  
> 48,000 Drs  
across India
- **Till Date**  
**Current Reach**  
- > 10,000 Drs
- **No. of Dr**  
**downloaded**  
**Infographics till**  
**Date** - 9800 Drs

**RSSDI** 

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Click on "**Patient Awareness Icon**" present on left side of RSSDI Website's home page



**The brochures are for distribution to patients**



# Patient Education & Awareness



### DIABETES AND CHOLESTEROL

What blood sugar levels change the shape of the structure of all cells, also which enzymes are responsible for the regulation of blood sugar levels. High blood sugar levels can lead to complications such as heart disease, stroke, kidney disease, and vision loss.

**ATHEROSCLEROSIS** begins when the arteries become inflamed and the walls thicken, narrowing the arteries and leading to heart disease, stroke, and kidney disease.

**ATHEROSCLEROSIS IN DIABETIC PATIENTS** can lead to heart disease, stroke, and kidney disease.

**HEALTHY LIFESTYLE CHOICES**

- Take medications regularly to manage your blood sugar levels, as prescribed by your doctor.
- Manage your weight and blood pressure.
- Exercise a healthy weight.
- Stop smoking.
- Limit alcohol.

Download

### FOOT CARE IN DIABETES

Diabetes can lead to poor circulation and nerve damage, making it difficult to feel pain or injury to your feet. Taking care of your feet is an important part of your diabetes care plan. If you have any foot problems, see your doctor right away.

**FOOT PROBLEMS**

- Ulcers
- Dry skin
- Cracks
- Altered sensation
- Swollen feet
- Ingrown toenails

**TIPS FOR FOOT CARE**

- Wash your feet daily with soap and water.
- Dry your feet thoroughly, especially between the toes.
- Use a moisturizer on your feet.
- Trim your toenails straight across.
- Wear clean, well-fitting shoes and socks.
- Check your feet daily for any sores, blisters, or cuts.
- See your doctor if you have any foot problems.

Download

### DIABETES AND HEART DISEASE

High blood glucose levels in diabetes can damage blood vessels and increase the risk of heart disease. Diabetes is a leading cause of heart disease and stroke.

**DIABETES INCREASES** the risk of heart disease.

**BE AWARE OF THE FOLLOWING RISK FACTORS:**

- Age
- Family history
- History of diabetes
- High cholesterol
- High blood pressure
- Smoking
- Obesity

**HOW DOES DIABETES AFFECT MY HEART?**

High blood glucose leads to artery damage, which can lead to heart disease. High blood glucose also leads to high blood pressure, which can lead to heart disease. High blood glucose also leads to high cholesterol, which can lead to heart disease.

**PROTECT YOUR HEART**

- Take your diabetes medications as prescribed.
- Take your heart medications as prescribed.
- Manage your weight.
- Exercise regularly.
- Stop smoking.
- Limit alcohol.

Download

### DIABETES AND NERVE PROBLEMS

Long-term high blood sugar levels can damage the nerves throughout the body. This is called diabetic neuropathy. Diabetic neuropathy is a type of nerve damage that can cause pain, numbness, and tingling in the hands and feet.

**WHAT IS DIABETIC NEUROPATHY?**

Diabetic neuropathy is a type of nerve damage that can cause pain, numbness, and tingling in the hands and feet. It can also affect the nerves in the stomach, heart, and kidneys.

**COMMON SYMPTOMS**

- Loss of sensation
- Pain, numbness, or tingling in the hands and feet
- Changes in sweating
- Problems with digestion
- Problems with bladder control
- Problems with vision
- Problems with hearing
- Problems with balance
- Problems with sexual function

**Types of Diabetic Neuropathy**

- Peripheral Neuropathy: Numbness, tingling, and pain in the hands and feet.
- Autonomic Neuropathy: Problems with digestion, bladder control, vision, hearing, balance, and sexual function.
- Proximal Neuropathy: Pain and weakness in the hips, thighs, and buttocks.
- Distal Symmetric Polyneuropathy: Numbness, tingling, and pain in the hands and feet.

**Taking control of your DIABETIC NEUROPATHY**

- Keep your blood sugar levels under control.
- Take your diabetes medications as prescribed.
- Manage your weight.
- Exercise regularly.
- Stop smoking.
- Limit alcohol.

Download

### DIABETES AND NUTRITION

We get the energy for performing daily activities from the food we eat. The food we eat is broken down into glucose, which is used by the body for energy. High blood sugar levels can lead to complications such as heart disease, stroke, kidney disease, and vision loss.

**THE ABC'S OF EATING FOR DIABETES**

- A**void sugary drinks.
- B**alance your diet.
- C**hoose whole grains.
- D**o not eat too much.
- E**at a variety of fruits and vegetables.
- F**at-free dairy products.
- G**o for lean protein.
- H**igh-fiber foods.
- I**nsulin resistance.
- J**oin a diabetes support group.
- K**now your numbers.
- L**imit alcohol.
- M**ove more.
- N**on-starchy vegetables.
- O**live oil.
- P**lant-based proteins.
- Q**uality carbohydrates.
- R**egular exercise.
- S**lowly chew your food.
- T**ake your diabetes medications as prescribed.
- U**se a food scale.
- V**isit your doctor regularly.
- W**ash your hands.
- X**ercise regularly.
- Y**our doctor's advice.
- Z**inc-rich foods.

**MANAGING DIABETES ON A FOOD PLAN**

- Follow a balanced diet.
- Control your portions.
- Choose healthy fats.
- Limit added sugars.
- Limit sodium.
- Limit alcohol.

