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Keynote Forum





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Baldini C

Studio Kineteos, Italy

LCHF diet combined with fried food in patient with type 2 diabetes and central obesity reduces need for exogenous insulin injection

[•]Diabesity' is a term for diabetes occurring in the context of obesity. The positive effect of LCHF diets (low carb, high fat diets) is well documented: LCHF diets are at least as effective as other dietary strategies for reducing body weight, improving glycaemic control and reducing both hyperinsulinaemia and blood glucose (reduction of HbA1c) in type 2 diabetes and have unique positive effects on blood lipid concentrations and cardiovascular risk factors1. Also, in obese insulin-resistant women, food fried in extra-virgin olive oil significantly reduced both insulin and C-peptide responses after a meal2. In this case study, I show how combining both dietary strategies produces a strong effect on blood glucose, resulting in a "forced" reduction of exogenous insulin injection to avoid the problem of hypoglycaemia. Blood tests after 3 months of this dietary treatment show how HbA1c, triglycerides and blood lipid profile (LDL, HDL, total Cholesterol) are improved despite reduction of exogenous insulin injection of 80%. Also, body weight decrease of 15%. For continuous glucose monitoring (CGM) the patient used FreeStyle Libre before and after the dietary treatment. In order to check general body functions and glycosuria the patient used the urine test Multistix 10 SG Siemens.

Biography

Cristian Baldini is a Neuroscientist MS. Researcher and an expert, professor in Clinical nutrition having private CME courses and cooking courses for patients and tapping into the pharmacological properties of food.

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October 27, 2021 | Webinar



Graham Wilfred Ewing

Mimex Montague Healthcare Limited, United Kingdom

Diabetes is a systemic disorder: The 'Whole Body' hypothesis

Medical research can be characterised by its/the pursuit of the 'silver bullet' i.e. the one biochemical marker which will correctly identify the onset of a particular ailment or the one solution which will miraculously cure a particular ailment; however it is very rare that a medical condition is cured by the application of a particular drug or therapy. Perhaps, antibiotics represent the best example where a drug can completely remove the cause of an infection. There are few instances, if any, where the application of a drug 'cures' a particular ailment. In most cases the drug merely suppresses the autonomic response and the presenting symptoms however over time the drugs often become less effective and/or other symptoms will develop. Consequently more and more patients become dependent upon a system of healthcare which offers only a partial and temporary solution to their problems. The etiology of most medical conditions remains poorly defined because most medical conditions are multisystemic, multipathological/polyphenomic and polygenomic i.e. genotype and phenotype exist as comorbidities; therefore any medical tests which are based upon the diagnosis of a single pathological entity must inevitably have significant shortcomings and/or inaccuracies [2] e.g. the diagnosis of T2DM is based upon determining the levels of HbA1c yet there is an extensive range of factors which affect the accuracy of this test including (i) the prevailing level of insulin, (ii) the prevailing level of haemoglobin, (iii) the glycated adducts will vary according to circumstances, (v) the influence of light, pH, levels of minerals, etc, (vi) pathological onset in other organs and systems e.g. pancreatic cancer, endocrine pathologies, hysterectomy, etc.

Biography

Graham Wilfred Ewing graduated from northumbria university with B.Sc. Chemistry. In 2003 he started working with the Strannik technology over the period 2003-2018 he was authored ca 80-peer-reviewed medical papers and conference presentations in his efforts to illustrate the scientific and medical significance and value of the Strannik technology which was developed by Dr Igor Grakov.

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October 27, 2021 | Webinar



Rupinder Kaur Kaiche

M.V.P Medical College, Pioneer Hospital, Lokmanya Hospital, India

Hypertension: Opening the pandoras box for the Anaesthesiologist

Hypertension, global health crisis, affecting 1 in 4 men and 1 in 5 women effectively 1 billion people, expected to reach 1.6 billion by 2025. WHO estimates 1 in 5 are well controled.1Research published in European Heart Journal shows two fold increase in death risk for hypertensive people with COVID-19.Prolonged uncontrolled HTN shows increased risk of heart attack, stroke, heart and kidney failure, premature mortality.1,4,5 while controlled blood pressure translates risk reduction6,7 of 13% with 10 mmhg pressure control.

