

Symposium sponsored by Novartis



Session 4 16.30 – 17.15

SHARING AN INDIAN PERSPECTIVE ON KEY ISSUES IN THE SOUTH ASIAN POPULATION



Dr Ambrish Mithal,
Chairman and Head of Endocrinology and Diabetes division
at Medanta, India

Sponsored by



This symposium is fully sponsored by Novartis Pharmaceuticals UK Ltd. The meeting topic and speaker were selected by Novartis Pharmaceuticals UK Ltd. The content is provided by the speaker.

Dr Ambrish Mithal is presently the Chairman and Head of the Endocrinology and Diabetes division at Medanta, the Medicity where he has established one of India's premier diabetes and endocrinology services. Dr Mithal was the first DM in Endocrinology from the All India Institute of Medical Sciences (1987), and subsequently served on the faculty at Sanjay Gandhi PGI, Lucknow (1988-1998). From 1998-2009 he was Senior Consultant at the Apollo Hospital, New Delhi. Dr Mithal is a Board member of the International Osteoporosis Foundation where he also chairs the Nutrition Working Group. He is the Editor in Chief of the Indian Journal of Endocrinology and Metabolism. He has been President, Endocrine Society of India (2009-2010), and is the Founder- President Indian Society for Bone and Mineral Research. Dr Mithal has been the recipient of numerous awards and fellowships. Prominent among these are the Fogarty Fellowship (Harvard Medical School), in 1992-93, JICA fellowship (Japan) in 1996, Boy Frame award of the American Society for Bone and Mineral Research in 2004, Amgen Health Professionals Award (2005), Springer Citation award (2012), and numerous awards and citations from medical bodies from time to time, including Doctor of the Year in 2005. He has been cited in the Limca Book of Records since 2005. His major current areas of research interest include diabetes and the heart, evaluation of new therapies for diabetes, vitamin D nutrition in Indians, and prevention of osteoporotic fractures. Dr Mithal is also principal investigator in several diabetes drug trials.

Sharing an Indian perspective on key issues in the south Asian population

- *Management of Type II Diabetes: Real life data from EDGE; one of the largest observational studies ever conducted in type II diabetes*
- *Implications of Vitamin D deficiency*

The Effectiveness of Diabetes control with vildagliptin and vildagliptin/metformin (EDGE) study is one of the largest observational studies ever conducted in Type II diabetes that enrolled more than 45,000 patients in 27 countries, across five regions (East Asia, Europe, India, Latin America and the Middle East). EDGE provides patients and physicians real-world evidence of the effectiveness of vildagliptin. Type II diabetes is a progressive disease in which it becomes increasingly difficult to manage with one therapy alone and adding additional therapies can increase the risk of adverse events, including hypoglycaemia, weight gain and gastro-intestinal side effects. The EDGE study demonstrates the real-world effectiveness of vildagliptin in combination with other oral anti-diabetes therapies when treating patients with Type II diabetes. In addition to providing data on the benefit and risk profiles of specific treatments, EDGE is important because it offers information on other aspects of the management of Type II diabetes including when doctors around the world decide to step up oral glucose lowering therapy in Type II diabetes. In this session Dr Mithal will provide an overview of the EDGE data with an emphasis on the India subgroup analysis.

Vitamin D deficiency is known to impair insulin synthesis and secretion in human and animal models of diabetes, suggesting a possible role in the development of diabetes, a condition highly prevalent in south Asians. Vitamin D deficiency has been found in some UK south Asian populations. Replacement therapy in south Asian patients with diabetes has been shown to decrease both HbA_{1c} and weight. Vitamin D deficiency is a major public health issue in the Asian population in the US. More than 80% south Asians have low vitamin D (< 50 nmol/l) and this was more common among diabetic subjects. In this session Dr Mithal will cover issues associated with Vitamin D deficiency and how these are managed in India.