**TIPS TO MANAGE DIABETES**

- Take your diabetes medications as prescribed.
- Manage your weight.
- Exercise regularly.
- Stop smoking.
- Limit alcohol.

Download

### DIABETES INVESTIGATIONS AND BLOOD SUGAR TARGETS

Diabetes investigations are tests that help your doctor diagnose diabetes and monitor your blood sugar levels. Your doctor will often use one or more tests to check for high blood sugar levels.

**DIABETES TESTS**

- FASTING BLOOD SUGAR TEST**: Measures blood glucose after an 8-hour fast.
- HbA1c Test**: Measures your average blood glucose levels over the past 3 months.
- Oral Glucose Tolerance Test**: Measures blood glucose levels in the blood after you drink a sugary liquid.

**THE PATH TO TYPE 2 DIABETES**

TESTING METHOD	DIABETES	PREDIABETES	NORMAL
Fasting blood sugar level	126 mg/dL or above	100-125 mg/dL	85 mg/dL or below
HbA1c test	6.5% or above	5.7-6.4%	5.7% or below
Oral Glucose Tolerance Test	200 mg/dL or above	140-199 mg/dL	140 mg/dL or below

Download

### DIABETES PREVENTION

Diabetes is a chronic disease that prevents having high blood sugar levels that can lead to serious complications such as kidney failure, heart disease, and stroke. Diabetes can be prevented or delayed by making lifestyle changes.

**DIABETES PREVENTION**

Change your lifestyle, and it could be a big step toward diabetes prevention and it's never too late to start. There are several ways to lower your risk of getting diabetes.

- Be active.
- Manage your weight.
- Choose healthy foods.
- Limit alcohol.
- Stop smoking.

**PREVENTION TIPS FOR PARENTS**

- Encourage your child to be active.
- Choose healthy foods for your child.
- Limit screen time.
- Encourage your child to eat a variety of fruits and vegetables.
- Limit sugary drinks.
- Limit alcohol.

Download

### DIABETES SYMPTOMS

Diabetes is a chronic, progressive disease and the symptoms can be mild and may remain constant for a long time and may not be noticed until it is advanced.

**SYMPTOMS OF DIABETES**

- Excessive thirst
- Frequent urination
- Unexplained weight loss
- Blurred vision
- Slow-healing sores
- Constant fatigue
- Itchy skin
- Headaches
- Stomach pain
- Red, swollen, or itchy gums
- Darkening of the skin
- Headaches and dizziness
- Weak or sore feet
- Numbness or tingling in the hands and feet
- Swollen feet
- High blood pressure
- High cholesterol

Download





# Diabetes Bytes

- RSSDI\_Official handles are on Facebook, Twitter, Instagram and YouTube
- Highest presence on FB (42.6%) and lowest on Instagram (15.8%)
- 3547 Facebook Page Likes and 1242 Instagram Followers, both increasing avidly
- Since the inception, 1.2 M people have been reached, 4.27 K Net followers and 201.3K engagements
- Since FB has the most presence – 46,324 page visitors, 2.21 M Posts reaches, 331.6K Videos view only be organic outreach
- RSSDI Social Media has presence in at least 10 countries besides India
- Following the SAVE THE FEET CAMPAIGN supported by RSSDI Diabetes Bytes in Multiple, regional languages, there was a 62% rise in viewership
- More than 115 weeks, 140 episodes, 20 + languages engaging on an average 450 viewers on FB and 210 viewers on YouTube and increasing
- Included experts across the nation and internationally as well covering a diverse range of topics from Diabetes, Endocrine, Obesity including Live Demonstrations, Patient experiences and engaging policy makers!







# RSSDI Case Files

## Case Based Discussion

**RSSDI CASE FILES**  
EPISODE 8  
HYPERGLYCEMIA IN PREGNANCY

**Case Presentation**  
Dr. Rajat Kishore Thakur  
Assistant Professor

**Panelists**  
Dr. Shilpa Jaiswal  
Dr. Dr. Chandan Kumar  
Dr. Deepak Singh

**FRI 19 JAN 2024 8 PM - 9 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 9 : DKA IN A PATIENT ON SGLT2 INHIBITOR THERAPY

**Case Presentation**  
Dr. Praveen Chandra  
Senior Lecturer, Pharmacy  
PGD

**Panelists**  
Dr. Anuradha  
Dr. Lily Indrajith  
Dr. Anand Chandra

**TUE 20 FEB 2024 8:30 PM - 9:30 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 10 : A LIFE THREATENING CONDITION UNVEILED: METFORMIN ASSOCIATED LACTIC ACIDOSIS IN FOCUS

**Case Presentation**  
Dr. Anand Bhattacharya  
HOD, Medicine Dept  
Post Graduate and Senior Lecturer, Assistant

**Panelists**  
Dr. A. H. Wani  
Dr. Anand Bhattacharya  
Dr. J. K. Singh

**WED 27 March 2024 8:30 PM - 9:30 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 11 : DKA NOT ALWAYS TYPE 1 - A RARE CASE PRESENTATION AS DKA

**Case Presentation**  
Dr. Shilpa Jaiswal  
M.D., General Medicine  
Assistant Professor  
Senior Lecturer, PGD  
Senior Lecturer, PGD  
Senior Lecturer, PGD

**Panelists**  
Dr. Sankar  
Dr. V. J. Singh  
Dr. S. S. Srinivasan

**FRI 26 April 2024 8:00 PM - 9:00 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 12 : IGG4 RELATED AUTOIMMUNE PANCREATITIS WITH PANCREATIC DIABETES