Biography

Rupinder Kaur Kaiche is a cardiac anaesthesiologist and intensivist based in Nashik, India. She has anaesthesized more than 5000 cardiac surgery patients, many of them high risk with ejection fraction of less than 20%. She has also managed chronic renal failure patients for CABG followed by renal transplant, apart from CABGs on and off-pump, valve surgeries, valve + CABG, congenital defects, unstable ventilated patients for angioplasty and high risk cardiac patients for non-cardiac surgery. Having graduated from Medical School from Mumbai, she pursued Anaesthesiology and Critical Care for her post-graduation. She was in UK for a few years for international experience. She has many national and international research publications to her credit. She is currently working on a concise anaesthesia booklet for quick view. Apart from medical research, she has also published 3 books of poetry which has got International recognition. She has also released a poetical music audiobook.

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October 27, 2021 | Webinar

Scientific Tracks & Abstracts



Sessions on

Diabetes types and Complications | Endocrinology Disorders | Diabetes and Cancer | Genetic Diabetes

Session Introduction

Title: Glycemic control in type-2 diabetes mellitus patients through non-surgical periodontal therapy – A randomized controlled trial

Ambrina Qureshi | University of Health Sciences | Pakistan

- Title: Determinants of diabetic retinopathy in Tikur Anbessa Hospital, Ethiopia Kalid Seid | Mizan-Tepi University | Ethiopia
- Title: One plus one is eleven: A synergistic cardio protection by combination of GLP-1 receptor agonists and SGLT-2 inhibitors

Ashutosh Mishra | Prestigious Institute of Medical Sciences | India





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Glycemic control in type-2 diabetes mellitus patients through non-surgical periodontal therapy – A randomized controlled trial

Ambrina Qureshi

University of Health Sciences, Pakistan

Statement of the Problem: Researchers have suggested that treating periodontitis may improve glycemic control of patients suffering from uncontrolled diabetes mellitus. Therefore, this trial was conducted to investigate the effects of non-surgical periodontal therapy (NSPT) on glycemic control in type-2 diabetes mellitus (T2DM) patients suffering from moderate to severe periodontitis.

Methodology & Theoretical Orientation: A single blind, parallel group, three-arm randomized controlled trial was conducted on 150 participants (50 in each group). The interventions included scaling and root planing (SRP) along with metronidazole (MET) 400 mg x 3 for 10 days and oral hygiene instructions (OHI) in test group-1 included. Test group-2 with SRP and OHI, control group only OHI. Diagnosed patients of T2DM, aged between 35-65 years, with moderate to severe periodontitis having baseline HbA1c level between 6.5% -14% were recruited in the trial. Participants were followed up at 1-month, 3-months and 6-months interval. Stata software version 14.0 was used for analysis. Post intervention changes in periodontal [bleeding on probing (BOP), pocket probing depth (PPD), clinical attachment loss (CAL)] and glycemic measures [fasting blood glucose (FBG), fasting serum insulin (FSI) and Homeostasis Model Assessment of Insulin Resistance (HOMA-IR)] were assessed.

Findings: Crude result showed a reduction of HbA1c level by 1.22% [95% CI=-1.95,-0.50] and 0.98% [95% CI=-1.69,-0.26] in test group-1 and test group-2 respectively at 3-months with reference to control group. These levels were further reduced by 2.18% [95% CI=-3.06%,-1.31] and 1.84% [95%CI=-2.69,-0.98] in both test groups respectively at 6 months.

Conclusion & Significance: This trial has revealed that NSPT improves not only the periodontal status but also helps control glycemic levels in patients suffering from T2DM. This finding may help to formulate an evidence based policy to gain a sustained glycemic control in T2DM patients by controlling periodontitis.

