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Novel approaches to the management of type-2 diabetes: An overview

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India as the diabetes capital of the world has over 65 million diabetics and an equal number of pre-diabetics. According to several professional societies, China is competing for the number one position, which means that, they too have such a large number of diabetics or even more. India and China together, will have more than half of all the diagnosed diabetics in the world. Modern medicine has failed to address this issue in a novel way and as such, type-2 diabetes has reached epidemic proportions worldwide. In spite of the fact that large number of individuals are at risk, according to reliable sources, 50-70% of the subjects in China and 30-80% of the individuals in India are not diagnosed and are therefore, left untreated. These numbers are more or less guesstimates, and not real, as these individuals are not diagnosed as pre-diabetics. In a recent study Lifespan (www.lifespanindia.com), India, screened over 3500 individuals working at Siemens's India, using their R.I.S.C (Report on Insulin Sensitivity and Control) diagnostic platform and found that over 13% of the subjects were pre-diabetics. If this finding holds good for the rest of the country, we have a much larger pre-diabetic population than diabetics. This large pre-diabetic population, which is "at risk" for developing diabetes, are not aware of their risk for developing this chronic disease and therefore, are not under any risk management programs. Using the same R.I.S.C platform after studying over 10,000 subjects, they found that over 80% of the diabetics are "at risk" for cardiovascular complications. Their R.I.S.C test of over 8,000 subjects also showed that 63% of this "cohort" was "at risk" for developing retinopathy. Although this diagnosis platform was developed in USA and has been in use worldwide as TM-Oxi (LD-technologies, Miami, Florida: www.ldteck.com), it has not found large application. By doing large scale, well organized studies and applying modern data mining methodologies to dissect out underlying causes for various clinical complications related to diabetes, we can develop novel approaches, to better management of type-2 diabetes and its clinical complications. Furthermore, using data from larger clinical studies and using altered algorithms better risk profiling and risk prediction scores can be obtained in R.I.S.C, tests. In this overview we will present the novelty of this non-invasive diagnostic technologies and share our findings.

Biography

Pratiksha Gandhi, is the chairperson of a Premier Preventive Cardiology Clinic in Mumbai (IPC Heart care). At IPC heart care, the emphasis is on prevention than intervention. We have treated thousands of patients using our proprietary prevention strategies.

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