**Case Presentation**  
Dr. Anand Chandra  
Assistant Professor

**Panelists**  
Dr. H. S. Singh  
Dr. Anand Chandra  
Dr. Anand Chandra

**THURS 23 May 2024 8:30 PM - 9:30 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 13 : A CASE OF SEVERE INSULIN RESISTANCE AND LIPIDOTOXICITY

**Case Presentation**  
Dr. A. H. Wani  
Senior Lecturer, PGD  
Senior Lecturer, PGD  
Senior Lecturer, PGD

**Panelists**  
Dr. Anand Chandra  
Dr. Anand Chandra  
Dr. Anand Chandra

**27 JUNE 2024 8:30 PM - 9:30 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 14 : WHEN DIABETES DEVELOPED AFTER HEART TRANSPLANT (WOMAN)

**Case Presentation**  
Dr. Anand Chandra  
Senior Lecturer, PGD  
Senior Lecturer, PGD  
Senior Lecturer, PGD

**Panelists**  
Dr. Anand Chandra  
Dr. Anand Chandra  
Dr. Anand Chandra

**27 JULY 2024 8:30 PM - 9:30 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 15 : CHALLENGES IN DIAGNOSIS AND MANAGEMENT OF ADRENAL TUMORS IN WITH BACKGROUND OF DIABETES

**Case Presentation**  
Dr. Praveen Chandra  
Senior Lecturer, PGD  
Senior Lecturer, PGD  
Senior Lecturer, PGD

**Panelists**  
Dr. Anand Chandra  
Dr. Anand Chandra  
Dr. Anand Chandra

**28 AUG 2024 8:30 PM - 9:30 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 16 : A RARE CASE OF BRIBBLE DIABETES PRESENTING AS DIABETES RETINOPATHY

**Case Presentation**  
Dr. Anand Chandra  
Senior Lecturer, PGD  
Senior Lecturer, PGD  
Senior Lecturer, PGD

**Panelists**  
Dr. Anand Chandra  
Dr. Anand Chandra  
Dr. Anand Chandra

**26 SEPT 2024 8:30 PM - 9:30 PM IST**  
[Click Here to Join the Webinar](#)

**RSSDI CASE FILES**  
EPISODE 17 : HEMATOLOGICAL DIABETES: EXPLORE GENETIC ETIOLOGIES IN EARLY ONSET HYPERGLYCEMIA

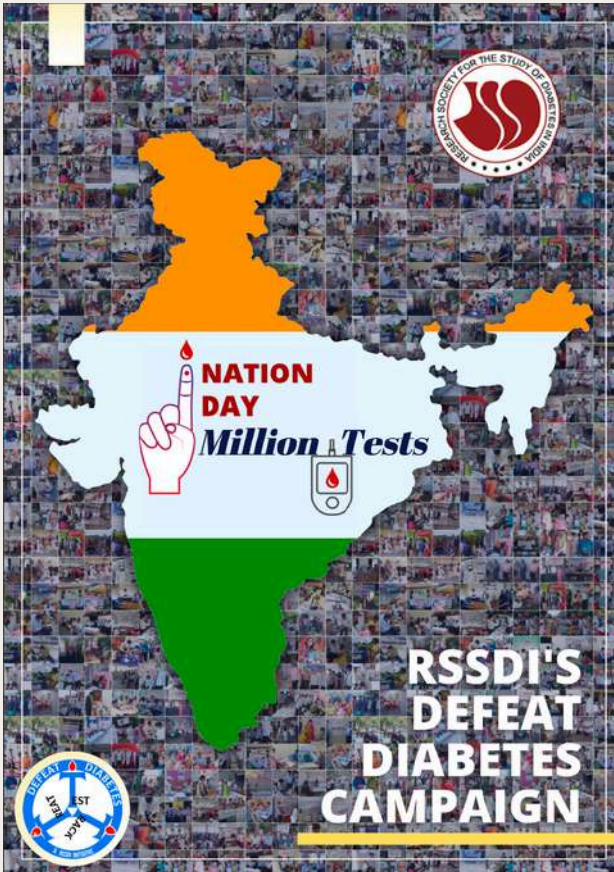
**Case Presentation**  
Dr. Anand Chandra  
Senior Lecturer, PGD  
Senior Lecturer, PGD  
Senior Lecturer, PGD

**Panelists**  
Dr. Anand Chandra  
Dr. Anand Chandra  
Dr. Anand Chandra

**24 OCT 2024 8:30 PM - 9:30 PM IST**  
[Click Here to Join the Webinar](#)



# Defeat Diabetes Campaign



The campaign was **launched** on the occasion of Doctors Day (1st July)



By **Honourable Justice N V Ramana**  
Chief Justice of India



**NATION DAY Million Tests Event**

- 29th September, 2021 -



**10258 + Sites Across India**



**1064989 + Blood Sugar Tests**



**7000 + Doctors have Participated**



**2000 + Rotary or Rotaract Clubs**





# Save the Feet & Keep Walking Campaign

- RSSDI 1 Month Social Awareness Campaign
- More than **54,000+** patient data have been received across PAN India
- More than **10K** doctors have registered for the campaign
- **Diabetes Bytes:** 22 sessions on Save the Feet & Keep Walking Campaign

**RSSDI SAVE THE FEET & KEEP WALKING CAMPAIGN 2022**

WE INVITE ALL OF YOU TO BE A PART OF THE RSSDI SAVE THE FEET & KEEP WALKING CAMPAIGN 2022. PLEASE REGISTER YOURSELF FOR THE CAMPAIGN AT BELOW LINK

