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Pump Therapy in Type 2 Diabetes: Novel approach to glycemic control

Shagun Bindlish

Capital Region Diabetes and Endocrine Care, USA

Type 2 Diabetes is a progressive disorder characterized by insulin resistance and progressive beta cell failure. Many patients will require insulin therapy to bring glycosylated hemoglobin (HbA1C) levels to nationally standardized goals and thus minimize the risk of both microvascular and macrovascular complications. As the epidemic of Type 2 Diabetes continues to increase (1 in 3 people in US by 2050), it is necessary to develop an accepted blueprint of how insulin should be delivered to this heterogeneous population. Although continuous subcutaneous pump therapy is widely accepted as the standard of care for patients with Type 1 Diabetes, studies are limited and inconclusive in Type 2 Diabetes population. Most recently OpT2mise has been completed, a large randomized multi-center trial showing the efficacy of insulin pump therapy inpatients already receiving multiple daily injections of insulin. In this presentation, I will highlight this study and others to address the pros and cons of using continuous subcutaneous pump therapy in this challenging population. My goal is to increase awareness among health care providers about the benefit of pump initiation in patients with Type 2 Diabetes.

Biography

Shagun Bindlish MD has completed her residency training from Lutheran Medical Center NY and fellowship in Diabetes from Ohio University Heritage School of Osteopathic Medicine. During fellowship she was Associate Professor at Ohio University. She is currently practicing as a Diabetologist at Capital region Diabetes and Endocrine Care group at St. Peter's Health, Albany NY, one of the premier organizations for Diabetes Care. She has recently published papers in reputed journals and has been serving as Specialty Peer Reviewer of AOFPP (*Journal of Osteopathic Family Physician*).

bshagun@gmail.com

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