OMICS International
conferenceseries.com

J Diabetes Metab 2015, 6:10
http://dx.doi.org/10.4172/2155-6156.C1.037

8th Euro Global
Diabetes Summit and Medicare Expo
November 03-05, 2015 Valencia, Spain

What makes diabetes education tools effective on treatment outcome?

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Nowadays, innovative therapies are constantly improving towards offering better diabetes treatment. Yet, with such a silent and multifactorial disease, diabetes management remains complex and adherence very challenging. Education programs and tools encompass a combination of different education models including individual and group sessions knowing that no preferred method was reported in the literature. As an example of a tool developed by IDF, the Diabetes Conversations Map® that includes a comprehensive curriculum through visuals, cards and guides; it supports an innovative patient-centered approach that enhances a real-world active dialogue, exchange and learning between participants and facilitators. Surveys conducted on participants in many countries showed improvement in their health behavior and *HbA1c*. Another example of a simple paper-based tool, the 3600 View™ is used for blood glucose monitoring. Observational studies in Europe and the Middle East showed better understanding of the BG numbers, better adaptation of the prescribed therapy and improvement in *HbA1c*. Cutting-edge education programs and tools are essential to educate people with diabetes and their surroundings; they offer a dynamic and interactive discovery-learning experience, motivating participants to improve their treatment outcome and ultimately quality of life. However, the effectiveness of these programs and tools relies heavily on the education structure, process and outcome, and on the pivotal role that diabetes self-management education service and support play in diabetes care.

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Orally administered metformin: Searching its role on male reproductive system

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A principle biguanide isolated from *Galega officinalis*, metformin was discovered as an anti-hyperglycemic agent in 1923. Being the potential anti-diabetic drug, its widespread use has led to its inclusion in the World Health Organisation Model List of Essential Medicines. Apart from type II diabetes, metformin is the drug of choice in polycystic ovarian syndrome (PCOS) in females, although not yet licensed, due to its role in insulin sensitization, circulating androgen suppression and ovulation induction. However, the mechanism of activity of metformin in adult males affecting their reproductive system is still unclear. Literature survey shows the controversial effects on sperm physiognomies and semen characteristics affecting the life span of males as well. In present study, we plan to investigate the effect of orally administered metformin on the reproductive system of adult male rodents. Healthy adult male animals will be divided in four groups. One group will serve as control and other three groups will be given three different doses of metformin. Testicular weight, sperm count, sperm motility and testosterone levels at day 1, 3, 7 and 14 will be assessed and compared in all animals. With increasing infertility cases in adult diabetic males, it is high time a robust clinical study clarifies the role of metformin in altering the male reproductive system. This experimental study will provide basis to get a clear picture of the impact of metformin on male reproductive system and may result in a breakthrough in male infertility management.

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