[WWW.RSSDI.IN/SAVE-THE-FEET/](http://WWW.RSSDI.IN/SAVE-THE-FEET/)

10TH JULY - 10TH AUG 2022

[rssdi.savethefeet@gmail.com](mailto:rssdi.savethefeet@gmail.com)

RSSDI SAVE THE FEET & KEEP WALKING CAMPAIGN 2022  
10th July - 10th Aug 2022

**AREAS OF THE FOOT AT HIGHEST RISK FOR ULCERATION**

FOR MORE INFORMATION, VISIT AT

[www.rssdi.in/save-the-feet/](http://www.rssdi.in/save-the-feet/)

Source: IWGDF Guidelines 2019

RSSDI SAVE THE FEET & KEEP WALKING CAMPAIGN 2022  
10th July - 10th Aug 2022

**Proper method of using the 10g Semmes-Weinstein monofilament**

FOR MORE INFORMATION, VISIT AT

[www.rssdi.in/save-the-feet/](http://www.rssdi.in/save-the-feet/)

Source: IWGDF Guidelines 2019

**LIVE 10:16** **ETES BYTES**  
Social Connect Initiative

Dr. Vijay Viswanathan

Dr. G. Vijay Kumar  
Dr. Arpana





# **RSSDI Partnerships**



# International Collaborations



**JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.

## RSSDI & JDRF COLLABORATION

Collaborating to improve the lives of people and families living with type 1 diabetes

WE PROUDLY ANNOUNCE  
*Official Collaboration between*  
**RSSDI & JDRF**



**JDRF** IMPROVING LIVES. CURING TYPE 1 DIABETES.

Collaborating to improve the lives of people and families living with type 1 diabetes

**Dr BM Makkar**  
President RSSDI

**Dr Sanjay Agarwal**  
Secretary General RSSDI

And the Entire RSSDI Executive Committee



## RSSDI & IDF COLLABORATION



# CEDAM

## (Centre for Endocrinology, Diabetes and Metabolism)



*Networked excellence in diabetes, endocrine and metabolic disorders*

Joint partnership of University Hospital Birmingham, University of Birmingham, Birmingham Health Partners, Institute of Transitional Medicine Birmingham



Institute of  
Translational  
Medicine  
Birmingham







**KOITA  
FOUNDATION**

## **RSSDI - Koita Centre for Digital Diabetology (RSSDI - KCCD)**



**IIT Research Park**

**RSSDI Tech Research Initiative**

**Digital Health Foundation Course**

**RSSDI-KCDD Diabetes EMR Initiative**



# RSSDI-National Cancer Grid (NCG)



RSSDI signed an MOU with NCG on March 28, 2024, to enable both organisations to collaborate in their respective initiatives. As part of the MOU, both parties will collaborate and identify many common areas of interest to work which can benefit millions of lives.



# RSSDI collaboration with NABH



WHO WE ARE WHAT WE DO EDUCATION & TRAINING NEW PORTALS NABH INTERNATIONAL RESOURCES MEDIA CENTER



भारतीय गुणवत्ता परिषद  
QUALITY COUNCIL  
OF INDIA  
Creating an Ecosystem for Quality

## ABOUT NABH



National Accreditation Board for Hospitals & Healthcare Providers (NABH) is a constituent board of Quality Council of India, set up to establish and operate accreditation programme for healthcare organisations. The board is structured to cater to much desired needs of the consumers and to set benchmarks for progress of health industry. The board while being supported by all stakeholders including industry, consumers, government, have full functional autonomy in its operation.







# RSSDI Collaboration with Ashoka University

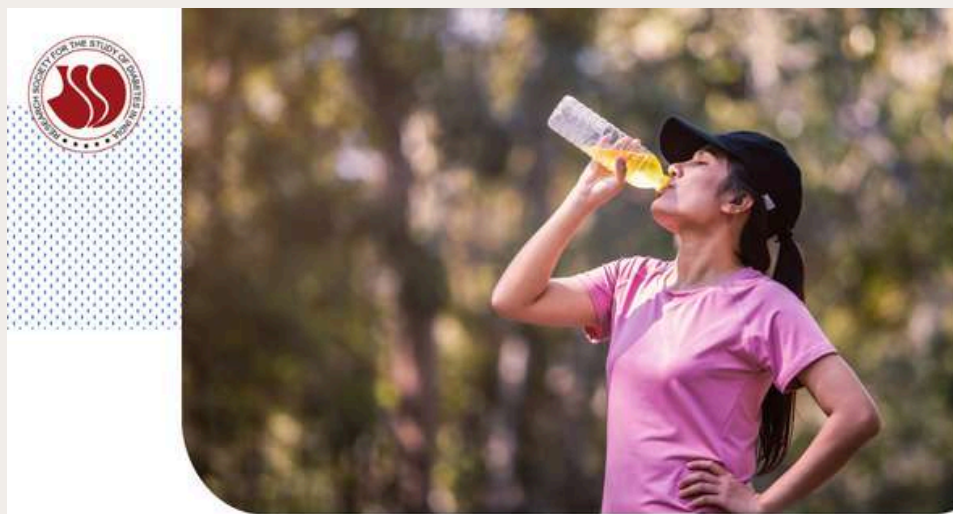


**ASHOKA**  
UNIVERSITY

10  
YEARS OF  
EXCELLENCE



# Project with Kenvue "Knowledge, Attitudes & Practices among Indian Diabetologists on Oral Fluid, Electrolyte & Energy Management for Acute Non-Diarrheal Illnesses in Diabetic patients"



## KAP AMONG INDIAN DIABETOLOGISTS ON ORAL FLUID, ELECTROLYTE & ENERGY (FEE) MANAGEMENT FOR ACUTE NON-DIARRHEAL ILLNESSES IN DIABETIC PATIENTS



We are currently conducting a study to better understand dehydration in Indian persons with Diabetes particularly when they are suffering from acute, non-diarrheal conditions like fever, general weakness, nausea, vomiting, and illnesses such as heat-related illnesses, upper respiratory tract infections, urinary tract infections, viral infections, tropical illnesses (including dengue, malaria, typhoid, chikungunya) and the role of oral fluid, electrolyte and energy management as an adjuvant.