Biography

Qureshi has her expertise in evaluation of oral health in connection with systemic conditions with an aim in improving the health and wellbeing of individuals and communities. Her focus is more on prevention rather than invasive treatments and creates new pathways for improving healthcare through prevention and primary oral health care. She has built this model after years of experience in research, evaluation, teaching and administration both in public sector hospitals and education institutions. Her approach is responsive to all stakeholders including communities, health care workers, students and patients in private and public settings.

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Determinants of diabetic retinopathy in Tikur Anbessa Hospital, Ethiopia

Kalid Seid

Mizan-Tepi University, Ethiopia

Background: Diabetic retinopathy is the most frequent complication of Diabetes Mellitus and remains the leading cause of preventable blindness. However, there are limited studies on the determinants of diabetic retinopathy in the study area as well in Ethiopia. Hence, this study aimed to assess the determinants of diabetic retinopathy among diabetic patients at Tikur Anbessa Hospital.

Methods: An institution-based unmatched case–control study design was conducted at Tikur Anbessa Hospital from May 11 to June 26, 2020. Diabetic patients who developed retinopathy within 2 years were cases in the study. Patients who were free of retinopathy were controls in this study. Data were collected using a pretested interviewer administered questionnaire, Topcon retinal examination, and a record review. The collected data were entered into Epi Data version 3.1 software, and analyzed using SPSS version 25. Binary logistic regression analysis was used to assess the determinants of diabetic retinopathy.

Keywords: Diabetic retinopathy, Determinants, Case-control, Ethiopia.

Biography

Kalid Seid is an expertise in adult health nursing basically non-communicable diseases in sub-Saharan country, Ethiopia. I have different papers in review process concerning diabetes self-care practices and its association with COVID-19 in Ethiopia. I have built models for nursing practice in southwest Ethiopia after years of experience in research, evaluation, teaching and administration both in hospital and education institutions.

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October 27, 2021 | Webinar

One plus one is eleven: A synergistic cardio protection by combination of GLP-1 receptor agonists and SGLT-2 inhibitors

Ashutosh Mishra

Prestigious Institute of Medical Sciences, India

Cardiovascular disease is a leading cause of mortality contributing up to 85% in the case of type 2 diabetes. Before the advent of SGLT-2 Inhibitors and GLP-1 Receptor Agonists (RA), there were hardly any benefits on cardiovascular mortality in the treatment of Type-2 Diabetes patients with an Oral Antidiabetic Drug (OAD). Recent evidence of cardiovascular outcome trial(CVOT) of these drugs has shown promising results in comparison of older OAD. The SGLT-2 Inhibitors are beneficial in heart failure while the GLP-1 RAs have a protective effect on atherosclerosis and stroke. Considering the above-mentioned facts, the combination of these two drugs is expected to have an additive effect on cardiovascular disease. Moreover, both of these agents are reno-protective and have a favourable effect on Non-Alcoholic Steato Hepatitis(NASH), hence expected to enhance cardio protection in high-risk cases. Although there is a paucity of randomised controlled trials (RCTs) in this area like DURATION-8, AWARD-10 and SUSTAIN-9, it suggests favourable outcomes more than the additive effect of these drugs discussed earlier. Furthermore, the meta-analysis of the pooled data from these trials, comparing cardiovascular benefits of the combination of SGLT-2 inhibitors and GLP-1 RA to SGLT-2 inhibitor alone, has also shown favourable effects, but at cost of the increased risk of hypoglycaemia. Finally, there is a difference in sequential start and the simultaneous start of these two drugs. The approach may vary depending upon the type of SGLT-2 inhibitors or GLP-1 RAs used and the patient characteristics. This presentation will give an overview to clinicians about the placement of SGLT-2 inhibitor and GLP-1 RA combination in high-risk Type 2 Diabetes patients, for treatment and prevention of cardiovascular disease.

Keywords: GLP1 Receptor Agonists, SGLT-2 Inhibitors, Cardio Protection, Additive Effect.

