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# Targeting Diabetes and Novel Therapeutics

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### Opportunities and challenges in diabetic hearts 2015

Cardiovascular disease (CVD) is a major cause of morbidity and mortality for individuals with diabetes, in addition it is considered the largest contributor to the direct and indirect costs of managing diabetes worldwide. We are going to shed some lights on important concepts in managing cardiovascular disease in diabetes including issues related to hypertension, hyperlipidemia, myocardial ischemia, primary and secondary prevention policies in 2015, and updated management. The common conditions coexisting with Type 2 Diabetes (hypertension and hyperlipidemia) are clear risk factors for myocardial infarctions, stroke, heart failure and cardiovascular death; in addition, diabetes itself confers independent risk for those complications. Numerous studies have shown established efficacy of controlling individual cardiovascular risk factors in preventing or slowing CVD in people with diabetes but larger benefits are seen when multiple risk factors are addressed globally. There is also evidence that using epidemiologically created risk calculators for measuring the 10-year coronary heart disease risk among adults with diabetes have improved significantly over the past decade and made a clear impact in preventing devastating cardiovascular events compared to previous decade's data. The American College of Cardiology/American Heart Association new Pooled Cohort Equation, the "Risk Calculator," may be a useful tool to estimate those 10-year atherosclerotic CVD. There is also an increased risk of incident diabetes with statin use which may indicate that these patients may benefit from diabetes screening when on statin therapy. Finally we will illustrate the important clinical messages for cardiology and endocrine practitioners should concentrate on during their practices and share it with their medical teams and patients.

### Biography

Khalid Alnemer did his MBBS, from King Saud University, Riyadh, and then internal medicine, interventional cardiology, nuclear and cardiac CT at McMaster University School of Medicine, Hamilton Ontario. He is the vice dean of medicine college, advisor for Saudi FDA. He has published more than 20 papers in reputed journals and serving as an Editorial Board Member at SHJ.

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