Scan the QR Code Or  
Click the the following link to  
take part in the Questionnaire

<https://forms.gle/fWo1aSyx2pXyb8pS7>



Warm Regards

Dr. Rakesh Sahay  
President,  
RSSDI

Dr. Sanjay Agarwal  
Secretary General,  
RSSDI

Dr. Vijay Viswanathan  
President Elect,  
RSSDI

Dr. B.M. Mokkar  
Immediate Past  
President, RSSDI

Dr. Manoj Chawla  
National EC Member,  
RSSDI

And Entire Executive Committee





# MediSage RSSDI collaboration - Diabetes Pruritus

For Healthcare Professionals Only



## SHARE YOUR INSIGHTS ON **DIABETES PRURITUS** WITH US!

We are conducting a brief survey aimed at uncovering Healthcare Professionals' perspectives on **Diabetes Pruritus**, and we would be honored to have your participation.

Your expertise can contribute significantly to our research, aiding in the development of more targeted and effective solutions for patients dealing with Diabetes Pruritus.

The survey will only take 2 minutes of your time.



SCAN HERE

<https://forms.gle/ckWPc1ToZVqCeRGw7>

Scan the QR Code Or Click the above  
link to take part in the survey



[www.rssdi.in](http://www.rssdi.in)



[rssdihq@gmail.com](mailto:rssdihq@gmail.com)







# RSSDI Diabetes eCME Modules with Medisage



Clinical Excellence in  
**DIABETES**  
MANAGEMENT



**T2DM AND ITS MANAGEMENT**  
Empowering Healthcare Professionals with Best Practices



### Key Recommendations for Glycemic Control

- **Personalized Targets:** Tailored glycemic goals based on patient needs.
- **Lifestyle Modifications:** Emphasis on culturally relevant diet and exercise plans.



### Overcoming Barriers to Insulin Therapy

- **Patient Education:** Highlighting the importance of insulin in diabetes management.
- **Support and Guidance:** Providing help with injection techniques and managing hypoglycemia.
- **Addressing Concerns:** Tackling fears of weight gain and lifestyle changes.
- **Collaborative Care:** Involving a multidisciplinary team to support patients.



### Complications of Uncontrolled T2DM

- **Chronic Hyperglycemia:** Leads to oxidative stress and microvascular damage.
- **Cardiovascular Risks:** Including neuropathy, nephropathy, retinopathy, and foot ulcers.



### Managing T2DM in Special Situations

- **Gestational Diabetes (GDM):** Effective screening, lifestyle interventions, and postpartum care.
- **Elderly Patients:** Individualized care plans, focusing on simple medication regimens and coordinated care.



### Effective Lifestyle Modifications

- **Dietary Guidance:** Low-carb Mediterranean or DASH diets with nutrient-rich foods.
- **Exercise Recommendations:** Combination of aerobic, strength, and flexibility exercises.



### Therapeutic Management

- **Oral Antidiabetic Medications:** Used as monotherapy or in combination, customized for each patient.
- **Insulin Therapy:** Indicated when oral medications are inadequate or during acute complications.



## JOIN US

IN ENHANCING DIABETES CARE

Stay updated with the latest evidence-based practices and enhance patient outcomes.

Educational initiative by  Scientific partner 



# District Level CMEs

**Year 1 – 2020-21 : CMEs on Putting RSSDI guidelines in Practice – 186 CMEs covering > 8500 Delegates covering 154 districts**

**Year 2 – 2021-22 : CMEs on Putting RSSDI guidelines in Practice – 186 CMEs covering > 10,000 Delegates covering 169 districts**

**Year 3 – 2021-22 : CMEs on Diabetes Foot care symposium Going on – Started in Mid Sept'22 – Till Date 2 CMEs concluded. Oct Month – >10 CMEs are planned**



# Activities

RSSDI has supported the creation of state-level chapters to stimulate society activities at the local level. These activities include CME programmes for local physicians, diabetes research activities for interested researchers and awareness programmes for people with diabetes.

RSSDI has been involved in accrediting centers interested in running a certificate course in diabetology if they fulfill the required criteria. 23 institutions have been accredited to date.

RSSDI organises initiatives, also in collaboration with State Governments, to create awareness around diabetes and the prevention of type 2 diabetes through healthy habits. In 2021, RSSDI launched the Defeat Diabetes Campaign with the objective of reaching 100 million people in 100 days with the message "Test, Track and Treat." The campaign was a resounding success and RSSDI was awarded the Asia Book Of Records Certificate for having screened over 1 million people across more than 10 thousand locations throughout India.

RSSDI conducts digital workshops for teams of doctors from each Indian state to improve and standardize type 1 diabetes care in the country and raise awareness of diabetes technology. The doctors subsequently train district coordinators who are responsible for final implementation of the guidelines.