Biography

Ashutosh Mishra is a renowned Endocrinologist and Diabetologist from Varanasi. He has done his MBBS and MD from prestigious Institute of Medical Sciences, BHU and Fellowship in Diabetes from CMC Vellore. He is the Founder Director of Panacea Hospital and Diabetes Care Organization, where he also serves as head of Endocrinology, Diabetes & Metabolism. He has also served as an endocrinologist at prestigious hospitals like SGPGI, Lucknow and FORTIS Hospital, New Delhi. He is also the National Coordinator for Cardio- Diabetes Self- Management Education (CDSME) Program and Dean of Panacea Institute of Interdisciplinary Research and Education. He is also the national secretary of CARDIABON -A Society of Cardio Diabetes and Renal Disease.

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Endocrinology 2021 October 27, 2021 | Webinar



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Accepted Abstracts





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An autofluorescence-based isolation of Leydig cells for testosterone deficiency treatment

Peng Luo

Sun Yat-sen University, Guangzhou, China

Statement of the Problem: Testosterone deficiency (TD) occurs when the serum testosterone levels are insufficient and can cause a series of clinical symptoms, including sexual dysfunction, obesity, muscle weakness and osteoporosis. Leydig cells (LCs) produce more than 95% of serum testosterone and the in-depth study of biological characteristics and regulatory mechanisms of LCs on testosterone production is helpful to elucidate the pathogenesis of TD. However, the density gradient centrifugation, as the currently main method for LC isolation, remain challenging. The purpose of this study is to identify the testicular autofluorescent cells and describe a simple and effective autofluorescence-based method for isolating LCs.

Methodology: Testicular autofluorescent cells were isolated by FACS, and identified by qRT-PCR analysis and immunofluorescence staining. Then, the autofluorescent cells were further divided into two subpopulations by the combination of two fluorescence channels in FACS. The immunofluorescence staining, Live/Dead assay, cell counting, substrate utilization assay and LH stimulation assay were respectively used to evaluated the purity, viability, quantity and function of obtained LCs. Finally, the isolated LCs were subcutaneously implanted into castrated mice to evaluate the therapeutic potential of LCs in vivo.

Findings: Testicular autofluorescent cells were composed of macrophages and LCs. Our autofluorescence-based method by the combination of two fluorescence channels successfully purified LCs from macrophages. Of note, the isolated LCs had high purity (>98%), viability (>98%) and quantity (approximately 4×105 cells per mouse) and maintained intact biochemical function. Moreover, subcutaneous transplantation of isolated LCs could relieve the symptoms of TD in castrated mice.

Conclusion & Significance: we established a simple autofluorescence-based method that allows efficient isolation of wellfunctioning LCs with high purity, viability and quantity. This method can be used in detailed biological studies of LCs and will promote further advances in LC replacement therapies for TD.

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Endocrinology 2021 October 27, 2021 | Webinar



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SC - SBL redirect stem cell growth by using single beam laser and apply the appropriate conditions to produce modified cancer attacking gene

Sameh Elmahdy

Monsoura University School of Medicine, Egypt

Redirect stem cell growth by Hsing single beiim 1.aser .indJ apply the appropriate conditions to produce modified gene cnn attack cancer cells at .any stage. The stent cell which is axis of study is obtained from Stir day blastocysl (Embryonic siem cells > 'hich is Totipotent) and it is .also defined by the expression of several transcription factors and cell surface proteins. The transcription factors Oct-4, Nanog, and Sox2 form ihc core regulatory new ork iliai ensures flue suppression of genes ihiii lead to differentiation rind the maioieiiiince ol" pluripotency. The cell surface a@igens most coiiinienly used to identify hES cells ate the glycolipids .stage specific embryonic antigen 3 hand 4; ind the keratan stilfiiie antigens Tra-1 -ñfl and Tr.i-1 -8 1. fly using human embryon ic stem cells to produce specialized cells .and hearing it with special technique , then applying the standared scaftold with special characters , the aim is to produce gene which c.an attack the growing cancer cells at any stage . The study put focus on replacing the P35g — site which control process of apoptosis . The study has iivo major dimensions, fir.st, is physical one " using the idea of reniotccontrol" as you can manage tliC acne behavior physically with changing special frequeiicie.<.Second, chemical side, by using .ooie enhancers and inducers during the fix of the modified gene.

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