RSSDI has launched a Learning Management Platform featuring high quality courses delivered by key opinion leaders for the benefit of doctors and other diabetes professionals in India.

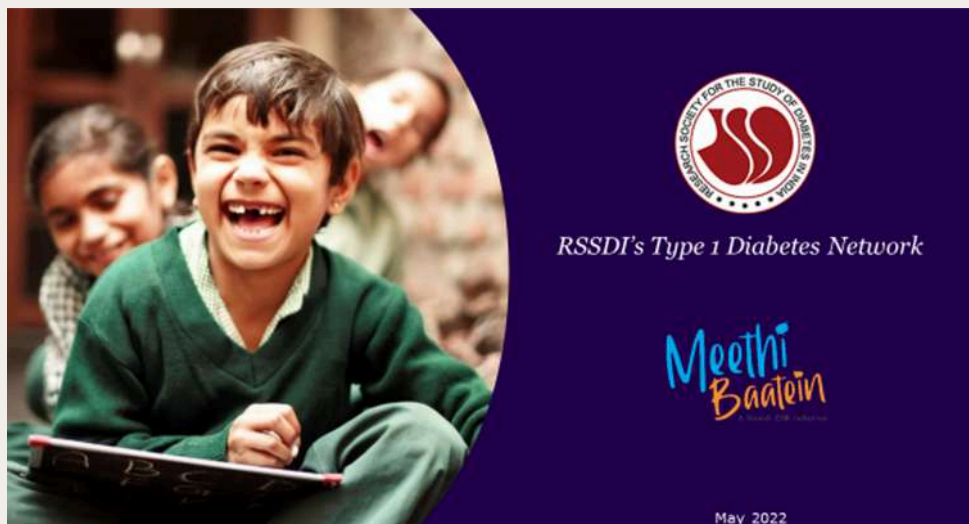
RSSDI provides research grants, welcoming proposals from Indian scientists interested in conducting original research in diabetes. Limited grants for smaller projects are also available for medical college students.





# RSSDI & Sanofi Type 1 Diabetes Project (Meethi Baatein)

- More than 3000 Type 1 children under this program. 811 kids already have been given free insulin and glucometers along with strips. Sanofi has distributed to 19 Centers of Excellence. Wockhardt is giving free insulin to children from a rural areas. All District Coordinators have been sent a registration form, and they can send in details of 2-3 underprivileged children. Insulin will be given to the District Coordinators directly by Wockhardt and Roche. Biocon too has expressed interest in the project.
- Type 1 Teaching Modules will be uploaded on the website. On the 17th and 18th of October 2022.
- Below are the Training pictures by respective HCO's





**NO. OF CENTRES  
ENROLLED**

**34**

**NO. OF PATIENTS  
ENROLLED**

**1200**

## **MODULES ROLLED OUT**

**DOCTOR MODULE**

**04**

**PATIENT/CAREGIVER MODULE**

**12**

**EDUCATOR MODULE**

**02**



# **RSSDI & DOCFLIQ - Educational Initiative**

- Docfliq operates and manages DOCSPACE+ which is one of the fastest growing OTT Platforms in the Medical education space that offers high quality, accredited & Credible continuing medical education in some of the most interactive formats.
- This Educational Series have twelve Episodes (each, the “Episode”) and shall be live Streamed over a period of Six Months starting from 1st June 2022. The Episodes shall be available to viewers for a further period of Twelve Months on demand basis.

# **RSSDI & Bioquest Certification Program (PEI)**

- Bioquest, Appointed by Abbott India LTD, as their execution partner is responsible for developing Educational Material on the topic Pancreatic Exocrine Insufficiency.
- Which includes 1 Module (approx 1 Hr) and also pre & Post Program Collaterals.
- On Completing of the Module and getting score of at least 70% in assessment test, certificate will be unlocked online and soft copy of the certificate will be emailed.
- The MP4 video will have KOL talk on one side & respective contents displayed on other side.





# Maldigestion among Diabetes Patients due to Pancreatic Exocrine Insufficiency

An online Learning Program for Doctors

An initiative by  
Research Society for the Study of Diabetes in India (RSSDI)



**MALDIGESTION AMONG DIABETES  
PATIENTS DUE TO PANCREATIC EXOCRINE  
INSUFFICIENCY (PEI)**

**KEY TAKEAWAYS**



# Organisational Strengthening



# CELEBRATION OF 50 YEARS OF RESEARCH SOCIETY FOR THE STUDY OF DIABETES IN INDIA (RSSDI)

 **14<sup>th</sup> August, 2022 (Sunday)**

 **09:30AM – 02:30PM**

 **AIIMS, New Delhi**



**Dr. Ch. Vasanth Kumar**  
President, RSSDI



**Dr. Banshi Saboo**  
Imm. Past President, RSSDI



**Dr. B. M. Makkar**  
President, Elect – RSSDI



**Dr. Sanjay Agarwal**  
Secretary – RSSDI





**We are proud to  
announce  
RSSDI  
Membership is  
nearly 12,000+  
And growing...!!!**



# RSSDI Membership Drive

- Initiated Membership Drive
- State Competition to increase RSSDI memberships
- Objective is to be the largest body in the world representing diabetes care

RSSDI

**OP GUPTA**

**ROTATING TROPHY**

**FOR HIGHEST RSSDI MEMBERSHIP  
FROM STATES IN A SINGLE YEAR**

RSSDI announcing the 2022 contest for "OP Gupta Rotating Trophy", which will be awarded to the RSSDI State Chapter which has given the highest number of Membership Enrolments between the period from 1st Oct 2021 to 30th Sept 2022

This Rotating Trophy will be handed over to the Winning State Chapter for this year at RSSDI Chennai Meeting and then it will be passed on to the next State Chapter that gives the highest number of membership enrolments for next year (1st Oct 2022 to 30th Sept 2023)

**REGARDS**

Dr. Ch Vasanth Kumar  
President  
RSSDI

Dr. BM Makkar  
President Elect  
RSSDI

Dr. Banshi Saboo  
Imm. Past President  
RSSDI

Dr. Sanjay Agarwal  
Secretary  
RSSDI



# OP Gupta Rotating Trophy

A new Initiative by RSSDI for recognising States giving the highest RSSDI Memberships in a Single year





**50**  
ASSOCIATION FOR THE EDUCATION OF THE DISABLED  
Golden Jubilee of RSSDI

# JOIN RSSDI YUVA BRIGADE

IF YOU'RE BELOW 35 YEARS, YOU ARE  
WELCOME TO JOIN RSSDI YUVA BRIGADE

Further Details, will be announced shortly

**STAY TUNED!**

## RSSDI Yuva Brigade



# Online Nomination Portal

**50**

RSSDI National Election Nomination 2022-2025

[File Your Nomination Application. Click here](#)

[Click here to edit/withdraw the existing nomination application form](#)

[RSSDI National E-Election 2022 Timetable](#)

After the withdrawal date i.e. 15th Aug 2022, you can view the entire list of Nominated Candidates on the RSSDI website.  
Last Date for Submission of Nominations: 4th August 2022.

**Before start filling Nomination Form**

A. You should know your RSSDI membership number / Registered Mobile / Email. Please keep handy Mobile / Email inbox for OTP Verification.  
B. You should know your Proposer & Seconder Membership Number.  
C. To upload your CV, please keep the following saved on your system :  
Your professional passport size photograph (jpg/png format maximum of 512 KB) Your Qualifications Experience (Max 250 Words)  
Papers/Publications (Max 500 Words)  
Official Positions held in RSSDI,  
Community work done (Max 300 Words)  
Contribution to RSSDI (Max 250 Words)  
These should be already well typed in text document / notepad to copy paste easily.

Conducted this year's State & National Election Nominations through RSSDI e-Nomination Portal



# e-Voting Platform

**Shareholders/Members / Creditor Login** [Skip to main content](#)

User Id : \*

Login Type : \*  Password  OTP

Verification Code : \* **080252**

(Enter Text from Image)

Password : \*

Use Virtual Keyboard(For Password)

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\*  I hereby agree to all [Terms and Conditions](#)

[Forgot User Details/Password?](#) [Physical User Reset Password?](#)

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Conducted this year's State & National Elections through an e-Voting Platform





# Constitution

**DRAFT FOR RSSDI NEW CONSTITUTION (For Suggestion/Opinion)**

We take the proud privilege to present the New RSSDI Constitution to the members, for their views, comments, and suggestions. This document has been prepared with the collective effort of the entire Central EC.

We are proud to have followed the RSSDI constitution made by the founder members in 1972 when the body was established. The original constitution has served us well and was a carefully thought document that has been the guidance for the body over the years.

Over time, the membership has grown and we are living in a new world where the norms of working have changed. Hence, it has become deemed to revise and bring a new document keeping the earlier document as a base to guide us for the future.

The document is being circulated to all members for their suggestions. The suggestions can be sent to [rssdiconstitution@gmail.com](mailto:rssdiconstitution@gmail.com). All **suggestions** will be scrutinized by the EC and incorporated after discussion. All suggestions have to reach us by **15th September 2022** to allow us sufficient time to incorporate them. The final draft will be circulated by 22nd September 2022 and will be placed in the AGM of the RSSDI Annual Meeting to be held on 8th October 2022 in Chennai. The new constitution will be effective immediately after approval by AGM.

We look forward to initiating a new journey in the history of RSSDI.

[Click Here to read the draft](#)

Formation of RSSDI New Constitution with guidance from patrons, EC members and all RSSDI Members



# RSSDI Village Health Program



## JOIN THE RSSDI VILLAGE HEALTH PROGRAM

The **Research Society for the Study of Diabetes in India (RSSDI)** is dedicated to making a positive impact in the realm of healthcare. Our latest initiative, the "Village Health Program for NCDs," is a testament to our commitment to address the growing challenge of Non-Communicable Diseases (NCDs) at the grassroots level.

### BE A CHANGEMAKER - JOIN US!

If you share our passion for community health and want to make a difference, we invite you to become a part of the RSSDI Village Health Program. Your involvement can contribute to transforming lives and building healthier, happier communities.

### HOW TO JOIN?

Complete the Google Form linked below to express your interest and embark on this rewarding journey with us.

**CLICK HERE TO FILL OUT THE FORM**

Or Visit : <https://forms.gle/AA1BD7rQpLa8oHKa9>



The Research Society for the Study of Diabetes in India (RSSDI) is dedicated to making a positive impact in the realm of healthcare. RSSDI latest initiative, the "Village Health Program for NCDs," is a testament to our commitment to address the growing challenge of Non-Communicable Diseases (NCDs) at the grassroots level.



# District Coordinator Network

**444+**

**RSSDI DISTRICT  
COORDINATORS**

RSSDI boasts a network of over **444 District Coordinators** actively implementing various initiatives and activities within their districts, strengthening our outreach and impact at the grassroots level.

These District Coordinators play a vital role in extending RSSDI's mission by promoting diabetes awareness, organizing local events, facilitating community-based programs, and supporting ongoing research efforts. Through their dedicated efforts, they help ensure that resources, knowledge, and support reach individuals and healthcare providers across all regions. This widespread network empowers communities to improve diabetes management and prevention at a local level, fostering a healthier future nationwide.





# Newsletter

## OCT - DEC 2021

**Message from the RSSDI President**

Greeting to all on this auspicious occasion of Diwali! I take this opportunity to extend my best wishes to all the members of RSSDI.

I took over as President, RSSDI in December 2019 with great enthusiasm, and as I settled in the office, the world was hit by the pandemic. It was a disappointing start, but I was prepared to face the challenges. I believe, leadership skills can only be proved in most adverse circumstances. As we came to terms with the scare, my first concern was how to ensure medicine supplies for the patients and ensure their well-being. We published guidelines to help HCPs and patients on how to manage diabetes in presence of COVID infection. The entire executive committee and all RSSDI members stood with me in this difficult period and collectively we proved our commitment to the nation as a national body for diabetes care. We also undertook various other activities.

I had limitations to work and execute my ideas, as travel and meetings were not possible. Thanks to the extension of my term, and help from the digital world, I was able to achieve goals I had set for myself. This was also the time to innovate. We flipped our adversities into opportunities. Some of our work we did. I would like to place before you.

- 1. Our district Coordinators network** - Helping to expand the reach of our national programs to all doctors and patients no matter where they are located.
- 2. Our Social media platform** - Today we all know the power of social media and its influence. It was important to have RSSDI advocacy on this important platform to convey our messages to all in the society.
- a. Creation of Task Forces**
  - 1. For Type 1:** The objective was to create more specialised centers of care to treat patients with Type 1 Diabetes. We have created an ecosystem of HCPs, Support staff and patients who are well trained for care of T1DM patients. Also provision has been made to provide free insulin to children who cannot afford it through our various partners.
  - b. Technology:** Today technology has become integral part of healthcare. We have setup training modules and conduct workshops to educate all on use of newer technologies.
  - c. Diabetic Foot:** Saving feet has been our big initiative. Identifying risk at risk early can save disabilities and catastrophic amputations. We are in the process of setting up centers of training for those interested in foot management.
- 4. Guidelines:** new guidelines were framed for Diabetes management in COVID infection, Diabetes & Thyroid dysfunction, Diabetes and Heart Failure, Oral health in Diabetes, Sleep Disorders in Diabetes. Some are in the pipeline via our Postgraduate hyperglycemia, Diabetes Dyslipidemia, Diabetes and Hypertension, Guidelines on Type 1 diabetes and on Glucose Monitoring.
- 5. Digital Meetings:** We had several digital meetings to engage members on Technology workshop, Managing Type 1 and 2 diabetes, Glucose monitoring, workshop on Diabetic Foot.
- 6. Annual Meeting hosted Digitally in November 20.** The event was presided by the Indian Diabetes League tournament where teams from every state were engaged in debates on topics related to diabetes. The meeting attracted the best National and International speakers who delivered almost 200 lectures in 4 days. Approx. 20,000+ delegates were registered and at any given time more than 3000+ delegates were present listening to the deliberations. The meeting was appreciated for its high scientific content.
- 7. Incorporation of new Patrons:** It was a great honor for me to invite our new patrons of RSSDI, Dr. Jitendra Singh, Dr. V Mohan, Dr. PV Rao, Dr. Vinod Kumar, who over the years have been our mentors and have guided the body to its current position of high recognition in the world. We welcome them.
- 8. RSSDI Membership:** Our current member is 9146, when I took over it was 7023. During my tenure we have added 1523 members.

## APRIL - JUNE 2022

**MESSAGE FROM THE RSSDI President**

**Dr. Ch. Vasanth Kumar, President - RSSDI**

Dear Colleagues, I am happy that our second news letter of this year is released. I am sure you will enjoy reading the contents of this news letter. Please visit our website and update your details if not done already and also see the different learning modules that are created. You can choose and join the module that you wish to learn. As all of you know this year is our Golden Jubilee year and I request all the state chapters to take up the activities that can help the people with Diabetes and also promote research. Please also send the details of your chapter activities along with the photos for publishing in our newsletters and also to upload in our website. Our national secretary Dr. Sanjay Agarwal is working hard to make sure that our organization will be the best in the country in the field of Diabetes research and care. The scientific Chairman for our annual conference (RSSDI 2022) Dr. Brij Mahan Makkar is leaving no stone unturned to give us the best scientific contents with the participation of the most renowned national and international speakers. The conference organizing committee lead by Dr. Anand Meena, Dr. Vijay Viswanathan and Dr. G. Vijaya Kumar is making sure that we will have a memorable time at Chennai.

With best wishes  
Yours  
**Dr. Ch. Vasanth Kumar**  
President, RSSDI



# Newsletter

Jan-March 2023

Newsletter Vol .52

Issue 1

## RSSDI NEWS



**THE OFFICIAL BULLETIN OF  
RESEARCH SOCIETY FOR THE  
STUDY OF DIABETES IN INDIA  
(RSSDI)**



For more Information, please visit

[www.rssdi.in](http://www.rssdi.in)



# RSSDI SECRETARIAT

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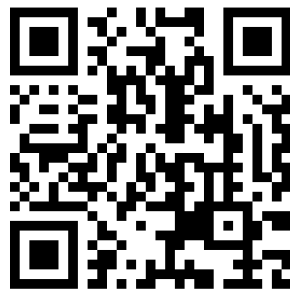
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